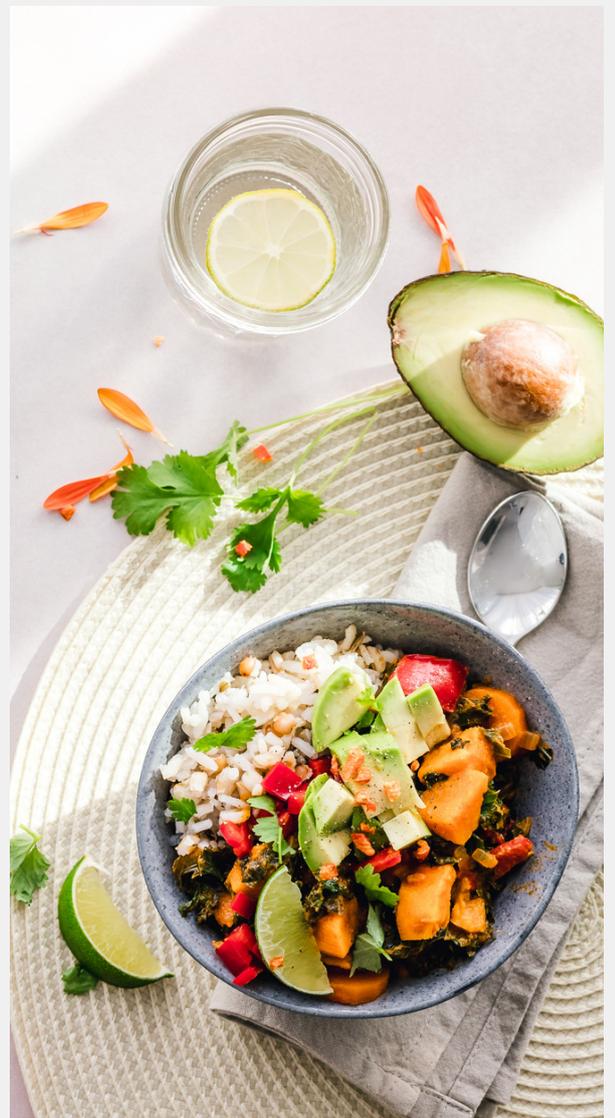


MAY MEAL GUIDE



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WHY EXPLORING FOOD IS MORE SUSTAINABLE...



With recipes I recommend trying out all the ones I have given you in all the guide's. These meal guide's give you the opportunity to explore food & recipes that all contribute to your goals!

Food is a lifestyle and we must enjoy it therefore, exploring new food's and recipe's is key to a healthy, balanced lifestyle!



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SERVES 2
1 large avo
2 cups chop
cilantro, m
the salsa!
1/2 small red o
1/2 teaspoon cu
on page 11!
2 tablespoons ex
1/2 teaspoon flake
2 tablespoons roas
1/2 a lime

Halve, pit, and peel th
down on a cutting bo
Place 1 cup fresh b
Then top with half of t
the red onion, 1/2 teaspoo
olive oil, a sprinkle of salt,
a squeeze of lime. Add an
way. Serve immediately.

CLIENT HUB COMING SOON....

I am currently super busy behind the scenes getting the client hub ready for all of you! Everything you need on your journey is all going to be in one place!

Access to over 2 year's worth of monthly meal guides!

All the guide's will be accessible & available in the Client Hub very soon!





Tasty Mains.....

Great for lunch & dinner...



Chicken Kebabs..

Credit to The Taming Twins

Chicken Kebabs, home

500 Cals

made chips & salad

You will need:

1kg Chicken thighs Boneless and skinless and cut lengthways, 1-2 potatoes peeled & sliced thinly into shapes to create wedges/chips, use seasoning to give flavour.

For the marinade: 150 g Natural yoghurt, 2 tsp Paprika, 2 tsp Ground cumin, 0.5 tsp Cinnamon, 0.5 tsp Dried chilli flakes, 2 tsp Garlic granules (or 3 cloves of fresh garlic), 1 Lemon Zest and juice, Salt and freshly ground pepper.

Method:

Pre heat oven to 220 degrees farenheight. Place chips into the oven on foil and baking tray , make sure you spray with fry light so it doesn't stick and cook for 20-30 mins.

Mix the marinate ingredients together well in a large bowl.

Add the chicken thighs and marinade for at least 30 minutes or even better, overnight. (Cover with cling film and put in the fridge.)

Thread onto skewers and cook for about 20 minutes until golden on the outside and cooked through. Mix the marinate ingredients together well in a large bowl.

Add the chicken thighs and marinade for at least 30 minutes or even better, overnight. (Cover with cling film and put in the fridge.)

Thread onto skewers and cook for about 20 minutes until golden on the outside and cooked through.

Plate up with 3 skewers, a small handful of home made chips and green veg or a large salad.

⌘ 50g C 50g F 15g





Nalloumi Fajitas..

