



SEPTEMBER MEAL GUIDE

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TOP TIPS

Please follow the gram amounts given in each recipe!

To lock in flavour to your food I recommend seasoning all your meat the night before you make it. Trust me it's so much tastier!

Sticking to gram amounts is very important as this will ensure accuracy with your calories, and prevent over consumption.

To save money I highly recommend doing your meat orders from either the butcher shops or a great company called Muscle Food; click the link to head to the site! You can do around a £30-£50 order which can last you the whole month or longer!

If you are looking for cheaper options scroll down to the bottom to see my meal prep link!

All these recipes can be batch cooked so to save you time, get your food prepped and prepared by batch cooking! It's a super handy tool!

To save you thinking about the calories, the calories are included on every recipe per serving for one person!

If you are cooking for yourself or your family these recipes are perfect for family meals & date nights that are packed full of flavour. The aim of these meal guides is to provide you with alternatives & show you that eating food doesn't have to be bland or boring!

**385
CALs**

POACHED EGGS ON TOAST

You will need:

**1 saucepan, water, 2 eggs, 15g butter, 2 slices of
toast**



How To:

Fill a pan with several inches of water. Heat the water on a high heat so it is boiling. Then when it's reached a boil turn it down so it is at a bare simmer. This means only a few bubbles coming up and down! Lightly crack the egg and add it to the pan; don't pour it just let the egg fall in so it all stays in place. You can get away with doing 2 eggs at a time. Turn off the heat, cover and leave for 2-4 mins depending how you like them. The egg white should be cooked and the egg yolk runny. When they are ready grab a big spoon & take them out of the pan and add on top of your slices of toast!

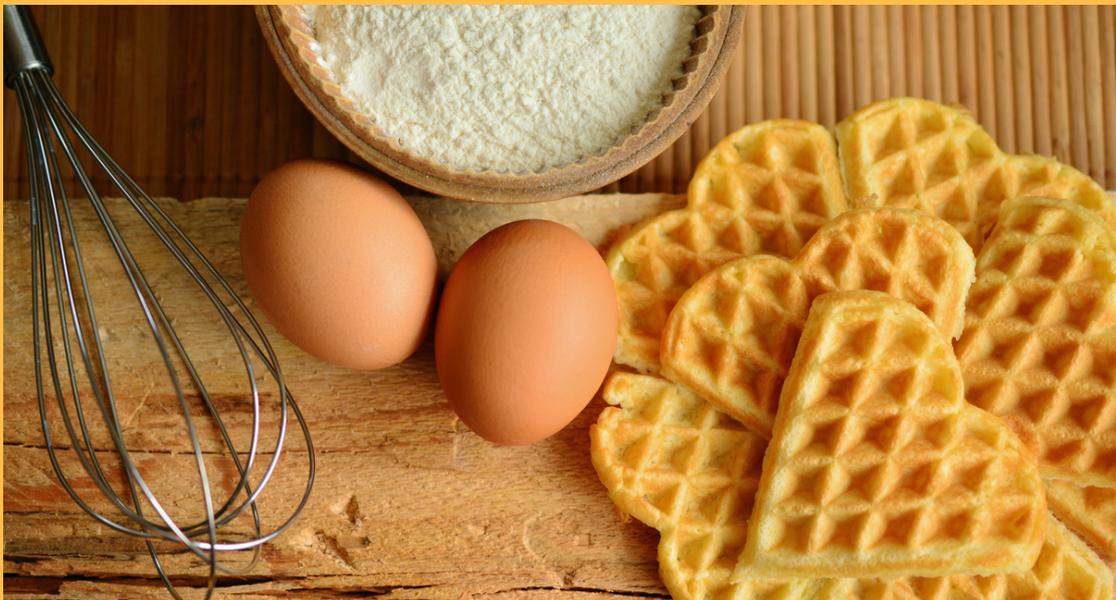
P 20g C 41g F 11g

**459
CALs**

BREAKFAST WAFFLE'S

You will need:

Oven or Air Fryer for the waffles, 2 Tesco potato waffles, 100g baked beans, 2 turkey rashers, 2 eggs, fry light



How To:

Heat up your oven or place waffles in air fryer; follow cooking instructions. You will also need to make your scrambled eggs & turkey rashers. To do this spray some fry light into a pan add the eggs. Keep them moving with a rubber spatula. You will also need to do the same for the baked beans and I highly recommend sprinkling some pepper on for added taste & flavour. Once it's all ready plate up 100g beans, 2 rashers, your eggs and waffles with some green veg to go with it! A fry up with waffles for breakfast! Yum!

