

ZACK CHUG

COOKBOOK

150 high protein, low calorie recipes



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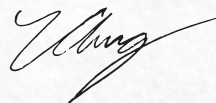
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C o o k b o o k

Firstly, thank you so much for purchasing my cookbook, I am eternally grateful. A lot of time and effort has gone into this and I really appreciate your patience which has allowed me to release it.

I started this page and journey with the aim to motivate and inspire, I have been blown away by the IMMENSE support and love from you. I want to make sure people can enjoy their fat loss journey and not have to experience and face the same problems I did when losing 20kg of fat.

The aim of this cookbook is to help you eat and live healthily without feeling any guilt when eating specific foods. This cookbook would not have been possible without you guys.

I hope you enjoy and please tag me in all your recipe creations, I can not wait to see them !



2 INGREDIENT HEALTHY LOW CALORIE PANCAKES

Calories 220 **Carbs** 14g **Protein** 16g **Fat** 11g



INGREDIENTS:

2 eggs

60g banana

Tsp. Cinnamon for the
pancake mixture
(optional)

Frozen berries
(microwave to form
a berry compote)
(optional)

METHOD :

- Blend all the ingredients together for a smooth pancake texture
- Heat for 3 minutes on each side at medium heat on the pan
- Optional to top the pancakes with berry compote



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HEALTHY PROTEIN SMOOTHIE

Calories 310 **Carbs** 26g **Protein** 31g **Fat** 8g

INGREDIENTS:

Ice

100ml Almond milk

1 scoop Protein powder

80g Spinach

50g banana

5g Chia seeds

40g Frozen Blueberries

100g Fat free Greek yoghurt

5g Pumpkin seeds



METHOD :

- Blend all ingredients together into a nice thick smoothie



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HIGH PROTEIN ENERGY BITES

Calories 410 **Carbs** 46g **Protein** 28g **Fat** 13g



INGREDIENTS:

40g Oats

1 Scoop of Protein Powder

50g Banana

15g Peanut Butter

Tsp. Cinnamon

Desiccated coconut sprinkles (OPTIONAL)

METHOD:

- Melt 15g of peanut butter firstly
- Add all your ingredients into a mixing bowl
- Mix well into balls
- Freeze for 1-2 hours or leave in the fridge overnight



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HIGH PROTEIN CHOCOLATE MOUSSE

Calories 291 **Carbs** 13g **Protein** 34g **Fat** 10g

INGREDIENTS

150g Low-fat Greek yoghurt

5g butter

15g. Cacao powder

1 scoop chocolate protein powder



METHOD:

- Melt 5g of butter
- Add it to a bowl of yoghurt, cacao & protein powder
- Mix it all together and place in the freezer for 1 hour



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HIGH PROTEIN BLUEBERRY YOGHURT BITES

Calories 180 **Carbs** 20g **Protein** 20g **Fat** 1g



INGREDIENTS

40g of blueberries
200 grams of Vanilla Protein yoghurt

METHOD:

- Coat the blueberries in yoghurt.
- Place each blueberry onto a plate and then freeze overnight



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EASY HOMEMADE

PROTEIN BARS

Calories 315 **Carbs** 26g **Protein** 27g **Fat** 11g



INGREDIENTS

30g oats

1 scoop chocolate protein powder

5g Chia seeds

10g peanut butter

150ml unsweetened almond milk

METHOD:

- Melt the peanut butter
- Add the peanut butter and the remaining ingredients all together
- Add to a tray, flatten, and fridge for 2-3 hours
- Then cut and divide into equal bars



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HIGH PROTEIN

POPCORN

Calories 350 **Carbs** 20g **Protein** 28g **Fat** 16g

INGREDIENTS

30g of Popcorn

1 scoop of chocolate protein powder

10g of low-calorie maple syrup

10g of melted peanut butter



METHOD:

- Melt the peanut butter
- Add the syrup and protein powder to the melted peanut butter
- Mix till you reach a sand like consistency, add water to this mixture until it's thick and gloopy
- Then fold in the popcorn
- Place in a fridge for 1-2 hours



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HIGH PROTEIN BANANA

SNICKERS BAR

Calories 270 **Carbs** 13g **Protein** 17g **Fat** 15g



INGREDIENTS

Half a medium banana
(around 30-40g)

5g of melted peanut butter

10g of peanuts

½ scoop of vanilla protein
powder

10g Cacao powder

melted 5g of coconut oil

METHOD:

- Slice a medium banana down the middle
- Add 5g of melted peanut butter on top of the banana
- Separately, melt the coconut oil, add the cacao & protein powder to it and mix well.
- Add water if it's still very thick. This will form a chocolate top sauce.
- Add the sauce on top of the banana and top it off with peanuts
- Place in the fridge for 2-3 hours



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HIGH PROTEIN FUDGE BROWNIE

Calories 450 **Carbs** 24g **Protein** 48g **Fat** 14g



INGREDIENTS

1 scoop choc. protein powder

30g cup of Cacao powder

Tsp of bicarbonate soda

250g fat free Greek yoghurt

100ml of unsweetened almond milk

10g of dark choc chips

METHOD:

- Add the dry ingredients (cacao & protein powder & bicarb soda) into a bowl first and mix well together
- Add the wet ingredients (yoghurt & almond milk) to the bowl of dry ingredients and mix well
- Fold in the choc chips
- Add the mixture to a baking tray and bake in the oven for 15-20 mins at 220 °C



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HIGH PROTEIN BERRY

ICE CREAM

Calories 260 **Carbs** 25g **Protein** 31g **Fat** 3g

INGREDIENTS

lots of ice

80g Frozen mixed berries

Scoop of protein vanilla powder

100g of fat free greek yoghurt

METHOD:

- Add all the ingredients to a blender and blend until a thick consistency



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HIGH PROTEIN LOW CALORIE

PIZZA

Calories 350 **Carbs** 32g **Protein** 30g **Fat** 11g



INGREDIENTS

Tortilla wrap

10g of Tomato Purée

30g of Low-fat
Mozzarella cheese

10g Spinach

60g of chicken breast

METHOD:

- Spread tomato puree evenly to your tortilla wrap
- Add your mozzarella cheese, spinach and top with 60g of cooked chicken breast



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HIGH PROTEIN LOW CALORIE CHICKEN NUGGETS

Calories 220 **Carbs** 13g **Protein** 34g **Fat** 2g

INGREDIENTS

2 rice cakes
Paprika
garlic seasoning
oregano seasoning
100g Egg whites
100g raw Chicken
breast cut into pieces



METHOD:

- Add your rice cakes and seasoning to a blender
- Blend into a fine powder like flour
- Place your rice cake powder onto a separate plate and your egg whites into another separate bowl
- Get your chicken pieces and coat them in the egg whites first and then the powder
- Place onto a baking tray and oven or air fry for 20 mins at 220 °C



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HEALTHY GREENS PROTEIN SMOOTHIE

Calories 360 **Carbs** 36g **Protein** 34g **Fat** 8g



INGREDIENTS

- 20g Kale
- 20g Spinach
- scoop of vanilla protein powder
- 150g 0% Fat Greek Yoghurt
- 10g Sunflower seeds
- 45g Banana
- 30g blueberries
- 50g Mango

METHOD:

- Add all the ingredients into a blender and blend well
- Optional to add ice if you want it thicker



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HEALTHY KATSU CURRY

Calories 450 **Carbs** 39g **Protein** 50g **Fat** 9g

INGREDIENTS

50g of Apple

60g of chopped onions

1 vegetable stock cube

200ml boiling water

Coriander

Tsp. Of gharam masala

150g cooked Chicken breast

125g microwaveable basmati rice



METHOD:

- Firstly, add 200ml boiling water to a vegetable stock cube
- Then add your chopped apple, onions, coriander & gharam masala to a pan on medium heat for 5 mins and stir together
- Then let it cool for 2 mins and blend it all together
- Then add your katsu sauce to your cooked chicken and basmati rice



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165 CALORIE TESOTERONE BOOSTER SMOOTHIE

Calories 165 **Carbs** 43g **Protein** 1g **Fat** 0g



INGREDIENTS:

30g Red grapes

30g Pineapple

5g Honey

3g Ginger

150ml pomegranate
juice

METHOD:

- Blend all the ingredients together and enjoy



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HIGH PROTEIN LOADED FRIES

Calories 470 **Carbs** 51g **Protein** 42g **Fat** 12g



INGREDIENTS:

250g sliced white potato

Oregano

Paprika

100g lean cooked beef mince

30g Mozzarella cheese

Jalapenos

METHOD:

- Slice 250g of potato into fries
- Add oregano and paprika seasoning and bake in the oven or air fry for 10 mins at 220 °C
- Add the beef, cheese and jalapenos to the fries
- Oven or air fry again for 5-10 mins at 220°C



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HIGH PROTEIN CHEESY

QUESADILLA

Calories 430 **Carbs** 37g **Protein** 40g **Fat** 10g

INGREDIENTS

1 Can of Tuna

50g Fat Free Greek Yoghurt

Tablespoon of Sweet corn

Tablespoon Sriracha sauce

30g Mozzarella cheese



METHOD:

- Drain your tuna can into a bowl & add the yoghurt, sweetcorn and sriracha sauce
- Mix these all together
- Grab your wrap and make a cut halfway through the wrap
- Add your tuna to each quadrant and top off with the mozzarella
- Fold over by 3 times and grill or pan fry your quesadilla for 5-10 mins



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HIGH PROTEIN HEALTHY BREAKFAST

Calories 450 **Carbs** 41g **Protein** 38g **Fat** 14g

INGREDIENTS:

50g bell Pepper
20g Spinach
75g Egg whites
1 whole egg
50ml Semi skimmed milk
20g mozzarella cheese
50g Turkey Slices (or any cooked meat of your choice)
Tortilla wrap



METHOD:

- Add your pepper and spinach to a bowl followed by your egg whites and whole egg
- Add in your milk and give this mixture a good whisk
- Place a tortilla wrap in a rectangular baking dish so it forms a little tortilla basket
- Pour your egg mixture into the wrap and top it off with cheese and your meat of choice
- Bake in the oven or air fry at 220 °C for 15-20 mins



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JUICY & TENDER CHICKEN BREAST

Calories 250 **Carbs** 17g **Protein** 33g **Fat** 7g



INGREDIENTS

150g raw chicken breast
Tsp. Olive oil
Tsp. Honey
drizzle of mustard
Paprika
Oregano
Salt & Pepper
Garlic granules
Coriander

METHOD:

- Rub it all the ingredients on the chicken and bake for 15-20 mins at 220 °C in the oven



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HIGH PROTEIN

OREO BARS

Calories 330 **Carbs** 30g **Protein** 35g **Fat** 7g

INGREDIENTS

200g Fat Free Greek Yoghurt

one scoop of protein powder

2 crushed Oreos



METHOD:

- Add the yoghurt and protein powder to a bowl and mix
- Add in your crushed Oreos to the mix and transfer to a rectangular dish
- Freeze for 1-2 hours



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HIGH PROTEIN LOADED BURRITO

Calories 430 **Carbs** 36g **Protein** 34g **Fat** 15g



INGREDIENTS

1 tortilla wrap
10g Chopped cucumber
10g tomato
Coriander
30g avocado
Tablespoon Salsa
75g cooked chicken breast
20g of Mozzarella cheese

METHOD:

- Get your tortilla wrap and start by adding your salsa, chopped cucumber, tomato and coriander
- On top off that add your avocado and cooked chicken and then top it off with cheese
- Carefully roll this wrap into a burrito, if you don't know how to I advise checking a quick 30 second tutorial on YouTube!
- Once rolled into a burrito, pan fry it on medium heat or grill it



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HIGH PROTEIN CHEESY GARLIC BREAD

Calories 330 **Carbs** 24g **Protein** 26g **Fat** 14g

INGREDIENTS

25g Oats

1 whole egg

125g of Fat Free Greek Yoghurt

Tsp Baking powder

30g of Mozzarella cheese

Garlic

oregano seasoning



METHOD:

- Blend 25g of oats into oat flour
- Then add all the remaining ingredients to the oat flour and mix thoroughly
- Place it in the oven for 15 mins at 220 °C



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HIGH PROTEIN CHOC FRAPPUCINO

Calories 170 **Carbs** 4g **Protein** 25g **Fat** 5g

(WITHOUT OPTIONAL TOPPINGS)



