



NOVEMBER



MEAL GUIDE

BY
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ROBERTS

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NUTRITIONAL ADVICE DURING WINTER....

Soups can be very tempting this time of year but be mindful soups are high in sugar and very low in protein! Try to make sure you pick soups that have 15-20g of protein in!

You will find it harder to drink water and will be tempted by hot caffeinated drinks. Remember these caffeine drinks actually dehydrate you! You can simply try drinking hot water to stay warm & hydrated in the Winter.

We tend to feel less happy during Winter months it's very important to take care of your mental & physical well being. Try not to skip sessions and try to stay active. This boosts mental and physical well-being! Something we all need more so during the Winter months.

Illness rises during Winter months more than the summer. To ensure you take care of the immune system be sure to get plenty of vitamins, supplements, water & vegetables everyday.

HYDRATION INTAKE DURING WINTER....



My top tips for staying hydrated during the winter:

- **Try to carry a bigger water bottle so you don't have to keep refilling up!**
- **Try to drink hot boiled water if you feel too cold to drink cold water!**
- **Remember hot drinks are dehydrating so they do the opposite of keeping you hydrated & energised!**
- **Be mindful of coffees such as lattes, flat white, hot chocolate etc as these can be extra calories you may easily forget to account for!**
- **All in all try the best you can to keep hydration up during the winter, if you aren't keen on the taste of water simply add in some squash or look towards decaf or even green teas!**



POACHED EGGS ON SOURDOUGH...



You will need:

1 piece sourdough bread, 2 eggs, salt & pepper, 50-70g mushrooms, kale or spinach.

How to:

Poach your eggs to how you like them. I recommend doing these in the pan, you will also need to do your mushrooms at the same time. If you prefer your kale cooked then just a few mins before it's ready get that made aswell. Lay out your sourdough and apply the kale and mushrooms then place your poached eggs on top.

511
CALS

P 18G C 44G F 30G

PEAR & BANANA GRANOLA...



You will need:

2 pears sliced, 1 banana chopped, 50g Lizzie's low sugar granola, 70g Fage yoghurt.

How to:

Slice your pears and chop up your banana. From here weigh the granola to the correct gram (50g) then stir in the granola and add the yoghurt. Mix well and enjoy!

530
CALS

P 19.6G C 69G F 14G

CHEESE, BACON & PESTO PUFFS



You will need:

320g sheet of light puff pastry, 6 tbsp of Pesto, 100g unsmoked bacon/turkey rashers, 1 large leek sliced, 100g soft goat's cheese, fry light cooking spray & a pan.

How to:

Heat the oven to 220 degrees celcius. Roll out the puff pastry while still in the paper onto the baking sheet. Divide this into 4 rectangles, then spread a tbsp of pesto onto each rectangle. Try to leave a 2cm border round the edge and fold over the edges. Leave this in the fridge for 15 mins. From here heat a pan on a medium heat with fry light and add in the bacon/turkey rashers & leek. Cook until the bacon/turkey rashers go a crispy brown. Once that's done divide the mixture onto the 4 rectangles evenly. Then top with cheese. Bake for 20 minutes until golden & plate with a side salad!

511
CALS

P 18G C 44G F 30G

SAUSAGE & BUTTER BEAN BAKE...



You will need:

Casserole dish, sunflower oil, 2 onions chopped, x2 garlic cloves, 8 sausages (you can use meat-free ones), 2 tbsp red wine vinegar, tin of chopped tomatoes, 200g butter beans, 100g cherry tomatoes.

How to:

Heat 1 tbsp of oil into the casserole dish. Add the sausages and brown for 5-8 mins and turn regularly. From here add the onion and couple sprays of fry light. Cover this and cook for 5 mins on a low heat. Then add 2 crushed garlic cloves and cook for a few minutes. Then add the red wine vinegar and chopped tomatoes, bring to a simmer and leave for 5-10 mins on a medium heat. Stir in the butter beans and cherry tomatoes. Reduce the heat and cook for 10-15 mins until sausages are cooked all the way through. Weigh out a 150g serving of the mixture, plate up and enjoy!

572
CALS

P 20G C 37G F 40G

CREDIT TO DELICIOUS MAGAZINE

SPICED BEEF JACKET POTATOES...

**CONTAINS 2
SERVINGS**



You will need:

400g 5% fat mince, 2 jacket potatoes, fry light cooking spray, 2 garlic cloves, 1 onion, tin of chopped tomatoes, 300ml chicken stock, tin chickpeas, 1 tbsp cumin, cinnamon and coriander.

