

NOT KAK FANCY **RECIPE BOOK**



Basic recipes that can be used as
part of a calorie controlled plan.

By Mandy Meyer

NOT KAK FANCY RECIPE BOOK



Do not cook with or eat nuts, if you are allergic to them. Same goes for any other allergies.



All calories listed in this recipe book are just a general guideline.



Because there is no best foods for fat loss, you can change the ingredients to whatever suits you.



Be sure to calculate all your own nutritional values to learn from what you are doing.



Certain recipes are better created for the full serving size instead of just for 1 serving.



NOT KAK FANCY **RECIPE BOOK**

Please note that this recipe book was set up and designed by a non professional chef.

The intention behind this recipe book is not for it to be perfect, but purely to help guide you in a good direction when it comes to your food choices.

There might be slight inaccuracies in the ingredients and calories, and damn, there might even be spelling errors, but...

As mentioned, the purpose of this recipe book is really just to be a guideline for you to use.

If you pick up any errors please let me know so that I can correct them.





The Menus



THE BREAKFAST MENU

PAGE 4



THE SNACK MENU

PAGE 14



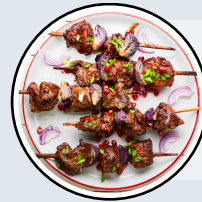
THE SALAD MENU

PAGE 24



THE LUNCH MENU

PAGE 34



THE DINNER MENU

PAGE 44



THE MEAT FREE MENU

PAGE 54





The Breakfast Menu



EGG & SPINACH BREAKFAST WRAP

PAGE 6



EGG, CHEESE, AND VEGGIE MUFFINS

PAGE 7



BREAKFAST BOOSTER OATS

PAGE 8



BANANA OAT PANCAKES

PAGE 9



SIMPLE BREAKFAST BRAN MUFFINS

PAGE 10



PROTEIN ICED COFFEE

PAGE 11



LEFTOVER MINCE BREAKFAST HASH

PAGE 12



THE BREAKFAST GUIDELINES



Your breakfast shouldn't be limited to these recipes only.



Breakfasts also don't have to be limited to your typical breakfasts.



Can you have a burger for breakfast?
Absolutely, but be sure that it fits into your calorie controlled plan.



With some trial and error you should find a breakfast option or a few options that work for you.



Skipping breakfast is not the best option as it can really lead to overeating later on in the day.



EGG & SPINACH BREAKFAST WRAP



Brekkie Bar



10 Min



606 Calories



2 Servings



Ingredients *(2 Servings)*

4 Large eggs
Splash of olive oil
1 Cup Spinach leaves
Pinch of Salt and pepper
2 Tortillas

 303 Kcal  14g Protein  7g Fiber **PER SERVING**

1 Serving Ingredients

Eggs, 2 large | Olive oil, 1 teaspoon | Spinach leaves, ½ cup |
Salt and pepper, ½ teaspoon | Tortilla, 1 piece

Preparation

In a bowl, whisk the eggs until well beaten. Set aside.
Heat olive oil in a non-stick skillet over medium heat.
Add spinach leaves to the skillet and sauté until wilted, about 2 minutes.
Pour the beaten eggs into the skillet with the spinach.
Gently stir and scramble the eggs until cooked to your desired consistency.
Season with salt and pepper to taste.
Warm the tortillas or wraps in a separate skillet or microwave.
Divide the scrambled eggs and spinach mix evenly between the tortillas or wraps.
Roll up the tortillas or wraps tightly, tucking in the sides as you go.
Slice in half if desired and serve immediately.



EGG, CHEESE, AND VEGGIE MUFFINS



Brekkie Bar



15 Min



693 Calories



6 Servings



Ingredients *(6 Servings)*

6 Eggs

1/4 Cup Onions

1/4 Cup Tomatoes

1/2 Cup Cheddar cheese

1/4 Cup Bell peppers

Pinch of Salt and pepper

 116 Kcal  9g Protein  0.3g Fiber **PER SERVING**

1 Serving Ingredients

1 Egg | 1 tablespoon Onions | 1 tablespoon Tomatoes | 2 tablespoons Cheddar cheese | 1 tablespoon Bell peppers | Pinch of Salt and pepper

Preparation

Preheat the oven to 375°F (190°C).

In a mixing bowl, beat the eggs until well combined.

Add the shredded cheddar cheese, diced bell peppers, onions, tomatoes, salt, and pepper to the bowl. Mix well.

Grease a muffin tin with cooking spray or line with muffin liners.

Pour the egg mixture evenly into the muffin cups, filling each about 3/4 full.

Bake in the preheated oven for 12-15 minutes, or until the muffins are set and slightly golden on top.

Remove from the oven and let cool for a few minutes.

Gently remove the muffins from the tin and serve warm.





15 Min



760 Calories



2 Servings



Ingredients *(2 Servings)*

80 grams Dry Oats

2 Bananas

250ml Low Fat Milk

20 grams Chia Seeds

40 grams All Bran Flakes

Pinch of Salt

 380 Kcal  14g Protein  14g Fiber **PER SERVING**

1 Serving Ingredients

40 grams Dry Oats | 1 Banana | 125ml Low Fat Milk | 10 grams Chia Seeds | 20 grams All Bran Flakes | Pinch of Salt

Preparation

In a small saucepan, combine the dry oats and low-fat milk.

Place the saucepan over medium heat and bring to a gentle simmer, add pinch of salt, stirring occasionally.

Cook the oats for about 5–7 minutes, or until they reach your desired consistency.

Remove the saucepan from the heat and let it cool slightly.

Slice the banana and add it to the cooked oats.

Stir in the chia seeds and mix well.

Transfer the oats to a serving bowl and top with all bran flakes.

Serve immediately and enjoy your nutritious breakfast.



BANANA OAT PANCAKES



Brekkie Bar



10 Min



560 Calories



2 Servings



Ingredients *(2 Servings)*

- 1 Banana
- 2 Eggs
- 1/4 Cup low fat milk
- 1 Cup dry oats
- 1/2 Teaspoon baking powder

280 Kcal 13g Protein 6g Fiber **PER SERVING**

1 Serving Ingredients

1/2 Banana | 1 Egg | 2 tablespoons Low Fat Milk |
1/2 Cup dry oats | 1/4 Teaspoon baking powder

Preparation

Place dry oats in a blender or food processor and blend until they resemble a fine flour-like consistency.

Add the ripe banana, eggs, baking powder, and milk (any milk of choice) to the blender with the oats. Blend until smooth and well combined.

Heat a non-stick skillet or griddle over medium heat.

Pour 1/4 cup of the pancake batter onto the skillet for each pancake.

Cook for about 2-3 minutes on one side, until bubbles form on the surface.

Flip and cook for an additional 1-2 minutes until golden brown.

Repeat with the remaining batter.

Serve the oat pancakes warm with your favorite toppings such as fresh fruits, maple syrup, or yogurt.