INGREDIENTS

Ice

black coffee

1 Scoop of chocolate
protein powder

10g of Cocoa powder

METHOD:

- Add all the ingredients into a blender
- Blend well together and finish with Optional choc sauce & whipped cream



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HIGH PROTEIN CHICKEN BIRYANI

Calories 430 **Carbs** 36g **Protein** 47g **Fat** 10g

INGREDIENTS

150g raw Chicken Breast
Tsp. Olive oil
150g Fat Free Greek Yoghurt
tsp. Tomato purée
½ Teaspoon of Turmeric
½ Teaspoon Chilli powder
½ Teaspoon ground coriander
Tsp. Garlic purée
Tsp. Cardamon seeds
Chopped Onions
Add 100g cooked basmati rice



METHOD:

- Marinade your chicken breast in yoghurt, oil, tomato & garlic puree & the seasonings
- Once your chicken is marinated, add onions to the mixture and add it all to a pan on medium heat and pan fry for 10-15 minutes
- Once pan fried, add your cooked rice to the pan and cardamon seeds
- Pan fry the chicken and rice again for 5 mins on medium heat



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HIGH PROTEIN OVERNIGHT OATS

Calories 380 **Carbs** 44g **Protein** 33g **Fat** 8g



INGREDIENTS

60g Frozen Mixed Berries
30g blended oats (Oat flour)
100g Fat Free Greek Yoghurt
Scoop of protein powder
75 ml unsweetened almond milk
10g Chia seeds
Teaspoon Cinnamon

METHOD:

- Firstly, microwave your mixed berries for 1 minute to form a compote
- Then add it to oats, yoghurt, protein powder, milk, chia seeds and cinnamon
- Mix all well together and place in a fridge overnight



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HIGH PROTEIN CHOCOLATE CAKE

Calories 330 **Carbs** 20g **Protein** 44g **Fat** 7g



INGREDIENTS

10g cocoa powder
Scoop of chocolate protein powder
250g Fat Free Greek Yoghurt
50ml unsweetened almond milk
Tsp. Baking powder
OPTIONAL 5g Dark choc chips

METHOD:

- Add the dry powder ingredients into a bowl and mix well
- Follow this by adding the wet ingredients to the dry ingredients
- Mix until a thick consistency is formed
- Top it off with dark choc chips
- Bake in the oven at 220°C for 20 mins



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HIGH PROTEIN LOADED NACHOS

Calories 425 **Carbs** 24g **Protein** 42g **Fat** 18g

INGREDIENTS

30g Tortilla chips

100g Shredded cooked chicken breast

30g Mozzarella cheese

50g Salsa



METHOD:

- Add the nachos to an oven dish
- Shred your chicken with a knife & fork and add it to the nachos
- Follow this with salsa and nachos and place in the oven at 220°C for 5-10 mins



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HIGH PROTEIN BROWNIE MOUSSE

Calories 250 **Carbs** 15g **Protein** 34g **Fat** 6g



METHOD:

- Melt 8g of dark chocolate first
- Add your protein powder, yoghurt, and milk to a bowl
- Mix well and fold the melted chocolate into it
- Freeze for 1 hour

INGREDIENTS

8g dark chocolate
scoop of chocolate protein powder
150g Fat Free Greek Yoghurt
40ml Unsweetened Almond Milk



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HIGH PROTEIN CHICKEN

CHOW MEIN

Calories 350 **Carbs** 35g **Protein** 40g **Fat** 3g

INGREDIENTS

150g Raw Chicken Breast
Chopped Garlic
Chopped Ginger
50ml light soy sauce
½ tsp. Chilli flakes
30g chopped spring onions
50g Medium boiled egg noodles



METHOD:

- Marinade your chicken breast with garlic, ginger, soy sauce
- Then season with chilli flakes and add chopped spring onions
- Pan fry your chicken on medium heat for 10 mins
- Add your boiled medium egg noodles and stir fry again for 5-10 mins on medium heat



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HIGH PROTEIN CHOC CHIP COOKIES

(FOR WHOLE BATCH)

Calories 410 **Carbs** 22g **Protein** 20g **Fat** 27g



INGREDIENTS

One Whole Egg
20g Blended oats (oat flour)
36g Peanut butter
Tbsp vanilla extract
¼ Tsp. Baking powder
10g Dark Choc chips

METHOD:

- Melt your peanut butter firstly
- Add all your ingredients to a bowl and fold in the peanut butter
- Mix well and add equal sizes to a baking tray
- Oven for 5-10 mins at 180°C depending on how gooey you like it



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HIGH PROTEIN PULLED CHICKEN BURGER

Calories 490 **Carbs** 50g **Protein** 43g **Fat** 11g



INGREDIENTS

100g Chopped Tomatoes
Tbsp. BBQ sauce
Tsp. Honey
Soy Sauce
Garlic
paprika
Cumin
25g mozzarella cheese
100g Cooked Chicken breast
Brioche bun

METHOD:

- Firstly, shred your cooked chicken breast with a knife and fork
- Add your chopped tomatoes, sauces and seasoning to a pan on medium heat
- Then add in your cheese and stir on medium heat for 5 mins
- Then add your shredded chicken to the pan and let it all simmer for 5 mins on high heat
- Add some water to your pan if you want more volume to your sauce
- Place your pulled chicken in a brioche bun



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HIGH PROTEIN BISCOFF CHEESECAKE

Calories 540 **Carbs** 40g **Protein** 40g **Fat** 23g



INGREDIENTS

Whole egg
40g Low fat cream cheese
100g of Fat free Greek yoghurt
Tbsp. Vanilla extract
Scoop of vanilla protein powder
6 crushed lotus biscuits (or biscuits of choice)
Low Cal. oil spray

METHOD:

- Mix all your ingredients, apart from the biscuits, into a thick creamy mixture firstly
- Crush 6 biscuits and flatten to the bottom of a baking tray using low cal. oil spray
- Pour cheesecake mixture on top and spread evenly
- OPTIONAL to add extra crushed biscuits on top
- Add to oven for 8-10 mins at 220°C, heat for less if you want it creamier



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HIGH PROTEIN

PASTA BAKE

Calories 440 **Carbs** 38g **Protein** 42g **Fat** 13g



INGREDIENTS

100g raw chicken breast
100g of Fat free Greek yoghurt
100g chopped tomatoes
30g of chopped Red Bell Peppers
Garlic
Oregano
Basil
100g boiled Fusilli pasta
30g Mozzarella cheese

METHOD:

- Mix your chicken, yoghurt, chopped tomatoes, peppers and seasoning well together
- Add this to a pan on medium to high heat for 15 mins
- Then add your boiled pasta to your chicken
- Heat all together on the pan for 5 mins on medium heat
- Place this all into an oven dish and cover with cheese
- Bake in the oven for 5 mins 220°C



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HIGH PROTEIN

MASALA FRIES

Calories 240 **Carbs** 33g **Protein** 13g **Fat** 5g

INGREDIENTS

100g Raw White Potato
Tsp. Olive oil
Tbsp. Ketchup
Tsp. Chilli sauce
150g Fat free Greek Yoghurt
30g of chopped bell peppers
30g Chopped onions
Garlic granules



METHOD:

- Get 100g of raw potato and slice into fries
- Add olive oil to them and oven or air fry for 15 mins at 220 °C
- Add ketchup, chilli sauce, yoghurt, peppers, onions & garlic to your cooked potato fries
- Mix it well and add to a pan on medium heat for 5 mins



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HIGH PROTEIN CREAMY CHICKEN RICE

Calories 490 **Carbs** 48g **Protein** 47g **Fat** 11g



INGREDIENTS

100g raw chicken breast
100ml Semi Skimmed Milk
150g Fat free Greek yoghurt
Tsp. Garlic
Tsp. paprika
Tsp. cumin
30g Chopped Bell pepper
30g chopped onions
30g low fat mozzarella cheese
125g cooked basmati rice

METHOD:

- Add milk, yoghurt, seasonings, pepper, and onions to your raw chicken
- Marinade and mix it well and then pan fry on medium to high heat for 15 mins
- Then add cheese and cooked rice to the chicken and heat on the pan for 5 mins on medium heat



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HIGH PROTEIN CHOC CHIP PANCAKES

Calories 290 **Carbs** 24g **Protein** 17g **Fat** 14g



INGREDIENTS

80g Banana
2 whole eggs
Tsp. Cinnamon
10g Dark choc chips

METHOD:

- Blend your banana, eggs, and cinnamon into a pancake batter
- Add equal portions of the batter to a pan
- Pan fry on medium heat for 3 mins on each side of the pancake
- Add choc chips whilst pan frying



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HIGH PROTEIN KFC POPCORN CHICKEN

Calories 290 **Carbs** 16g **Protein** 37g **Fat** 8g



INGREDIENTS

2 rice cakes
Tsp. garlic granules
Tsp. paprika
Tsp. oregano seasoning
125g of raw chicken breast cut into small cubes
1 whole egg
Tsp. Of BBQ sauce

METHOD:

- Add your rice cakes and seasoning to a blender
- Blend into a flour and pour flour onto a flat plate
- Whisk one whole egg in a bowl and move to the side
- Get your chicken breast and first dip in the egg mixture and then your rice cake flour
- Do this for each chicken cube and place all in the oven for 20 mins at 220°C



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HIGH PROTEIN CHEESY

McNUGGETS

Calories 340 **Carbs** 25g **Protein** 24g **Fat** 15g



INGREDIENTS

30g Oats
Tsp. garlic
Tsp. paprika
½ Tsp. Baking Powder
Whole egg
75g Fat free Greek yoghurt
30g Mozzarella cheese
Chopped jalapeños

METHOD:

- Add your oats, seasoning and baking powder to a blender
- Blend into a flour and add in your yoghurt, egg, cheese and jalapenos
- Mix it all together and spoon onto a tray, you should be able to make 4-6 mcnuggets
- Bake in the oven or air fry for 15 mins at 220 °C



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HIGH PROTEIN LASAGNA

Calories 400 **Carbs** 40g **Protein** 40g **Fat** 15g



INGREDIENTS

125g Raw Chicken Mince
100g Chopped Tomatoes
30g Chopped onions
15g Spinach
Tsp. Paprika
Tsp. Garlic
Tsp. Oregano
2 lasagne sheets
25g Mozzarella cheese

METHOD:

- Add your chopped tomatoes to chicken mince, onions, spinach, and seasonings
- Pan fry all together on high heat for 8 mins
- Split your meat in 2 portions and layer the first portion with a lasagne sheet
- Add the second portion of meat on top and then layer again with a lasagne sheet
- Top it all off with 25g mozzarella cheese
- Oven for 10-15 at 220 °C



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HIGH PROTEIN GOOEY BROWNIES

Calories 390 **Carbs** 18g **Protein** 31g **Fat** 15g



INGREDIENTS

20g cocoa powder

10g Plain flour

1/4 Teaspoon Baking powder

1 scoop of Chocolate protein powder

1 egg

75 ml of Unsweetened Almond Milk

OPTIONAL 10g of Dark Choc Chips

METHOD:

- Add all the ingredients into a bowl and mix until thick
- Place into a baking tray and into an oven for 7 mins at 220°C



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HIGH PROTEIN MC CHICKEN SANDWICH

Calories 390 **Carbs** 45g **Protein** 33g **Fat** 13g



METHOD:

- Blend your rice cakes with seasonings into a rice cake flour
- Set the flour aside on a plate
- Whisk one whole egg with a teaspoon of mustard
- Dip your chicken breast into the egg mix first then your flour
- Oven or air fry for 10-15 mins at 220 °C
- Add your chicken to a bun with lettuce and light mayo

INGREDIENTS

2 rice cakes
Teaspoon of Black pepper
Tsp. Garlic granules
Tsp. paprika
100g raw chicken breast
One whole egg
Teaspoon of mustard
Brioche bun
Lettuce
OPTIONAL 10g light fat free mayonnaise



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HIGH PROTEIN

FRENCH TOAST

Calories 400 **Carbs** 77g **Protein** 33g **Fat** 4g

INGREDIENTS

150g Egg Whites

125 unsweetened almond milk

Vanilla extract

Cinnamon

OPTIONAL Berry compote
(microwave frozen berries for 1 min)



METHOD:

- Mix you egg whites, milk, vanilla extract & cinnamon well together
- Soak your pieces of bread in the mixture
- Pan fry for 3 mins on medium heat for each side of the soaked bread
- Optional to microwave frozen berries for 1 minute to produce berry compote to top it with



