

FEB MEAL GUIDE



BY
ZLR
FITNESS



ZLR

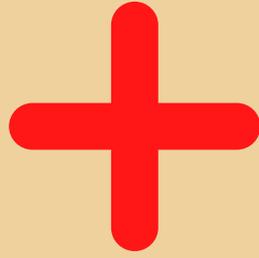
DISCOVER YOUR INNER WARRIOR

CONTENTS PAGE

- Page 1- Feb Meal Guide
 - Page 2- Contents Page
 - Page 3- Calorie Banking
 - Page 4- Sausage & Egg Bagel
 - Page 5- Smoky Beans & Eggs With Toast
 - Page 6- Breakfast Burrito
 - Page 7- Chilli & Bean Pasta Bake
 - Page 8- Lentil Kofta with Orza & Feta
 - Page 9- Butternut & Bacon Fusili
 - Page 10- Chicken Biryani
 - Page 11- Beef Stew & Dumplings
 - Page 12- Mediteranean Fish Gratins
 - Page 13- Meal Prep Help
 - Page 14- Thankyou
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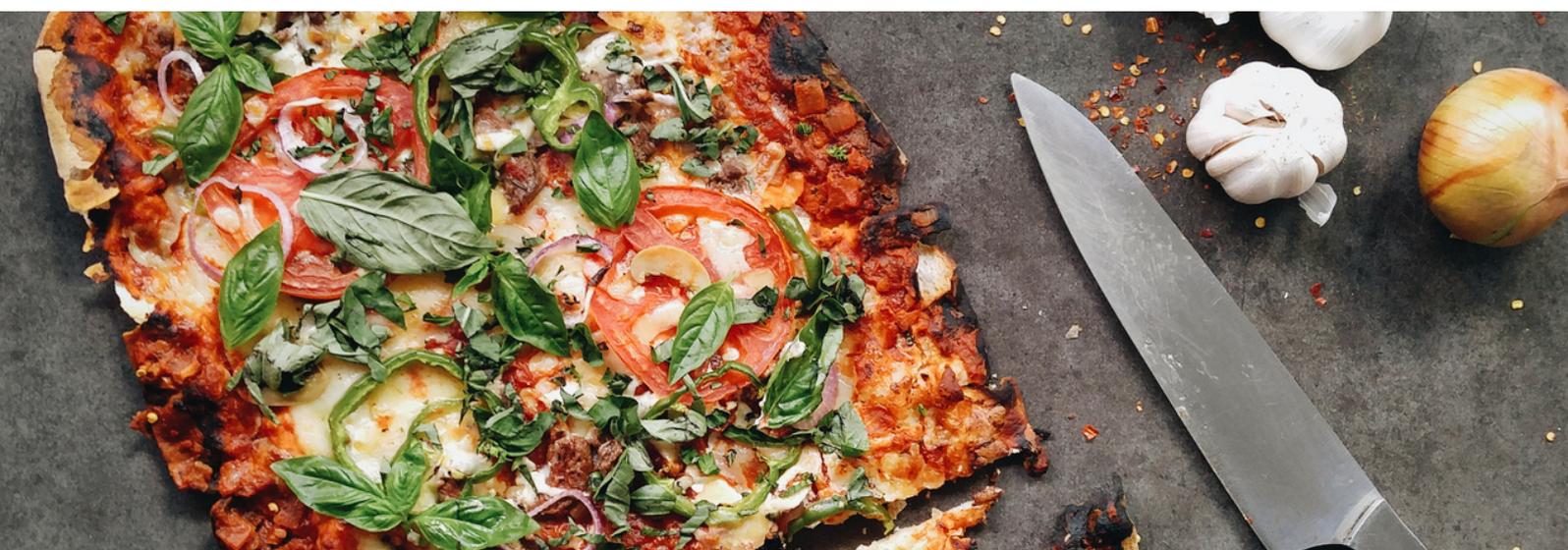
WHAT IS CALORIE BANKING?



Calorie banking is a great tool when used correctly, it means you can cut back on calories in the week to ensure you have some more left over for the weekend.

Now very important part this doesn't simply mean go wild or crazy, or even an excuse to have loads of takeaways & consume a load of alcohol. No, you still need to be sensible and this must be done in the right way!