SIMPLE BREAKFAST BRAN MUFFINS



Brekkie Bar



35 Min



1724 Calories



12 Servings



Ingredients *(12 Servings)*

1 Egg
1 Cup of milk
2 Cups of bran flakes
1/4 Cup vegetable oil
1 Teaspoon baking powder
1 Cup flour & pinch of salt
1/4 Cup Honey

 144 Kcal  3g Protein  1.5g Fiber **PER SERVING**

6 Batch Ingredients

1/2 Egg | 1/2 Cup milk | 1 Cup bran flakes | Pinch of salt | 2 Tablespoons
Vegetable oil | 1/2 tsp baking powder | 1/2 Cup Flour |
2 Tablespoons Honey

Preparation

Preheat oven to 375°F (190°C).

In a large bowl, combine bran flakes and milk. Let sit for 5 minutes.

Add vegetable oil, honey, and egg to the bran mixture. Stir well.

In a separate bowl, mix together flour, baking powder, and salt.

Gradually add the dry ingredients to the wet ingredients, stirring until just combined.

Spoon the batter into a greased muffin tin, filling each cup 3/4 full.

Bake for 20–25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Allow muffins to cool in the tin for 5 minutes before transferring to a wire rack to cool completely.





5 Min



196 Calories



1 Serving



Ingredients *(1 Serving)*

- 1/2 Cup milk
- 1 Cup coffee
- 1 Scoop protein powder
- 4 Ice cubes
- 1 Sweetener

 196 Kcal  29g Protein  0g Fiber **PER SERVING**

1 Serving Ingredients

As outlined above in the main ingredient area.

Preparation

In a blender, combine the cooled coffee, protein powder, milk, and sweetener. Blend until smooth and well combined.

Fill a glass with ice cubes.

Pour the blended coffee mixture over the ice cubes.

Stir well and enjoy!

LEFTOVER MINCE BREAKFAST HASH



Brekkie Bar



35 Min



1230 Calories



4 Servings



Ingredients *(4 Servings)*

2 Potatoes

Splash of olive oil

1 Onion

Garlic, salt & pepper

1 Bell pepper

Leftover mince

 308 Kcal  13g Protein  3.5g Fiber **PER SERVING**

1 Serving Ingredients

1/2 Potato | Splash of olive oil | 2 Tablespoons of onion | 1/4 Bell pepper
| Leftover mince

Preparation

In a large skillet, heat olive oil over medium heat.

Add diced onions and bell pepper, sauté until softened.

Add diced potatoes and cook until slightly browned and cooked through.

Add minced garlic, salt, and pepper. Stir to combine.

Add leftover ground beef (mince) and cook until heated through.

Serve hot and enjoy!

****Calories will vary based on how much minced meat was used.***





All Bran



Fruit & Yoghurt



Eggs & Toast



Cooked Brekkie



Toasties



Fruits

Reminder

There is NOT one specific breakfast that is best for fat loss. Fat loss is about your total calorie consumption over a period of time. You don't have to have things like almond milk for fat loss to take place. Any milk can be added to your plan in a calorie controlled manner. Some food choices might keep you fuller than other food choices. You'd need to find out what works for you.

These recipes aren't magical for fat loss, and what that means is that you can chop and change the ingredients as you please, as long as your calories are controlled.





The Snack Menu



BANANA AND OATMEAL COOKIES

PAGE 16



CHOCOLATE BANANA BITES

PAGE 17



ENERGY BALLS

PAGE 18



COTTAGE CHEESE AND BILTONG SNACK

PAGE 19



ROASTED CHICKPEAS

PAGE 20



GREEK YOGHURT & CUCUMBER BITES

PAGE 21



EMERGENCY SNACK PACK

PAGE 22



THE SNACK GUIDELINES



Having snacks in your plan is totally up to you. No right or wrong way to do it.



Try keep the snacks to the size of your palm and limited to 2 per day.



Snack pairing is where you pair something sweet with something higher in nutrients. Keeps you fuller.



If you volume up your main meals, you will find it keeps you full without needing the snacks.



Make sure that all your snacks fit into your calorie controlled plan if fat loss is your goal.





20 Min



540 Calories



12 Servings



Ingredients *(12 Servings)*

2 Bananas

1 Cup of dry oats

 45 Kcal  1g Protein  1.2g Fiber **PER SERVING**

6 Batch Ingredients

1 Banana | 1/2 Cup Dry Oats

Preparation

Preheat the oven to 350°F (175°C).

Peel the bananas and mash them in a mixing bowl until smooth.

Add the dry oats to the mashed bananas and mix well until combined.

Line a baking sheet with parchment paper.

Scoop spoonful's of the banana-oat mixture onto the prepared baking sheet, spacing them apart.

Flatten each spoonful with the back of a spoon or your fingers to form a cookie shape.

Bake in the preheated oven for 15 minutes or until the edges turn golden brown.

Remove from the oven and let the cookies cool on the baking sheet for a few minutes.

Transfer the cookies to a wire rack to cool completely before serving.



LOW CALORIE CHOCOLATE BANANA BITES



The Snack Menu



70 Min



850 Calories



4 Servings



Ingredients *(4 Servings)*

- 2 Bananas
- 1/4 Cup peanut butter
- 2 Tablespoon cocoa powder
- 1 Tablespoon Maple syrup
- 1/4 Cup coconut

 212 Kcal  5g Protein  4.4g Fiber **PER SERVING**

1 Serving Ingredients

1/2 medium banana | 1 tablespoon peanut butter | 1/2 tablespoon cocoa powder | 3/4 teaspoon maple syrup | 1 tablespoon coconut

Preparation

Peel and slice the bananas into bite-sized pieces.

In a small bowl, mix together the cocoa powder and honey/maple syrup until smooth.

Dip each banana slice into the chocolate mixture, coating evenly.

Place the coated banana slices on a baking sheet lined with parchment paper.

Top each banana bite with a small dollop of almond or peanut butter and a sprinkle of shredded coconut.

Freeze for at least 1 hour before serving.





40 Min



1980 Calories



12 Servings



Ingredients *(12 Servings)*

- 1 Teaspoon vanilla extract
- 1 Cup dry oats
- 1/4 Cup chia seeds
- 1/2 Cup almond butter
- 1/4 Cup honey
- 1/4 Cup chocolate chips
- 1/4 Cup protein powder

 165 Kcal  6g Protein  3.3g Fiber **PER SERVING**

6 Batch Ingredients

1/2 tsp Vanilla extract | 1/2 Cup dry oats | 2 Tablespoons Chia seeds |
1/4 Cup Almond butter | 2 Tablespoons Honey | 2 Tablespoons
Chocolate chips | 2 tablespoons Protein powder

Preparation

In a large mixing bowl, combine all ingredients and mix well.

Roll the mixture into small balls, about 1 inch in diameter.

Place the balls on a baking sheet lined with parchment paper and refrigerate for at least 30 minutes to set.

Enjoy as a healthy and protein-packed snack!



