



ZLR FITNESS PRESENTS..

The March Meal Guide

**Breakfast, Lunch, Dinners
& Light Puds!**

**Veggie options and swaps
also included!** **V**

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What are macro nutrients??

In every meal you must be aiming for protein, carbs and fats! These are your macronutrients! They all play a huge part in your healthy, balanced lifestyle!



Understanding the macro's in the guide.....

P- stands for protein

C- stands for carbs

F- stands for fats

**This will highlight how
much of each macro-
nutrient is in each meal!**

**Calorie amounts are also
included!**

**Please refer to contents
page for the list of
meals!**





Contents Page

Page 1 Welcome To The March Meal Guide

Page 2 Macro Nutrients

Page 3 Navigating Macro Nutrients In The Guide

Page 4 Contents Page

Page 5 Protein Porridge

Page 6 Blueberry & Banana Nut Smoothie

Page 7 Egg & Spinach On Toast

Page 8 Turkey, Hummus & Avocado Wrap

Page 9 Prawn Linguine

Page 10 Red Kidney Bean Quinoa Salad

Page 11 Mexican Inspired Taco's

Page 12 Bean & Rice Burritos

Page 13 Sweet Potato Jackets

Page 14 Fibre One Bars

Page 15 Jelly Yoghurt Pots

Page 16 Halo Top Pud

Page 17 Thankyou!

All ingredients and products are taken from Tesco with other brands stated in the ingredients. All macros and calories have been worked out based on this.



Protein Porridge

ingredients

1 scoop of whey protein powder

40g whole rolled oats

200ml milk or water

353

Cals

directions

Weigh out your rolled oats to 40g.

Add your milk or water and place in microwave for 1 min-1 min 30 secs depending on how you like your oats.

Add 1 scoop of your favourite protein powder I would recommend whey protein.

Top with a handful of berries to give it a fruity taste!

P 29.1g C 42g F 7.2g





Blueberry & Banana Nut Smoothie

ingredients

200ml of unsweetened
almond milk
1 frozen banana
100g blueberries
2 tbsp of almond
butter
Cup of ice

directions

Chuck in all the
ingredients and
blend until
smooth!

465

Cals

P 11.5g C 47.2g F 18.8g





Eggs & Spinach on toast

ingredients

2 slices of bread
2-3 eggs
15g butter
100g or decent handful
amount of spinach
Fry light cooking spray
1 tbsp pepper

directions

Spray your pan with fry light and start scrambling your eggs!
Pop your bread in the toaster; when the toast is ready add a small amount of butter. Then plate up your eggs and spinach on top!
If you prefer your spinach cooked chuck this in with the eggs 1-2 mins before they're done!

253

Cals

P 28.2g C 36.6g F 21.3g





Turkey, Hummus & Avocado Wrap

ingredients

4 Tesco British Roast
Turkey Slices
50g hummus
1/2 avocado
1 Deli Wrap Tesco

396
Cals

directions

Lay out your wrap, and spread the hummus on. From here remove the seed of the avocado and only use half! Mash up the avocado and spread onto the wrap. Top with the british roast turkey slices and wrap it up!

P 28.5g C 38.7g F 21.7g



Prawn Linguine

ingredients

100-150g Chilli &
Lime King Prawns
100g Linguine Pasta
100g chunky veg
tomato jar sauce
Your fave veggies

342
Cals

directions

Boil your kettle and add the pasta to the pan. Cook your prawns in a pan for 5-10 mins dependant on size. Once your pasta is ready weigh out 100g of jarred sauce and add this to the pasta, stir well. Top the prawns and your fave veggies on top!

P 31.5g C 44.6g F 3.3g





Red Kidney Bean Quinoa Salad

ingredients

200g Canned Red
Kidney Beans
100g Quinoa
1 Red & Green Bell
Pepper (chopped or
sliced)

423
Cals

directions

For the quinoa rinse it in cold water first. Bring water to the boil then turn to low-medium heat and add the quinoa. This will take 20 mins! For the beans put them on a gentle heat for 4-5 minutes; do not boil them and drain before serving! Chop up your peppers and your good to go!

P 20.9g C 55g F 3.7g





Mexican Inspired Taco's

ingredients

2 cruncy taco shells (tesco)
150g 5% fat beef mince or
opt for Quorn mince
1 tbsp pepper, cajun
seasoning, hot chilli powder
lettuce
100g old el paso salsa
Fry light spray

392
Cals

directions

Season your mince and cook with fry light. Brown the mince for 5-10 mins. Chop up the onion and brown for 5-7 mins.

Then lay out two taco shells and weigh out 100g of the salsa which will be split into two tacos. Once your mince is done split your mince into two taco shells, top with salsa and your good to go!

P 32.9g C 21.4g F 12.5g





Bean & Rice Burritos

ingredients

1 Deli Wrap
100g Red Kidney Beans
50g Basmati Rice
1 Pepper
Handful of lettuce or spinach

386
Cals

directions

For the rice make sure you bring the pan to the boil and add your rice. This will take 10-12 mins. For the beans put them on a gentle heat for 4-5 minutes; do not boil them and drain before serving!

Chop up your veggies and lay out your wrap. Add your veggies then top with the beans and rice. Wrap it up and enjoy!

P 15.2g C 57.1g F 5.2g





Sweet Potato Jackets

ingredients

2 Sweet Potatoes
150g 5% fat beef mince
or 150g chicken or
150g Quorn mince
100g baked beans
Salad

508
Cals

directions

If you have a ninja I recommend doing your jackets in there! (45 mins)
Or you can cook your jackets in the oven (preheat to 200 degrees celcius). 10 mins before they come out start your mince. Season and brown the mince for 5-10 mins on a medium-high heat. In another pan on a medium heat weigh out 100g of baked beans and stir regularly while they cook. Add a little bit of butter to the potatoes (15g) and add the mince on top! Then plate up your beans with salad on the side!

P 37.1g C 55.1g F 7.8g





Fibre One Bar

You can get these in packs of 4! As far as I am aware you can definitely get these in Tesco and Asda.

A great grab and go pudding or snack that isn't too high in calories so you won't be breaking your calories too much with this 1!

**90
Cals**

P 1.2g C 11g F 3.1g

V



Jelly Yoghurt Pots

ingredients

10 cal Hartleys Jelly Pot
100g Fage Yoghurt Pot
100g of vanilla or plain
onken yoghurt

directions

Tip out the jelly pot into a bowl.
From here add the fage yoghurt
and onken yoghurt. Mix it up and
mix it well!

Then you have a lovely pudding
that is tasty, light and guilt free!

139
Cals

P 14.7g C 17.4g F 0.1g

V



Halo Top Pud

100g Halo Top Sea Salt Caramel

100g Raspberries

**Just weigh out the ice cream to
100g and top with 100g raspberries!**

151

Cals

P 6.6g C 24.6g F 3g

V

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



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**THANK YOU FOR USING
THE MEAL GUIDE..**

LOVE ZO XX