Let's say your heading for a meal out on Saturday night maybe you will have a few prosecco's and an indulgent meal. This very easily can result in over 2,000 cal's consumed so how do we manage it? Simply put, we take 1 snack out of our regular eating Mon-Fri, which normally equates to 200 cal's. This then leaves you with an extra 1,000 cal's to play with on the weekend. However, you will still need to track and be mindful as the weekends are where we can lose control, over consume and as a result our weight doesn't drop. My top tip is to take a food diary over weekends same as in the week. Also, try to make really good choices don't just go for burger and fries every weekend! Prioritise protein based meals and try and get your greens in where you can!



You will need:

C 46g F 12.5g P 35g

2 heck chicken sausages, 1 bagel, handful of lettuce or spinach, 15g light mayo/ketchup, 2 eggs scrambled or fried. Be sure to use fry light oil!



476 Cals

Method:

Use fry light in a pan to scramble or fry your 2 eggs.

From here grill your sausages 3-10 mins or place them in a ninja depending on how you like to cook them.

From here once the sausages and eggs are cooked lay out your bagel. Add the lettuce/spinach/your veg you like to the bagel and add x1 tsp (15g) of light mayo or ketchup then plate the sausages and eggs on top.

Enjoy!!!

**SAUSAGE &
EGG BAGEL**

C 30g F 16g P 25g

You will need:

2 tbsp oil, 1 onion , chopped, 1 red pepper , sliced, 3 garlic cloves , crushed, 2 tsp smoked paprika, 1 tbsp ketchup, 400g can chopped tomatoes, 2 x 400g cans black or pinto beans , drained, 4-6 eggs, (2 eggs each), handful of coriander , leaves picked



400 Cals

Method:

Heat the oil in a wide, shallow pan and cook the onion for 8-10 mins until softened. Add the pepper and cook for another 5 mins, stirring regularly, until softened. Stir in the garlic, paprika and ketchup, then tip in the tomatoes, cover and leave to simmer gently for 10 mins. Remove the lid and cook for a few more minutes to thicken, then add the beans. Can be cooled and frozen in portions at this stage.

Use a spoon to make 4-6 spaces in the mixture for the eggs - you should be able to see some of the bottom of the pan. Crack the eggs one by one into a cup or bowl and gently drop one into each hole. Cover the pan and reduce the heat to low. Cook for 3-5 mins until the egg whites are cooked through but the yolks are still runny. Scatter over the coriander to serve.

SMOKY BEANS & EGGS WITH TOAST

Credit to [BBCGOODFOOD](#)

C 26g F 21g P 16g

You will need:

1 tsp chipotle paste, 1 egg, 1 tsp rapeseed oil, 50g kale, 7 cherry tomatoes, halved, ½ small avocado, sliced, 1 wholemeal tortilla wrap, warmed



370 Cals

Method:

Whisk the chipotle paste with the egg and some seasoning in a jug. Heat the oil in a large frying pan, add the kale and tomatoes.

Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan. Pour the beaten egg into the cleared half of the pan and scramble. Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately.

BREAKFAST BURRITO

Credit to [BBCGOODFOOD](#)

You will need:

1 large onion , chopped, 2 sticks celery , thinly sliced, 340g extra-lean minced beef, 2 tsp mild chilli powder, 410g can chopped tomatoes, 1 tbsp tomato purée, 400g can kidney bean in water, drained and rinsed, 300ml beef or chicken stock, 300g wholewheat penne
For the topping; ½ x 568g tub 0% fat Greek yogurt, 2 eggs , beaten, 50g red leicester cheese, coarsely grated, 1 small garlic clove , crushed

Method:

Heat a splash of oil in a frying pan, add the onion and celery, season with pepper and a little salt, then cook until soft. Remove vegetables and set aside. Brown the mince in the pan, a handful at a time, tossing with a fork as you go. Only add a splash of oil if the mixture begins to stick too much. Once browned, tip into a sieve to remove any excess fat.

Return mince and cooked veg to the frying pan, add the chilli powder, tomatoes, tomato purée, beans and stock, bring to the boil and simmer for 15 mins.