COTTAGE CHEESE AND BILTONG SNACK



5 Min



540 Calories



4 Servings



Ingredients *(4 Servings)*

1 cup large curd cottage cheese
Herbs to taste
Salt and pepper to taste
1/2 Cup biltong

 135 Kcal  21g Protein  0g Fiber **PER SERVING**

1 Serving Ingredients

1/4 Cup cottage cheese (large curd) | Herbs to taste | Salt and pepper to taste | 2 Tablespoons biltong

Preparation

In a bowl, mix together the cottage cheese, biltong, and chopped herbs. Season with salt and pepper to taste. Serve as a dip with crackers or vegetable sticks, or spread on toast. Or, just enjoy as it is.



CRISPY ROASTED CHICKPEAS



The Snack Menu



35 Min



480 Calories



4 Servings



Ingredients *(4 Servings)*

1 can chickpeas, drained and rinsed
Splash of olive oil
Salt to taste
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper

 120 Kcal  5g Protein  3g Fiber **PER SERVING**

1 Serving Ingredients

1/4 can chickpeas | 1/4 tbsp olive oil | Pinch of salt | pinch of paprika
Pinch of garlic powder | Pinch of cayenne pepper

Preparation

Preheat your oven to 400°F (200°C).

Pat the chickpeas dry with a clean kitchen towel or paper towels. Removing excess moisture helps them crisp up.

Spread the chickpeas out on a baking sheet lined with parchment paper. Drizzle with olive oil (if using) and toss to coat evenly. If you're avoiding oil, skip this step. Sprinkle on the salt, paprika, garlic powder, and cayenne pepper. Mix well to coat.

Roast in the oven for 25–30 minutes, shaking the pan every 10 minutes to ensure even cooking. They're done when golden brown and crispy.

Let cool slightly before enjoying.





5 Min



140 Calories



1 Serving



Ingredients *(1 Serving)*

- 1 Small cucumber
- 1/2 Cup plain Greek yoghurt
- 1 Tablespoon lemon juice
- 1 Teaspoon dried dill
- Salt and pepper to taste
- Optional: A sprinkle of paprika or red pepper flakes for extra flavor

 140 Kcal  10g Protein  3g Fiber **PER SERVING**

1 Serving Ingredients

Same as outlined above

Preparation

Slice the cucumber into rounds, about 1/4 inch thick.
In a small bowl, mix the Greek yoghurt, lemon juice, dill, salt, and pepper.
Spoon a small amount of the yogurt mixture onto each cucumber slice.
Garnish with paprika or red pepper flakes, if desired.
Serve immediately or chill for 10 minutes before serving for a refreshing bite.





Depends on snack pack



1 Serving



Ingredients *(1 Serving)*

Pack something small of a couple of your fun foods or snacks into one pack. Do it in a calorie controlled manner.

More details:

Figure out what calorie allowance you have for the day for your snacks. Then pick some of your favourite snacks.

And add them to your snack pack.

Maybe your snack pack totals at 200 calories.

You might have 50 calories crackers. 50 Calories chocolate. 50 Calories sweets and 50 calories biscuits. Keep this snack pack with you in case of a snacking emergency when you boss pisses you, etc.

It is a snack pack created by you.

It is based on your calorie goals for the day.

And it has been created in a controlled manner.

It gives you structure around your snacking and also control.

Trust me, try it.





Boiled Eggs



Trail Mix



Crackers



Fruit



Popcorn



Veggie Sticks

Reminder

There is NOT one specific snack that is best for fat loss. Fat loss is about your total calorie consumption over a period of time. The more volume you add to your main meals, the less hungry you will be between meals, which can lead to less snacking. Some snack choices might keep you fuller than other snack choices. You'd need to find out what works for you.

These recipes aren't magical for fat loss, and what that means is that you can chop and change the ingredients as you please, as long as your calories are controlled.





The Salad Menu



PLAIN JANE COUSCOUS SALAD

PAGE 26



THE HAZARD SALAD

PAGE 27



BUTTERNUT AND BEETROOT SALAD

PAGE 28



SUMMER SALAD

PAGE 29



GREEK SALAD WITH EDAMAME

PAGE 30



STEAK SALAD

PAGE 31



CHICKEN AND AVO SALAD

PAGE 32



THE SALAD GUIDELINES



You don't only have to eat very basics salads for fat loss to take place.



Having a big salad readily available at all times can help prevent overeating.



Your salads don't have to be boring, you can spice them up in a calorie controlled manner.



Be mindful around the dressings and sauces used for your salads as these are higher in calories.



Salads can also add volume to your meals which can keep you fuller.



PLAIN JANE COUSCOUS SALAD



Salad Bar



20 Min



1360 Calories



4 Servings



Ingredients *(4 Servings)*

- 1/4 Cup feta cheese
- 2 Tablespoons Lemon juice
- Salt & pepper to taste
- 1/4 Cup Olives
- 1 Cucumber
- Splash of olive oil
- 1 1/4 cups water
- 1 Cup dry couscous
- 1/2 Cup cherry tomatoes

340 Kcal 8g Protein 3g Fiber **PER SERVING**

1 Serving Ingredients

- 1 Tablespoon feta cheese | 1/2 Tablespoon lemon juice | Salt & pepper to taste | 1 tablespoon olives | 1/4 Cucumber | Splash of olive oil | 5 Tablespoons water | 1/4 Cup dry couscous | 2 Tablespoons cherry tomatoes

Preparation

In a medium saucepan, bring water to a boil. Stir in couscous, cover, and remove from heat. Let stand for 5 minutes, then fluff with a fork.

In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.

In a large bowl, combine cooked couscous, cucumber, bell pepper, red onion, cherry tomatoes, olives, feta cheese, and parsley.

Pour dressing over salad and toss to combine. Serve chilled.



THE HAZARD SALAD



Salad Bar



15 Min



835 Calories



4 Servings



Ingredients *(4 Servings)*

- 1/4 cup feta cheese
- 1/4 cup cranberries
- 1 Carrot
- 1 Cucumber
- 1 Head of Lettuce
- 1/4 Cup almonds
- 1/4 Cup sunflower seeds
- 1/2 Onion
- 1 Cup cherry tomatoes
- 1 Bell pepper

 210 Kcal  8g Protein  6g Fiber **PER SERVING**

1 Serving Ingredients

1 Tablespoon feta cheese | 1 Tablespoon cranberries | 1/4 carrot | 1/4 cucumber | 1/4 head lettuce | 1 Tablespoon almonds | 1 Tablespoon sunflower seeds | 1/8 Onion | 1/4 Cup cherry tomatoes | 1/4 bell pepper

Preparation

In a large bowl, combine the lettuce, cucumber, bell pepper, carrot, red onion, cherry tomatoes, sunflower seeds, almonds, dried cranberries, and feta cheese. Toss the salad ingredients together until well mixed.

In a small bowl, whisk together your favorite dressing (such as balsamic vinaigrette or ranch).

Pour the dressing over the salad and toss to coat evenly.

Serve the crunchy salad immediately and enjoy!



