



OCTOBER MEAL GUIDE



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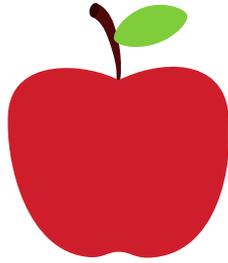
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How to understand "everything in moderation"



Instead of a whole pack of biscuits, you could have 1, 2 or 3. I know that sometimes this can be easier said than done, but level with me here...

Just by looking at this example we can see that this will be the difference between someone who is eating in moderation and someone who has lost control.

Now let's look at a different example let's say you want a chocolate bar one day; it's slightly higher in calories and might push your deficit over for that day! Don't sweat this! As long as it does not become a daily occurrence then really and truly what's the harm!

This is also having something within moderation.

Let's say you are addicted to chocolate, cool then don't cut this out! However, gradually start weighing your chocolate as this could be the one thing that stands between you losing weight or gaining it.

Now let's talk about the temptation of these foods....

Now I don't know about you but when I buy chocolate, crisps, etc I am more likely to eat it.

But then you will find that you are constantly having to find the willpower and strength to resist. Now this is much harder than if you take control of the environment around you.

What I mean by taking control of the environment around you is that it is much easier to not buy these foods so we avoid the temptation altogether. It is much easier to discipline the environment around you by not buying this stuff because then you don't have to 'put yourself to the test' or try to focus on your willpower to resist certain foods.

I am all for having the foods you love and don't believe in any kind of restrictions.

With that being said, I am not saying go and eat a whole pack of biscuits but what I am saying here is look at the environment around you what can you do in future?

- **Don't buy the things that tempt you**
- **Discipline the environment rather than yourself**
- **Understand it is ok to have certain things in moderation but not all the time**
- **Even having things in moderation can still help you to stay on track with weight loss goals, be sure not to have it everyday and you will still be on track**
- **Try to remove any guilt you feel and try to learn from it each time; were you hungry? were you thirsty? was it one little thing in moderation? Be ok with it!**
- **Remember you are always in control of your food decisions, so take back the control!!**

Spinach & Prosciutto Muffins

You will need:

Cupcake tray to make 12, fry light, 1/2 onion thinly diced, 3 garlic cloves, 1 bell pepper thinly diced, 1 whole cup of spinach, handful of parsley, 8 eggs, salt, pepper, prosciutto platter.



Top tip: Make a batch and reheat in microwave! They will keep for 3-4 days!

Method:

Preheat oven to 180 degrees celsius. Add fry light to a pan and cook the garlic and onion. Do this for about a minute on medium heat, then add the pepper, spinach and parsley cook for another 2 mins! In a mixing bowl add your eggs, salt and pepper. When the veggies are finished cooking add them to this mixture.

Grease your cupcake tray with a tiny bit of butter or fry light. Line each cupcake tin tray with a slice of prosciutto. Ladle the mixture into 12 cupcake tins. Bake for 20 mins or until cooked through! Enjoy!

214 Cals

**Worked out based
on 2 muffins**

P 14g C 5g F 10g



Tropical Smoothie Bowl

You will need:

1 banana, 1 cup of frozen mango, 1 cup of frozen pineapple (if you don't like pineapple then substitute for a different tropical fruit), 100ml almond milk.



Top tip: You can also do this with other fruits if tropical doesn't suit you!

Method:

Pop all the ingredients into the blender. From here pulse up but you still want a thickness to remain. Stir occasionally to keep the thickness and add some water/liquid if required.

Pour into a bowl; you may have enough for 2 bowls so save one to have the next day!

200 Cals

P 5g C 43g F 3g



Matzo Toasts

You will need:

x2 Matzo bread, toasted, then on this one I've decided to use 15g Philadelphia cream cheese, 150g strawberries.