Heat oven to 200C/fan 180C/gas 6. Cook the pasta according to pack instructions. Drain, stir into the mince and spoon into a large lasagne dish. Mix the yogurt, eggs, cheese and garlic together and season lightly. Spoon over the top of the pasta and bake for 20-25 mins or until lightly browned.

C 73g F 24g P 51g



675 Cals

CHILLI & BEAN PASTA BAKE

You will need:

2 x 400g cans cooked green lentils , drained, 1 medium egg, 100g oat, 1 tbsp ras el hanout, small bunch parsley , chopped, zest 1 lemon, 2 tbsp olive or rapeseed oil, 4 garlic cloves , crushed, 1 x 400g can chopped tomatoes, pinch of sugar, 200g orzo pasta, 70g feta , crumbled

C 82g F 16g P 26g



598 Cals

Method:

Put the lentils, egg, oats, ras el hanout, half the parsley and the lemon zest in a food processor. Add some seasoning and blitz until finely chopped.

Remove the blade, shape the mixture into balls the size of cherry tomatoes, then chill for 20 mins. Heat oven to 200C/180C fan/gas 6.

Meanwhile, heat 1 tbsp of the oil in a pan. Add the garlic, sizzle for 30 secs, then add the tomatoes, sugar and some seasoning. Bubble the sauce for 20-25 mins until rich and thickened. While the sauce cooks, line a baking tray with foil and arrange the kofta on top. Drizzle over the remaining oil, and bake for 20 mins, rolling around in the tray halfway through cooking. Once cooked, add the kofta to the tomato sauce, gently coating each one.

Cook the orzo following pack instructions, then drain and divide between 4 plates. Top with the sauce and kofta, crumble over the feta and sprinkle with the remaining parsley.

LENTIL KOFTA WITH ORZA & FETA

You will need:

C 62g F 13g P 16g

½ x 160g pack pancetta di cubetti, 1 ½ tbsp olive oil, 400g butternut squash , deseeded and cut into 2cm cubes, 2 rosemary sprigs, leaves finely chopped, ¼ tsp chilli flakes, 3 garlic cloves , finely chopped, 150g fusilli bucati (or fusilli), 100g young leaf spinach , roughly chopped, 30g grated parmesan to serve



442 Cals

Method:

Tip the pancetta into a large frying pan set over a medium heat and cook for 5-8 mins until really crisp. Remove using a slotted spoon, leaving the fat in the pan. Add the oil to the pan, along with the squash, rosemary, chilli and garlic. Cover and cook for 25 mins, stirring now and then, until the squash is tender. Season well, and gently crush some of the butternut squash with the back of a spoon.

Bring a large pan of salted water to the boil 15 mins before the squash is ready, and cook the pasta following pack instructions. Drain, reserving the cooking water. Add 1-2 ladles of pasta water to the squash and let it bubble for a few mins. Tip in the drained pasta and toss together. Stir through the spinach, then divide between plates. Sprinkle over the pancetta, some grated Parmesan and a good grinding of black pepper.

BUTTERNUT & BACON FUSILI

You will need:

2 tbsp vegetable oil, 6 large chicken thighs, skin on, 1 large onion, finely sliced, 2 tbsp curry powder (hot if you like it spicy, mild for tamer curries, 200g easy-cook, long grain rice, 700ml chicken or vegetable stock, 100g frozen peas

C 60g F 12g P 32g



450 Cals

Method:

Heat oven to 200C/fan 180C/gas 6. Heat the oil in a large sauté pan and fry the chicken thighs, skin side down, for 8-10 mins until the skin is golden and crispy. Tip in the onion and continue to cook for 5 mins until the onion softens. Sprinkle in the curry powder and cook for a minute more, then stir in the rice and pour over the stock. Bring the stock to the boil. Cover the pan and bake for 30 mins until all the liquid has been absorbed and the rice is cooked. Stir in the peas and leave the rice to stand for a few moments before serving.