How to:

Heat 1 tbsp oil in the pan, add the mince and fry it for 5-6 mins until mince is browned. Then add the onion and brown for 6-8 mins until softened. Add the garlic and seasonings, cook for 1 minute regularly stirring. Add the tinned tomatoes and rinse out the tin using the chicken stock and add that in aswell. Season well and bring to a simmer, then loosely cover reduce the heat and cook for 30 mins. Make your jacket potatoes. The sauce should start to thicken, stir occasionally and mince should be very tender. Take off the lid add the chickpeas and leave for a further 5 mins. Weigh out a 150g serving and top this on top of your jacket potato, add salad on the side for a balanced meal.

**509 CALS
PER 1
POTATO**

P 24G C 67G F 17G

TURKEY BURGERS...

CONTAINS 4 SERVINGS



You will need:

Fry light, grill/pan, fry light, 4 turkey burgers, 4 brioche buns, packaged sweet potato fries but I would recommend making them yourself & seasoning. Don't forget to plate with a side salad!

How to:

Spray your turkey burgers with fry light and add seasonings of your choice. From here cut up your sweet potatoes into thin slices to create chip shapes. Spray with fry light and stir in a bowl, then add seasoning to them. Place these in the oven for at least 20 mins. While the fries are cooking place the turkey burgers in the pan, grill or ninja cooker. Then lay out your bun and salad onto a plate. Then pop your burger into the bun, and weigh out 100g sweet potato fries (cooked). Enjoy!

**474
CAL PER 1 BUN
& BURGER**

P 27G C 60G F 14G

CHORIZO COD TRAY BAKE...

CONTAINS 4
SERVINGS



You will need:

Food processor, 500g new potatoes, 1 tbsp olive oil, 100g chorizo chopped, 75g breadcrumbs, 4 cod fillets, 3 baby sweet peppers sliced, preserved lemon, handful of parsley, lemon juice, 100g olives (optional).

How to:

Heat oven to 220 degrees celcius. In a roasting tin add 1 tbsp oil and toss in the baby potatoes. Season them with salt & pepper then roast in the oven for 25 mins.

Then in a pan cook the chorizo for about 4-5 mins to allow the oil to release, then add the breadcrumbs and cook for another 4-5 mins. Transfer this to a food processor with the preserved lemon and blitz into fine crumbs. Add the sliced peppers to the roasting tin in the oven and roast for another 15 mins.

Toss the cod into the lemon juice, spoon over the breadcrumb mixture to create a crust on each piece. From here place the cod fillets on top of the peppers and potatoes in the roasting tin and roast for another 15 mins until cod is coked.

Scatter the parsley underneath! To serve plate 1 cod loin and 100g baby new potatoes including some of the peppers from the roasting tin then enjoy!

**520
CALS**

P 46G C 39G F 20G

SARDINE LINGUINE...



You will need:

140g sardines, 100g linguine, 1 large onion, 2 tbsp fennel seeds, 60g raisins, grated zest & juice of 1 lemon and handful of fresh parsley.

How to:

In a large pan add 1 tbsp oil from the sardines tin on a low-medium heat. Cook the onion and fennel seeds for 10 mins until golden brown & sticky. Add the raisins, season then cook for a further 2 mins. Meanwhile, cook the linguine as per cooking instructions. Drain but leave 100ml pasta water.

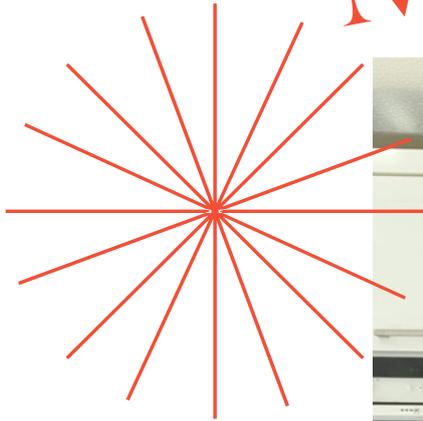
Add the pasta to the onion mixture with the pasta water then stir well!

Increase the heat, add the sardines, lemon juice, add some salt and pepper. Simmer for 2-3 mins tossing gently until the pasta has sauce. Toss in all the lemon juice, & parsley. When plating up weigh out a 250g serving and plate with some veggies! Enjoy!

454
CALS

P 20G C 66G F 11.2G

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WITH YOUR
MEAL PREP?



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