Credit to The Taming Twins

Halloumi Fajitas

500 Cals

You will need:

1 tsp Olive oil, 4 Bell peppers sliced into thin strips, 4 tsp Cajun & 4 tsp Fajita seasoning, 500g Halloumi Cheese Sliced, 2 tsp Runny honey

To serve: 8 Tortilla wraps, greek yoghurt, Lime wedges, 1/2 Avocado sliced, 200g salsa.

Method:

Heat your olive oil in a frying pan until very hot.

Add the peppers and HALF of the spice mix and cook until just starting to blacken at the edges. Remove from the pan and set to one side.

Lay the halloumi into the empty, hot pan, sprinkle over the remaining spice mix and cook on both sides for a couple of minutes until browned.

Drizzle the honey over just before removing from the pan.

Serve on a platter with the peppers, wraps, yoghurt, lime wedges and avocado (plus salsa if using).

For plating have 2 tortilla wraps, 100g halloumi, 2 generous spoonfuls of salsa & greek yoghurt, some avocado and 1 lime wedge. You can also plate some salad to go with it!

⌘ 35g C 50g F 36g





Salmon Tacos..

Credit to The Taming Twins

Salmon Tacos

526 Cals

You will need:

480 g Salmon fillets Boneless (See Note 1), 2 tsp Cajun spice mix.

For the Avocado and Lime Dressing: 1 Avocado Peeled and stoned, 100 g Yoghurt, 1 Lime Juice only, 1 tbsp Mint sauce.

To serve:

8 Small, soft tortilla wraps, 1 Lettuce Washed and trimmed, 1 Red onion Peeled and sliced thinly, 1 Cucumber Cut into thin strips (I use a vegetable peeler), 165 g Sweetcorn Tinned, drained or frozen, cooked.

Method:

Preheat the oven to 200C.

Pop the salmon fillets onto a baking sheet lined with baking paper and sprinkle over the cajun seasoning. Bake for 20 - 25 minutes or until just cooked through.

Meanwhile prepare the tacos and other toppings.

To make the Avocado and Lime Dressing:

Blend all of the ingredients together until smooth. Add a little water if you like, to make a thin, runny sauce.

To serve:

Toast the wraps so they are crunchy and brown. You can do this by folding over and popping into the toasted slots (genius!) or for 3 or 4 minutes in the oven whilst the salmon is finishing cooking. When the salmon is cooked, peel it from the skin and break into large chunks.

When plating up have 2 taco's with salmon, the avocado and lime dressing, along with the salad, onion, cucumber and sweetcorn. Plate with some extra green veggies if you wish!

⚡ 35g C 60g F 21g





Spanish Chicken..

Credit to The Taming Twins

Spanish Chicken &

Chorizo Tray Bake

500 Cals

You will need:

150 g Chorizo, 500 g Potatoes Cut into bite sized pieces, 2 Large red onions Peeled and cut into wedges, 8 Chicken thighs I use bone in, with skin on. 3 Peppers Seeded and cut into wedges (I like to use a mixture of colours), 400 g Tomatoes, 8 Cloves Garlic Whole, in their skins, 1 tsp Sea salt, 1 tsp Freshly ground black pepper, 2 tsp Garlic powder, 2 tsp Sweet smoked paprika.

To serve: Chopped flat leaf parsley Optional, Wedges of lemon for squeezing over Optional.

Method:

Pre-heat the oven to 200C.

On a large baking sheet, or casserole dish, mix the chorizo and potatoes. Put into the oven for 15 minutes.

Add all other ingredients and give it a good stir to coat everything in the yummy chorizo oil. Put back into the oven for about 35 minutes or until your chicken is cooked through.

For plating up weigh out a 250g serving of the mixture and you can add some extra veg if you like!

⌘ 51g C 31g F 20g





Cajun Chicken Pasta...

Credit to The Taming Twins

Cajun Chicken Pasta

500 Cals

You will need:

2 tsp Olive oil, 500 g Chicken breasts Skinless and boneless, cut into chunks, 3 tbsp Cajun spice mix, 1 Onion, 3 Cloves Garlic, 2 Green peppers, large Deseeded and chopped, 3 Sticks Celery Trimmed and cut into small pieces, 250 g Dried pasta., 750 ml Vegetable stock, 400 g Tin of tomatoes, Salt and freshly ground black pepper.

50 g Cream cheese & Basil to garnish Optional

Method:

Heat your olive oil in a large, deep frying pan (or saucepan) which has a lid. Add the chicken and half of the Cajun spice mix. Fry for 5 minutes until the chicken is starting to brown.

Add in the onions, garlic, green peppers, celery and remaining Cajun spice mix. Cook for a further 5 - 10 minutes until everything is softened.

Add the pasta, vegetable stock, tinned tomatoes and salt and pepper. Give everything a good stir, pop the lid on and cook for 10 - 13 minutes (or according to the instructions on the pasta pack).

When the pasta is cooked al dente, remove from the heat and stir through the cream cheese and some fresh basil (if using). Weigh out to a 250g serving and then plate with some extra veggies or salad!

P 40g C 65g F 10g





Tuna Pasta Bake..