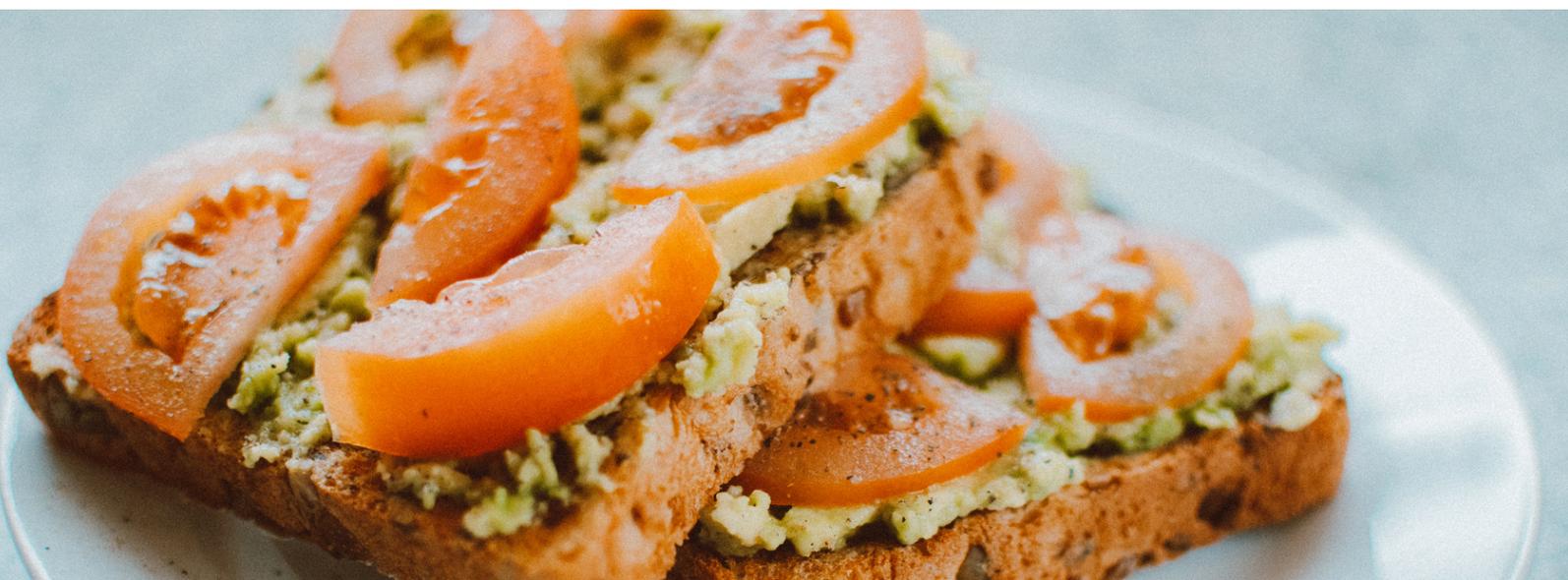
Top tip: With Matzo you can use any toppings you want for example peanut butter or even smashed avocado!

Method:

Toast both of your Matzo crackers, then add the toppings of your choice. On this one I opted for Philadelphia cream cheese and then topped 75g strawberries on each one!

**Per x2 Matzo's including
toppings above:
255 Cals**

P 8g C 48g F 4g



Sweet Potato & Kale Frittata

You will need:

Fry light/1 tbsp oil, 1 chopped sweet potatoes, kosher salt, pepper, 3 eggs, 2 cloves of garlic, 1 red onion, 30g mozzarella ,1 large cup of kale thinly chopped, 100ml of milk & a skillet pan.



Top tip: Using an ovenproof non stick skillet is best for these kind of recipes!!

Method:

Preheat oven to 180 degrees celsius. Whisk your eggs then add milk, kosher salt, and pepper. Leave to one side. For the potato add 1 tbsp of oil or fry light to the skillet on a medium-high heat. Cook the potatoes for 8-10 minutes. The potato should be tender and a nice golden brown. Remove and wrap it in foil to keep it warm. Spray more fry light/ 1 tbsp oil to the skillet and add the kale, garlic and onion to the skillet with fry light. Cook for 3-4 mins until kale is tender. Then stir in the potato, and pour the egg mixture from earlier all over the vegetables. Cook for another 3 mins and then top with some mozzarella cheese. Then bake for 8-12 mins, it should look set! Enjoy!

500 Cals

P 44.2g C 44.9g F 27g



Green Eggs & Ham 'Wiches

You will need:

Fry light, rocket leaves, 1/2 baguette, 2 boiled eggs, salt & pepper, 1 yellow summer squash, 1 yellow & red bell pepper, 1-2 tbsp oil/fry light, 1/2 tsp of lemon zest, 2 tbsp snipped chives, 30g grated parmesan cheese.



Top tip: You can use Zuchinni instead of the yellow summer squash! I picked the yellow squash as it's sweeter!

Here's a how to for making boiled eggs; don't include the toast!

Method:

Stir together in the ricotta with chives and lemon zest in a bowl. Heat oil or fry light in a large non stick skillet over a medium to high heat and add the peppers; stir fry these for around 3-4 mins. Then add the squashes stir frying for another 3 mins; great thing to do is season with salt and pepper here. Make your boiled eggs; see above make sure you season them with salt and pepper. Spread ricotta on bread, spread vegetables and rocket leaves on top and add the eggs in; cut them in half's so they place in the baguette better. Enjoy!

465 Cals

P 24g C 57g F 14g



Chilli Dogs

You will need:

Fry light, 100g beef, 1 clove of garlic, 2 tsp chilli powder, 1 tsp cinnamon, 1 can of tomato sauce, 1 tbsp yellow mustard, 2 tbsp brown sugar, 1 tbsp Worcestershire sauce, 1 hot dog, 1 hot dog bun, handful of shredded cheddar, 1 red onion.



Top tip:

If you are batch cooking you will need 8 hot dogs and 8 buns! Perfect for ladies or lad's night!

Method:

Heat the skillet on a medium to high heat and add the beef; be sure to separate it into thin pieces. Stir in the garlic, chilli powder and cinnamon; cook for 1 minute. Then add the tomato sauce, yellow mustard, brown sugar and Worcestershire sauce. Simmer until it goes slightly thick! Grill the hot dogs and buns, then spoon some chilli on top of the bun, add the hot dogs and some veg. Sprinkle with cheddar cheese and your chopped red onion.

