



The Hearty November Meal Guide

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It's that time of year...

where we feel the cold crisp air, experience lots of chilly nights & generally just feeling colder! So it's time for those hearty winter warmer recipes!

I've been super inspired with cooking, cooking shows & trying new recipes out recently so here is me trying to inspire all of you to get exploring with some feel good winter warmer recipes!

Don't forget I also am regularly posting new food's and recipe's on the website via the blog! Don't forget you can share the website and blog with your friend's to spread the word! They can also pick up a couple of freebies on the website to such as a free meal guide, 3 steps to weight loss & the mailing list!

I really hope you all enjoy this one as it's a brand new meal guide to add to the meal guide collection!

Top recommendations for the Winter...

Laziness is more likely during the Winter months, try to complete a workout in the morning, in the daytime on days off or straight after you finish work. This will prevent you from sacking off training and will help you to stay motivated!

Food prep! Due to feeling lazier you may be more tempted to order more takeaways than normal try not to do this.

Becareful with soups this time of year as they can be very sugary and not very nutritional! If you do have soup try to keep it high in protein! Try to batch cook your favourite meals and recipe's so that your meal is there and ready to eat or heat up that way you won't be tempted to get other things!

If there was ever an important time to get your veggies in it's definitely Autumn-Winter seasons! We are more susceptible to illness and diseases during this time. In order to keep your immune system strong & healthy eat your veggies!!!!!!

Slow Cooker Beef Enchilladas



You will need:

500g beef cubes or mince, 1 onion, 1 tin of red kidney beans, 75g tomato puree, 500g pasata, 1 beef stock cube, 2 tbsp ground cumin, 1 tbsp chilli powder, 1 tbsp oregano, 3 tbsp garlic powder, 2 chopped red peppers, 50g mozzarella, 6 tortillas.

Method:

So you are going to add all your ingredients into the slow cooker. From here you are going to put your slow cooker on high and cook for 6 hours. When time is up you are going to add in the tortillas or you can leave them out if you want to load them up with the mixture! Then top the mixture with your mozzarella cheese. Wait for the cheese to melt and then you are ready to serve!

You can also cook on low for 8 hours if you prefer this option. When plating up have x2 tortillas or again a 300g serving and add extra veggies and salad!



Slow Cooker Homemade Chilli



You will need:

500g 5% fat mince, 1 onion, x2 tins of chopped tomatoes, x1 tin of kidney beans, 75g tomato puree, x2 beef stock cubes, 3 tbsp ground cumin, 1 tbsp pepper, 2 tbsp oregano, 4 tbsp garlic powder, salt, x2 green peppers chopped which you can put in right at the end, 100g rice for serving.

Method:

Pop all your ingredients into your slow cooker and pop your slow cooker on high for 6 hours or you can cook for 8 hours on slow. At the end chop your peppers and leave them in for the last 5-7 minutes. Prep your rice too! When portioning weigh rice and chilli together to a 300g serving and add your veg!

If you don't have a slow cooker:

Brown your mince, then add the onions & kidney beans. Make sure you drain and rinse the kidney beans, then add your chopped tomatoes and stock cubes, leave it to simmer. Then prep your rice and weigh out to a 300g serving in total & add veggies!



Sag Aloo Shepherd's Pie

You will need:

Tray dish, fry light spray, 1 onion, finely chopped, 4 garlic cloves, finely chopped, 5cm/2in piece of ginger, peeled and finely chopped, 1 green chilli, finely chopped, ½ tsp ground turmeric, ½ tsp chilli powder, 1 tsp garam masala, 1 tsp cumin seeds, 2 x 400g tins pinto or borlotti beans, 1 x 400g tin chopped tomatoes.

For the Sag Aloo Topping: 1kg/2lb 4 oz small new or red skin potatoes (large ones cut in half), 500g/1lb 2oz cauliflower, broken into small florets, stalk and leaves roughly chopped, 50g/1¾oz of unsalted butter, 1 tsp cumin seeds, 1 tbsp black mustard seeds, 1 tsp ground turmeric, 200g/7oz baby spinach, washed, salt to season.

Method:

To make the rajma masala base, heat the fry light in a large pan. Add the onion and cook for 10 minutes over a medium heat, or until soft and sweet. Add the garlic, ginger and chilli and cook for another 5 minutes. Add the spices to the pan and stir for a couple of minutes until it all smells fragrant. Stir in the tinned beans and their liquid, the tomatoes and 400ml/14fl oz water. Simmer for 25 minutes until the tomatoes are broken and you have a thick, gravy.