P 36g C 45g F 20g

**368
CALs**

Credit to
foodiecrush.com

GRUYERE, BACON, SPINACH & SCRAMBLED EGGS

You will need:

**30g Gruyere cheese, 2 rashers bacon, spinach, 2
eggs**



How To:

Spray your pan with fry light and add your eggs. Keep them moving so they don't stick too hard to the pan as you want them to go scrambled. Cook them for 2-3 minutes and sprinkle with some pepper for taste. Then cut the 2 pieces of bacon into small pieces, after this you will need to fold in the spinach, bacon & cheese to the mixture. Enjoy!

P 31g C 1.5g F 27g

**468
CALs**

PASTA MARINARA

Credit to
foodiecrush.com

You will need:

100g pasta, 200g meatball marinara sauce, seasoning, 150g chicken breast (can be made with other meat but chicken is very tasty with this recipe)



How To:

Chop your chicken breast into cubes and season (season the night before for better flavour). Cook the chicken on a low-medium heat for 10 mins. Boil your pan and add a good handful of pasta (you will need to weigh it to 100g when plating). When the pasta is done add it to a pan, then add the chicken breast & fold in 200g of the sauce.

Leave for 10 mins to simmer and then serve. When plating have 100g pasta and 150g of chicken and sauce along with some veggies to hit your nutrient goal!

Enjoy!

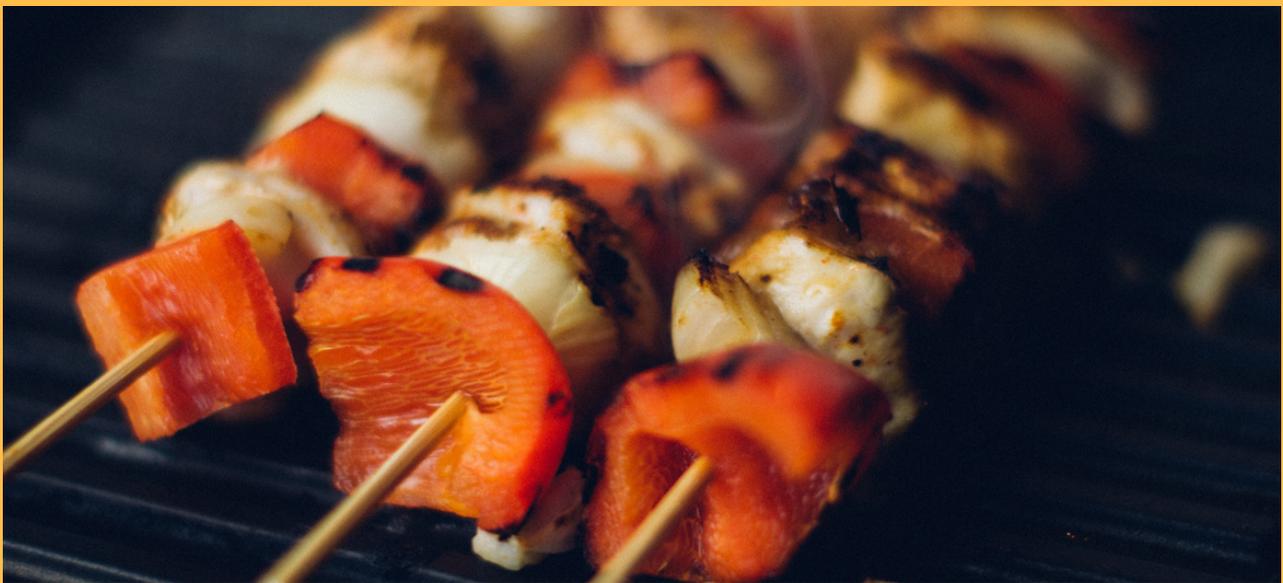
P 45g C 57g F 10g

**300
CALs**

CHICKEN KEBABS

You will need:

Kebab sticks, 150g chicken breast, seasoning, fry light, peppers, 2 onions, 15g (teaspoon) of garlic mayo



How To:

Chop your chicken into cubes, season your chicken (it is best to do it the night before). Chop your onions and peppers into slices. Stir your chicken, peppers and onions into a bowl so the seasoning covers all the ingredients. Add the ingredients to the kebab sticks and place into the oven or ninja for as long as needed until the chicken is cooked and white through (around 15 mins). You should get 3 or 4 kebabs with this much chicken.

