

MARCH MEAL GUIDE BY ZLR FITNESS



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DISCOVER YOUR INNER HERO

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PORTION CONTROL

If you have a meal plan follow that and all the measurements of your food as everyone's calories are different! There is not a one fit's all approach when it comes to calories & portions! This is just some rough guidance on what to do:

Here are some measurements to help you as a rough guide:

- When weighing potatoes or pasta stick with 100g-125g.
- When weighing rice stick with 125g-150g.
- With protein sources up to 150g.
- With veggies they should cover your plate
- If plating up a lasagne, stir fry or spag bowl as an example you would aim for a 300g portion in total if weighing together, along with veggies/salad covering the other 1/2 of the plate.
- Weigh your food.
- Use your fists to portion food if you are in doubt.



BREAKFAST



SMOKED SALMON FLATBREAD..

You will need:

200g soft cheese, 100ml soured cream, 1 shallot, finely chopped, chopped to make 2 tbsp tarragon, chopped to make 2 tbsp chives, 1 lemon, zested plus wedges to serve, 200g smoked salmon, ½ red onion, finely sliced, a handful baby capers, (optional), a handful rocket
FLATBREAD; 300g strong bread flour, plus extra for dusting, 1 tsp caster sugar, 1 tsp sea salt flakes, 7g sachet fast-action dried yeast, 1 tbsp natural yogurt, olive oil.



How to:

To make the flatbread, combine the flour, sugar, salt and yeast in a large bowl. In another bowl, mix together the yogurt, 1 tbsp olive oil and 175ml warm water, then gradually mix into the flour to form a soft dough. Tip out onto a lightly floured worksurface and knead for 8-10 minutes until smooth and springy (try not to add too much extra flour when kneading). Put the dough into a bowl, cover and leave it to rise for 1 hour or until it has doubled in size.

Heat the oven to 220C/fan 200C/gas 7. Tip the dough out onto a worksurface, then roll into a 25cm x 35cm rectangle. Put on a large baking sheet. Brush all over with olive oil and bake for 15-20 minutes or until puffed and golden. Cool on a rack.

Mix together the soft cheese, soured cream, shallot, herbs and lemon zest, then season with a little salt and plenty of black pepper.

When the bread has cooled to just-warm, spread the cheese mix all over it. Drape the salmon on top and scatter with red onion, capers (if using) and rocket. Season again and serve cut into squares with the lemon wedges to squeeze over.

P19g C25.2g F15.3g

320 Cals

VEGETABLE OMELETTE...

You will need:

200g soft cheese, 100ml soured cream, 1 shallot, finely chopped, chopped to make 2 tbsp tarragon, chopped to make 2 tbsp chives, 1 lemon, zested plus wedges to serve, 200g smoked salmon, ½ red onion, finely sliced, a handful baby capers, (optional), a handful rocket

FLATBREAD; 300g strong bread flour, plus extra for dusting, 1 tsp caster sugar, 1 tsp sea salt flakes, 7g sachet fast-action dried yeast, 1 tbsp natural yogurt, olive oil.



How to:

Tip the cherry tomatoes into a bowl with the white wine vinegar and some seasoning, and mix well.

Heat the olive oil in a small pan and cook the garlic for 1 minute until smelling fragrant. Add the courgette and cook for 5 minutes or until all the moisture has evaporated. Add the kale and peas, and cook for 2 minutes until the kale has wilted.

Season and stir in the chilli flakes.

Heat a small non-stick frying pan with a drizzle of oil. Season the beaten eggs then tip into the pan, swirling and lifting the edges so you have a large, flat omelette. Once the bottom has browned and the omelette has almost cooked on top, pile the cooked veg onto one side of the omelette, then carefully fold over the other half.

Slide onto a plate and serve with the cherry tomatoes alongside.

P22.4g C8.4g F19.2g

307 Cals

CHORIZO, ROASTED RED PEPPER, AND PEA FRITTATA...

You will need:

A drizzle olive oil, 60g chorizo, diced, ½ red onion, finely sliced, ½ red chilli, finely sliced, 2 cloves garlic, thinly sliced, 2 roasted red pepper from a jar, drained and sliced, 100g frozen peas, 4 eggs, beaten, 25g parmesan, finely grated, a handful rocket, dressed with sherry vinegar



How to:

Heat the grill to high. Heat a drizzle of oil in a non-stick ovenproof frying pan and fry the chorizo until crisp. Reduce the heat, add the onion and cook for 5 minutes or until soft. Add the chilli and garlic, and cook for 2 minutes. Add the red peppers and peas, then tip in the eggs and season generously. Cook for 2-3 minutes until the bottom is set and a little golden, then sprinkle with the parmesan and grill until puffed and golden on top. Serve with the dressed rocket.

P30.1g C12g F25.2g

401 Cals

LUNCH



TURKEY BOLOGNAISE

You will need:

400g lean turkey mince (choose breast instead of thigh mince if you can, as it has less fat), 2 tsp vegetable oil, 1 large onion, chopped, 1 large carrot, chopped, 3 celery sticks, chopped, 250g pack brown mushroom, finely chopped, pinch of sugar, 1 tbsp tomato purée, 2 x 400g cans chopped tomato with garlic & herbs, 400ml chicken stock, cooked wholemeal pasta and fresh basil leaves (optional), to serve.



How to:

Heat a large non-stick frying pan and dry-fry the turkey mince until browned.

Tip onto a plate and set aside.

Add the oil and gently cook the onion, carrot and celery until softened, about 10 mins (add a splash of water if it starts to stick). Add the mushrooms and cook for a few mins, then add the sugar and tomato purée, and cook for 1 min more, stirring to stop it from sticking.

