

The February Meal Guide



BY ZOE
ROBERTS

The page features a white background with several decorative elements: four solid green squares at the top, four at the bottom, and three on the left side. Large, expressive green brushstrokes are present on the left and right edges. The text is written in a bold, green, hand-drawn font.

**WELCOME TO THE
MEAL GUIDE...**

**I HOPE YOU FIND THIS
GUIDE SUPER USEFUL!**

**I HAVE INCLUDED SOME
VEGETARIAN
OPTIONS/SWAPS ON ALL
OF THE MEALS!**



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Weekly Meal Plan

MON

TUE

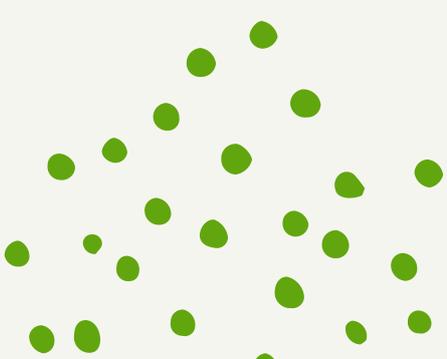
WED

THU

FRI

SAT

SUN



BREAKFAST





339

Cals



Apple & Cinnamon Porridge

**YOU WILL NEED: 50G OATS, 1 APPLE
1 TBSP CINNAMON, 200ML MILK (ALPRO) OR
WATER**

**WEIGH OUT THE OATS, POP IN THE
MICROWAVE WITH MILK OR WATER FOR
PLATING UP ADD YOUR OATS INTO THE BOWL
AND ADD YOUR CHOPPED/SLICED APPLE AND 1
TBSP OF CINNAMON.**

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547

Cals



Light Fry Up

YOU WILL NEED: FRY LIGHT, 2 TURKEY RASHERS OR MEAT FREE BACON RASHERS, 1 BAGEL, 2 EGGS, HANDFUL OF SPINACH + TOMATOES

CUT YOUR BAGEL IN HALF AND POP IT IN THE TOASTER. THEN START MAKING YOUR EGGS IN THE PAN WITH FRY LIGHT AND CHUCK THE RASHERS IN THERE TOO! ON A PLATE ADD YOUR SPINACH AND TOMATOES, THEN PLATE UP ALL YOUR COOKED ITEMS TOO!

V

389
Cals



smashed avocado & eggs on toast

YOU WILL NEED:

**2 SLICES OF TOAST, 2 EGGS, 1/2 OF A
MEDIUM AVOCADO**

**PEEL, TAKE OUT THE SEED AND MASH YOUR
AVOCADO IN A BOWL. POP YOUR BREAD
SLICES INTO THE TOASTER THEN MAKE YOUR
SCRAMBLED EGGS IN A PAN WITH FRY LIGHT.
ONCE IT'S READY ADD THE AVOCADO ON TOP
OF YOUR TOAST THEN TOP WITH THE
SCRAMBLED EGGS.**

SNACKS





300
Cals

Oat & Berry Snack Bars

(MAKES 6) YOU WILL NEED:

**150G OATS, 60G BUTTER, 1 BANANA, 60G CHERRIES,
60G CRANBERRIES, 40G SUNFLOWER SEEDS,
40G PUMPKIN SEEDS**

**WEIGH OUT YOUR OATS, ADD THE BERRIES, CHERRIES
AND SEEDS TOGETHER. THEN ADD IN YOUR MELTED
BUTTER AND ENSURE THE OATS ARE COVERED.
MASH UP YOUR BANANA WITH A FORK AND ADD TO
MIXTURE. MAKE SURE YOU MIX IT IN WELL! LAY IN
A BAKING TRAY LINED WITH BAKING PAPER, AND
LEAVE FOR 20-25 MINS ON 200 DEGREES CELSIUS.**

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350
Cals

Rice Cakes With Cream Cheese, Salmon & Cucumber

**YOU WILL NEED: X2-4 PLAIN RICE CAKES, 15-30G
LIGHT CREAM CHEESE, 50G SALMON, 200G
CUCUMBER**

**LAY OUT YOUR PLAIN RICE CAKES ON A
PLATE. SPREAD ON A FINGERTIP SIZE OF
LIGHT CREAM CHEESE ONTO EACH RICE
CAKE. TOP WITH SALMON SLICES AND
CUCUMBER SLICES.**

**(CALORIE AMOUNT IS BASED ON X2 RICE
CAKES).**

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399
Cals

Treat Muffin

YOU WILL NEED: 1 BURGER BUN, 1 EGG + 1 SAUSAGE / 2 HECK SAUSAGES, LETTUCE + A SLICE OF DAIRY LEA CHEESE

LAY OUT YOUR BURGER BUN, FRY YOUR EGG IN THE PAN WITH FRY LIGHT + GRILL YOUR SAUSAGE FOR 5-10 MINS. THEN WHEN READY ADD SOME BUTTER OR SAUCE TO YOUR BUN, ADD THE LETTUCE, FRIED EGG, SAUSAGE AND CHEESE TO YOUR BUN. ENJOY!

