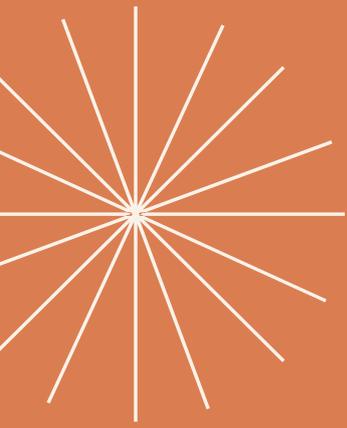




ZLR  
FITNESS  
DISCOVER YOUR INNER WARRIOR

# AUGUST MEAL GUIDE

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# CONTENTS

*Page*

1	August Meal Guide Cover
2	Contents Page
3	Green Smoothie
4	Breakfast Muffin
5	Spinach & Egg Frittata
6	Homemade BLT
7	Boiled Eggs & Avocado Salad
8	Egg & Bacon Salad
9	Healthy Vegan Taco's
10	Sausage Tray Bake
11	Vegan Chilli
12	Meal Prep Help & Discount Code
13	Thankyou

# Green Smoothie

302  
Cals

## You will need:

40g mango slices, 40g peach slices, 40g frozen spinach, 1 medium banana, 200ml water

## Method:

Calories are based on using fresh fruit!

Add your mango and peach slices to a blender. Then add your frozen spinach, medium banana split into two and 200ml water. Blend together, pour into a cup and you are good to go! Packed full of nutrients when you want something on the go!

P 9g C 56.4g F 2.1g



(credit to foodiecrush)

492  
Cals

# Breakfast Muffin

## You will need:

Spinach leaves, 2 egg whites from 2 eggs, 15g philadelphia light, 2 slices of tomato , 2-4 slices of avocado, Salt and pepper, 1 seeded bagel

## Method:

Place your bagel into the toaster. From here add your egg whites into a jug with the spinach leaves & seasonings; place in the microwave on high heat for 1 min 30 secs but make sure the eggs don't overflow.

Spread 15g of philadelphia onto the bagel, then add your egg, couple of slices of avocado and slices of tomato.

Enjoy!

P 28.5g C 48.9g F 17.2g



(credit to foodiecrush)

# Spinach & Egg White Frittata

213  
Cals

## You will need:

Spinach leaves generous amount, 3 egg whites, fry light, 50g parmesan cheese, salt.

## Method:

Cook the spinach leaves in a pan with fry light for 1-2 minutes.

From here whisk the egg whites into a bowl, add a pinch of salt and pour on top of the spinach mixture in the pan.

Sprinkle 1 tsp of parmesan cheese on top and allow the eggs to cook without touching them. As the egg begins to cook on the outside lift and sway the pan so the uncooked egg moves around to get cooked too!

Transfer the fry pan to the oven heated at 250 degrees celsius. Cook for 2-3 mins (the eggs should look puffy and cooked! Take out the oven, cut into wedges and then sprinkle with another handful of parmesan!

P 24g C 1g F 11g



# Homemade BLT Sarnie

541  
Cals

## You will need:

2 slices of white or brown bread , 100g chicken breast, giant handful of lettuce or spinach, 1 tomato sliced, 2 turkey rashers , 15g butter, 15g (1 tsp) of perinaise sauce

## Method:

Lay out your bread and add butter. From here lay on the butter, spinach/lettuce and the tomato. On the top add your chicken breast and drizzle with 1 tsp of perinaise sauce.

Enjoy!

P 58g C 44.5g F 15g



# Boiled Eggs with Avocado Salad

279  
Cals

## You will need:

1/2 an avocado, 1 lime wedge, peppers, spinach or your favourite greens and salad items, 2/3 boiled eggs (pre) or make them fresh! If you don't like boiled eggs make them scrambled instead!

## Method:

Mash up 1/2 an avocado! Or if you like your avocado sliced then do that instead! From here place your eggs in a pan covering them with cold water. Bring the water to the boil then cover the pan, turn off the heat and leave the eggs to boil; time will depend on how you like your eggs!

For less prep time use ready made boiled eggs from a shop! Plate up all your salad, add the avocado and place the boiled eggs on top & enjoy!