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180 CALORIE TESTOSTERONE BOOSTER SMOOTHIE

Calories 180 **Carbs** 17g **Protein** 4g **Fat** 11g



INGREDIENTS

20g Blackberries
30g Bananas
20g Spinach
30g Avocados
10g Pumpkin seeds
150ml Coconut water

METHOD:

- Blend all ingredients together until smooth
- Optional to add ice to make it thicker



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HIGH PROTEIN CRUNCHY TACO

Calories 330 **Carbs** 14g **Protein** 33g **Fat** 17g



INGREDIENTS

Small tortilla wrap
75g cooked chicken breast
100g chopped tomatoes
20g of avocado
Tablespoon of salsa
25g of low fat mozzarella cheese

METHOD:

- Get your wrap and add all the ingredients to it
- Fold the wrap in half and pan fry or grill on high heat for 3 mins on each side



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HIGH PROTEIN CHICKEN

SHAWARMA

Calories 350 **Carbs** 33g **Protein** 34g **Fat** 9g

INGREDIENTS

100g raw chicken breast
30g Chopped red onions
½ tsp. cumin
½ tsp. cinnamon
½ tsp. paprika
½ tsp garlic granules
Mixed cucumber & tomatoes
50g of fat free Greek yoghurt
Coriander



METHOD:

- Add your onion & seasonings to your raw chicken breast
- Pan fries the chicken on medium to high heat for 15 mins
- Add the cooked chicken to a tortilla wrap, followed by your mixed cucumber & tomatoes, yoghurt, and coriander
- Fold the wrap in half and grill or pan fry for 5 mins



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HIGH PROTEIN OREO

MCFLURRY

Calories 250 **Carbs** 18g **Protein** 25g **Fat** 8g



INGREDIENTS

Lots of ice

200ml of unsweetened almond milk

One scoop of vanilla protein powder

2 Oreos

2g of Xanthan Gum (OPTIONAL)

METHOD:

- Add all the ingredients into a blender and blend until you get a nice thick consistency
- Xanthan gum is completely optional, I only use it to make the ice cream thicker



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HIGH PROTEIN TANDOORI CHICKEN

Calories 490 **Carbs** 5g **Protein** 43g **Fat** 20g

INGREDIENTS

100g fat free Greek yoghurt

Tsp. Olive oil

Tsp. Paprika

Tsp. gharam masala

Tsp. ginger/garlic paste

1/2 Tsp. mint sauce

2 small chicken legs



METHOD:

- Mix yoghurt, olive oil, seasonings, garlic paste and mint sauce to form a marinade paste for your chicken
- Coat your chicken legs with the paste
- Once coated, oven at 20 °C for 20-25 mins



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HIGH PROTEIN KFC TENDERS

Calories 270 **Carbs** 21g **Protein** 36g **Fat** 4g



INGREDIENTS

25g Oats
Tsp. Paprika
Tsp. Garlic granules
Tsp. Oregano
½ tsp. chilli flakes
100g raw chicken breast slices
100g egg whites
Tsp. bbq sauce

METHOD:

- Blend your oats and seasonings into a fine like flour
- Add egg whites & BBQ sauce to a bowl and whisk
- Place the flour in a separate plate
- Coat your chicken breast slices in the egg white mixture first and then coat in the blended seasoned oats
- Do this for every slice and place in the oven for 20 mins at 220 °C



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HIGH PROTEIN SPAGHETTI BOLOGNESE

Calories 490 **Carbs** 39g **Protein** 44g **Fat** 19g

INGREDIENTS

100g Chopped Tomatoes

30g Chopped onion

Garlic

50g fat free Greek
yoghurt

Basil seasoning

100g of cooked chicken
mince
(seasoned with paprika)

100g of boiled spaghetti
pasta

20g of mozzarella cheese



METHOD:

- Blend your chopped tomatoes, onion, garlic, basil, and yoghurt into a cream sauce
- Add your cooked chicken mince and boiled spaghetti to the cream sauce
- Top with 20g of mozzarella cheese
- Stir all together on high heat for 5-10 mins



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HIGH PROTEIN

ICE-CREAM

Calories 220 **Carbs** 7g **Protein** 27g **Fat** 9g



INGREDIENTS

Lots of ice

200ml of unsweetened almond milk

One scoop of vanilla protein powder

10g Chocolate chips

5g of peanut butter

2g of Xanthan Gum

METHOD:

- Add all your ingredients to a blender and blend until thick and creamy
- Xanthan Gum is completely optional, I only use it to make the ice cream thicker, but adding enough ice can do this anyways



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HIGH PROTEIN KFC ZINGER BURGER

Calories 390 **Carbs** 37g **Protein** 35g **Fat** 11g



INGREDIENTS

10g of salted popcorn
Tsp. Paprika
tsp. garlic
Tsp. oregano
100g raw chicken breast
One whole egg
Tsp. of Chilli sauce
Brioche bun
Lettuce
Sauce of choice

METHOD:

- Blend your popcorn and seasonings together to form a powder
- Mix one egg with chilli sauce and coat your chicken with it firstly and then your powder after
- Oven or air fry the chicken for 15-20 mins at 220 °C
- Add the cooked chicken to the bun, lettuce, and your sauce of choice



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HIGH PROTEIN

CHICKEN PARM

Calories 250 **Carbs** 1g **Protein** 34g **Fat** 12g



INGREDIENTS

- 125g raw chicken breast
- Teaspoon Olive oil
- Tsp. Paprika
- Tsp. garlic granules
- Tsp oregano seasoning
- 50g of Tomato sauce
- 25g low fat mozzarella cheese

METHOD:

- Add olive oil to your chicken and then rub in your seasonings well
- Pan fry the chicken for 15 mins on medium heat
- Once the chicken is cooked, add tomato sauce and cheese on top of it
- Bake the chicken in the oven for 5 mins at 220 °C



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HIGH PROTEIN CHILLI

CHEESE FRIES

Calories 425 **Carbs** 35g **Protein** 31g **Fat** 17g



INGREDIENTS

200g white potato thinly sliced into fries

Tsp. garlic granules

Tsp. Paprika

Tsp. oregano seasoning

Teaspoon of Olive oil

100g of cooked lean beef
(can use your meat preference choice for this)

25g of cheddar cheese

30g Spring onions

METHOD:

- Thinly slice your potato into fries
- Season the fries and add olive oil and mix well
- Oven or air fry the fries for 15 mins at 220 °C
- Then add your cooked beef, cheese and spring onion on top of your cooked fries
- Place in the oven again at 220 °C for 5 mins



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HIGH PROTEIN KEBAB

(without pitta bread & yoghurt)

Calories 425 **Carbs** 10g **Protein** 37g **Fat** 20g



INGREDIENTS

100g raw lamb mince
(can use any meat of your choice)

30g chopped onions

30g chopped pepper

Teaspoon Garlic

Teaspoon cumin

½ tsp. chilli powder

15g breadcrumbs

One whole egg

OPTIONAL pitta bread

Salad

METHODS:

- Mix all your ingredients well together and roll into a kebab shape, don't be afraid to get your hands dirty!
- You can form patties if that is easier for you
- Pan fry the kebab for 15-20 mins on medium heat and constantly flipping them over
- Enjoy with optional sides of pitta bread, salad, and mint yoghurt



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HIGH PROTEIN MCDONALDS CHICKEN WRAP

Calories 390 **Carbs** 38g **Protein** 40g **Fat** 7g

INGREDIENTS

10g Nachos
Tsp. Paprika
Tsp. Garlic granules
Tsp. Oregano
100g raw chicken breast strips
100g egg whites



METHOD:

- Crush your nachos and seasoning together and place onto a plate aside
- Mix egg whites with BBQ sauce
- Coat your chicken strips in the egg mix and then onto the crushed nachos
- Oven or air fry the chicken for 15 mins at 220 °C
- Add the cooked chicken to a wrap, salad, and sauce of choice



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FUDGE BROWNIE PROTEIN MILKSHAKE

Calories 200 **Carbs** 3g **Protein** 30g **Fat** 7g



INGREDIENTS

15g Cocoa Powder

One scoop of chocolate protein powder

200ml unsweetened almond milk

Ice

Optional low calorie chocolate sauce

METHOD:

- Blend all your ingredients together
- Blend until thick and creamy, add more ice if you want it thicker
- Top it off with optional low cal choc sauce



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NANDOS BUTTERFLY CHICKEN

Calories 260 **Carbs** 2g **Protein** 30g **Fat** 16g



INGREDIENTS

50g Bell Pepper
Coriander
Garlic cloves
Tsp. Chilli flakes
Tablespoon olive oil
30ml Water
125g raw chicken breast
OPTIONAL 125g of packet rice

METHOD:

- Blend your pepper, coriander, garlic, chilli flakes, oil and water into a nandos marinade
- Slice your raw chicken down the middle of the breast to form a butterfly chicken
- Marinade your chicken in the sauce
- pan fry for 15-20 mins on medium heat
- Enjoy with optional rice, macros are without the rice



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HEALTHY MCDONALD'S

HASHBROWNS

Calories 310 **Carbs** 54g **Protein** 12g **Fat** 6g



INGREDIENTS

200g raw white potato

Whole egg

20g oats

Tsp. Garlic

Teaspoon Paprika

METHOD:

- Firstly, grate your raw potato using a cheese grater
- Secondly, blend 20g of oats into oat flour
- Then mix all your ingredients together to form a thick batter
- Spoon the batter onto a baking tray to form 4 hashbrowns
- Place in the oven or air fry for 15 mins at 220°C



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HIGH PROTEIN COOKIE DOUGH

Calories 330 **Carbs** 22g **Protein** 26g **Fat** 15g



INGREDIENTS

20g Oats flour

Scoop of vanilla protein powder

10g of melted butter

50 ml Unsweetened Almond milk

Low calorie syrup

10g Dark Chocolate chips

METHOD:

- First blend 20g of oats into oat flour
- Melt 10g of butter
- Add the rest of the ingredients to the butter and oat flour and mix
- Optional to roll it into balls and optional to eat straight after mixing it together
- Freeze the cookie dough for 20-30 mins



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HIGH PROTEIN ALFREDO PASTA

Calories 490 **Carbs** 42g **Protein** 50g **Fat** 14g



INGREDIENTS

100g boiled Tagliatelle Pasta
(or any pasta of your choice)

Oregano

Garlic granules

15g spinach

200 ml of skimmed Milk
(can use whatever milk you'd
like for this)

25g Mozzarella Cheese

30g Low Fat cream cheese

100g of cooked chicken Breast

METHOD:

- Add your boiled pasta to your seasonings, spinach, milk, mozzarella and cream cheese
- Add them all together on a pan on low heat for 10 minutes
- Optional to add in pasta water to the pan to make the sauce thicker
- Then add in your cooked chicken
- Stir on medium heat on the pan for 5 minutes



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HIGH PROTEIN FUDGE HOT CHOC

Calories 260 **Carbs** 10g **Protein** 29g **Fat** 11g



INGREDIENTS

- 200 ml unsweetened almond milk
- 15g Cocoa powder
- 10g of Dark chocolate chips
- Scoop of chocolate protein powder
- OPTIONAL low fat whipped cream
- Optional low cal chocolate sauce

METHOD:

- Add all of your ingredients into a blender and blend
- Optional to whisk the ingredients together too
- Simmer the mix on low to medium heat for 5 mins
- Optional to top it off with low fat whipped cream and low cal choc sauce



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HIGH PROTEIN NOODLES

Calories 300 **Carbs** 31g **Protein** 30g **Fat** 5g



INGREDIENTS

100g Raw Chick Breast

Tablespoon Soy Sauce

Freshly chopped ginger
and garlic

Spring onion

100g boiled ramen noodles

Optional 5g sesame seeds

METHOD:

- Add your soy sauce. Chopped ginger. Garlic and spring onions to your chicken breast
- Mix it well together and then pan fry on medium heat for 10 minutes
- Add in your cooked ramen noodles and stir together for 5 mins on high heat
- Optional to top it off with sesame seeds (macros included are without sesame seeds)



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HIGH PROTEIN SUBWAY

Calories 420 **Carbs** 40g **Protein** 42g **Fat** 8g



INGREDIENTS

100g / 6 inch of baguette roll

100g of cooked chicken breast

Low fat light cheese slice

Slices of tomato

Slice of lettuce

Drizzle of BBQ sauce

METHOD:

- Cut your 6 inch baguette roll in half
- Add all of the ingredients to the roll
- Bake in the oven for at 220°C



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HIGH PROTEIN LOADED PANCAKES

Calories 395 **Carbs** 25g **Protein** 53g **Fat** 8g



INGREDIENTS

100g egg whites
90g of banana
1 scoop of protein powder
Teaspoon of baking powder
Cooked Turkey rasher
One egg
Low calorie syrup

METHOD:

- Before you make your pancakes, pan fry one turkey rasher and scramble one egg
- For the pancake batter, blend your egg whites, banana, protein powder, baking powder into a thick pancake batter
- For each pancake you can make from the batter, pan fry on medium heat for 3 minutes on each side of the pancake
- Load it with your turkey rasher and scrambled egg



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HIGH PROTEIN

CREAMY PASTA

Calories 490 **Carbs** 40g **Protein** 44g **Fat** 17g



INGREDIENTS

100g boiled pasta
200g of tomato sauce / passata
Garlic granules
Basil
50g Red bell pepper
25g mozzarella cheese
30g low fat cream cheese
100g of cooked chicken breast

METHOD:

- Stir your boiled pasta with tomato sauce, garlic, basil, pepper, mozzarella and cream cheese all on a pan on medium heat for 10 min
- Leave it to simmer on the pan and then add in your cooked chicken breast
- Stir together on the pan for 5 mins on high heat



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HIGH PROTEIN M&Ms McFLURRY

Calories 220 **Carbs** 13g **Protein** 27g **Fat** 6g



INGREDIENTS

200ml unsweetened almond milk

lots of ice

15g of M&Ms

1 scoop of protein powder

OPTIONAL 2g of Xanthan Gum

OPTIONAL low cal choc sauce

METHOD:

- Add all your ingredients to a blender
- Blend it all up and add more ice until thick enough
- Xanthan gum is optional, it just makes it more creamier
- Optional to top it off with low calorie chocolate sauce



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HIGH PROTEIN BUTTERMILK CHICKEN BURGER

Calories 490 **Carbs** 52g **Protein** 53g **Fat** 8g



INGREDIENTS

200ml Skimmed milk
Tablespoon of Lemon juice
Paprika
Garlic granules
Oregano seasoning
20g of oat flour (blended oats)
150g of raw chicken breast cut into 2 fillets
One whole egg

METHOD:

- Add a tablespoon of lemon juice to your milk and this forms a healthier substitute to buttermilk
- Add in your seasonings and blended oats into the milk
- Mix well to form a chicken marinade
- Add in your chicken and egg to the marinade and mix well
- Once the chicken is coated, oven or air fry for 15-20 mins at 220°C



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HIGH PROTEIN TIKKA MASALA

Calories 470 **Carbs** 49g **Protein** 53g **Fat** 7g



INGREDIENTS

Onion
200g Chopped tomatoes
Garlic Paste
½ teaspoon turmeric
½ Tsp. gharam masala
200g fat free Greek yoghurt
100g of cooked chicken
OPTIONAL cooked 125g pilau rice

METHOD:

- Add your chopped onion, tomatoes, garlic, turmeric, gharam masala and yoghurt onto a pan
- simmer on the pan for high heat for 5 mins and then remove from the pan and into a blender
- Blend into a thick creamy tikka pasta
- Add your cooked chicken to the paste and stir it all together on a pan for 10 minutes on medium heat
- Optional to enjoy your chicken tikka with your pilau rice



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HIGH PROTEIN BROWNIE BATTER OATS

Calories 360 **Carbs** 32g **Protein** 43g **Fat** 6g

INGREDIENTS

30g Oats

10g cocoa powder

Scoop of chocolate protein powder

150ml unsweetened almond milk

150g Low Fat Greek yoghurt



METHOD:

- Blend your oats and cocoa powder into a fine like flour
- Add milk and yoghurt to your blended cocoa oats
- Mix well together and freeze for 1 hour or fridge overnight



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HIGH PROTEIN CARBONARA PASTA

Calories 440 **Carbs** 38g **Protein** 42g **Fat** 13g

INGREDIENTS

100g boiled pasta

One whole Egg

15g Parmesan cheese

Garlic

Black Pepper

100ml of Pasta water
(water leftover from boiling
your pasta)

100g of Cooked Turkey
rashers (you can use whatever
meat choice you'd like for this)



METHOD:

- Start off by boiling your pasta and putting 100g aside
- Add your pasta with egg, cheese, garlic, black pepper, pasta water to a pan
- Stir together on low to medium heat for 5 mins
- Add in cooked turkey rashers to your pasta and stir again on low heat for 10 mins this time



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HIGH PROTEIN PIZZA

Calories 470 **Carbs** 24g **Protein** 55g **Fat** 16g



INGREDIENTS

Whole egg
25g oats
125g low fat Greek yoghurt
Garlic granules
Oregano
Teaspoon of baking powder
50g of tomato paste
25g of mozzarella cheese
100g of cooked chicken breast

METHOD:

- Mix your egg, oats, yoghurt, garlic, oregano, baking powder into a thick pizza base
- Top the base with tomato paste, cheese, and cooked chicken
- Place in the oven for 20 mins at 220°C



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POST WORKOUT PROTEIN SMOOTHIE

Calories 290 **Carbs** 33g **Protein** 31g **Fat** 4g



INGREDIENTS

Lots of ice

200 ml of unsweetened almond milk

80g Frozen Blueberries

50g of banana

200g of low fat Greek yoghurt

15g of Protein powder

METHOD:

- Blend all your ingredients until thick and creamy
- If your smoothie isn't thick enough, add more ice



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HIGH PROTEIN THAI GREEN CURRY

Calories 395 **Carbs** 9g **Protein** 40g **Fat** 20g



INGREDIENTS

30g onion
Fresh coriander
Red chilli
Ginger and garlic paste
100ml of coconut milk
100g of low fat Greek yoghurt
30g red bell pepper
100g of cooked chicken breast
OPTIONAL 125g of boiled rice

METHOD:

- Add chopped onion, coriander, chilli, ginger & garlic paste, coconut milk and yoghurt to a blender
- Blend into a Thai paste
- Add in bell pepper & cooked chicken to the paste and stir on a pan on medium heat for 10 mins
- Enjoy with optional boiled rice, macros are without the rice



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HIGH PROTEIN GARLIC BREAD

Calories 325 **Carbs** 25g **Protein** 27g **Fat** 15g

INGREDIENTS

Whole egg
Crushed garlic cloves
Oregano
25g oat flour
(blended up 25g of rolled oats)
100g of low fat Greek yoghurt
20g mozzarella cheese
Tsp. Baking powder
Optional to add a low fat light
cheese slice



METHOD:

- Mix all of your ingredients together to form a thick base
- Optional to add a cheese slice on top if you want an even more cheesy garlic bread
- Place the mixture in the oven for 20 mins at 220°C



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HIGH PROTEIN BUFFALO TENDERS

Calories 300 **Carbs** 18g **Protein** 37g **Fat** 4g

INGREDIENTS

25g Oats
Tsp. Paprika
Tsp. garlic granules
Tsp. chilli flakes
10g of crushed up nachos
Tablespoon of hot sauce
100g Egg whites
100g of raw chicken breast



METHOD:

- Blend your oats, and seasonings into a flour
- Add crushed nachos to your flour onto a plate and set aside
- Mix your egg whites with hot sauce
- Dip your chicken tenders in the egg mix first and then coat in the flour
- Air fry or oven your chicken for 15-20 mins at 220 °C
- Then drench your cooked chicken in hot sauce



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HIGH PROTEIN CAJUN PASTA

Calories 350 **Carbs** 32g **Protein** 34g **Fat** 10g



INGREDIENTS

40g bell peppers

30g chopped onions

100g of boiled pasta

40g low fat cream
cheese

Cajun seasoning

Garlic granules

Thyme seasoning

100g of cooked chicken
breast

OPTIONAL 5g of Parmesan
cheese

METHOD:

- Add your peppers, onions, boiled pasta, cream cheese, seasonings to a pan
- stir together on medium heat for 5 minutes
- Then add in your cooked chicken breast and heat for 5 minutes again on low to medium heat
- Optional to top it off with parmesan cheese



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A stylized, handwritten signature in black ink, reading 'Zack Chug'.

HIGH PROTEIN

FAJITA WRAP

Calories 390 **Carbs** 32g **Protein** 35g **Fat** 11g

INGREDIENTS

100g raw chicken breast
Tablespoon of BBQ sauce
Cumin seasoning
Paprika seasoning
30g of mixed bell peppers
30g chopped onions
Tablespoon of Salsa
30g of mozzarella cheese



METHOD:

- Add bbq sauce, seasonings, pepper, onions to your chicken breast
- Pan fry this all together for 10 mins on medium heat
- Add your cooked fajita chicken to a tortilla wrap
- Then add salsa and cheese and fold your wrap and grill for 5 mins



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HIGH PROTEIN

MAC & CHEESE

Calories 420 **Carbs** 45g **Protein** 20g **Fat** 15g



INGREDIENTS

10g of cheddar cheese
25g of mozzarella cheese
40g of low-fat cream cheese
10g of plain flour
Tsp. paprika
200 ml of unsweetened almond milk
100g of boiled pasta
Optional basil

METHOD:

- Add your cheeses to plain flour, paprika, almond milk and stir on low to medium heat on a pan for 5 mins
- Add your boiled pasta to the pan and fold it into your cheesy mixture whilst on low heat
- Then add your mac and cheese to a dish and oven for 10 mins at 220°C
- Finally, garnish your mac and cheese with basil



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HIGH PROTEIN PEPPERONI

PIZZA

Calories 425 **Carbs** 26g **Protein** 37g **Fat** 18g



INGREDIENTS

Whole egg
30g oat flour (blended oats)
100g low fat Greek yoghurt
Garlic
Basil
One teaspoon of baking powder
75g of tomato sauce (Passata)
25g of mozzarella cheese
50g of turkey pepperoni

METHOD:

- Mix your egg, oat flour, yoghurt, garlic, basil and baking powder into a pizza base
- Add tomato sauce, mozzarella, and pepperoni on top of your pizza mix base
- Place in the oven for 20 mins at 220°C



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HIGH PROTEIN CHICKEN KORMA

Calories 470 **Carbs** 39g **Protein** 47g **Fat** 11g



INGREDIENTS

30g chopped onion
200g chopped tomatoes
150g low fat Greek yoghurt
½ teaspoon of turmeric
1 teaspoon of garlic & Ginger paste
10g of almonds
100g of cooked chicken breast
(I season with paprika)
OPTIONAL 125g of boiled basmati rice

METHOD:

- Add chopped onion, tomatoes, yoghurt, turmeric, garlic & ginger paste, and almonds to a pan
- Let them all simmer on medium heat for 5 minutes and then transfer to a blender and blend into a korma paste
- Add cooked chicken to your korma paste and stir all together on a pan for 5 mins on medium to high heat
- Optional to enjoy this korma with boiled basmati rice, macros with the rice



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HIGH PROTEIN KFC BURGER

Calories 390 **Carbs** 43g **Protein** 39g **Fat** 5g



INGREDIENTS

2 rice cakes
Tsp. Paprika
Tsp. garlic granules
Tsp. oregano
75g egg whites
Tbsp. Worcestershire sauce
100g of raw chicken breast fillet
Hot sauce
Brioche bun
Lettuce
Light cheese slice

METHOD:

- Add your rice cakes and seasoning to a blender and blend into a flour
- Place the flour on a plate and set aside
- Then mix your egg whites with Worcestershire sauce
- Coat your chicken in the egg mix and then your rice cake flour afterwards
- Then oven or air fry your chicken for 20 mins at 220°C
- Once the chicken is crispy and cooked, drench it in hot sauce and then add it to a brioche bun, lettuce, and a light cheese slice



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HIGH PROTEIN PHILLY CHEESESTEAK

Calories 490 **Carbs** 32g **Protein** 40g **Fat** 20g

INGREDIENTS

100g of raw sirloin steak
Chopped onions
Garlic granules
Salt and pepper seasoning
30g of mozzarella



METHOD:

- Season your raw steak with salt and pepper, garlic and add onions to it
- Pan fry your steak until its cooked to your liking
- Add the cooked beef to a 6-inch sub roll
- Top it off with mozzarella cheese and then grill for 5 mins at 220°C



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HIGH PROTEIN CHICKEN LOADED FRIES