LUNCH



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397

Cal's



Cucumber and Salmon Wraps

YOU WILL NEED:

1 TORTILLA WRAP, 15G CREAM CHEESE,
200G CUCUMBER, 100G SALMON SLICES

LAY OUT YOUR TORTILLA WRAP, SPREAD
ON YOUR CREAM CHEESE BUT YOU CAN
ALSO USE BUTTER IF YOU PREFER. TOP
THE WRAP WITH SALMON AND
CUCUMBER THEN WRAP IT UP!
(CALORIES ARE FOR 1 WRAP).

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368
Cals

Cod and Homemade Chips

YOU WILL NEED:

1 MEDIUM-LARGE JACKET POTATO, FRY LIGHT, SEASONING, 2 COD FILLETS + VEGGIES

PREHEAT OVEN TO 200 DEGREES CELSIUS. PEEL AND SLICE YOUR POTATO INTO THIN CHIPS. SEASON THE CHIPS, SPRAY WITH FRY LIGHT AND MIX UP IN A BOWL. PREPARE YOUR BAKING TRAY WITH FOIL, SPRAY FRY LIGHT AND LAY OUT THE CHIPS. COOK FOR 20-25 MINS. ON ANOTHER TRAY LAY OUT A PIECE OF FOIL, SPRAY WITH FRY LIGHT AND PLACE THE COD ON THE FOIL. SEASON THE COD AND THEN WRAP IT UP SO THERE IS NO GAPS. THE COD SHOULD BE TUCKED IN THERE NICELY AND THIS WILL LOCK IN THE FLAVOUR. COOK FOR 10-12 MINS.

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479
Cals

Chicken Mayo Sandwich

YOU WILL NEED:

**X2 SLICES OF BREAD, 100G CHICKEN, HANDFUL
OF LETTUCE OR SPINACH, LIGHT MAYO 30G.
(X2 TSP)**

**MAKE SURE YOU HAVE YOUR CHICKEN PREPARED OR
YOU CAN QUICKLY MAKE SOME NOW. CUT THE
CHICKEN INTO CHUNKS, SEASON + SPRAY PAN WITH
FRY LIGHT. BROWN THE CHICKEN FOR 10-15 MINS
AND THEN IT IS GOOD TO GO. LAY OUT YOUR BREAD
AND ADD 30G OF SAUCE ON ONE SLICE. THEN ON
THE OTHER SLICE LAY OUT YOUR LETTUCE/SPINACH,
ADD THE CHICKEN AND PLATE UP.**

DINNER



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Pitta Pizzas

530
Cals
(based
on 2
pittas)

YOU WILL NEED:

PITTA BREADS, FRY LIGHT, 100G PROTEIN OF YOUR CHOICE, VEGGIES OF YOUR CHOICE SUCH AS PEPPERS AND ONIONS, TURKEY RASHERS OR MEAT FREE BACON RASHERS, 30G GRATED CHEESE OR MOZZARELLA, 1/2 JAR OF PASTA SAUCE.

PREHEAT OVEN TO 200 DEGREES CELSIUS. LINE BAKING TRAY WITH BAKING PAPER AND SPRAY WITH FRY LIGHT GENEROUSLY. LAY THE PITTAS ONTO THE BAKING TRAY. WITH YOUR JAR OF SAUCE ADD X2 TBSP OF SAUCE ONTO THE PITTA AND SPREAD.

DON'T USE TOO MUCH OTHERWISE IT WILL STICK. ADD A SMALL HANDFUL OF MOZZARELLA THEN TOP WITH PROTEIN, ONIONS, AND PEPPERS. TO FINISH IT USE ANOTHER SMALL HANDFUL OF CHEESE. PLACE IN THE OVEN FOR 10-15 MINS DEPENDING HOW CRISPY YOU WANT THE PITTA PIZZAS TO BE.