BUTTERNUT AND BEETROOT SALAD



Salad Bar



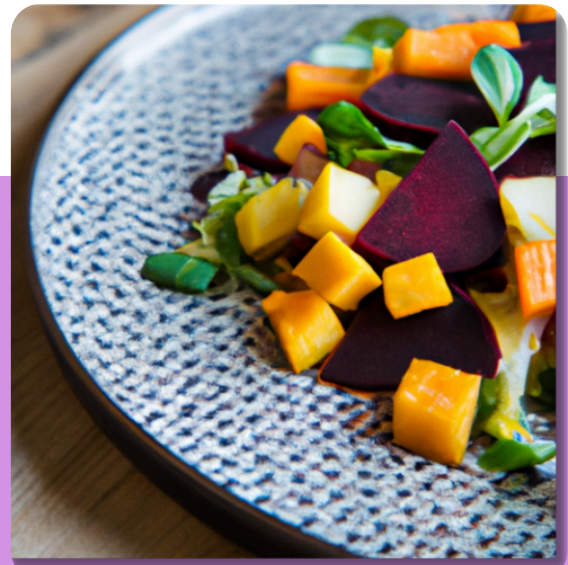
45 Min



1330 Calories



4 Servings



Ingredients *(4 Servings)*

- 1 Small butternut squash
- 2 Medium beetroots
- Splash of olive oil
- Salt and pepper to taste
- 1/4 Cup balsamic vinegar
- 2 Tablespoons honey
- 4 Cups mixed greens
- 1/2 Cup crumbled feta cheese
- 1/4 Cup chopped walnuts

330 Kcal 8g Protein 7g Fiber **PER SERVING**

1 Serving Ingredients

1/4 small butternut squash | 1/2 medium beetroot | 1/2 tbsp olive oil | Salt and pepper to taste | 1 tbsp balsamic vinegar | 1/2 tbsp honey | 1 cup mixed greens | 2 tbsp crumbled feta cheese | 1 tbsp chopped walnuts

Preparation

Preheat oven to 400°F (200°C).

Place diced butternut squash and beetroot on a baking sheet.

Drizzle with olive oil and season with salt and pepper. Toss to coat.

Roast in the oven for 25-30 minutes, or until vegetables are tender.

In a small bowl, whisk together balsamic vinegar and honey to make the dressing. In a large bowl, toss mixed greens with roasted vegetables, feta cheese, and walnuts. Drizzle dressing over the salad and toss to combine. Serve immediately and enjoy!





15 Min



450 Calories



4 Servings



Ingredients *(4 Servings)*

- 4 Cups cubed watermelon
- 1/2 Cup crumbled feta cheese
- 1/4 Cup chopped fresh mint leaves
- 1/4 Cup sliced red onion
- 2 Tablespoons balsamic glaze
- Salt and pepper to taste



110 Kcal



4g Protein



1g Fiber

PER SERVING

1 Serving Ingredients

1 cup cubed watermelon | 2 tbsp crumbled feta cheese | 1 tbsp chopped fresh mint leaves | 1 tbsp sliced red onion | ½ tbsp balsamic glaze | Salt and pepper to taste

Preparation

In a large bowl, combine watermelon, feta cheese, mint leaves, and red onion. Drizzle balsamic glaze over the salad and toss gently to combine. Season with salt and pepper to taste. Serve chilled.



GREEK SALAD WITH EDAMAME



Salad Bar



20 Min



1060 Calories



4 Servings



Ingredients *(4 Servings)*

- 1 Cup shelled edamame
- 1 Cucumber
- 1 Cup cherry tomatoes
- 1/2 Onion
- 1/2 Cup olives
- 1/2 Cup crumbled feta cheese
- 1/4 Cup fresh parsley
- 1/4 Cup olive oil
- 2 Tablespoons red wine vinegar
- 1 Teaspoon dried oregano
- Salt and pepper to taste

265 Kcal 7g Protein 3.5g Fiber **PER SERVING**

1 Serving Ingredients

1/4 cup shelled edamame | 1/4 cucumber | 1/4 cup cherry tomatoes |
1/8 onion | 2 tbsp olives | 2 tbsp crumbled feta cheese | 1 tbsp fresh
parsley | 1 tbsp olive oil | 1/2 tbsp red wine vinegar | 1/4 tsp dried oregano |
Salt and pepper

Preparation

Cook the edamame according to package instructions, then set aside to cool. In a large bowl, combine the cucumber, cherry tomatoes, red onion, olives, feta cheese, and parsley.

Add the cooked edamame to the bowl and toss to combine.

In a small bowl, whisk together the olive oil, red wine vinegar, oregano, salt, and pepper. Pour the dressing over the salad and toss to coat evenly.

Serve immediately or refrigerate for later.



STEAK SALAD



Salad Bar



25 Min



1380 Calories



4 Servings



Ingredients *(4 Servings)*

450g steak
6 Cups mixed greens
1 Cup cherry tomatoes
1/2 Onion
1/4 Cup crumbled blue cheese
1/4 Cup balsamic vinaigrette
Salt and pepper to taste

345 Kcal 26g Protein 0.5g Fiber **PER SERVING**

1 Serving Ingredients

112.5g steak | 1.5 cups mixed greens | 1/4 cup cherry tomatoes |
1/8 onion | 1 tablespoon crumbled blue cheese | 1 tablespoon balsamic
vinaigrette | Salt and pepper to taste

Preparation

Season steak with salt and pepper and grill to desired doneness. Let rest for 5 minutes before slicing.

In a large bowl, combine mixed greens, cherry tomatoes, red onion, and blue cheese.

Add sliced steak to the salad and drizzle with balsamic vinaigrette.

Toss to combine and season with additional salt and pepper if needed.

Serve immediately and enjoy!



CHICKEN AND AVO SALAD



Salad Bar



30 Min



1470 Calories



4 Servings



Ingredients *(4 Servings)*

- 2 Avocados
- 2 Chicken breasts
- 1/4 Cup Lime juice
- Splash of Olive oil
- Salt and pepper
- 1/2 an Onion
- 1 Cup Cherry tomatoes

367 Kcal 27g Protein 7.3g Fiber **PER SERVING**

1 Serving Ingredients

Avocado, 1/2 | Chicken breasts, 1/2 | Lime juice, Splash |
Olive oil, 1 teaspoon | Salt and pepper | Onion, 1 Tablespoon |
Cherry tomatoes, 1/4 cup

Preparation

Season chicken breasts with salt and pepper, then grill or bake until cooked through. Let cool and then slice into strips.

Cut avocados in half, remove pit, and scoop out flesh. Slice into chunks.

Cut cherry tomatoes in half.

Thinly slice red onion.

In a large bowl, combine chicken, avocados, cherry tomatoes, & onion.

In a small bowl, whisk together lime juice, olive oil, salt, and pepper. Pour over salad and toss to combine.

Serve immediately or chill in the refrigerator for later.

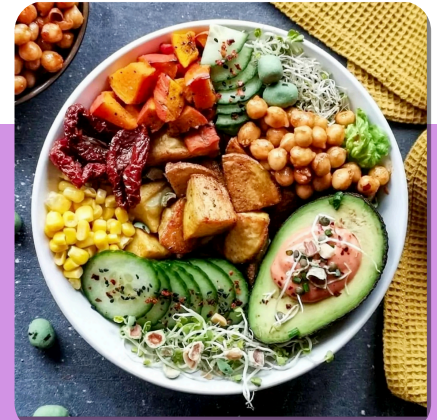




Tuna Salad



Egg Salad



Mixed Bowl



Mediterranean



Greek Salad



Pasta Salad

Reminder

There is NOT one specific salad that is best for fat loss. Fat loss is about your total calorie consumption over a period of time. You don't have to have things like plain lettuce salad for fat loss to take place. Any salads can be added to your plan in a calorie controlled manner. Salads in general are a great way of adding volume to your plate. Keep an eye on the oils / dressing, as that is an area that the calories add up in.