P 19g C 12g F 20g



# Egg & Bacon Salad

400  
Cals

## You will need:

1 medium sweet potato, seasoning, fry light spray, 2 slices of turkey bacon, 2 eggs, 1/2 an avocado, your fave greens

## Method:

Preheat oven to 200 degrees celcius. Chop up your sweet potato into cubes! From here add them to a bowl; spray this with fry light & add seasoning! Mix it well so the potato is coated!

Then start making your eggs and bacon in the pan with fry light spray. Cook to your liking and then be sure to mash up 1/2 your avocado. For plating up make a giant salad with your fave veggies and add it all on top!

Enjoy!

P 31g C 23g F 19.6g



(credit to Olive Magazine)

# Healthy Taco's

470  
Cals

## You will need:

1/2 tin of black beans, fry light, 1 red onion, 2 tsp paprika, 1 tsp cumin, 1 tsp chipotle flakes, 1 courgette chopped, 2 cloves garlic, 1 tortilla wrap, 50ml cider vinegar, salad leaves, 1-2 tsp of salsa for topping on each taco.

## Method:

Add your cider vinegar, onion, paprika, cumin, chipotle flakes and fry light into a bowl. Add the courgette into the mix, stir well so the courgette is coated. Heat a pan on a medium heat and add the courgettes once pan is hot; they should look charred after 2-4 mins.

Spray some fry light to the pan and add the garlic; cook for 30 seconds then add in the black beans with a splash of water; cook for a few minutes (water should evaporate). Heat up your tortilla and add 100g of the beans to your tortilla along with salad leaves, good handful of courgette & a few slices of avocado. Top with 1 tsp of salsa and enjoy!

P 27g C 100g F 10g



(credit to Olive Magazine)

# Sausage Tray Bake

400  
Cals

## You will need:

You can use pork sausages or vegan sausages but these may differ in calories.

I have used vegan sausages for this one!

Fry light, 3 heck sausages, 100g baby potatoes cut into quarters, 2 red peppers, 50g sweetcorn, 1 lemon, 2 garlic cloves, 1 tsp paprika, 1 tsp cumin, 1 tsp oregano, 1 red onion, extra virgin olive oil

## Method:

Get a baking tray and add the sausages, potatoes, peppers and onion to a large baking tray.

Combine the olive oil, garlic, lemon juice and spices into a bowl; make sure you season it well! Then pour this mixture over the sausages, potatoes, peppers and onion.

Cover securely with foil and you're good to roast for 30 mins!

To portion up weigh out mixture to 300g and enjoy!

Top with some extra greens if you fancy!

P 26g C 35g F 6g



# Vegan Chilli

## You will need:

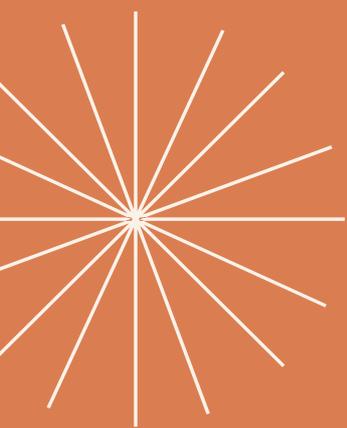
Vegan mince, fry light, 1 onion, 100g basmati rice, 2 peppers, 2 cloves of garlic, 1 red chilli, 2tbsp cumin, 2tbsp corriander, 1/2 tbsp cinnamon, 2 tbsp chipotle paste, 1 tbsp paprika, 1 tbsp oregano, 1 tbsp tomato puree, 1 tin of chopped tomatoes, 1tbsp balsamic vinegar, 250ml vegetable stock, 200g kidney beans

## Method:

Begin by spraying fry light into a pan; add the onions, garlic and chilli and soften. Once this is softened add the peppers and soften for another 5 mins. Then stir in the chipotle paste, all the herbs & spices, tomato puree, chopped tomatoes, stock and the balsamic vinegar in order to bring it to a simmer. Cook this for around 20 mins and then you are going to add the mince and kidney beans. Cook this for another 15 mins; if it gets thick add a tiny splash of water. Make your rice to go with it, when you are portioning up weigh out to 300g. Plate with some green veggies too! Enjoy!

P 33g C 100g F 7g





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