Meanwhile, preheat the oven to 200C/180C Fan/Gas 6. Meanwhile, put the potatoes into a large pan, leaving enough space to add the cauliflower later. Cover with boiling water, add half a tablespoon of salt and bring to the boil. Cook for 15 minutes, or until the potatoes are almost cooked, then add the cauliflower and cook for a further 6 minutes. Drain well.

Put the empty pan back on the heat, add 1 tablespoon of ghee, then add the cumin seeds, mustard seeds and turmeric. Cook for 1 minute, then add 100ml/3½fl oz water, the potatoes, cauliflower and half of the spinach. Stir to wilt the spinach and use the back of a spoon to crush the potatoes a little. Stir the rest of the spinach into the topping.

Spoon the rajma masala mixture into a large baking dish. Top with the potato, cauliflower and spinach mixture. Melt the remaining ghee & drizzle over the top of the pie. Bake for 30-40 minutes, or until the filling is bubbling and the top is brown and crunchy in places. Serve immediately.

For portioning have a 300g serving and add a side salad or half plate of veggies!



Warmer Winter Chicken Soup



You will need:

1 tbsp olive oil, 2 onions, chopped, 3 medium carrots, chopped, 1 tbsp thyme leaves, roughly chopped, 1.4l chicken stock, 300g leftover roast chicken, shredded and skin removed, 200g frozen peas, 3 tbsp Greek yogurt, 1 garlic clove, crushed, squeeze of lemon juice, 1 bread roll.

Method:

Heat the olive oil in a large heavy-based pan. Add the onions, carrots and thyme leaves, then gently fry for 15 mins.

Stir in 1.4l chicken stock, bring to a boil, cover, then simmer for 10 mins.

Add the leftover roast chicken, remove half the mixture, then purée with a stick blender. Tip back into the pan with the rest of the soup, the peas and seasoning, then simmer for 5 mins until hot through.

Mix the Greek yogurt, garlic and lemon juice together. Ladle the soup into bowls, swirl in the garlic yogurt, then serve.

If you want to use a slow cooker, gently fry the onions, carrots and thyme leaves for 15 mins, then tip them into the slow cooker with 1 litre stock. If you're using a chicken carcass, add it now. Cover and cook for 2-3 hours on High until the veg is tender. If you used a carcass, remove it now, shredding any remaining chicken from the bones. Stir back into the soup, or add the leftover roast chicken and frozen peas. Cook for 30 mins more & remove half the mixture and purée with a stick blender, then serve.



Slow Cooker Bolognese



You will need:

Fry light spray, 6 smoked bacon rashers, chopped, 1kg lean minced beef (or use half beef, half pork mince), 4 onions, finely chopped, 3 carrots, finely chopped, 4 celery sticks, finely chopped, 8 garlic cloves, crushed, 200g mushrooms, sliced, 2 x 400g cans chopped tomatoes, 6 tbsp tomato purée, 2 tbsp dried mixed herbs, 2 bay leaves, 4 tbsp red wine vinegar, spaghetti, spinach and 30g parmesan.

Method:

Heat the oil in a large pan and fry the bacon and mince in batches until browned. Add to the slow cooker.

Add the onions, carrots, celery, garlic, mushrooms, tomatoes, tomato purée, herbs, vinegar and seasoning to the slow cooker. Cover and cook on Low for 6-8 hours, then uncover, turn to High and cook for another hour until thick and saucy.

If you don't have a slow cooker: Cook as the recipe describes and then leave to simmer in the pan for at least 1 hour so the sauce goes thick. Serve with cooked spaghetti, veggies and grated or shaved parmesan.

Weight out 100g spaghetti or 300g serving in total and top with 30g parmesan. From here add your veggies and salad!



Homemade Creamy Chicken Pasta

500-600
Cals

You will need:

Fry light, 500g chicken, double cream, 1 onion, 100g grated parmesan, 200g mushrooms, 2-3 tbsp paprika, salt, pepper, oregano, 1 tbsp chilli powder, 2-3 tbsp garlic powder, parsley leaves for serving at the end.

Method:

I normally cook my chicken for 15 mins on air fry in the ninja, then I add it to the mushrooms and onions mix which I cook whilst the chicken is going. If you don't have this just brown the chicken in a pan until it is cooked. From here add your onions and mushrooms and put a dash of your fave seasoning on until they go brown it'll take 5-7 mins. From here make sure the pan is still hot and add your double cream. This bit is crucial to get right; make sure you watch the cream and it should start to bubble and boil. It will make little bubbles at the side of the pan. Then once that is nice and hot add your grated parmesan and mix. While this is going leave the mixture on a low simmer for at least 20 minutes and prep your pasta and veggies. From here plating up portion a 300g serving, for quickness I always add the pasta to the mixture so you can weigh it together then add your veggies/salad.