These recipes aren't magical for fat loss, and what that means is that you can chop and change the ingredients as you please, as long as your calories are controlled.





The Lunch Menu



HIGH PROTEIN LUNCH WRAP

PAGE 36



FAKE IT TILL YOU MAKE IT SUSHI

PAGE 37



MINCE TACOS

PAGE 38



CHICKEN TOASTIE

PAGE 39



MEATBALLS AND GREEN BEANS

PAGE 40



CRISPY CHICKEN BURGER

PAGE 41



STEAK AND EGG BOWL

PAGE 42



THE LUNCH GUIDELINES



Lunches don't have to be lettuce leaves or small portions of food.



Your lunches can be cooked meals with protein and veggies.



Don't be scared to eat enough food so that you are full, as long as it is calorie controlled, all will be good.



If you have something like a toastie, look at adding a side salad or veg. This will help keep you full.



Try not skipping any meals like lunches, because that can leave you very hungry at dinner and you could overeat.



HIGH PROTEIN LUNCH WRAP



Lunch Bar



20 Min



555 Calories



1 Servings



Ingredients *(1 Serving)*

- 1/4 Avocado
- 1 Grilled chicken breast
- 1/4 Cup lettuce
- 1/4 Cup tomatoes
- 1/4 Cup Black beans
- Salt and pepper
- 1/4 Cup cheddar cheese
- 2 Tablespoons plain Greek yoghurt
- 1 Tortilla

 555 Kcal  45g Protein  10.8g Fiber **PER SERVING**

1 Serving Ingredients

As outlined above.

Preparation

Lay the whole wheat tortilla flat on a clean surface.
Spread the plain Greek yoghurt evenly over the tortilla.
Layer the grilled chicken, black beans, tomatoes, lettuce, avocado, and cheddar cheese on top of the Greek yogurt.
Season with salt and pepper to taste.
Fold in the sides of the tortilla and roll it up tightly.
Cut the wrap in half diagonally and serve.





15 Min



350 Calories



6 Servings



Ingredients *(6 Servings)*

- 1 Large cucumber
- 1 Can of tuna in water (drained)
- 1.5 Tablespoons mayonnaise
- 1 teaspoon soy sauce (optional)
- 1 Tablespoon rice vinegar (optional)
- 1 Tablespoon sesame seeds (optional)

 60 Kcal  5g Protein  0.3g Fiber **PER SERVING**

1 Serving Ingredients

Make all 6 servings and eat it as a meal as it will be very time consuming and difficult to just make one piece.

Preparation

Wash and peel the cucumber if desired.

Cut off the ends and slice the cucumber into long, thin strips.

In a bowl, combine the drained tuna with mayonnaise. Adjust the amount of mayo to your taste; it should be creamy but not overly wet. If you like, mix in a bit of soy sauce and rice vinegar for extra favor. You can also add finely chopped green onions if you like.

Lay out the cucumber strips on a plate. Spoon a small amount of the tuna mixture onto each cucumber strip. You can make a small mound or spread it out slightly, or roll it.

Sprinkle sesame seeds on top of the tuna if desired.



MINCE TACOS



Lunch Bar



35 Min



1711 Calories



4 Servings



Ingredients *(4 Servings)*

- 1 Packet taco seasoning
- 1 Onion
- Garlic
- Shredded Lettuce
- 4 Taco shells
- 1 Cup tomatoes
- 1 Bell pepper
- 500 grams Ground beef

428 Kcal 23g Protein 6.6g Fiber **PER SERVING**

1 Serving Ingredients

1/4 Packet taco seasoning | 1/4 Onion |
Garlic to taste | Lettuce | 1 Taco shell | 1/4 Cup tomatoes
| 1/4 Bell pepper | 125g Ground beef

Preparation

In a large skillet, cook the ground beef over medium heat until browned. Add the diced onion, garlic, and bell pepper to the skillet and cook until vegetables are softened.

Stir in the diced tomatoes and taco seasoning, and simmer for 5-10 minutes. Meanwhile, heat the taco shells according to package instructions.

Fill each taco shell with the beef mixture and top with desired toppings. Serve and enjoy!



CHICKEN TOASTIE



Lunch Bar



30 Min



1620 Calories



2 Servings



Ingredients (2 Servings)

- 1/4 Cup Mustard
- 1/4 Cup Mayonnaise
- Splash Olive oil
- 1 Medium Tomato
- 4 Slices of Bread
- Salt and pepper
- 2 Chicken breasts
- 4 slices of Cheese

405 Kcal 23g Protein 2.5g Fiber **PER SERVING**

1 Serving Ingredients

1 tsp mustard | 1 tsp mayo | Olive Oil, 1 serving | Half a Tomato | 2 Slices of Bread | 1 Chicken Breast | 2 slices of cheese

Preparation

Preheat a grill pan or skillet over medium heat.
Season the chicken breasts with salt and pepper, then drizzle with olive oil.
Grill the chicken for 6–8 minutes per side, or until cooked through.
Remove the chicken from the grill and let it rest for a few minutes before slicing.
Build your sandwich and toast it in a pan or air fryer to your liking.

***Reduce sauces and cheese if you wish to reduce calories.**



MEATBALLS AND GREEN BEANS



Lunch Bar



40 Min



1280 Calories



4 Servings

Ingredients (4 Servings)

500g Ground beef
1/3 Cup breadcrumbs
1 Egg
2 Cloves garlic, minced
1 Teaspoon onion powder
1 Teaspoon dried oregano
1/2 Teaspoon paprika
Splash of olive oil (for frying)
400g fresh green beans



320 Kcal 22g Protein 4g Fiber **PER SERVING**

1 Serving Ingredients

125g ground beef | 1 tbsp breadcrumbs | 1/4 of a large egg (about 1 tbsp, lightly beaten) | 1/2 clove garlic, minced | 1/4 tsp onion powder | 1/4 tsp dried oregano | A pinch of paprika | 1 tsp olive oil (for frying) | Salt and pepper to taste | 100g green beans

Preparation

In a large bowl, combine ground beef, breadcrumbs, egg, garlic, onion powder, oregano, paprika, salt, and pepper. Mix until evenly combined. Roll the mixture into 16-18 small meatballs.

Heat olive oil in a skillet over medium heat. Cook the meatballs in batches, turning occasionally, until browned on all sides and cooked through (about 10-12 minutes). Set aside.

Cook the Green Beans:

Bring a pot of water to a boil. Blanch the green beans for 2-3 minutes.

Heat olive oil in a skillet over medium heat. Sauté garlic until fragrant, about 30 seconds. Add the green beans, toss to coat, and cook for 2-3 minutes.