Credit to The Taming Twins

Tuna Pasta Bake

500 Cals

You will need:

300 g Pasta shapes, 250 g Broccoli Or one medium sized head of broccoli, 1 tsp Olive oil, 2 Cloves Garlic Peeled and chopped, 1 Large Onion Peeled and chopped, x2 Tins of chopped tomatoes , 2 tbsp Tomato puree Optional, if you have it, 1 tbsp Oregano, Plenty of salt and pepper
300-400g Tinned tuna in spring water, 100 grated cheddar cheese.

Method:

Cook the pasta according to pack instructions, add the broccoli into the boiling water with the pasta about 4 minutes before the end of it's cooking time.

Meanwhile, heat the oil in another large pan. Add the garlic and onions and soften for 4 - 5 minutes.

Add the tinned tomatoes, tomato puree (if using), oregano and salt and pepper. Give it a good stir and let it bubble and thicken for about 10 minutes.

Meanwhile, drain the pasta and broccoli (they should be done by now).

Now mix the drained pasta, tomato sauce, and drained tuna until well combined. Pop into a shallow dish and sprinkle with the cheese.

Pop under the hot grill to melt and bubble the cheese.

For plating up weigh out to a 250g serving and plate with veggies or a large salad!

⌘ 30g C 80g F 15g



A top-down view of a table set with various appetizers. In the top left, a white tray holds sliced potatoes and carrots. Next to it, a white plate is filled with sliced baguette. In the center, a small glass bowl contains a red, chunky dip. To the right, a wooden cutting board is laden with sliced cheese, a bowl of green olives, cubed cheese, a wedge of blue cheese, and sliced pickles. A hand is visible at the bottom, holding the cutting board. In the bottom left, a glass bowl contains a green salad with purple leaves. In the bottom right, a cluster of red tomatoes is visible. A semi-transparent white box with the text "Small Bites..." is overlaid in the center.

Small Bites...



Great for nights in with friends!



Hummus Platter..

Credit to The Taming Twins

Hummus Platter

424 Cals

You will need:

Hummus; Regular hummus Or Roasted red pepper hummus whichever type you prefer.
Vegetables; Carrot sticks, Cucumber sticks, Sugar snap peas, Peppers Deseeded and cut into strips,
Cherry tomatoes I used them in different colours for added interest.
Carbs; Pitta breads Sliced into fingers, Breadsticks, Mini rice cakes.

Method:

Arrange all of your dips and snacks on a large platter or tray. If you don't have one large enough, just use a variety of bowls and plates.

This list is just a guide, use whatever ingredients your family enjoy!

When portioning have lots of the vegetables covering 1/2 the plate, couple of pitta breads, couple of breadsticks, and a couple of mini rice cakes, small portion of hummus.

⌘ 13g C 50g F 22g





Easy Sausage Rolls..

Credit to The Taming Twins

Easy Sausage Rolls

200 Cals

You will need:

450 g Sausagemeat, 1 tsp Dried sage, 1 tsp Dried thyme, Salt and freshly ground black pepper, 320g Rolled Sheet of Puff Pastry.

Method:

Preheat the oven to 220C.

Take your sausagemeat and add any flavourings you are using. Mix well with a fork.

Roll out your sheet of puff pastry and cut down the middle lengthways.

Add your sausagemeat in two long sausages along the pastry strips. Use clean hands to make this easier.

Brush the beaten egg along one edge of each of the strips, alongside the meat.

Roll up the pastry, around the meat keeping it as tight as possible. Use a fork to seal the join shut.

Turn oven so the long 'sausages' are sitting on the join. Brush the tops with the remaining beaten egg.

Cut each strip into 8 pieces (I do this evenly by cutting each in half, in half again and in half again).

Put onto a baking sheet lined with baking paper (join side down). You can prick the top of each with the knife to make a pattern if you like.

Bake for about 20 minutes or until plump and golden.

Have 2 sausage rolls as a light snack!

⌘ 10g C 20g F 15g





Chicken Quesadillas..

Chicken Quesadillas

550 Cals

You will need:

400g cooked chicken, 8 Tortilla wraps, 200 g Tinned sweetcorn Drained, 400 g Black beans Drained and rinsed, 200 g Cheddar cheese, 200 g Salsa, 4 Tomatoes Finely chopped, 2 tsp Ground cumin, 2 tsp Paprika, 2 tsp Oil

Method:

Preheat the oven to 200C.

Mix the tomatoes with the salsa, set half aside to serve with the finished quesadillas.

Lay the tortillas out on a non stick baking sheet.

Top with all of the fillings, including half of the tomato and salsa mixture (sprinkle the cumin and paprika over everything).

Wrap the tortillas up and brush the top with the oil.

Place a sheet of baking paper on top and another (heavy!) baking sheet on top.

Bake for about 25 minutes or until they are cooked through and golden.

Serve with the rest of the salsa and tomato mixture.

I recommend x3 square pieces of quesadillas and plating with a side of green veg or salad for 1 serving!

Ⓟ 50g C 50g F 20g





Struggling to meal prep and stick to your goals?

Head to Be Fit Box and use my 10% discount code ZROBERTS10 to receive money off their meal prep offering!

[Click here to check it out!](#)

**Thank you for using the
meal guide!**

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



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