



ZLR FITNESS
DISCOVER YOUR INNER WARRIOR

By Zoe
Roberts

June Meal Guide



Food Volume..

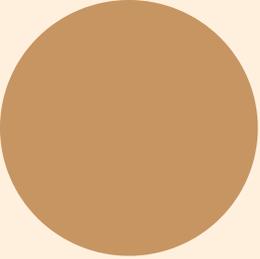
What does it mean?

**Foods that have
alot of size
(volume) to them
and are lower in
calories.**

Example of high volume foods

**Kale
Spinach
Asparagus
Broccoli
Green Beans
Cauliflower
Low fat fish
Chicken without skin
Wholegrains
Beans/Legumes
Fresh Fruits**

These are just a few examples but can help you to see how much you can actually have on your plate that looks like way more, packed with nutrients & lower in calories!



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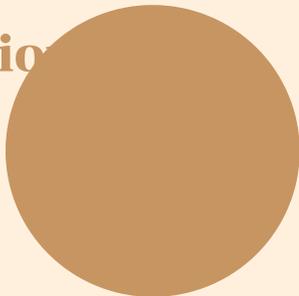
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Breakfast





384
Cals

Broccoli, Egg & Cheese Bake

You will need:

Baking dish, fry light spray, 2-3 eggs, 100-200ml milk, chopped broccoli, 30g grated mozzarella cheese and 1 onion chopped.

Method:

Pre-heat oven to 200 degrees celsius. Crack your eggs and add them to a bowl, then add the milk and whisk together. From here add in your chopped broccoli, mozzarella and onion to the mix and stir in. From here add the whole mixture into a baking dish. Place dish into the oven and bake for 20-25 mins! Allow to cool for 10 mins before serving. This recipe is based on 1 serving.



P 33.2g

C 10.6g

F 23.9g



281
Cals

Bell Pepper Egg Cups

You will need:

2 peppers & 2 eggs (more if you're making in bulk), pepper, 30g mozzarella cheese, seasoning of your choice, fry light, baking dish, foil.

Method:

Preheat oven to 180 degrees celcius. Cut the top off of your pepper and de-seed. From here place the peppers into the baking dish. Add 1 egg to the pepper and repeat for how many peppers you want. Then season with your favourite flavouring and a tiny bit of pepper. Divide the handful of mozzarella (30g) to the peppers.

Bake for 20-25 mins until white is firm and yolk is a little runny. Leave to cool for a few mins and serve!

This recipe is based on one serving = 2 bell peppers.

P 22g

C 11.6g

F 16.1g





Loaded Avocado Toast

410
Cals

You will need:

**1/2 avocado (80g), 1 slice of rye bread, tsp butter, 1 egg, fry
light spray**

Method:

**Mash up 1/2 an avocado in a bowl. From here make your
egg into scrambled egg or fry it with fry light. Place your
rye bread in the toaster and make sure you use some
pepper on your egg for flavour! Spread on the avocado to
the rye bread and plate it all up and add the egg on top!**

This recipe is based on one serving!

**P 12.5g
C 18.8g
F 22.8g**



Lunch





237
Cals

Feta Cheese Salad

You will need:

60g feta cheese, salad items; peppers x2, 1 onion, generous serving at least 2 big handfuls of spinach or lettuce, cucumber & carrot etc. As much veg as possible with this one! Go nuts!!!!

Method:

On a bowl lay out all your vegetables.

Weight out your feta cheese and plate this on top.

If you need to make the salad a bit more flavoursome use a light mayo or low calorie salad dressing!

This recipe is based on one serving!

**P 14.4g
C 11.6g
F 17.9g**





Italian Pasta Salad

400
Cals

You will need:

75g Fusilli pasta, 100-150g chicken (use a vegetarian alternative), 2 peppers, 100g tomatoes, spinach, 1 tbsp (15g) of sundried tomato paste.

Method:

Start by cooking the pasta first for 10-12 mins and also cook your chicken (seasoned with Italian herbs) for the same time if you are making it from fresh. Pre-cooked Italian flavoured chicken may be easier for this recipe! From here you are going to drain the pasta and add the ingredients. Add a tbsp of sundried tomato paste, add chopped peppers, handful of cut tomatoes, spinach and stir well. Weigh out your chicken to 100-150g and weigh out 75g pasta mix. Plate it up & enjoy!

This recipe is based on one serving!



P 44.1g

C 41.6g

F 7.8g



333
Cals

Sweet Potato Blackbean Bowl

You will need:

1 can of black beans, 1 sweet potato, 100g shredded chicken. For the dressing; 1/2 tsp of apple cider vinegar, 100ml lime juice, handful of coriander.

Method:

Preheat oven to 220 degrees celcius. Chop up sweet potato into cubes and spray fry light onto your foil and lay sweet potatoes onto tray. Sprinkle over chilli powder seasoning and bake for 20-25 mins.

Just before the potato finishes rinse your black beans well. Place into a pan and have the pan ready on a low-medium heat.

Continue to stir until ready then add your beans (117g) and sweet potato to a bowl. Then add in your pre cooked shredded chicken for an extra protein boost! From here make the dressing with the ingredients; add and mix it all up and then plate on top to boost the flavour! Enjoy! This recipe is based on one serving!