Season with salt and pepper.



CRISPY CHICKEN BURGER



Lunch Bar



35 Min



350 Calories



1 Serving



Ingredients *(1 Serving)*

- 1 Small chicken breast (about 120g)
- 1 Whole-grain burger bun
- 1 Tablespoon mayo
- Lettuce, tomato & cucumber
- 2 Tablespoons breadcrumbs
- 1 Egg white
- 1/4 Teaspoon paprika
- 1/4 Teaspoon garlic powder
- Salt and pepper to taste
- Cooking spray

350 Kcal 35g Protein 4g Fiber **PER SERVING**

1 Serving Ingredients

Same as above

Preparation

Preheat your oven to 400°F (200°C) or an air fryer to 375°F (190°C).

Flatten the chicken breast slightly with a mallet

In one bowl, whisk the egg white with a pinch of salt.

In another bowl, mix the breadcrumbs, paprika, garlic powder, salt, and pepper.

Dip the chicken breast into the egg white, then coat it in the breadcrumb mixture, pressing lightly to ensure it sticks.

Place the breaded chicken on a baking sheet lined with parchment paper or directly into the air fryer basket. Spray lightly with cooking spray or brush with olive oil. Bake for 20-25 minutes, or air fry for 12-15 minutes, flipping halfway through, until golden and crispy. Assemble the Burger



STEAK AND EGG BOWL



Lunch Bar



20 Min



1200 Calories



2 Servings



Ingredients *(2 Servings)*

2 Eggs
Splash of Olive oil
1 Cup vegetables of choice
400g Steak
Salt and pepper

600 Kcal 50g Protein 2g Fiber **PER SERVING**

1 Serving Ingredients

1 egg | Splash of Olive Oil | 1/2 Cup of mixed veggies | 200g steak | Salt & pepper

Preparation

Heat olive oil in a skillet over medium heat. Add the sliced steak and cook for 3-4 minutes, or until browned. Add the mixed vegetables to the skillet and cook for an additional 2-3 minutes. Push the steak and vegetables to one side of the skillet and crack the eggs into the empty side. Cook the eggs to your desired doneness, then season with salt and pepper. Divide the steak, vegetables, and eggs into two bowls and serve hot.





Soups



Poke Bowls



Stir Fry's



Left Overs



Pastas & Veg



Variety Pack

Reminder

There is NOT one specific lunch that is best for fat loss. Fat loss is about your total calorie consumption over a period of time. You don't have to have things like plain lettuce salad for fat loss to take place. Any foods can be added to your plan in a calorie controlled manner. Try not skip any lunches or meals for that matter as the hunger might come and bite you in the bum at a later stage.

These recipes aren't magical for fat loss, and what that means is that you can chop and change the ingredients as you please, as long as your calories are controlled.





The Dinner Menu



LOW-CALORIE SAUSAGE BAKE

PAGE 46



BEEF KEBABS WITH VEGGIES

PAGE 47



QUICK AND TASTY TUNA PASTA

PAGE 48



ONE POT CHICKEN & VEG

PAGE 49



HAKE, SWEET POTATO AND VEG

PAGE 50



CHICKEN TORTILLA PIZZA

PAGE 51



STEAK AND EGG BOWL

PAGE 52



THE DINNER GUIDELINES



You can eat the same meals as your family, but focus on your calories.



Instead of having just lasagna, have a serving a veg with it.



Don't be scared to add things like potatoes or sweet potatoes, they can be added into your fat loss plan.



Save your fun food or sweet thing for after dinner and for the last little 'meal' of the day.



Figure out your go-to meals and dinners and add them in rotation into your plan.



SAUSAGE BAKE



45 Min



1075 Calories



4 Servings



Ingredients *(4 Servings)*

- 4 Chicken sausages (or any sausage)
- 2 Medium potatoes
- 1 Bell pepper
- 1 Zucchini
- Splash of olive oil
- Salt and pepper to taste
- 1 Teaspoon dried herbs

 270 Kcal  20g Protein  2.5g Fiber **PER SERVING**

1 Serving Ingredients

- 1 Chicken or any sausage | 1/2 medium potato | 1/4 Bell pepper | 1/4 zucchini |
- 1 teaspoon olive oil | Salt and pepper to taste | 1/4 teaspoon dried herbs

Preparation

Preheat the Oven: Preheat your oven to 400°F (200°C).

Prepare the Vegetables: Toss the diced potatoes, bell pepper, and zucchini with olive oil, salt, pepper, and dried herbs. Spread the vegetables evenly on a baking tray lined with parchment paper.

Add the Sausages: Arrange the sausages on the tray with the vegetables. Use a fork to prick the sausages a few times (this helps release excess fat while baking). Place the tray in the oven and bake for 25–30 minutes, or until the sausages are fully cooked and the potatoes are tender. You may want to turn the sausages and toss the vegetables halfway through for even cooking.



BEEF KEBABS WITH VEGGIES



25 Min



1325 Calories



4 Servings



Ingredients *(4 Servings)*

500g Lean beef (sirloin or tenderloin), cut into 1-inch cubes
1 Bell pepper
1 Zucchini
Splash of olive oil
Salt and pepper to taste

 330 Kcal  34g Protein  2g Fiber **PER SERVING**

1 Serving Ingredients

125g lean beef (sirloin or tenderloin), cut into cubes |
1/4 red bell pepper, cut into chunks | 1/4 zucchini, cut into thick rounds |
Splash of olive oil | Salt and pepper to taste

Preparation

Cut the beef into cubes, bell pepper into chunks, and zucchini into thick rounds. Drizzle the beef with olive oil and season with salt and pepper. Toss to coat evenly. Thread the beef, bell pepper, and zucchini alternately onto skewers. Preheat a grill or grill pan to medium-high heat. Grill the kebabs for 8-10 minutes, turning occasionally, until the beef is cooked to your desired level of doneness.



QUICK AND TASTY TUNA PASTA



20 Min



900 Calories



2 Servings



Ingredients *(2 Servings)*

200g Pasta (any type you prefer)
1 Can of tuna in water
Splash of olive oil
2 Cloves garlic, minced
1 Tablespoon lemon juice
Salt and pepper to taste
Fresh parsley or basil

 450 Kcal  30g Protein  4g Fiber **PER SERVING**

1 Serving Ingredients

100g Pasta | 1/2 Can of tuna | Splash of olive oil | 1 clove garlic, minced |
1/2 Tablespoon lemon juice | Salt and pepper | Fresh parsley or basil

Preparation

Boil a pot of salted water, then cook the pasta according to the package instructions. Drain, reserving some pasta water for later.

While the pasta cooks, heat the olive oil in a pan over medium heat. Add the minced garlic and sauté for about 1 minute, until fragrant.

Stir in the drained tuna and cook for 2–3 minutes, breaking it up with a spoon. If you're using tuna in brine, you can add a little more olive oil to make the sauce smoother. Add the cooked pasta to the pan with the tuna. Toss well, adding a bit of the reserved pasta water to create a silky sauce. Season with salt, pepper, and lemon juice.