CHICKEN BIRYANI

Credit to **BBCGOODFOOD**

You will need:

1 tbsp rapeseed oil 2 medium onions, chopped, 2 bay leaves, 4 thyme sprigs, plus extra leaves to serve, 500g chunks of lean braising steak, 100ml red wine, 1 ½ tbsp plain flour, 1 tsp English mustard powder, 200g can plum tomatoes, 500ml vegetable bouillon, 280g carrots, halved lengthways and sliced, 400g piece butternut squash, deseeded, peeled and cut into 3-4cm/1 1/4-1 1/2in chunks. 140g chestnut mushrooms, quartered or halved if large

For the dumplings

140g self-raising flour, ½ tsp English mustard powder, 2 spring onions, ends trimmed, finely chopped, 3 tbsp chopped parsley, 2 tbsp rapeseed oil, 100ml buttermilk

Method:

Heat the oil in a large saucepan or deep sauté pan. Tip in the onions, bay leaves and thyme sprigs, and fry over a medium heat for about 8 mins, stirring often, until the onions are turning golden. Raise the heat, add the steak and stir-fry briefly until it starts to lose its raw, red colour. Pour in the wine, stir to deglaze the brown sticky bits from the bottom of the pan, and let it bubble briefly. Lower the heat, sprinkle in the flour and mustard powder, and stir for 1 min. The meat should now be coated in a thick, rich sauce.

Mix in the tomatoes, stirring to break them down. Stir in the stock and bring to the boil. Tip in the carrots, squash and mushrooms, lower the heat, cover with a lid and leave to simmer gently for 1 hr 40 mins, stirring occasionally. Uncover and cook for a further 20 mins, still on a gentle simmer, until the meat is very tender.

Season with pepper.

Meanwhile, make the dumplings. Put the flour, mustard powder, some pepper and a pinch of salt in a bowl, then stir in the spring onions and parsley. Mix the oil and buttermilk together and gently stir into the flour. Add a drop or two of cold water, if needed, to pick up any dry bits on the bottom of the bowl, and stir to make a soft and slightly sticky dough. Be as light-handed as you can, as overmixing or overhandling will toughen the dumplings. Cut the dough into 8 pieces and very lightly shape each into a small, rough ball.

Carefully transfer the stew to the hot casserole dish and remove the bay leaves and thyme sprigs. Sit the dumplings on top and press them down into the gravy to very slightly submerge. Put the dish on a baking sheet and cook for about 20 mins until the dumplings have risen and are golden on top. Serve with a light scattering of thyme leaves.

C 54g F 20g P 40g



580 Cals

BEEF STEW & DUMPLINGS

Credit to **BBCGOODFOOD**

You will need:

3 tbsp olive oil, 1 large onion, thinly sliced, 1 fennel bulb (about 250g/9oz), trimmed and thinly sliced. 3 large garlic cloves, finely sliced, 1 heaped tsp coriander seeds, lightly crushed, 100ml white wine, 1 x 400g can chopped tomatoes with herbs, 2 tbsp tomato purée, good pinch of saffron, 1 bay leaf, 1 tbsp fresh lemon juice, 1 small bunch flat-leaf parsley, leaves roughly chopped, 500g mixed skinless fish fillets, (anything you like) cut into chunks, 150g raw peeled king prawn, 50g finely grated parmesan, 25g panko or coarse dried breadcrumbs, green salad to serve.

C 20g F 11g P 46g



372 Cals

Method:

Heat the oil in a large, wide non-stick saucepan or sauté pan and gently fry the onion, fennel, garlic and coriander seeds for 15 mins, stirring regularly until the vegetables are softened and lightly coloured. Pour the wine into the pan and add the tomatoes, tomato purée, saffron and bay leaf. Season and bring to a gentle simmer. Cook for about 15 mins, stirring occasionally, until thick.

Heat oven to 220C/200C fan/gas 7. Stir the lemon juice and most of the parsley into the tomato mixture, pop the raw fish pieces and prawns on top and stir well. Cover tightly with a lid and simmer gently over a medium heat for 4-5 mins or until the fish is almost cooked. Stir a couple of times as the fish cooks, taking care not to let it break up.

Ladle the hot tomato and fish mixture into individual pie dishes – they will each need to hold around 350ml. Mix the cheese, breadcrumbs, remaining parsley and a little ground black pepper together and sprinkle over the top. Bake on a baking tray for 20 mins or until the pies are golden brown and bubbling. Serve with green salad, if you like.

MEDITERRANEAN FISH GRATINS

Credit to **BBCGOODFOOD**

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