P44.7g

C 39g

F 2.1g



Dinner



Caprese Chicken Breast

438
Cals

You will need:

4 chicken breasts, fry light spray, pepper, 2 garlic cloves, 2 handfuls of fresh basil, 4 cut slices of mozzarella ball, 2 tbsp of balsamic vinegar (40-60ml), 100g tomatoes, 50g basmati rice to go with it.

Method:

Flatten down and bash your chicken so it is flat (this will save you on cooking time). Heat a skillet pan on a medium heat, spray with fry light and add the chicken breasts. Season with pinch of salt and pepper, cook for 4-5 mins on each side until golden brown and cooked through. Take these out and place on a plate. Add the balsamic vinegar, then the garlic cloves- cook for 1 min until fragrant. Add your tomatoes and let it simmer until soft approx 5-7 mins. Then stir in your 2 handfuls of fresh basil. Place the chicken back in and nestle into the tomatoes. Top with the mozzarella and let it melt. (cover with a lid or pan)

To plate up weigh the chicken out to 100-150g (1 breast) and have 50g basmati rice to go with it. (do it pre-cooked to save time or make it fresh while making the chicken!)

Enjoy!

**P 45.2g
C 52.4g
F 9g**





Chickpea Curry

559
Cals

You will need:

Patak's curry paste 50g max, 200ml soy milk, 50g basmati rice, fry light spray (generous amount), 1 can of chickpeas, 1/2 lime (juice from lime), 100g tomatoes, basil, tsp sugar and salt, 1 large onion chopped and 3 garlic cloves.

Method:

Add your fry light to a pan you'll need a generous amount so the ingredients don't stick. Add your onions to the pan & brown for 5 mins. Then add the curry paste and garlic regularly stirring for 5 mins. Pour in your soy milk and chickpeas. From here you'll need to bring it to the boil for about 10 mins stirring occasionally. While this is going on you will need to make your rice separately in another pan. This will take 10-12 mins. Once the rice is going stir in the lime juice, sugar, salt, tomatoes and basil to the curry mixture. Then to plate up weigh out rice to a 50g portion and 100g portion of the curry mixture and add a handful of coriander on top!

You can make a big batch for this but make sure you stick to the gram amounts for one serving!

P 19.2g

C 60g

F 19g





Salmon Burgers

460
Cals

You will need:

200g pre cooked salmon- I used Wild Salmon Fillets Tesco (or you can use canned salmon), 2 eggs, 1 tsp salt, 1 tsp garlic powder, 25g Panko breadcrumbs, fry light spray, vegetables on side (green beans and broccoli will go nicely!)

Method:

Make sure your salmon is precooked! Flake the salmon apart and mix all the ingredients together. Then form the ingredients into 2 patties. Heat the fry light into a non-stick skillet and then fry the burgers for 1-2 mins on each side. They should look a little golden brown and crispy! As you do this make sure you start preparing and making your veggies to go with it. When done place on a paper towel and sprinkle with little pinch of salt.

This recipe does not include a bun if you add this on you will need to add it to the calorie total!

This recipe makes 2 burgers which counts as one serving!

**P 59g
C 22.5g
F 15.5g**



Snacks





206
Cals

Red Bell Pepper with Guacamole

You will need:

1 large pepper, 100g guacamole

Method:

Take your large pepper, cut the top off and de seed. Slice up your pepper to sizes you like and then weigh out your guacamole to 100g.

From here use the pepper slices and dip them into the guacamole.

This recipe is based on one serving!

P 3.7g

C 16g

F 13.2g





210
Cals

Yoghurt with granola & mixed berries

You will need:

100g fage yoghurt, 25g of Lizi's low sugar granola, 100g mixed berries

Method:

Weigh out 100g fage yoghurt into a bowl, then add your 100g mixed berries or simply use 100g of your favourite berry. Top with 25g of Liz's low sugar granola (I recommend this one so it is lower in calories).

If you're not keen on granola opt for 25g of cashew nuts or 25g almonds- remember this will bump fats up to over 30g.

This recipe is based on one serving!

**P 15g
C 20g
F 6.8g**





Cottage Cheese with Flax Seed & Cinnamon

**210
Cals**

You will need:

**75g natural cottage cheese, 25g flaxseeds (blended),
teaspoon of cinnamon**

Method:

**Weigh out your cottage cheese to 75g. From here blend
your flaxseeds and add a teaspoon of cinnamon.**

This is great for a healthy snack!

This recipe is based on one serving!

P 12g

C 5.6g

F 13.8g





230
Cals

Apple Slices & Peanut Butter

You will need:

1 large apple, 30g peanut butter

Method:

Cut your apple into slices, weigh out your 30g peanut butter. You can use any peanut butter really!

This is a great snack for those hunger cravings or to have as a pre or post workout snack!

This recipe contains one serving!

P 8g

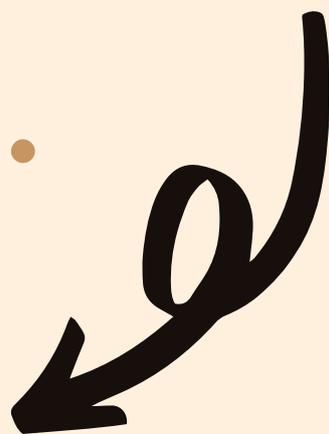
C 22g

F 15.3g



**Thankyou for using
the meal guide!**

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me feedback by
filling out the form
below...**



Feedback Form

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meal prep??**

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