ONE POT CHICKEN WITH VEG



45 Min



1440 Calories



4 Servings



Ingredients (4 Servings)

- 1 Teaspoon thyme
- 1 Cup chicken broth
- 2 Potatoes
- 2 Carrots
- 1 Onion
- Garlic
- 4 Chicken thighs
- Salt and pepper

 360 Kcal  22g Protein  4g Fiber **PER SERVING**

1 Serving Ingredients

It would be advisable to make the big pot to serve 4 and then divide it into 4 servings and make 4 meals of it.

Preparation

Season the chicken thighs with salt, pepper, paprika, and thyme. In a large pot, heat some oil over medium heat and brown the chicken thighs on both sides. Remove and set aside. In the same pot, add the onion and garlic and sauté until fragrant. Add the carrots and potatoes and cook for a few minutes. Pour in the chicken broth and return the chicken thighs to the pot. Cover and simmer for about 30 minutes, or until the chicken is cooked through and the vegetables are tender. Serve hot and enjoy!

****You can add any veggies, chicken pieces or meat of choice.***



HAKE, SWEET POTATO AND VEG



40 Min



780 Calories



2 Servings



Ingredients (2 Servings)

- 1 Cup green beans
- Olive oil & Garlic
- 1 Onion
- 2 Sweet potatoes
- 1 Bell pepper
- Salt and pepper
- 2 Hake Fillets

 390 Kcal  7g Protein  10g Fiber **PER SERVING**

1 Serving Ingredients

1/2 cup green beans | 1 teaspoon olive oil | Garlic | 1/4 medium onion, chopped | 1 small sweet potato, diced | 1/2 bell pepper, chopped | Salt and pepper to taste | 1 hake fillet

Preparation

Preheat the oven to 400°F (200°C).

In a large baking dish, combine the sweet potatoes, bell peppers, onion, garlic, olive oil, salt, and pepper. Toss to coat the vegetables evenly.

Place the hake fillets on top of the vegetable mixture.

Bake in the preheated oven for 20-25 minutes, or until the hake is cooked through and the vegetables are tender.

Serve hot and enjoy!

****Or cook it all separately and enjoy as pictured.***



CHICKEN TORTILLA PIZZA



40 Min



915 Calories



4 Servings



Ingredients *(4 Servings)*

- 1/2 Teaspoon oregano
- 1/4 Cup bell pepper
- 1/2 Cup pizza sauce
- 4 Flour tortillas
- 1 Cup cooked chicken
- 1 Cup mozzarella cheese
- 1/4 Cup Olives
- 1/4 Cup Onion
- Salt and pepper

 230 Kcal  13g Protein  3g Fiber

PER SERVING

1 Serving Ingredients

Make the whole pizza

Preparation

Preheat the oven to 425°F (220°C).

Place the tortillas on a baking sheet.

Spread pizza sauce evenly over each tortilla.

Sprinkle shredded cooked chicken, mozzarella cheese, black olives, bell peppers, red onion, dried oregano, garlic powder, salt, and pepper over the tortillas. Bake in the preheated oven for 10–12 minutes, or until the cheese is melted and bubbly. Remove from the oven and let cool for a few minutes. Slice into wedges and serve hot.



BEEF STRIPS, GREEN BEANS, AND QUINOA



20 Min



774 Calories



2 Servings



Ingredients *(2 Servings)*

- 1 Cup green beans
- 2 Cups water
- 3/4 Cup quinoa
- Salt and pepper
- 200g Beef sirloin, thinly sliced

387 Kcal 34g Protein 6g Fiber **PER SERVING**

1 Serving Ingredients

1/2 Cup green beans | 1 Cup water | 3/8 Cup Quinoa | Salt and pepper |
100g Beef sirloin, thinly sliced

Preparation

In a large skillet, heat olive oil over medium-high heat.
Add beef strips to the skillet and cook until browned, about 5 minutes.
Remove beef from the skillet and set aside.
In the same skillet, add green beans and cook for 2 minutes.
Add quinoa, water, salt, and pepper to the skillet and bring to a boil.
Reduce heat to low, cover the skillet, and simmer for 15 minutes or until quinoa is cooked and water is absorbed.
Return the cooked beef strips to the skillet and toss with the quinoa and green beans. Cook for an additional 2 minutes to heat through.





Roast Veg Sides



Any Meat



Carb Sides



Curries



Stews



BBQs

Reminder

There is NOT one specific dinner that is best for fat loss. Fat loss is about your total calorie consumption over a period of time. You don't have to have things like plain chicken and broccoli for fat loss to take place. Any main meals can be added to your plan in a calorie controlled manner. Veggie sides in general are a great way of adding volume to your plate. Keep an eye on the oils / dressing, as that is an area that the calories add up in.

These recipes aren't magical for fat loss, and what that means is that you can chop and change the ingredients as you please, as long as your calories are controlled.





Meat Free Menu



HIGH PROTEIN BROWNIE

PAGE 56



MEXICAN SALAD

PAGE 57



VEGAN CRUNCH WRAP

PAGE 58



LEMON KALE TOFU PASTA

PAGE 59



EASY CRUSTLESS QUICHE

PAGE 60



VEGGIE HUMMUS WRAPS

PAGE 61



BASIC CHICKPEA SALAD

PAGE 62



THE MEAT FREE GUIDELINES



Hitting protein targets meat free will be difficult, but it's ok.



Your carb intake might be slightly higher if you don't eat meat, but that's also ok.



A big hack is to go onto ChatGPT and ask the bot to help you create recipes which are meat free.



Protein helps keep you full, but if you don't hit protein targets, it doesn't mean you can't lose fat.



Something like a vegan protein supplement might help you increase your protein intake.



HIGH PROTEIN BROWNIE



40 Min



2060 Calories



9 Servings



Ingredients *(9 Servings)*

- 1 Teaspoon Vanilla extract
- 2 Eggs
- 1/2 Cup Plain Greek yoghurt
- 1/4 Cup almond butter
- 1/2 Teaspoon baking powder
- 1/4 Cup cocoa powder
- 1/4 Cup syrup
- 1 Cup chocolate protein powder (*vegan)
- 1/2 Cup almond flour
- 1/4 Cup chocolate chips

 230 Kcal  14g Protein  4.8g Fiber **PER SERVING**

1 Serving Ingredients

You can't only make one brownie, you will have to make the whole tray.

Preparation

Preheat the oven to 350°F (175°C) and grease a baking dish.

In a large mixing bowl, combine the protein powder, almond flour, cocoa powder, baking powder, and salt.

In a separate bowl, whisk together the Greek yoghurt, almond butter, honey (or maple syrup), eggs, and vanilla extract.

Pour the wet ingredients into the dry ingredients and mix until well combined. Fold in the dark chocolate chips.

Pour the batter into the greased baking dish and spread it evenly.

Bake for 20-25 minutes or until a toothpick inserted into the center comes out with a few moist crumbs.

Allow the brownie to cool before cutting into squares.