Add the tomatoes, turkey and stock with some seasoning. Simmer for at least 20 mins (or longer) until thickened. Serve with 100g pasta and fresh basil, if you have it.

P23g C15g F13g

300 Cals

TOMATO, COURGETTE & PRAWN PASTA

You will need:

1 tbsp olive oil, 2 fat garlic cloves , thinly sliced, 2 large or 400g baby courgettes , sliced, 400g orecchiette pasta, or any other small pasta shape, 2 x 400g cans cherry tomatoes, good pinch of sugar, 200g raw prawn , peeled, 100g half-fat crème fraîche, small pack basil , leaves only, torn.



How to:

Heat the oil in a large pan, add the garlic and sizzle for a few mins, then add the courgettes and cook for a few mins more until starting to soften. Cook the pasta following pack instructions.

Add the tomatoes, sugar and seasoning to the pan, stir and simmer, uncovered, for about 10 mins while the pasta cooks.

Add the prawns to the sauce and bubble until they just turn pink. Drain the pasta and add to the sauce with the crème fraîche. Simmer for another 1-2 mins, then add the basil and serve.

P25g C91g F10g

533 Cals

TOFU AND SPINACH CANNELLONI

You will need:

2 tbsp olive oil, 1 onion , chopped, 3 garlic cloves , finely chopped, 2 x 400g cans chopped tomatoes, 50g pine nuts , roughly chopped, 400g bag spinach, pinch grated nutmeg, 349g pack silken tofu, 300g pack fresh lasagne sheets, 4 tbsp fresh breadcrumbs.



How to:

Heat half the oil in a pan, add onion and 1/3 of the garlic and fry for 4 mins until softened. Pour in tomatoes, season and bring to the boil. Reduce heat and cook for 10 mins until sauce thickens.

Heat half remaining oil in a frying pan and cook another 1/3 of garlic for 1 min, then add half the pine nuts and the spinach. Wilt spinach, then tip out excess liquid. Whizz tofu in a food processor or with a hand blender until smooth, then stir through the spinach with the nutmeg and some pepper. Remove from the heat; allow to cool slightly.

Heat oven to 200C/180C fan/gas 6. Pour half tomato sauce into a 20 x 30cm dish. Divide spinach mix between lasagne sheets, roll up and lay on top of sauce. Pour over remaining sauce. Bake for 30 mins.

Mix crumbs with remaining garlic and pine nuts. Sprinkle over top of dish, drizzle with remaining oil and bake for 10 mins until crumbs are golden.

P14g C30g F13g

300 Cals



DINNER

CHILLI CHICKEN CURRY..

You will need:

- 1 medium onion , roughly chopped, 3cm root ginger , roughly chopped, 2 garlic cloves , roughly chopped, 2 tbsp vegetable oil, 1 tsp cumin seeds, ½ tsp turmeric
- ¼ tsp hot chilli powder or ½ tsp cayenne pepper, 1-2 can chopped tomatoes, 250g potato , peeled and cut into rough chunks, 400g boneless skinless chicken breasts, cut into 3cm chunks, ½ tsp garam masala, 2 tbsp chopped fresh coriander, 100g basmati rice & natural yogurt to serve.



How to:

Blitz the onion, ginger and garlic in a food processor with 1 tbsp water until smooth. Fry the cumin seeds in oil for a few seconds. Add the onion paste and brown over a medium heat. Add a dash of water if it starts to catch. Sprinkle in the turmeric and chilli. Add the tomatoes and fry for 5 minutes. Stir in the potatoes and 250ml/9fl oz hot water. Cook covered for 10 minutes. Add the chicken and garam masala. Simmer for 15-20 minutes until cooked. Season with salt. Tip into a bowl, scatter over coriander and serve with flavoured rice and natural yogurt.

P34g C60g F10g

400 Cals

STEAK SUPPER...

You will need:

1 tbsp olive oil, x2 braising steaks , trimmed of fat, 2 garlic cloves , crushed, 1 onion , thinly sliced, 4 tomatoes , thinly sliced, 2 large potatoes , peeled and thinly sliced.



How to:

Heat oven to 180C/fan 160C/gas 4. Drizzle half the oil into a small casserole or pie dish and rub all over, then place one steak inside. Scatter over some of the garlic, followed by a layer of onion and tomatoes, then a layer of potatoes on top. Season, then repeat the layers, finishing with the potato.

Drizzle with the remaining oil and then cover the casserole with a tightly fitting lid or cover the pie dish with a double layer of foil. Transfer to the oven for 2 hrs. Remove the lid or foil, turn the oven up to 220C/fan 200C/gas 7 and cook for 30 mins more until the top is golden brown. Serve with some green vegetables.

P40g C45g F15g

500 Cals

BAKED FISH WITH TOMATOES, BASIL & CRISPY CRUMB

You will need:

2 x 400g cans cherry tomatoes, 1 tbsp balsamic vinegar, 3 tbsp basil pesto, 2 tbsp breadcrumbs, 4 skinless firm white fish fillets (about 140g each), 320g pack green bean, 320g pack thin-stemmed broccoli.



How to:

Heat oven to 200C/180C fan/gas 6. Tip the tomatoes into a roasting tin, and stir in the vinegar and 1 tbsp of the pesto. Season, mix, then bake in the oven for 10 mins.

Mix together the remaining pesto and the breadcrumbs, then press onto each fish fillet. Add to the roasting tin and return to the oven for 12-15 mins until the fish flakes easily and the topping is slightly crisp.

Meanwhile, boil the green beans and broccoli, then drain. Serve the bake scattered with the vegetables.

P33g C16g F10g

300 Cals



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