Calories 390 **Carbs** 30g **Protein** 40g **Fat** 10g



INGREDIENTS

150g of raw sliced white potato

Tsp. paprika

Tsp. oregano seasoning

10g jalapeños

30g of mozzarella

OPTIONAL light Mayo sauce

OPTIONAL coriander

METHOD:

- Slice your raw potato into fries
- Season them with paprika & oregano and oven or air fry for 15 mins at 220°C
- Add your cooked chicken, jalapenos & mozzarella to your fries
- Oven again for 5 mins at 220°C



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HIGH PROTEIN CRISPY SHRIMP

Calories 260 **Carbs** 17g **Protein** 28g **Fat** 8g



INGREDIENTS

25g oats
Tsp. garlic
Tsp. paprika
Black pepper seasoning
150g of King prawns
Tablespoon of soy sauce
1 large egg
OPTIONAL low cal sweet chilli sauce

METHOD:

- Blend your oats and seasonings into a flour and spread on a plate
- Mix one egg and soy sauce together, and set aside
- Coat your prawns in the egg mixture first and then your oat flour
- Air fry or add to the oven for 20 mins at 220 °C
- Optional to add low call sweet chilli sauce to your crispy prawns



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HIGH PROTEIN RICE KRISPIES TREAT

Calories 300 **Carbs** 45g **Protein** 30g **Fat** 5g

INGREDIENTS

20g marshmallows

30g of Rice Krispies

one protein powder
scoop

Optional unsweetened
almond milk



METHOD:

- Add marshmallows to a pan on low heat for 5 mins
- Then fold in your rice krispies and protein powder and mix it all together
- If it is still thick, add in a splash of unsweetened almond milk
- Flatten onto a tray and freeze for 1 hour



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HIGH PROTEIN SMASH BURGER

Calories 400 **Carbs** 32g **Protein** 36g **Fat** 12g



INGREDIENTS

125g of raw lean beef mince
Garlic granules
Salt
Black pepper seasoning
Brioche bun
Slice of lettuce
2 light cheese slices
Sauce of choice

METHOD:

- Season your raw beef mince
- Roll into balls and smash into patties using a flat spatula
- Pan fry each side of the patty for 5 mins on medium heat
- Add the cooked patties to a brioche bun, lettuce, cheese slices and whatever sauce you like



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HIGH PROTEIN BREAKFAST BAGEL

Calories 400 **Carbs** 26g **Protein** 33g **Fat** 19g



INGREDIENTS

Thin Seeded Bagel
40g Avocado
2 cooked Turkey rashers
1 medium fried egg
20g mozzarella cheese

METHOD:

- Firstly, cook your turkey rashers and then fry your egg
- Add these to a bagel, and then top it off with avocado and cheese
- Grill the bagel for 5 mins at 220 °C



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HIGH PROTEIN

PIZZA ROLL

Calories 320 **Carbs** 28g **Protein** 24g **Fat** 12g



INGREDIENTS

- 1 hot dog roll
- 50g Tomato sauce
- Oregano
- Basil seasoning
- 20g of mozzarella cheese
- 50g of Turkey pepperoni

METHOD:

- Add all your ingredients to the hot dog roll
- Then add to the oven for 5-10 mins at 220°C



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HIGH PROTEIN

CHICKEN GYRO

Calories 390 **Carbs** 36g **Protein** 35g **Fat** 9g

INGREDIENTS

100g raw chicken breast
100g low fat Greek yoghurt
Teaspoon. Olive oil
Teaspoon lemon juice
Garlic paste
Cumin
Coriander
Tortilla wrap
50g of tzatziki sauce
Mixed salad (lettuce, tomatoes and cucumber)



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METHOD:

- Marinade your chicken in yoghurt, olive oil, lemon juice, garlic paste, cumin, coriander and mix well together
- Pan fry the chicken on medium heat for 10 minutes
- In the meantime prepare tzatziki sauce, mix Greek yoghurt with cucumber
- Add your cooked chicken, tzatziki sauce, and salad to your tortilla wrap
- Fold over the wrap and grill it for 5 minutes at 220°C



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HIGH PROTEIN CRUSTED CHICKEN PARM

Calories 300 **Carbs** 18g **Protein** 39g **Fat** 8g



INGREDIENTS

100g raw chicken breast
25g Oat Flour
(blend 25g of oats in a blender)
Garlic
Paprika
Oregano seasoning
75g egg whites
50g of tomato sauce
20g mozzarella cheese

METHOD:

- Add oat flour, seasonings, and egg whites to your raw chicken breast
- Mix it all together and coat the chicken
- Oven or air fry the chicken for 20 mins at 220°C
- Then add tomato sauce and mozzarella to the cooked chicken
- Oven again for 5 mins at 220°C



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HIGH PROTEIN

CHICKEN TIKKA

Calories 290 **Carbs** 10g **Protein** 44g **Fat** 6g

INGREDIENTS

150 fat free Greek yoghurt

Tsp. Olive Oil

Tsp. Paprika

½ tsp. tgharam masala,

Tsp.garlic paste

Tsp. mint sauce

150g raw chicken breast
cut into cubes



METHOD:

- Mix Greek yoghurt, olive oil, paprika, gharam masala, garlic paste, and mint sauce all together to form a tikka pasta
- Throw in your raw cubed chicken breast and marinade with the paste
- Grill or oven the chicken for 20-25 mins at 220 °C



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HIGH PROTEIN BROWNIE SUNDAE

Calories 370 **Carbs** 21g **Protein** 41g **Fat** 12g

INGREDIENTS

20g cocoa powder
Scoop of chocolate protein powder
Pinch of Bicarbonate soda
10g of Nutella
100g Fat free Greek yoghurt
100ml unsweetened almond milk
10g of Dark Choc chips
OPTIONAL scoop of Low Cal Ice Cream



METHOD:

- Mix all of your ingredients in a mixing bowl and mix until its thick
- place in a baking dish and its optional to top it with extra dark choc chips
- Oven for 15-20 mins at 220 °C
- Optional again to top it off with a scoop of low cal ice cream, macros are without the ice cream included



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HIGH PROTEIN LOADED CRUNCHY BURRITO

Calories 470 **Carbs** 44g **Protein** 35g **Fat** 15g



INGREDIENTS

Tortilla wrap
20g mozzarella cheese
100g of raw lean beef mince
50g drained black beans
Tablespoon of Salsa
Tablespoon Guacamole
20g chopped onions
Coriander
3 nachos
OPTIONAL to add hot sauce

METHOD:

- Add all of your ingredients to the tortilla wrap
- You can use your own choice of meat for the filling
- Once all the ingredients have been added, wrap and fold into a burrito (may need to watch a 30 sec YouTube tutorial on how to do so lol)
- Pan fry the burrito or grill for 5 mins



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HIGH PROTEIN NUTELLA STUFFED OREO FRENCH TOAST

Calories 600 **Carbs** 99g **Protein** 50g **Fat** 8g



INGREDIENTS

2 Oreos

75ml Unsweetened Almond milk

75g Egg Whites

1 scoop of Chocolate protein powder

4 slices of low cal bread

5g of nutella

OPTIONAL Low Cal Choc Sauce & Oreo crumbs

METHOD:

- Firstly crush 2 Oreos
- Add them to almond milk, egg whites and protein powder
- Mix it all together and coat 1 slice of bread and then add Nutella in the middle of it
- Then add another slice of bread on top of the original slice and coat it again
- Pan fry on low heat for 5 mins on each side
- Repeat these instructions for another 2 slices of bread



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90 CALORIE TESTOSTERONE BOOSTER

SMOOTHIE

Calories 90 **Carbs** 16g **Protein** 1g **Fat** 2g



INGREDIENTS

- 30g pineapple
- 30g Pomegranate
- 30g Kale
- 30g Bananas
- 200 ml Fortified coconut milk

METHOD:

- Blend all the ingredients together and add ice if you want it thicker



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HIGH PROTEIN MCDONALDS

FILLET-O-FISH

Calories 400 **Carbs** 36g **Protein** 44g **Fat** 6g



INGREDIENTS

10g Popcorn
(sweet or salted or both)

Tsp. Garlic granules,

Black Pepper

Tsp. Onion Powder
seasoning

75g Egg Whites

Mustard sauce

150g of raw cod fillet

Brioche bun,

Light cheese slice

5g tartar sauce

METHOD:

- Blend your popcorn and seasonings together into a flour like powder and set aside on a plate
- Mix your egg whites and mustard together in a bowl
- Coat your fish fillet in your egg white mix and then the popcorn powder
- Oven or air fry the fish fillet for 20 mins at 220°C
- Add your fish fillet to a brioche bun, and top the burger with a light cheese slice and tartar sauce



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HIGH PROTEIN CHICKEN RIGATONI

Calories 450 **Carbs** 36g **Protein** 44g **Fat** 8g



INGREDIENTS

250g chopped tomatoes
20g chopped onions
Tsp. garlic granulest
Tsp.oregano
Chilli flake seasoning
100g fat free Greek yoghurt
100g boiled rigatoni pasta
20g mozzarella cheese
100g cooked chicken breast

METHOD:

- Add chopped tomatoes, onions, garlic, oregano, chilli flakes, Greek yoghurt to a pan
- Stir and let them simmer on 5 mins on low to medium heat
- Then transfer to a blender and blend into a sauce
- Add your sauce to boiled pasta, mozzarella, cooked chicken breast and mix together
- Add it all to a pan on medium heat for 10 mins



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HIGH PROTEIN CRISPY TOFU VEGAN BOWL

Calories 450 **Carbs** 36g **Protein** 25g **Fat** 19g

INGREDIENTS

Tbsp. garlic paste
Chilli flakes
Coriander
Tbsp soy sauce
Tbsp Cornflour
Tbsp. olive oil
250g of Tofu
100g of quinoa
30g Avocado
Salad



METHOD:

- Mix garlic paste, chilli flakes, coriander, soy sauce, olive oil and cornflour together
- Add in your tofu and coat it in the pasta
- Oven or air fry your tofu for 15 mins at 220 °C
- Enjoy it with quinoa, avocado, and salad



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HIGH PROTEIN KFC NASHVILLE TENDERS

Calories 300 **Carbs** 18g **Protein** 47g **Fat** 4g

INGREDIENTS

25g Oats

Tsp. Paprika

Tsp. garlic granules

½ tsp. chilli powder
seasoning

100g egg whites

Tsp bbq sauce

150g raw chicken breast
into slices

OPTIONAL hot sauce



METHOD:

- Blend your oats and seasoning into a flour and set aside on a plate
- Mix your egg whites and bbq sauce in a bowl
- Coat your chicken in the egg mix and then the flour
- Then place in the oven or air fry for 20 mins at 220 °C
- Optional to drench it all in hot sauce



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HIGH PROTEIN PESTO PASTA

Calories 490 **Carbs** 34g **Protein** 45g **Fat** 17g



INGREDIENTS

100g boiled Pasta

Fresh Basil

Teaspoon of pesto sauce

Tsp. minced garlic

200 ml of unsweetened almond Milk (you can use whatever milk you'd like for this)

20g Mozzarella Cheese

30g Low Fat cream cheese

100g of cooked chicken breast

METHOD:

- Add boiled pasta, basil, pesto, garlic, almond milk. Mozzarella and cream cheese to a pan on medium heat for 5 mins until it is creamy
- Then add in your cooked chicken breast
- Stir together on medium heat for 5 minutes again



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HIGH PROTEIN CORNFLAKE CRUNCH

Calories 500 **Carbs** 43g **Protein** 32g **Fat** 20g



INGREDIENTS

50g of dark Chocolate

125ml of unsweetened
almond milk

One scoop of protein
powder

30g of Cornflakes

METHOD:

- Heat your dark chocolate, almond milk and protein powder on a stove on medium heat for 5 mins
- Stir it well and then fold in your cornflakes
- Flatten the cornflake crunch and freeze for 1-2 hours



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HIGH PROTEIN MARGHERITA

PIZZA

Calories 320 **Carbs** 26g **Protein** 25g **Fat** 13g

INGREDIENTS

One whole egg
30g of oat flour (blended up oats)
100g of fat free Greek yoghurt
Tsp. garlic paste
Tsp. oregano
50g tomato sauce
Basil seasoning
25g of mozzarella cheese



METHOD:

- Blend your oats into oat flour
- Mix your oat flour with egg, yoghurt, garlic paste and oregano into a base mixture
- Bake the base in the oven for 20 mins at 220°C
- Once baked, top it off with tomato sauce, basil and mozzarella
- Oven it again for 5 mins at 220°C



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110 CALORIE SKIN HEALTH

SMOOTHIE

Calories 110 **Carbs** 25g **Protein** 2g **Fat** 2g



INGREDIENTS

100g Raspberries
50g Mangoes
50g Apples
2g Ginger
200ml Fortified coconut milk

METHOD:

- Blend all the ingredients together
- Optional to add ice to make it thicker

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HIGH PROTEIN CHICK 'N CHEESE BITES

(FOR WHOLE MIXTURE)

Calories 450 **Carbs** 26g **Protein** 52g **Fat** 15g

INGREDIENTS

One whole egg
30g oats
75g of fat free Greek yoghurt
100g cooked chicken breast
25g mozzarella cheese
Tsp. Baking powder



METHOD:

- Blend your oats into oat flour
- Then mix in all the ingredients together and scoop equal servings onto a baking tray
- I ended up making 4 equal mixtures in the end and placing them into cupcake holders
- Bake in the oven for 5 mins at 220°C



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HIGH PROTEIN BISCOFF CAKE

Calories 450 **Carbs** 46g **Protein** 20g **Fat** 19g

INGREDIENTS

One whole egg

30g of Biscoff spread

30g oat flour
(blended oats)

1 crushed lotus biscuit

100g fat free
Greek yoghurt

Tsp. Baking powder



METHOD:

- Crush one lotus biscuit firstly
- Then add in all your ingredients and mix together
- Transfer to a baking dish and place in the oven for 15 -20 mins at 220°C



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HIGH PROTEIN CHIPOTLE QUESADILLA

Calories 450 **Carbs** 33g **Protein** 45g **Fat** 13g



INGREDIENTS

150g raw chicken breast
tsp. paprika
tsp. garlic seasoning
Tbsp. BBQ
Tbsp. HOT sauce
25g mozzarella cheese
30g low fat cream cheese
coriander
tortilla wrap

METHOD:

- Add your seasonings to the raw chicken breast
- Cook the chicken on a pan for 10 mins on medium heat
- Shred the chicken using a knife and fork
- Add BBQ, hot sauce, mozzarella, cream cheese and coriander to your cooked chicken
- Mix it all together to form a creamy filling
- Spread this filling on a tortilla wrap and grill or pan fry for 5 mins on high heat



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RECOVERY

SMOOTHIE

Calories 190 **Carbs** 30g **Protein** 2g **Fat** 2g



INGREDIENTS

50g Watermelon

60g Banana

one medium Kiwi

50g Blueberries

170ml Fortified
coconut milk

METHOD:

- Blend all the ingredients together into a thick smoothie
- Optional to add ice to make it thicker



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HIGH PROTEIN FLAMIN' NUGGETS

Calories 270 **Carbs** 10g **Protein** 43g **Fat** 7g



INGREDIENTS

15g of cheese Cheetos

Chilli powder

75g of egg whites

150g of raw diced
chicken breast

METHOD:

- Blend Cheetos and chilli powder into a powder
- Add your egg whites to a bowl
- Dip and coat your chicken breast in the egg whites and then the Cheetos powder
- Add them all to a tray and oven or air fry for 20 mins at 220°C



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HIGH PROTEIN LOADED

POTATOES

Calories 370 **Carbs** 31g **Protein** 40g **Fat** 10g

INGREDIENTS

150g raw white potato
tsp.oregano seasoning
Tsp.paprika seasoning
20g chopped spring onion
100g of lean cooked beef
jalapeños
25g of mozzarella cheese
optional low cal white sauce



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METHOD:

- Dice your raw potato into cubes, season it and add spring onions to it
- Mix it all together and oven or air fry for 15 mins at 220°C
- Add your cooked beef, jalapeños & mozzarella to the cooked potatoes
- Oven it all again for 5 mins at 220°C



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HIGH PROTEIN CHOCOLATE CONCRETE

Calories 410 **Carbs** 31g **Protein** 45g **Fat** 10g



INGREDIENTS

25g of cocoa powder
scoop of chocolate protein powder
30g of oats
tsp. of Baking Powder
150g of low fat Greek yoghurt

METHOD:

- Blend cocoa powder, protein powder and oats together into a flour
- Add in the low fat Greek yoghurt to the flour and mix it well
- Flatten onto a baking dish and oven for 15 mins at 220°C
- Optional to add stevia sweetener granules on top of the concrete



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HIGH PROTEIN EASY PIZZA

Calories 400 **Carbs** 26g **Protein** 43g **Fat** 13g



INGREDIENTS

50g tomato Passata sauce

tsp. oregano

30g low fat cream cheese

Lebanese flatbread

20g of mozzarella cheese

basil leaves

100g of cooked chicken breast

METHOD:

- Blend the tomato sauce, oregano and low fat cream cheese
- Add it to a Lebanese flatbread, top the flatbread with basil, mozzarella & cooked chicken breast
- Oven for 5-10 mins at 220°C



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GUT HEALTH

SMOOTHIE

Calories 130 **Carbs** 29g **Protein** 1g **Fat** 2g



INGREDIENTS

100g Pineapple
60g Apple
1g Ginger
squeeze of Lime
180ml coconut milk

METHOD:

- Blend all the ingredients together
- Optional to add ice if you want the smoothie thicker

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HIGH PROTEIN CREPES

Calories 250 **Carbs** 19g **Protein** 39g **Fat** 3g



INGREDIENTS

70g banana

100g egg whites

protein powder scoop

teaspoon of baking powder

optional toppings
(low cal chocolate spread
and Oreo crumbs)

METHOD:

- Add all your ingredients to a blender and blend into a thick batter
- Add the batter evenly to the whole surface area of the pan
- Leave it on medium heat on the pan for 5 mins on each side of the crepe
- Add whatever toppings you like to your crepes



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HIGH PROTEIN TUNA MELT

Calories 390 **Carbs** 37g **Protein** 36g **Fat** 10g



INGREDIENTS

100g of tuna
15g of light Mayo
chopped parsley
10g chopped red onion
10g chopped spring onion
2 white bread slices
20g of mozzarella cheese
tomato slices

METHOD:

- Add your light mayo, parsley, red & spring onion to your tuna
- Mix it all together until creamy
- Add the mixture to the bread slices, top it with mozzarella and oven for 5 mins at 220°C
- Then once toasted, add tomato slices and oven again for 5-10 mins at 220°C



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HIGH PROTEIN POPCORN BAR

Calories 500 **Carbs** 40g **Protein** 30g **Fat** 22g



INGREDIENTS

50g of dark chocolate

150ml unsweetened
almond milk

1 scoop of chocolate
protein powder

20g of sweet popcorn

METHOD:

- Add your dark chocolate, unsweetened almond milk and protein powder to a pan
- Let it simmer on medium to high heat for 5 mins
- Then let it cool for 1 minute and fold in your popcorn
- Mix it all together, flatten it on a tray and freeze for 2 hours



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HIGH PROTEIN LINGUINE PASTA

Calories 470 **Carbs** 37g **Protein** 47g **Fat** 14g

INGREDIENTS

100g of raw chicken breast
Tsp. paprika seasoning
Tsp. Chilli flakes
Tsp.garlic granules
100g of boiled pasta
Handful of spinach
125ml of skimmed milk
(or any milk of choice)
20g of mozzarella cheese
30g low fat cream cheese



METHOD:

- Season your raw chicken breast with paprika, chilli flakes and garlic granules
- pan fry for 10 mins on high heat
- Add boiled pasta, spinach, milk, mozzarella, and cream cheese to your cooked chicken
- Stir together on medium heat for 10 mins



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HIGH PROTEIN BEN & JERRY'S FUDGE BROWNIE

Calories 260 **Carbs** 18g **Protein** 30g **Fat** 8g



INGREDIENTS

Lots of ice

125ml of unsweetened almond milk

Scoop chocolate protein powder

15g of cocoa powder

one low calorie fibre brownie

2g of Xanthan Gum (optional)

METHOD:

- Blend all your ingredients together until thick and creamy
- Optional to add xanthan gum to make it more thick



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WATERMELON TESTOSTERONE BOOSTER SMOOTHIE

Calories 170 **Carbs** 40g **Protein** 3g **Fat** 0g



INGREDIENTS

- 30g Strawberries
- 30g Watermelon
- 1g Ginger
- 30g Blueberries
- 150ml Cranberry juice

METHOD:

- Blend all the ingredients together
- Optional to add ice if you want it thicker



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HIGH PROTEIN COOKIE BROWNIES

(FOR WHOLE MIX)

Calories 460 **Carbs** 33g **Protein** 49g **Fat** 15g



INGREDIENTS

20g Cocoa powder
chocolate protein powder scoop
75ml unsweetened almond milk
200g low fat Greek yoghurt
10g of dark choc chips
1/2 tsp of baking powder
2 low calorie cookies

METHOD:

- Mix your cocoa powder, protein powder, almond milk, Greek yoghurt, choc chips & baking powder into a thick consistency
- Pour it into a baking dish and then add 2 low cal cookies to it
- Oven or air fry for 15 mins at 220°C



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HIGH PROTEIN LOADED PASTA BAKE

Calories 400 **Carbs** 33g **Protein** 41g **Fat** 12g

INGREDIENTS

100g of boiled penne pasta

200g chopped tomatoes

Basil

20g chopped red bell pepper

100g of cooked chicken breast

20g of mozzarella cheese

10g jalapeños



METHOD:

- Add boiled pasta, chopped tomatoes, basil, bell pepper, and cooked chicken breast to a pan
- Stir together on medium to high heat for 10 minutes
- Top it off with mozzarella and jalapenos
- Oven bake for 5-10 mins at 220°C



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HIGH PROTEIN BIG MAC

PIZZA

Calories 477 **Carbs** 26g **Protein** 54g **Fat** 18g



INGREDIENTS

Whole egg
30g Oats
100g low fat Greek yoghurt
tsp. oregano
Tsp. garlic paste
tsp. Baking powder
60g of tomato sauce
100g of lean cooked beef mince
(or any meat of choice)
10g gherkins
10g chopped red onions
25g of mozzarella cheese

METHOD:

- Blend your oats firstly
- Mix your oat flour, Greek yoghurt, egg, oregano, garlic paste & baking powder into a thick mixture
- Bake it in the oven for 15 mins at 220°C
- After this is done, add tomato sauce, cooked beef, gherkins, onions, and mozzarella to your pizza base
- Oven it all again for 5 mins at 220°C



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HIGH PROTEIN CHICKEN BIG MAC

Calories 500 **Carbs** 57g **Protein** 50g **Fat** 6g



INGREDIENTS

2 rice cakes
tsp. paprika
Tsp. garlic granules
Tsp. oregano seasoning
2 raw chicken breasts
(150g raw weight for both)
70g of egg whites
3 low cal single brioche buns
Chopped lettuce
low fat cheese slice
10g light mayonnaise

METHOD:

- Blend your rice cakes and seasonings into a flour
- Place the flour onto a plate & add the egg whites into a separate bowl
- Dip and coat your chicken breasts in the egg whites & then the rice cake flour
- Oven or air fry the chicken for 15 mins at 220°C
- Add it to the brioche buns, lettuce, cheese slice & light mayo



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HIGH PROTEIN SZECHUAN NOODLES

Calories 370 **Carbs** 40g **Protein** 36g **Fat** 5g



INGREDIENTS

30ml light soy sauce
chilli flakes
tsp. Garlic paste
tsp. Honey
50g red onion
50g bell pepper
150ml water
100g of boiled rice noodles
100g of cooked chicken breast
optional sesame seeds

METHOD:

- Add soy sauce, chilli flakes, garlic paste, honey, red onion, bell pepper and water to a pan
- Simmer on high heat on the pan for 5 mins to form a sauce
- Add your boiled noodles & cooked chicken breast to the sauce
- Stir together and leave on low heat for 10 mins



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HIGH PROTEIN CHICKEN KEBAB WRAP

Calories 390 **Carbs** 37g **Protein** 45g **Fat** 5g



INGREDIENTS

150g of raw chicken breast
100g fat free Greek yoghurt
tsp. Garlic granules
Tsp. cinnamon
Tsp. oregano seasoning
tsp. Of lemon juice
1 light tortilla wrap
10g tomato
10g cucumber
20g spinach
Low cal garlic Mayo sauce

METHOD:

- Mix and marinate your raw chicken in Greek yoghurt, seasonings and lemon juice
- Once the chicken is coated, pan fry on medium to high heat for 10 mins
- Add tomato, cucumber, spinach, and the cooked chicken to a light tortilla wrap
- Then top with low cal garlic mayo sauce & fold
- it is optional to grill for 5 mins



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HIGH PROTEIN MINI POPCORN CHICKEN

(FOR WHOLE SERVING)

Calories 260 **Carbs** 17g **Protein** 38g **Fat** 4g



INGREDIENTS

25g Oats
tsp. garlic
Tsp. paprika
Tsp. oregano seasoning
125g of raw diced c
hicken breast
70g of egg whites
tsp. Of Hot sauce

METHOD:

- Blend your oats & seasonings into an oat flour and set aside on a plate
- Mix hot sauce with your egg whites in a bowl
- Coat your diced chicken breast in the egg white mix and then the oat flour mix
- Oven or air fry the chicken for 20 mins



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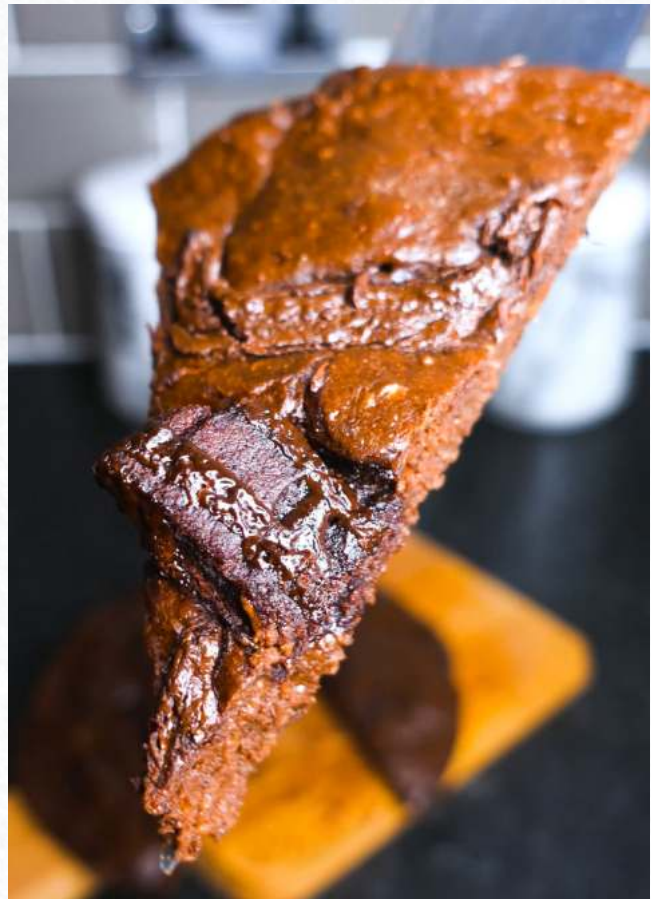
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HIGH PROTEIN BROWNIE CAKE

Calories 450 **Carbs** 42g **Protein** 37g **Fat** 16g

INGREDIENTS

whole egg
15g melted dark chocolate
25g oat flour
scoop of protein powder
100g Fat free Greek yoghurt
tsp. Baking powder
low cal fibre brownie bar



METHOD:

- Firstly, melt your dark chocolate
- Add an egg, oat flour, protein powder, Greek yoghurt & baking powder to the dark chocolate and mix well until thick
- Add a low cal brownie to the mixture
- Place in the oven or air fry 15 mins at 220°C



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HIGH PROTEIN FLUFFY CHICKEN RICE

Calories 350 **Carbs** 38g **Protein** 40g **Fat** 3g



INGREDIENTS

50g uncooked washed basmati rice
tsp. turmeric
Tsp. paprika
tsp. cumin seasoning
coriander
garlic
150ml water
150g raw chicken breast
baby tomatoes

METHOD:

- Add all the ingredients to an oven dish and stir together
- Then add it to an oven for 25-30 mins at 220°C



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HIGH PROTEIN

BUTTER CHICKEN

Calories 530 **Carbs** 60g **Protein** 55g **Fat** 6g



INGREDIENTS

30g chopped red onion
60g medium apple
150g low Fat Greek Yoghurt
125ml semi skimmed milk
(or milk of choice)
150g Chopped Tomatoes
tsp. garlic/ginger paste
tsp. Turmeric
150g raw chicken breast
tsp. Paprika
Tsp. Cumin seasoning
45g washed uncooked rice
coriander

METHOD:

- . Finely chop your onion & apple
- . Add some low-calorie oil spray to a frying pan on medium heat
- . Add your yoghurt, milk, chopped tomatoes, tsp. Of garlic & Ginger paste & let this simmer for 5-10 mins
- . Let it cool & blend it to form a thick creamy paste
- . Get 150g of raw diced chicken breast & season with paprika & cumin
- . Cook the chicken breasts for about 10 mins on the pan on medium heat
- . Add the creamy paste to the cooked chicken and add it all to the pan & let it simmer for 5-10 mins
- . Meanwhile, add 45g uncooked washed basmati rice to a pot and let it boil for 15 mins
- . Enjoy with rice and Optional coriander to add



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HIGH PROTEIN

PANCAKES

Calories 265 **Carbs** 22g **Protein** 40g **Fat** 3g



INGREDIENTS

70g banana

125 egg whites

Scoop of vanilla powder

teaspoon of baking powder

OPTIONAL 30g frozen berries

METHOD:

- Blend all of your ingredients together into a thick batter
- Add equal servings of batter to the pan on medium heat for 3-4 mins on each side
- Optional to microwave frozen berries to form a berry compote topping



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HIGH PROTEIN HEALTHY

McFLURRY

Calories 290 **Carbs** 24g **Protein** 38g **Fat** 6g



INGREDIENTS

Lots of Ice
60g Strawberries
50g Banana
Handful Spinach
cinnamon
100g low fat Greek yoghurt
100ml Semi skimmed Milk
(or milk of choice)
one scoop of chocolate
protein powder

METHOD:

• Blend all the ingredients together and add more ice if you want it thicker



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HIGH PROTEIN DYNAMITE SHRIMP

Calories 300 **Carbs** 19g **Protein** 36g **Fat** 9g

INGREDIENTS

2 rice cakes
Tbsp. Paprika
150g cooked & peeled king prawns
whole egg
Tablespoon of Light Mayo
Tablespoon of ketchup
Tablespoon of mustard
OPTIONAL sesame seeds



METHOD:

- Blend your rice cakes and paprika into a flour
- Then add a whole egg into a bowl and whisk
- Coat your prawns in the egg mix & then the rice cake flour
- Oven or air fry the coated prawns for 15-20 mins at 220°C
- Then for the sauce add a tablespoon of light mayo, ketchup & mustard together
- Mix these sauces into a dynamite sauce and coat your shrimp in the sauce
- Add Optional sesame seeds on top



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HIGH PROTEIN ANIMAL STYLE FRIES

Calories 400 **Carbs** 36g **Protein** 39g **Fat** 13g



INGREDIENTS

- 1 Tablespoon of Light Mayo
- Tablespoon of Ketchup
- 10g chopped gherkins
- 150g Raw Potato
- tsp. paprika seasoning
- 100g of cooked lean beef mince (or meat of choice)
- 40g chopped onions
- 20g of mozzarella cheese

METHOD:

- Firstly, mix your condiment sauces and gherkins into the animal style sauce
- Then slice your raw potato into fries shapes
- Add paprika seasoning to the potato fries & oven or air fry them for 15-20 mins at 220°C
- Meanwhile, sauté chopped onions on the pan for 10 mins into caramelised onions
- Once the fries are cooked, add your cooked beef, caramelised onions & mozzarella on top of them
- Oven or air fry one more time for 5 mins at 220°C & then add your sauce from before hand



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HIGH PROTEIN CHICKEN

SMASH BURGER

Calories 420 **Carbs** 31g **Protein** 42g **Fat** 13g



INGREDIENTS

150g raw chicken breast
Garlic granules
Salt and pepper seasoning
30g of chopped red bell pepper
30g of chopped spring onion
Brioche bun
40g of smashed avocado
Low fat cheese slice
Drizzle of sriracha sauce

METHOD:

- Finely cut your chicken breast into tiny pieces using a sharp knife
- Season the chicken and add red bell pepper and spring onions to it
- Mix it all together and form them into balls
- Smash the balls into 2 smash patties (can use a spatula to smash)
- Add each patty onto a pan on medium to high heat for 10 minutes on each side
- Meanwhile smash your avocado
- Add the patties to a brioche bun, smashed avocado & a low fat cheese slice
- Top with whatever sauce you like



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HIGH PROTEIN OREO CHEESECAKE

Calories 430 **Carbs** 22g **Protein** 61g **Fat** 13g



INGREDIENTS

1 Oreo
One whole egg
150g of vanilla protein yoghurt
120g of low fat cream cheese
one scoop of protein powder
Tbsp. of vanilla extract
OPTIONAL melted dark choc & Oreo crumbs for toppings

METHOD:

- Blend all of the ingredients together and pour into a baking dish
- Bake in the oven for 15-20 mins at 220°C
- Then it is optional to top it off with melted dark choc and oreo crumbs



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CHERRY TESTOSTERONE BOOSTER

SMOOTHIE

Calories 160 **Carbs** 38g **Protein** 1g **Fat** 0g

INGREDIENTS

- 30g Raspberries
- 30g Watermelon
- 1g Ginger
- 30g Apple
- 150ml Cherry juice

METHOD:

- Blend all the ingredients together to form a refreshing, healthy smoothie
- Optional to add ice to make it thicker



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HIGH PROTEIN

SHAWARMA TACO

Calories 370 **Carbs** 22g **Protein** 47g **Fat** 9g



INGREDIENTS

- 100g raw chicken breast
- 30g chopped red onion
- Garlic granules
- Cinnamon
- Tsp. paprika seasoning
- 75g of low fat Greek yoghurt
- Small tortilla wrap
- Light garlic Mayo sauce
- Salad of choice
- 20g of mozzarella cheese
- Top it off with optional parsley

METHOD:

- Add red onion, Greek yoghurt and your seasonings to the raw chicken breast
- Mix and marinate your chicken
- Add it to the pan on medium to high heat for 10 mins
- Then add light garlic mayo sauce, salad, and your cooked chicken to a tortilla wrap
- Top it off with mozzarella and fold over in half
- Oven or air fry for 5 -10 mins at 220°C until the wrap is crisp
- Top it off with optional parsley



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HIGH PROTEIN CAJUN

CHICKEN ALFREDO

Calories 460 **Carbs** 34g **Protein** 47g **Fat** 13g



INGREDIENTS

150g chicken breast
Tsp. Olive Oil
Cajun Seasoning (paprika, garlic, oregano, crushed chilli, pepper)
100ml of semi skimmed milk (or milk of choice)
30g Low fat cream cheese
15g of mozzarella cheese
100g of cooked spaghetti pasta
Low calorie oil spray
Parsley

METHOD:

- Add a tsp. Of olive oil to your chicken breast and rub in the Cajun seasoning
- Add some low calorie oil spray to a frying pan on medium to high heat ,cook the chicken for 10 minutes and remove from the pan
- Finely chop garlic cloves and add to the hot pan
- Add your milk and cream cheese and mix until you get a nice consistency
- Add your mozzarella cheese and mix again until thick and creamy
- Boil your pasta for 10 mins and add it to the pan and mix well
- Add your chicken to the pasta and top it off with OPTIONAL parsley



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HIGH PROTEIN HONEY GARLIC TENDERS

Calories 360 **Carbs** 34g **Protein** 50g **Fat** 3g



INGREDIENTS

Tbsp. Honey
Tsp. Garlic paste
2 Tbsp. Light soy sauce
Tbsp. Hot sauce
15g of cornflakes
Tsp. paprika,
Garlic granules
125g of egg whites
150g of raw chicken breast
sliced into tenders

METHOD:

- Add your cornflakes, paprika and garlic granules to a sealed bag and mix and crush
- Add egg whites to a separate bowl
- Cut your chicken breast into tenders and coat each tender in the egg whites first and then the cornflakes
- Then oven or air fry the chicken for 20 mins at 220°C
- Meanwhile, mix your honey, garlic paste, soy sauce and hot sauce on high heat on a pan for 5 mins to form your honey garlic sauce
- Once the tenders are cooked, coat them in your honey garlic sauce