P 40g C 27g F 5g

**500
CALs**

HOUMOUS VEGGIE WRAPS

You will need: 1 tin of tuna or 100g chicken breast, 2 peppers sliced, 50g houmous, 1 tortilla wrap



How To:

Lay out your tortilla wrap. Add your seasoned chicken/tuna, 2 sliced peppers and 50g humous then wrap it up and enjoy!

Top with a tiny bit of mayo if you want!

Enjoy!

P 41g C 50g F 13g

**320
CALs**

CHICKEN FAJITA MIX

You will need: Spicy cajun seasoning, 1 onion, 2-4 peppers, 200g chicken/beef/turkey/prawns, 100g salsa, fry light, pan.



How To:

Chop your chicken breast into cubes and season with spicy cajun seasoning! (Always do it the day before for better flavour) Thinly slice your peppers and onions.

Add your fry light to the pan on a low-medium heat and add the chicken; you will need to cook this for a good ten mins!

When the chicken is cooked and a light brown, add your peppers and onions.

Keep stirring for 5-7 mins and then add the salsa. Leave for 5-10 mins on a low heat to simmer. For serving weigh out to 200g and plate with some green veggies!

P 38.1g C 20g F 2.6g

**400
CALs**

GRILLED SALMON & ASPARAGUS

**You will need: Grill/Griddle Pan, fry light, 1 onion,
1 salmon fillet, 100g baby new potatoes, asparagus,
vegetables, seasoning.**



How To:

Preheat grill to 235 degrees celsius and spray a generous amount of fry light to the salmon fillet & foil. Then apply some seasoning to give more flavour. Grill for 6-8 mins then turn it over & cook for another 3-6 mins. You can also do this on the griddle pan. As you are doing this you can make your potatoes from fresh or use baby new potatoes that are already packaged & need heating. You will also need to make your pasta and weigh out to a 100g serving when plating up. You can make your asparagus fresh, it will say on the packaging how to do it. Simply boil a pan of water and cook them for 2-5 mins. When it's all ready add your salmon fillet, 100g of baby new potatoes & asparagus to your plate & enjoy!

P 31g C 24g F 13g

**700
CALs**

CHICKEN PARMESAN

Credit to
foodiecrush.com

You will need: Sheet pan, fry light, 1 chicken breasts (1 breast per person if batch cooking), 50g golden breadcrumbs, 30g parmesan cheese, garlic & herb seasoning, 1 tsp of salt, pepper, paprika & garlic powder. 50g marinara sauce, 30g mozzarella cheese, 50g spaghetti.



How To:

Preheat your oven to 235 degrees celsius and on a large plate combine your breadcrumbs, parmesan cheese, pepper, salt, garlic & herb seasoning, paprika and garlic powder.

Chop your chicken breast in half to create two small fillets and then bash each fillet so it is flat and thin. Spray your baking sheet pan with fry light and the chicken breasts lightly. From here add the chicken fillets to the breadcrumb mixture and coat evenly. Bake them for 17-20 mins. Start making your pasta in the saucepan this will take 10-12 mins. As this is going take the chicken out and top each cutlet with a dollop of marinara and shredded cheese. When plating top with green veg and weigh out 50g pasta!

P 58.2g C 55g F 17.2g



NEED HELP
WITH YOUR
MEAL PREP?



*Head to this link below
and don't forget to use my
code ZROBERTS10 for
10% off
at Be Fit Box*

Minimum order is £24.95

*Don't forget to tag
me in your creations...*



ZLR Fitness



@zlrfitness

*Thank you for using the meal
guide! Don't forget to give me
your feedback by clicking
here!*