

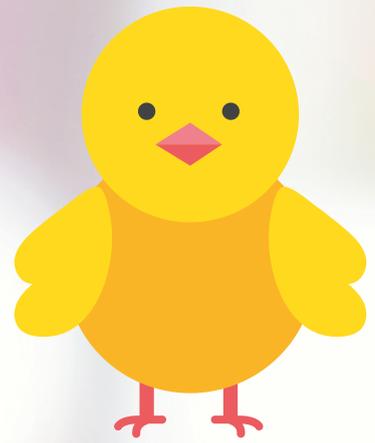
# April Meal Guide



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DISCOVER YOUR INNER WARRIOR

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**With Easter coming up, I decided to make this meal guide slightly Easter themed!**



# My top tips around Easter:

Firstly, it's ok to have some chocolate around Easter Time!

Keep your routine normal; have your normal meals and have chocolate in small amounts!

Try not to eat a whole load of chocolate in one sitting to prevent unnecessary weight gain!

Enjoy your Easter and enjoy spending quality time with family or friends.

If you are going on meals out try to pick healthier options and reduce alcohol where you can!



# Overnight Oats With Mini Eggs

## You will need:

40g Porridge Oats, 1 tsp honey, 25ml skimmed milk, 2-3 spoonfuls of 0% yoghurt, 15g Mini eggs, some crushed, 3 for the top, 1 tsp Chocolate spread

## Method:

Add the Porridge oats to your serving bowl, with the honey. Mix well.

Add the milk then mix it together, and press down to form the base.

Mix vanilla protein yoghurt with the coco powder until it's fully combined.

Spread this out on the base and smooth out. Melt the chocolate spread and drizzle on the top. Crush up some of the Mini eggs and add this on top, with 3 Mini eggs in the middle.

Leave in the fridge overnight, or for minimum 2 hours.

P:12g C:45g F:11g



# Protein Weetabix With Mini Eggs

## You will need:

2 protein weetabix, 70ml milk, 150g 0% fat yoghurt, 1 scoop of chocolate whey protein, 4 crushed mini eggs, 5g cocoa powder.

## Method:

Crush up the Weetabix, add the milk then push down and lay flat in a pot. In a separate bowl mix your yoghurt, protein powder & cocoa powder; make sure you mix it well! Lay it on top of the weetabix and spread across evenly. From here add on the crushed mini eggs.

**P:41.6g C:42.3g F:4.9g**



**Mocha Porridge**

**You will need:**

40g oats, 1 tbsp soft light brown sugar, 2 tsp dark cocoa powder, 50ml freshly brewed espresso, 1 tsp vanilla extract, 150ml unsweetened almond milk, 2 dates, halved and thinly sliced, ½ tsp ground cinnamon, 80g dairy-free yogurt, 2 tsp toasted almond flakes, 1 tsp cacao nibs

**Method:**

**STEP 1**

Put the sugar and cocoa powder in a small pan, and gradually add the espresso and vanilla, stirring until the sugar has dissolved. Bring the mixture to a gentle boil over a medium heat. Reduce the heat and simmer for 6-8 minutes or until slightly thickened and syrupy. Remove from the heat and set aside to cool slightly.

**STEP 2**

Meanwhile, tip the oats into a medium pan and stir in the milk, dates, cinnamon and a pinch of salt. Cook over a low-medium heat for 4-5 minutes, stirring until thick and creamy.

**STEP 3**

Add the porridge to a bowl. Top with the yogurt, a drizzle of the mocha syrup, the almonds and cacao nibs.

**P:10.2g C:50g F:11.4g**



# Mexican Salad Tortilla Bowls

## You will need:

Fry light spray, 4 medium flour tortillas, 400g tin black beans, rinsed and drained,  $\frac{1}{2}$  red onion, finely diced, 2 plum tomatoes, ripe, 1 avocado, diced,  $\frac{1}{2}$  red pepper, diced, 1 Little Gem, cut into chunky pieces,  $\frac{1}{2}$  red chilli, finely chopped, 2 limes, 1 zested and 2 juiced, 2 tsp extra-virgin olive oil, sea salt flakes, a bunch coriander, leaves torn, 1 punnet cress, snipped, a few dashes (optional) Tabasco

## Method:

### STEP 1

Heat the oven to 200C/fan 180C/gas 6. Turn a large muffin tin upside down and spray lightly with oil. Push a tortilla into the gaps between the muffin holes, to make a bowl shape. Repeat with the remaining tortillas and bake for 8-10 minutes or until crisp and brown at the edges. Transfer to a wire rack to cool.

### STEP 2

Put the beans, red onion, tomatoes, avocado, red pepper, Little Gem and chilli in a large bowl and toss with the lime juice and zest, olive oil and some sea salt flakes. Tear in the coriander, add the cress and toss lightly again.

### STEP 3

Spoon between the tortilla bowls and serve with Tabasco, if you like. For serving have 1-2 tortilla cups!

P:11g C:38g F:12g



# Orzo, Bean & Tuna Salad

## You will need:

$\frac{1}{2}$  red onion, finely chopped, 2 tbsp sherry vinegar, 150g green beans, cut into bite-sized pieces, 100g orzo, 1 tbsp olive oil, 1 tin tuna, drained and flaked, 3 roasted red peppers from a jar, chopped, 12 dry-cured black olives, halved, a handful dill, chopped

## Method:

### STEP 1

Put the onions and vinegar in a bowl and season.