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474

Cals



Burger and Fries

YOU WILL NEED:

100G WHITE POTATO, 1 BRIOCHE BUN, SEASONING, 100G CHICKEN BREAST, LETTUCE, X1 TOMATO, SLICE OF DAIRY LEA CHEESE, LIGHT MAYO (30G) X2 TSP.

LAY OUT YOUR BRIOCHE BUN, ADD YOUR SAUCE, CHICKEN AND SALAD ITEMS. TOP WITH A SLICE OF DAIRY LEA CHEESE.

TO MAKE YOUR CHIPS YOU WILL NEED TO GET 100G WHITE POTATO, CUT THINLY INTO SLICES. LINE A TRAY WITH FOIL, SPRAY WITH FRY LIGHT. ADD CHIPS AND FRY LIGHT TO A BOWL AND MIX IN THE SEASONING TOO! ADD YOUR CHIPS TO THE TRAY AND PLACE IN THE OVEN AT 200 DEGREES CELCIUS AND COOK FOR 20-25 MINS.

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407
Cals

Chicken Bake

YOU WILL NEED:

FRY LIGHT, SEASONING, 100G CHICKEN OR PROTEIN MEAT FREE OPTION, 1 JAR OF PASTA SAUCE, 100G RICE, 100G MEAT FREE BACON RASHERS, SPINACH OR YOUR FAVOURITE GREEN VEGGIES!

PREHEAT OVEN TO 200 DEGREES CELSIUS. SEASON AND CHOP YOUR CHICKEN INTO CUBES. THEN CHOP YOUR ONIONS AND PEPPERS INTO THIN SLICES. PLACE YOUR CHICKEN IN A PAN AND BROWN IT FOR 5-10 MINS. LINE THE BOTTOM OF A BAKING DISH WITH A LIGHT LAYER OF THE PASTA SAUCE DON'T USE IT ALL!

PLACE THE BROWNEED CHICKEN INTO DISH AND THEN BROWN YOUR ONIONS AND PEPPERS FOR 5-7 MINS. ADD THE PEPPERS AND ONIONS TO THE BAKING DISH WITH THE CHICKEN. LAY THE REST OF THE SAUCE ON TOP, POP IT INTO THE OVEN AND COOK FOR 20 MINS. HALF WAY THROUGH ADD YOUR CHEESE ON THE TOP. WHEN PLATING UP WEIGH OUT SAUCE TO 100G, RICE TO 100G. TOP WITH 150G OF THE CHICKEN BAKE AND VEGGIES. I ABSOLUTELY LOVE THIS ONE!

V



190
Cals

How To Make Sweet Potato Fries...

YOU WILL NEED:

WEIGH OUT YOUR SWEET POTATO TO 100G FOR YOU, IF MAKING FOR MORE PEOPLE YOU'LL NEED MORE POTATO. FRY LIGHT SPRAY, CAJUN SEASONING, PERI-PERI SALT

PREHEAT YOUR OVEN TO 200 DEGREES CELSIUS. PEEL YOUR POTATOES, THEN CUT THEM INTO EXTRA THIN SLICES! THE THINNER YOU MAKE THEM THE MORE CRISPY THEY WILL BE!

SEASON YOUR POTATO SLICES AND SPRAY FRY LIGHT ALL OVER THEM AND MIX WELL.

PREPARE YOUR BAKING TRAY WITH FOIL AND SPRAY A VERY GENEROUS HELPING OF FRY LIGHT.

ADD THE CHIPS AND LAY THEM OUT; PLACE IN THE OVEN FOR 20-25 MINS. CALORIES ARE BASED ON A 100G SERVING.



*Why you need green
vegetables in your
lifestyle...*

- **THE MOST NUTRIENT DENSE VEGETABLE
MEANING THEY ARE GREAT FOR YOU!**
- **THEY ARE PACKED WITH VITAMINS,
MINERALS AND FIBRE!**
- **A GREAT SOURCE OF ANTI-OXIDANTS!**
- **ONE OF THE EASIEST WAYS TO KEEP YOUR
MIND AND BODY HEALTHY!**
- **YOU CAN EAT, BLEND, STEW AND ROAST
THEM!**

**I HAVE JUST ONE
FAVOUR TO ASK
YOU:**

**PLEASE COULD YOU
FEEDBACK TO ME
ON HOW USEFUL
YOU ARE FINDING
THESE GUIDES!**



*Don't forget to tag
me in your creations!*



ZLR FITNESS



@ZLRFITNESS

**THANK YOU FOR USING
THE MEAL GUIDE..**

LOVE ZO XX