Per hot dog & bun with sauce
570 Cals

P 44g C 55g F 23g



Creamy Lemon Chicken Pasta

You will need:

Fry light, 2 boneless chicken breasts, 1 tbsp butter, 1 tbsp oil, salt, pepper, 1 chicken stock pot, 1/2 cup of whole milk, 1/2 cup of cream, 100g peas, 100g pasta, 1 lemon sliced, 1 lemon juiced.



Top tip: You can coat the breasts leaving them whole and flat in flour before you fry the chicken breasts however, flour contains much more calories so I haven't included it in this recipe.

Method:

Cut the chicken into cubes and season the chicken with salt, pepper and the lemon juice. Heat your pan and add the tbsp butter and oil. Cook the chicken until it is lightly browned, then remove the chicken and set aside. Pour in 60ml of the chicken stock, and scrap any chicken/pieces that are left. Then add the rest of the stock, milk and cream, sprinkle in the salt, pepper and lemon juice. Stir well and it should get thicker; simmer for 5 mins. Whilst this is going on make your pasta for 10-12 mins! Add the chicken back in with the lemon slices and stir well. Remove from the heat and when the pasta is ready add this to the mixture and give it a really good stir so the sauce coats all of the pasta! When plating up weigh out a 300g portion, heat up peas in microwave & add to the plate and top with some parsley! Enjoy!

500 Cals

P 20g C 40g F 15g



Cauliflower Pizza

You will need:

A baking tray, baking parchment paper, clingfilm & blender.

For the base: 1 large cauliflower, 100g almonds, 2 beaten eggs, 1 tbsp oregano.

For the topping: 200g can of chopped tomatoes, 1 tbsp tomato puree, 1 garlic clove, 1/2 large aubergine sliced thinly, 2 tbsp olive oil, 1 small red onion cut into wedges, handful of basil, 30g mozzarella, pinch of chilli flakes.



Top tip: A perfect meal for a day off and this takes a bit of time to prepare but it's so worth it!

Method Base:

Heat the oven to 200 degrees celsius. Remove the leaves from the cauliflower and trim the stems. blitz half of the cauliflower in a food processor so it is very fine. Transfer to a bowl and do the same with the remaining half. Once all is in one bowl apply cling film over the bowl and place in the microwave for 5-6 mins. Empty on a tea towel and leave to cool once it is cool enough scrunch up the tea towel and squeeze out any excess water. Transfer to a clean bowl!

Stir in the ground almonds, eggs, oregano and plenty of seasoning and line a baking tray with baking parchment paper. Grease the baking paper with some oil! Mound the cauliflower mix into the centre of the tray; use a spoon & your hands into a 30cm round. If you like a crust make it a little thicker at the edges. Bake this for 15-18 mins until golden brown.

Method Topping:

Heat a griddle pan with oil and add the aubergine slices in batches; season and cook for 5-6 mins turning regularly.

The remove and set aside do the same with the onions until charred around 5-6 mins. For the sauce add the chopped tomatoes, tomato puree and garlic into a blender until smooth. Transfer to small saucepan and bring to a simmer for 8-10 mins, so it goes thick! It shouldn't be runny! Tear the basil leaves and add this to the mix.

When the cauliflower base is cooked leave to slightly cool. Turn the oven up to 240 degrees celsius, and slowly spread the tomato sauce over the base. Then arrange the aubergines, onions and mozzarella on top. Sprinkle the chilli flakes over the top and place back in the oven for 10 mins to bake!

Enjoy!

463 Cals

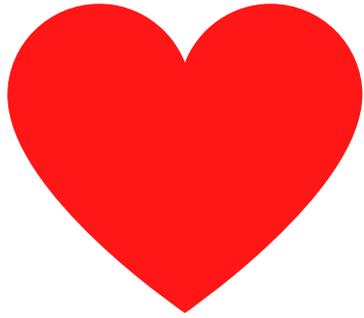
P 26g C 12g F 33g



Chicken Mole

You will need:

Cooking pot, 1 tbsp olive oil, 1 large onion chopped, 3 cloves of garlic, 2 tsp chilli powder, 100g salsa, 1 pot chicken stock, 200g chicken legs/thigh with skin removed, salt/kosher salt, rice 100-125g, 25g sesame seeds.



Top tip: This is best served with yellow rice but you can go with normal basmati if you prefer! You can use normal salt or kosher salt in this recipe.

Method:

Assemble your cooking pot it should have a lid. Heat the olive oil and add the garlic, onion and chilli powder be sure to cook until softened. You will need to do this for 6-7 mins and stirring regularly.

Then stir in 100g of your salsa and your chicken stock.

Season chicken with salt and add to the pot. From here you want to simmer until the chicken is tender and this will be around 30 mins! Serve with 100g of yellow rice and veggies then sprinkle with sesame seeds on top!

400 Cals

P 27g C 30g F 18g



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