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HIGH PROTEIN KINDER BUENO MCFLURRY

Calories 260 **Carbs** 13g **Protein** 28g **Fat** 10g



INGREDIENTS

Lots of ice

One bar of kinder bueno

200ml of unsweetened almond milk

Scoop of chocolate protein powder

2g of Xanthan Gum (optional since it only makes the ice cream more thicker)

METHOD:

- Add all the ingredients to a blender
- Blend until you have a thick and creamy consistency



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HIGH PROTEIN DOMINO'S PIZZA

Calories 490 **Carbs** 27g **Protein** 60g **Fat** 15g



INGREDIENTS

One Whole egg
30g oats
125g cottage cheese
Tsp. garlic seasoning
Tsp. oregano seasoning
Tsp. Of baking powder
Bbq sauce
100g of cooked chicken breast
20g of mozzarella cheese

METHOD:

- Add your oats, egg, cottage cheese, seasonings and baking powder to a blender
- Blend to form a thick mixture consistency (you can always mix by hand)
- Pour the mixture to a baking dish
- Add bbq sauce, cooked chicken and mozzarella cheese on top of the pizza mixture base
- oven for 20 mins at 220°C and enjoy



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HIGH PROTEIN KFC

ZINGER TOWER

Calories 470 **Carbs** 46g **Protein** 50g **Fat** 7g



INGREDIENTS

2 rice cakes
Tsp. paprika
Tsp. garlic granules
Tsp. oregano
2 raw chicken breasts
(150g raw weight for both)
Sriracha sauce
70g of egg whites
Brioche bun
Lettuce
Low fat cheese slice

METHOD:

- Blend your rice cakes and seasonings into a flour like powder and set aside on a plate
- Add sriracha sauce and egg whites to a bowl and mix well
- Coat your chicken breasts in the egg mixture first and then your rice cake powder
- Oven or air fry the chicken breasts for 15 - 20 mins at 220°C
- Add the cooked chicken to a brioche bun, lettuce, low fat cheese slice & extra sriracha sauce



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HIGH PROTEIN REESE'S PB CUP

MILKSHAKE

Calories 300 **Carbs** 14g **Protein** 27g **Fat** 14g



INGREDIENTS

Lots of ice

200ml of unsweetened almond milk

15g of smooth peanut butter

Scoop of chocolate protein powder

10g of Reese's mini peanut butter cups

OPTIONAL low fat whipped cream

Optional low cal Choc sauce

METHOD:

- Blend all your ingredients together to form a thick milkshake
- Optional to add extra ice to make it more thick
- Top it off with optional whipped cream & low cal choc sauce



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HIGH PROTEIN CHICKEN

PARM WRAP

Calories 460 **Carbs** 32g **Protein** 46g **Fat** 14g

INGREDIENTS

Tortilla wrap

60g of Passata
(tomato sauce)

Tsp. oregano

basil

100g of cooked
chicken breast

20g of parmigiana
cheese

15g of Mozzarella



METHOD:

- Add all your ingredients listed above to a tortilla wrap
- Fold and wrap over
- Toast the wrap in the oven or air fryer for 5 mins at 220°C
- Optional to add passata on top of the wrap when toasting



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HIGH PROTEIN CHICKEN RAMEN

Calories 450 **Carbs** 26g **Protein** 45g **Fat** 13g



INGREDIENTS

150g raw chicken breast

Cajun Seasoning (paprika, garlic, oregano, crushed chilli, pepper)

Black pepper

60ml light Soy sauce

One chicken stock cube

Garlic

Ginger

30g chopped spring onions,

Red chillis

Packet of ramen noodles
(discard the sauce given with the pack)

Optional sesame seeds

FULL RECIPEE NEXT PAGE



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METHOD:

- Finely chop your spring onion, garlic, ginger and chillis
- Add some low-calorie oil spray to a frying pan on medium to high heat
- Add the veg to the hot pan
- Add soy sauce to the pan
- Add 100-200 ml of boiling water to a chicken stock cube and add that to the pan on medium heat
- Let it simmer and then add the ramen noodles and leave on low heat for 10 -15 minutes
- Meanwhile, get 150g of sliced raw chicken breast and add soy sauce, black pepper & Cajun seasoning to it
- Air fry the chicken for 15 mins at 220°C
- Boil one medium egg
- Add the chicken and egg on top of the noodles
- Garnish with optional sesame seeds and enjoy



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HIGH PROTEIN CAJUN SHRIMP LINGUINE

Calories 450 **Carbs** 39g **Protein** 45g **Fat** 13g



INGREDIENTS

100g prawns
Cajun Seasoning (paprika, garlic,
oregano, crushed chilli,
black pepper)
garlic
parsley
30g low fat cream cheese
200ml milk
20g of mozzarella
100g of boiled pasta

METHOD:

- . Firstly ,finely chop your garlic & parsley
- . Add your Cajun seasoning to your prawns and mix well
- . Add your prawns to a pan on medium heat for 10 mins
- . Remove the shrimp and add your garlic/parsley to this pan on medium heat
- . Add your milk, low fat cream cheese & mozzarella cheese and stir on low heat
- . Then add your boiled pasta and stir well again on low heat
- . Top off with your cooked Cajun prawns and garnish with parsley



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HIGH PROTEIN LOADED BUFFALO BAKED POTATO

Calories 410 **Carbs** 40g **Protein** 40g **Fat** 10g

INGREDIENTS

- 200g raw white potato
- 100g of cooked shredded chicken breast
- Tbsp. hot buffalo sauce
- 10g of mozzarella cheese
- 10g cheddar cheese
- 5g chopped spring onions



METHOD:

- Firstly, slice your white potato down the middle and oven or air fry for 20 mins at 220°C
- Then, load the baked potato with the rest of your ingredients and oven or air fry again for 2-3 mins at 220°C



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HIGH PROTEIN CHICKEN TIKKA BURGER

Calories 460 **Carbs** 41g **Protein** 52g **Fat** 8g



FULL RECIPEE NEXT PAGE

INGREDIENTS

150g raw chicken breast
Chilli
turmeric
gharam masala
cumin seasoning
tbsp. garlic paste
150g low fat Greek yoghurt
1 low fat cheese slice
lemon
20g chopped Red onion
coriander
tsp. paprika seasoning
15g chopped Cucumber
brioche bun
lettuce
tomato slice



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METHOD:

- FOR YOUR CHICKEN

- Add Chilli, turmeric, gharam masala, cumin seasoning to 100g of low fat Greek yoghurt
- Add a tbsp. Of garlic paste to this
- Squeeze lemon juice and marinade your chicken
- Add your chicken to an oven for 20 mins at 220°C or you can air fry it
- Add a low fat cheese slice to the cooked chicken and oven again for 2 mins at 220°C
- Add your cooked chicken to a brioche bun with lettuce , tomato & yoghurt sauce

- FOR YOUR REFRESHING YOGHURT SAUCE

- Add chopped red onion, coriander, grated cucumber & paprika seasoning to 50g of low fat Greek yoghurt
- Mix well



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HIGH PROTEIN

MANGO LASSI

Calories 290 **Carbs** 31g **Protein** 33g **Fat** 3g



INGREDIENTS

- 60g mango
- 150g Low Fat greek yoghurt
- 50g mango pulp
- scoop of protein powder
- 200ml of unsweetened almond milk

METHOD:

- Blend all of your ingredients together until you form a thick and creamy milkshake consistency
- Add more almond milk if it is too thick and enjoy!



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HIGH PROTEIN SPRING ROLLS

Calories 500 **Carbs** 60g **Protein** 43g **Fat** 10g



INGREDIENTS

150g raw chicken breast
Tablespoon light soy sauce
Tsp. Chilli powder
Tsp. Garlic paste
5g shredded cabbage
5g shredded carrot
5g chopped spring onion
5 small tortilla wraps

METHOD:

- Marinade your raw chicken breast with soy sauce, chilli powder and garlic paste
- Pan fry on medium to high heat for 10 mins and then shred your cooked chicken using a knife and fork
- Then, add shredded cabbage, carrot & spring onion to the chicken
- Stir this all together and pan fry on medium heat for 5 mins to form your spring roll filling
- Add equal portions of cooked chicken stir fry to each small tortilla of the 5 you have and fold into a roll
- Oven or air fry each roll for 5 mins at 220°C
- Optional mint sauce to top it off
- The macros are for all 5 spring rolls



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HIGH PROTEIN KRISPY KREME

Calories 300 **Carbs** 32g **Protein** 25g **Fat** 9g



INGREDIENTS

For the krispy kreme glaze:

20g stevia sweetener

Tablespoon low cal syrup

50g low fat Greek yoghurt

For doughnut batter:

35g oats

One whole egg

100g low fat Greek yoghurt

Vanilla extract

Tsp. Baking powder

METHOD:

- Firstly, mix your stevia sweetener, low cal syrup and Greek yoghurt to form the krispy kreme glaze
- Then blend your oats, egg, greek yoghurt, vanilla extract and baking powder to form a thick doughnut batter consistency
- Add the batter to your doughnut hole tray and oven or air fry for 10 mins at 220°C



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HIGH PROTEIN CHICKEN FAJITA PASTA

Calories 400 **Carbs** 32g **Protein** 44g **Fat** 7g



INGREDIENTS

150g raw chicken breast
Tsp. Olive oil
Cajun seasoning (Paprika, ,garlic granule, Oregano, black pepper)
50g Red bell pepper
50g onions
Tsp. cumin
Tsp. chilli seasoning
150ml unsweetened almond milk
20g mozzarella cheese
100g boiled pasta

METHOD:

- . Add tsp. Olive oil
- . Add Paprika, garlic granules , Oregano & black pepper seasoning to the raw chicken
- . Cook on a pan on medium to high heat for 10 mins
- . Chop your bell pepper and onions and add to the pan with the cooked chicken and leave on medium heat for 5 mins
- . Add cumin and chilli seasoning, this brings the true fajita flavour
- . Add 150ml of unsweetened almond milk & 20g of Mozzarella cheese
- . Simmer on low heat and add in your boiled pasta and stir all together again
- . Optional to garnish with parsley



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FAQS

• WHAT BLENDER DO YOU USE?

For blending into a mixture, I always use a Nutribullet blender

• WHAT IS OAT FLOUR?

Oat flour is normal rolled oats blended up, if I use 30g of oats it'll form 30g oat flour

• WHAT ARE THE ESSENTIAL ITEMS I SHOULD BUY ON MY GROCERY LIST FOR YOUR RECIPES?

Low Fat Greek Yoghurt, Paprika, Oregano & Garlic seasoning, Oats Eggs, Mozzarella cheese, Unsweetened almond milk, Baking powder Cocoa Powder, Chicken breast, Cocoa powder, Vegetables of choice Tortilla wraps, Pasta/Rice/Potatoes, Low Cal Oil Spray

• WHAT DO I MEAN BY COOKED CHICKEN BREAST?

This is raw chicken breast marinated in paprika, pepper, salt, garlic, and oregano. I cook the chicken on a pan on medium heat for 10 minutes using low calorie oil spray.

• HOW MANY GRAMS IN ONE SCOOP OF PROTEIN POWDER?

32g

• WHAT DO I MEAN BY PAN FRY?

Cooking your meat on a pan on medium to high heat, I oil my pan using low calorie oil spray



- **WHY DO SOME MACROS ON HERE DIFFER TO THE ONES IN YOUR VIDEOS?**

I have updated certain recipes in using different measurements and quantities in order to improve them ever since filming them

- **WHAT IF I DON'T HAVE AN AIR-FRYER?**

You can utilise an oven as replacement, the cooking times may differ depending on how powerful your oven is

- **DO I HAVE TO PAY FOR THE NEW RECIPES?**

NO, this purchase is a 1-time payment

- **HOW DO I ACQUIRE THE NEW RECIPES?**

An updated file will be emailed to everyone who has purchased the cookbook

- **HOW CAN I USE THESE RECIPES TO BULK?**

The best way to use this recipe to bulk is by replacing the ingredient.

For example, unsweetened almond milk (30 calories per cup) can be replaced with whole milk(s) (150+ calories per cup).

olive oil instead of 0 calorie oil spray, whole eggs instead of egg whites, traditional condiments instead of sugar-free condiments e.t.c.

- **WHAT DOES TSP. & TBSP. MEAN?**

Teaspoon and tablespoon measurements