Mexican Pulled Chicken & Beans

300-400
Cals

You will need:

8 bone-in chicken thighs, skin removed, 3 tbsp chipotle paste, 2 garlic cloves, crushed, 2 x 400g cans chopped tomatoes, 1 large onion, finely sliced, 2 x 400g cans black beans, drained, x1 tin kidney beans, drained, handful parsley, coriander or mint, roughly chopped, 100g rice for serving and 1/2 plate of your fave veggies to serve.

Method:

Heat oven to 180C/160C fan/gas 4.

Rub the chicken thighs with 2 tbsp of the chipotle paste. Put the rest in a medium bowl with the garlic, tomatoes, onion and some seasoning. Stir to combine, then tip into a large roasting tin. Sit the chicken thighs close together on top of the sauce. Cover with foil and bake for 1 hr.

Remove the roasting tin from the oven, add all the beans and stir into the tomato mixture around the chicken. Put back in the oven, uncovered, for 20 mins or until the chicken is tender and the beans are hot.

Shred the chicken using a knife and fork, and discard the bones. Mix the chicken through the sauce and beans. Then get your rice ready, for quickness use 1/2 bag of microwave rice. Then plate up 100-150g rice, 100-150g of the mixture and add your veggies too!



Turkey, Green Beans & Hoison Noodles

400-500
Cals

You will need:

100g ramen noodles, 100g green beans, halved, 3 tbsp hoisin sauce, juice 1 lime, 1 tbsp chilli sauce, 1 tbsp vegetable oil, 150g turkey mince, 4 garlic cloves, chopped, 6 spring onions, sliced diagonally.

For batch cooking you will need to make this recipe bigger by doubling or tripling the ingredients.

Method:

Boil the noodles following pack instructions, adding the green beans for the final 2 mins. Drain and set aside.

In a small bowl, mix together the hoisin, lime juice and chilli sauce. In a wok or frying pan, heat the oil, then fry the mince until nicely browned.

Add the garlic and fry for 1 min more. Stir in the hoisin mixture and cook for a few mins more until sticky. Finally, stir in the noodles, beans and half the spring onions to heat through. Scatter over the remaining spring onions to serve. This makes one serving for batch cook double or triple the recipe!



Nadiya's Lentil Dal

You will need:

For the dal: 250g/9oz toor dal (yellow split pigeon peas), 2 tbsp vegetable oil, 4 onions, chopped, 1 red chilli, finely chopped (seeds removed if preferred), 4 garlic cloves, crushed, ½ tsp ground turmeric, ½ tsp chilli powder, 1 tsp ground cumin, 3 small dried red chillies, 2 floury potatoes, peeled and cut into 5mm dice, 2 tomatoes, roughly chopped
For the topping: 5 tbsp vegetable oil, 2 garlic cloves, crushed, ½ onion, thinly sliced, 1 red chilli, thinly sliced, 1 tsp panch phoran, large handful fresh coriander leaves

Method:

For the dal, soak the dal (ideally overnight) or for a minimum of 4 hours.

Heat the vegetable oil in a large pan.

Add the onions, chilli and garlic and cook until softened. Add the ground spices, dried chillies and a little water to loosen and stir.

Add the potatoes and lentils and enough water to almost cover. Simmer for 10–12 minutes.

Add the tomatoes and simmer for 10–15 minutes, until they have softened but not dissolved.

Meanwhile, for the topping fry the garlic, onion and chilli in the oil until caramelised and crispy. Add the panch phoran and, once you hear the spices pop, take off the heat. To serve, spoon out the dal and garnish it with the crunchy topping. Sprinkle with the coriander. When portioning weigh out 300g serving and add your salad and veggies!



500-600
Cals

How to portion hearty meals....

When it comes to chilli, lasagne, spa bowl, shepherd's pie, pasta dishes, noodle dishes and even traybake....

I would say to portion each part of the meal with your fist apart from your veg!

If you are weighing seperately then try to go between 100-150g carbs and between 100-150g protein.

You can also stick to a 300g serving which includes rice and the meat etc and then add your fresh veg on the side!



Always remember a great balanced plate is always going to be one that contains half a plate of veggies, a good fist portion of protein and a good fist of carbs!

How to up hydration intake in the Winter...

There is no denying in the winter months that it gets super hard to drink plenty of water especially if you are not massively keen on the taste!

Here are some top tips:

- Try to have hot water on it's own instead!
- Opt for decaf tea/coffee and try to reduce fully caffeinated drinks!
- Try adding fresh fruit to your water so it has a better taste !
- Try to drink squash if you aren't keen on the taste of water!
- Flavoured water can also be good to change it up but I would recommend doing fresh fruit as it has less concentrated sugar!
- Try to stay as hydrated as you can!

