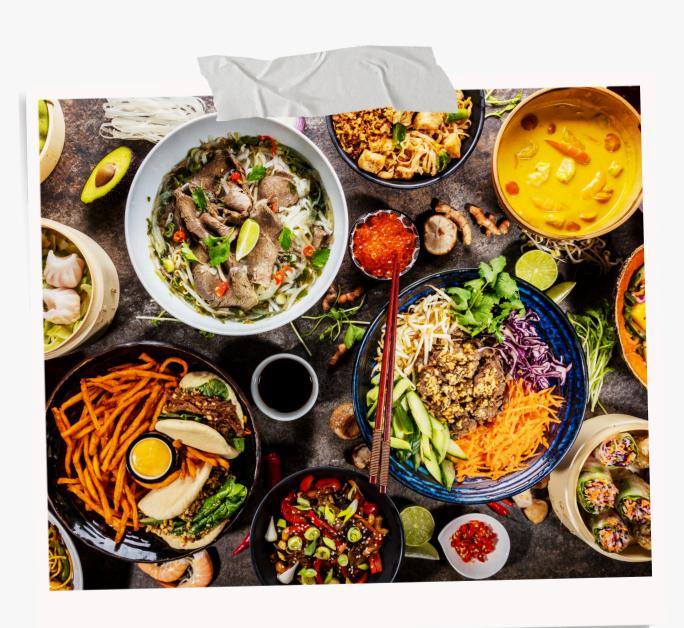
MIXING UP YOUR MEALS!



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

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

KFL FIT RECIPE BOOK COMING SOON!

CONTENTS

Proteins:

Chicken Fish Mince

Carbs:

Potato Rice Wraps Oats Weetabix

Condiments

Seasonings

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

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

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 wegdes

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 potatos
- One pot stew
- Traybake

RICE



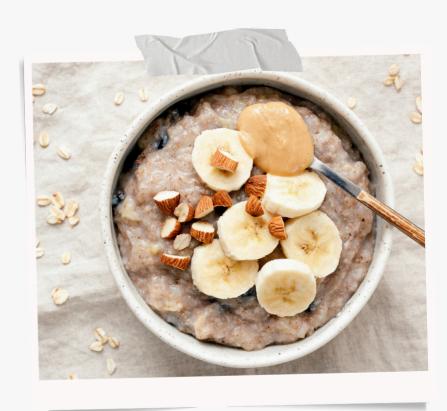
- Seasoned packet rice (uncle bens/tilda)
- Boiled with herbs & seasonings / stock
- Stir fry, soy sauce, spring onions, chilli, peppers
- Risotto style with stock
- Poke bowl

WRAPS



- Sandwich style wraps with protien 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)

OATS



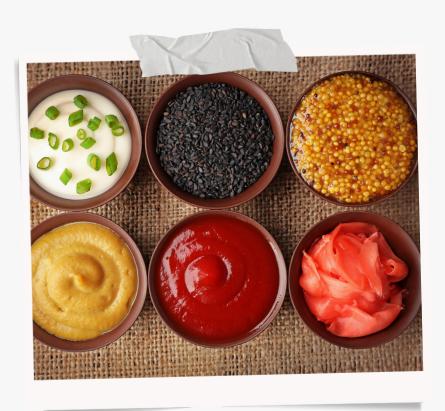
- Over night oats (just soak in the milk over night with flavourings eg vanilla and cinnamon and enjoy cold, great in the summer)
- Porridge style
- Mini pancakes (blend with a splash of milk and tiny bit of baking powder (banana if you have on plan) and fry in a pan)
- Baked oats (blend with milk to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

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)

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

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!