10 Min



850 Calories



4 Servings



Ingredients *(4 Servings)*

- 1 Avocado
- 1 Cup corn kernels
- 1 Can black beans
- 1 Cup tomatoes

 215 Kcal  9g Protein  12g Fiber **PER SERVING**

1 Serving Ingredients

1/4 Cup avocado | 1/4 Cup corn Kernels | 1/4 Cup black beans |
1/4 Cup tomatoes

Preparation

In a large bowl, combine the black beans, corn kernels, cherry tomatoes and avocado.

Toss gently to mix well.

Serve immediately and enjoy!





30 Min



1656 Calories



6 Servings



Ingredients *(6 Servings)*

1 Tablespoon taco seasoning
1/4 Cup Cilantro, 1/2 Cup corn kernels, Olive oil, 1 serving Lettuce, 1 cup Tomatoes, 1/2 cup Black beans, 1 cup Quinoa, 1/2 cup Onion, 1/2 cup, Bell peppers, 1/2 cup 6 Flour tortillas, 1 cup Vegan cheese, 1/4 Vegan cream

 276 Kcal  7g Protein  5.7g Fiber **PER SERVING**

1 Serving Ingredients

Make a small portion of the filling, use one tortilla - Measure your ingredients and log them in your food tracking app.

Preparation

In a large bowl, combine quinoa, black beans, corn, tomatoes, lettuce, red onion, bell peppers, cilantro, and taco seasoning. Mix well.

Place a large flour tortilla on a clean surface. Spoon about 1/2 cup of the quinoa mixture onto the center of the tortilla.

Sprinkle some vegan cheese on top of the quinoa mixture.

Fold the sides of the tortilla towards the center, covering the filling. Then fold the bottom of the tortilla up towards the center, creating a rectangular shape.

Heat olive oil in a large skillet over medium heat. Place the folded tortilla, seam side down, onto the skillet. Cook for about 2-3 minutes on each side, until golden brown and crispy.

Repeat steps 3-5 with the remaining tortillas and filling.

Serve the vegan crunch wraps with vegan sour cream and salsa on the side.



LEMON KALE TOFU PASTA



Meat Free Bar



10 Min



1180 Calories



4 Servings



Ingredients *(4 Servings)*

2 Tablespoons Lemon Juice
Splash of Olive oil
1 Onion
Garlic
2 Cups kale
116g Pasta (Cooked)
Salt and pepper
Tofu, cubed, 1 extra firm, drained (200 g)

295 Kcal 15g Protein 4.1g Fiber **PER SERVING**

1 Serving Ingredients

1/2 tablespoon lemon juice | Splash of olive oil | 1/4 Onion, finely chopped | Garlic | 1/2 Cup kale | 30g Pasta | Salt and pepper | 50g Tofu, cubed

Preparation

Cook the pasta according to package instructions. Drain and set aside. In a large skillet, heat the olive oil over medium heat. Add the diced onion and minced garlic, and sauté until the onion becomes translucent. Add the crumbled tofu to the skillet and cook until lightly browned. Stir in the chopped kale and cook until wilted. Add the cooked pasta to the skillet and toss to combine. Squeeze the lemon juice over the pasta and season with salt and pepper to taste. Cook for an additional 1-2 minutes to allow the flavors to meld together.



EASY CRUSTLESS QUICHE



45 Min



1303 Calories



6 Servings



Ingredients *(6 Servings)*

- 1/2 Cup heavy cream
- 6 Eggs
- 1 Cup mushrooms
- Splash of Olive oil
- 1 Onion & 1 bell pepper
- 1 Cup spinach
- 1/2 Cup cherry tomatoes
- 1/2 Cup cheddar cheese

 217 Kcal  10g Protein  1g Fiber **PER SERVING**

1 Serving Ingredients

20ml Heavy cream | 1 Eggs | Salt & Pepper | 40g Mushrooms | Olive oil |
15g Onion | 30g Bell pepper | 40g Spinach | 20g Cherry tomatoes |
20g Cheddar cheese

Preparation

Preheat the oven to 350°F (175°C).

Heat olive oil in a skillet over medium heat. Add onions and bell peppers, sauté until softened. Add spinach, mushrooms, and cherry tomatoes to the skillet. Cook until the vegetables are tender and any excess moisture has evaporated.

In a mixing bowl, whisk together eggs, heavy cream, salt, and black pepper.

Grease a 9-inch pie dish and spread the cooked vegetables evenly on the bottom. Pour the egg mixture over the vegetables.

Sprinkle shredded cheddar cheese on top.

Bake in the preheated oven for 25–30 minutes, or until the quiche is set and golden brown on top.

Remove from the oven and let it cool for a few minutes before slicing and serving.



VEGGIE HUMMUS WRAPS



10 Min



1030 Calories



4 Serving



Ingredients *(4 Servings)*

1/4 Cup feta cheese
1 Cup cucumber
1 Cup lettuce
1 Cup tomatoes
1 Cup hummus
4 Tortilla wraps
1/2 Cup of olives
Salt and pepper

 258 Kcal  10g Protein  6.2g Fiber **PER SERVING**

1 Serving Ingredients

1 Tablespoon feta cheese | 1/4 Cup cucumber | 1/4 Cup lettuce
| 1/4 Cup tomatoes | 1/4 Cup hummus | 1 Tortilla wrap |
2 Tablespoons Olives | Salt and pepper

Preparation

Spread a generous amount of hummus evenly on each tortilla wrap.
Top with shredded lettuce, diced tomatoes, sliced cucumbers, black olives, and crumbled feta cheese.
Season with salt and pepper to taste.
Roll up each wrap tightly, tucking in the sides as you go.
Slice the wraps in half diagonally and serve.



BASIC CHICKPEA SALAD



Meat Free Bar



40 Min



600 Calories



2 Servings



Ingredients *(2 Servings)*

1 can chickpeas, drained and rinsed
1 Cucumber
1 Tomato
1/4 Onion
2 Tablespoons lemon juice
Splash of olive oil
Salt and pepper to taste

300 Kcal 13g Protein 12g Fiber **PER SERVING**

1 Serving Ingredients

1/2 Can chickpeas | 1/2 Cucumber | 1/2 Tomato | 1 tablespoon onion |
1 tablespoon lemon juice | Splash of olive oil | Salt and pepper

Preparation

In a large bowl, combine chickpeas, cucumber, tomato, and red onion. Drizzle with lemon juice and olive oil. Season with salt and pepper. Toss to combine all ingredients. Refrigerate for at least 30 minutes before serving.





Seitan



Nuts, Seeds & beans



Tempeh



Quinoa



Chia Seeds



Green Veg

Reminder

Yes, it will be tougher to hit protein targets if you are not eating meat, but you don't need to hit protein targets for fat loss to take place. You can eat your normal, everyday nutrient dense meals that you would eat, and fat loss can still take place if you are creating a calorie deficit.

Google & chatGPT will be your friend when it comes to finding new, meat free, recipes. Again, as long as they form part of your calorie plan, all will be ok.



NOT KAK FANCY **RECIPE BOOK**

This recipe book is property of Project Progress Academy, which is owned by Mandy Meyer. If you are caught distributing this recipe book to anyone, you will be fined and legal action will be taken.