### STEP 2

Cook the beans in boiling salted water for 3 minutes then scoop out with a slotted spoon. Cook the orzo in the same water until just tender then drain, rinse under cold water and drain really well again.

### STEP 3

Tip the beans, orzo, olive oil, tuna, peppers, olives and dill into the bowl with the onion and season well. Toss together and serve.

P:19g C:27g F:12g



# Tuna Jackets

## You will need:

1 baking potato, scrubbed, 2 90g tins of tuna, in spring water, drained, 4 spring onions, chopped, 1/2 a small bunch chives, 1 tbsp mayonnaise  
30g cheddar, grated

## Method:

### STEP 1

Heat the oven to 200C/fan 180C/gas 6. Prick the potatoes all over with a fork and sprinkle with a little sea salt. Bake until tender, approx 1 hour.

### STEP 2

Mix the tuna, onions, chives, mayo and half the cheese. Halve your cooked jacket potato, then scoop some out into the tuna bowl, leaving a 1 cm shell.

### STEP 3

Roughly mix the potato and tuna together, season well, then pile back into the shells. Sprinkle over the rest of the cheese and put in the oven until bubbling and golden. Serve with a large green salad.

P:32g C:57g F:20g



# Easy Roast Chicken

## You will need:

1 tsp olive oil, 8 skin-on chicken thighs, 1 zested plus a squeeze of juice lemon, 3 sprigs, leaves picked thyme, 300g, halved baby new potatoes, 200g, halved lengthways baby carrots, 250ml chicken stock, 2 tsp Dijon mustard, 160g, tough stems removed and leaves shredded kale, a handful, roughly chopped flat-leaf parsley

## Method:

### STEP 1

Heat the oil in a large deep frying pan or casserole over a medium heat. Season the chicken thighs generously and put skin-side down in the pan with the lemon zest, thyme and potatoes.

### STEP 2

Allow the chicken thighs and potatoes to cook without moving for 10-15 minutes or until the chicken skins turn crisp and deep golden brown. Turn the chicken and potatoes, add the carrots and cook for 2-3 minutes or until the carrots are starting to become tender.

### STEP 3

Combine the chicken stock and mustard, then add to the pan. Bring to a simmer, then add the kale. Season, cover and cook for 15-20 minutes or until the chicken is cooked through, the potatoes & carrots should be tender, and the liquid has reduced slightly.

### STEP 4

Serve straight to the table with a good squeeze of lemon juice and a generous sprinkling of parsley.

To plate up have a generous handful of chicken, fist portion of potatoes and plate with lots of veggies or salad!

**P:28g C:15g F:16.1g**



# Vegetarian Wellington

## You will need:

12 shallots, peeled, 25g butter, 50g walnuts, roughly chopped, 200g stilton, crumbled, 2 sprigs thyme, leaves removed, 500g chard, tough stalks removed and finely shredded, 500g block all-butter puff pastry, 1 egg, beaten

## Method:

### STEP 1

Fry the shallots in half of the butter until they are soft and browned: this will take about 15 minutes over a low heat. Tip into a bowl and add the walnuts, Stilton and thyme. Blanch the chard in boiling water for 1 minute, drain well and tip into the frying pan with the remaining butter and lots of seasoning. Cook for a minute or two to dry it out a little and then tip into the rest of the mix and cool.

### STEP 2

Heat the oven to 200C/fan 180C/gas 6. Roll out the pack of puff pastry to the thickness of a £1 coin (about 35cm square) and cut into 2 pieces. Arrange the filling in a fat pile on one piece. Brush edges with beaten egg then drape the second piece over the top to make a parcel. Trim and crimp the edges. Score the top and decorate with pastry off-cuts, then brush all over with egg. Cook for 40 minutes, until crisp and golden.

When plating up have a portion the size of a fist and plate with lots of veggies or a large salad!

P:20g C:35g F:48g



## Roast Leg of Lamb With Garlic & Potatoes

### You will need:

1 lemon, halved and  $\frac{1}{2}$  juiced, ground to make  $\frac{1}{4}$  tsp black peppercorns, 2 red onions, quartered, 300ml white wine, roast potatoes and vegetables, to serve, 2 kg leg of lamb, 1 tbsp sea salt flakes  
30g serving butter, softened, 8 cloves garlic all crushed.

### Method:

#### STEP 1

Remove the lamb from the fridge 1 hour before cooking and score the skin with a sharp knife. Sprinkle all over with sea salt, rubbing it into the middle of the slashes. Add the butter,  $\frac{1}{2}$  lemon juice and black pepper also to the lamb joint.

#### STEP 2

Heat the oven to 220C/fan 200C/gas 7. Put the red onions, crushed garlic cloves and lemon slices in a roasting tin, and put the lamb on top. Roast for 30 minutes. Take the lamb out of the oven, baste with the pan juices and pour the wine into the bottom of the tin.

Turn down the oven to 200C/fan 180C/gas 6. Roast for another 30 minutes. Put the lamb onto a plate, baste again with the buttery wine, cover and rest for 30 minutes. Transfer the lamb to a board and carve. Serve with the pan juices, small fist portion of roast potatoes and vegetables on the side.

When plating up have a generous fist size of lamb, a fist size portion of potatoes and lots of veggies or a large salad.

**P:38g C:70g F:30g**



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