

# MIXING UP YOUR MEALS!



Following a food plan doesn't have to be boring and repetitive!

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**HERE ARE A FEW IDEAS TO  
HELP YOU BE CREATIVE  
WITH YOUR MEALS!**

**KFL FIT RECIPE BOOK  
COMING SOON!**

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# CONTENTS

## **Proteins:**

Chicken

Fish

Mince

## **Carbs:**

Potato

Rice

Wraps

Oats

Weetabix

## **Condiments**

## **Seasonings**

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# CHICKEN



- Grilled Kebab skewers with peppers, onion, mushroom cherry toms.
- Nandos style mini fillets
- Stuffed breast (stuffed with toms, peppers, onions etc like a pasta sauce)
- Shredded/pulled spicy chicken (boil/slow cook the breast, shred with 2 forks and season)
- One pot stew (throw chicken, veggies, new pots in and slow cook
- Tray bake with new pots and veggies
- Chicken tikka with mint yogurt

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# FISH / PRAWNS



- Fish baked in foil parcel with lemon and herbs
- Flaked fish in tomato sauce with veg
- Tray bake with new pots and veggies
- Prawn skewers with veggies
- Curried style fish / prawns with curry seasonings and chopped tomato with rice
- Salmon poke bowl with veggies and sticky rice

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# MINCE



- Moulded into patties to create burgers
- Mixed with herbs and spices into kofta
- Meatballs in tomato sauce
- Spag bol with chopped toms and veg
- Chilli con carne with rice
- 'loaded fries' chilli over potato wedges

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# POTATO



- Cold potato salad with light light Mayo chives and spring onions
- Oven baked wedges with paprika
- Mash with splash of milk
- New potato with parsley
- Mini spicy cubed potato roasted
- Garlic roast potatoes
- One pot stew
- Traybake

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# RICE



- Seasoned packet rice (uncle bens/tilda)
- Boiled with herbs & seasonings / stock
- Stir fry, soy sauce, spring onions, chilli, peppers
- Risotto style with stock
- Poke bowl

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# WRAPS



- Sandwich style wraps with protein and salad
- Pizza wrap (spread on chopped tomato, veggies and protein and grill like a pizza)
- Toasted wraps (create your normal wrap and pop it in the air fryer)
- Quesadilla (Fill half your wrap with seasoned chicken, veg and cheese and fold in half, toast in a dry pan on each side)

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# OATS



- Over night oats (just soak in the milk over night with flavourings eg vanilla and cinnamon and enjoy cold, great in the summer)
- Porridge style
- Mini pancakes (blend with a splash of milk and tiny bit of baking powder (banana if you have on plan) and fry in a pan)
- Baked oats (blend with milk to form cake batter consistency with 1 tsp of baking powder and banana if you have on plan)
- Smoothie

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# WEETABIX



- Cold with fruit and flavourings
- Warm with mashed fruit
- Weetabix cheesecake (layer crushed weetabix with small amount of milk in a container, top with yoghurt and fruit and leave overnight)
- Mini pancakes style (same as oats)

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# CONDIMENTS



- Tzatiki - Greek yoghurt, cucumber, garlic and herbs
- Perinaise - Light light mayo mixed with nandos sauce
- Garlic mayo - light light mayo mixed with lazy garlic
- Mint Yoghurt - Greek yoghurt mixed with chopped mint or mint sauce
- Marie-rose - Mix light mayo, ketchup and worcestshire sauce
- Burger sauce - Ketchup, mayo, chopped pickles

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# SEASONINGS



- **All purpose** <https://www.tesco.com/groceries/en-GB/products/263565815>
- **Nandos rub** <https://www.tesco.com/groceries/en-GB/products/277972225>
- **Nandos Sauce** <https://www.tesco.com/groceries/en-GB/products/287547887>
- **Chicken** <https://www.tesco.com/groceries/en-GB/products/296219992>
- **Great on chicken and potato** <https://www.tesco.com/groceries/en-GB/products/257518392>
- **Mixed herbs** <https://www.tesco.com/groceries/en-GB/products/301600659>
- Any herbs & Spices!

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