

Breakfast Recipe Guide



Poached Egg, Feta & Avocado on Toast

Ingredients

- 2 large eggs
- 2 slices whole grain bread
- Half medium Avocado
- 30g light feta cheese



1. Fill a large saucepan with water and heat over a hot heat until boiling.
2. Reduce the heat, so the water is simmering and use a spoon to swirl the water
3. Crack both eggs into the swirling water and cook for 3mins.
4. Whilst eggs are cooking, mash the avocado with a fork into a bowl and crumble the feta into the mix.
5. Toast the bread.
6. Add the avocado and feta mix onto the toast and then lay the poached egg on top of each.
7. Season with salt & pepper.

Calories:466 Protein:30g Fat:24g Carbs:31g

Double Choc & Peanut Butter Overnight Oats

Ingredients

- 50g rolled oats
- 150ml almond milk
- 40g choc whey protein
- 1 tbsp. Cacao powder
- 1 tbsp. Peanut butter (20g)



1. Add milk into microwaveable sealable container
2. Add oats, protein and cacao
3. Stir until all ingredients mixed well together
4. Seal container and store in the fridge overnight
5. Remove lid, and microwave for 2 minutes (stirring half way through)
6. Mix in the peanut butter

Calories:488 Protein:46 Fat:16 Carbs:38

Strawberry & Yogurt Parfait

Ingredients

- 150g sliced strawberries
- 1 tsp. Sugar
- 150g Fat free Greek yogurt
- 30g Granola



1. Combine strawberries and sugar in a small bowl and let stand until the berries start to release juice, about 5 minutes.
2. To assemble parfait, layer yogurt and strawberries with their juice in a large glass or sealable container.
3. Top with granola

Calories:314 Protein:20 Fat:7 Carbs:49

Lunch & Meal prep Recipe Guide



Taco Bowl Meal Prep

Ingredients

- 250g packet of microwave rice (Mexican flavour)
- 450g chicken breast, chopped
- 225g frozen chopped peppers
- Fajita/taco seasoning
- 60g reduced fat cheese
- Jalapeños
- Salsa
- Sour cream



1. Preheat oven to 200 degrees (c)
2. Season chicken breasts with Mexican seasoning
3. Cook chicken for 20-25mins, until cooked through and piping hot with juices running clear.
4. Whilst chicken is cooking, separate 85g rice and 75g peppers (not cooked) into 3 separate Tupperware containers
5. Add cooked chicken to the Tupperware's and sprinkle with cheese, salsa, jalapeños and sour cream.
6. Store in a sealed container in the fridge for up to 2 days
7. To cook, remove lid and microwave for 3mins until piping hot

Calories: 451 Protein: 46g Fat: 13g Carbs: 32g per serving

Makes 3 servings

Chicken, Sweet Potato & Greens Meal prep

Ingredients

- 3 x 150g chicken breasts
- 3 x seasonings of choice
- 600g sweet potato
- 300g green beans
- 75g baby spinach
- Low calorie sauce e.g. hot sauce



1. Preheat oven to 200 degrees (c)
2. Season each chicken breast with your choice of seasonings
3. Chop the sweet potato into small chunks/cubes and season
4. Oven bake the chicken and sweet potato for 25 mins, until chicken fully cooked through and sweet potato soft
5. Whilst they're cooking, place the green beans into a bowl with a little salt and add boiling water and allow to blanch for 1-2mins
6. Once cooked lay each of the cooked ingredients on a bed of spinach in each Tupperware
7. Store in an airtight container and refrigerate once cool.
8. Microwave for 3-4mins until piping hot when ready to serve.

Calories: 366 Protein: 40g Fat: 2g Carbs: 42g per serving

Makes 3 servings

Honey Mustard Chicken Salad with Bacon & Avocado

Dressing

1. 50g honey
2. 1.5 tbsp. Mustard
3. 1tbsp. Dijon mustard
4. 1 tbsp. Olive oil
5. 1 tbsp. Apple cider vinegar (optional)
6. 1/2 tsp. garlic powder
7. Salt to season

Salad

1. 100g diced bacon medallions
2. 300g chicken breasts
3. 150g romain lettuce
4. 75g cherry tomatoes, sliced
5. 1/2 large avocado, sliced
6. 40g sweetcorn
7. 1/4 red onion, sliced



1. Combine all the dressing ingredients together to combine.
2. Using half of the dressing mixture, add to the chicken breasts and allow to marinate for 2 hours (if possible). Store the rest of the mixture in the fridge to use later.
3. Pan fry the chicken breasts until each side golden and completely cooked through. Once cooked, allow to rest.
4. Wipe the pan and pan fry the diced bacon until crispy.
5. Slice the chicken breasts into strips and prepare salad with leaves, tomatoes, avocado, corn, onion and chicken
6. Add 2 tbsp. Water to the remaining dressing and drizzle over the salad. Sprinkle with the bacon and season with salt and pepper.

Calories:469 Protein:48g Fat:17g Carbs:30g per serving

Makes 2 servings

Dinner Recipe Guide



Spicy Cheese, Chicken & Mexican Rice

Ingredients

- 300g chicken breast
- Mexican seasoning
- 400g tomato passata
- Jalapeños
- 60g light cheddar cheese
- 250g microwave rice
- Chopped onions
- Mixed bell peppers, chopped



1. Season chicken breast with Mexican seasoning
2. Pan fry chicken breast until completely cooked through and piping hot and juices running clear
3. Add peppers and onions whilst chicken is cooking
4. Microwave rice and add to the pan
5. Add the passata to the pan and stir everything together
6. Sprinkle cheese on top and sprinkle over jalapeños

Calories:543 Protein:50g Fat:9g Carbs:51g per serving

Makes 2 servings

Mozzarella Tomato & Pesto Chicken

Ingredients

- Chicken breast, 400g
- Green pesto (reduced fat), 2TBSP
- 1 large tomato, sliced 200g
- Shredded mozzarella, 60g



1. Place chicken breasts onto an oven proof dish
2. Cover chicken with pesto
3. Add sliced tomato on top of the pesto chicken
4. Sprinkle over mozzarella
5. Bake for 30-35minutes, until chicken is fully cooked through and juices running clear

Low calorie option: serve on top of fresh salad

Higher calorie option: serve with chopped garlic potatoes

Calories:419 Protein:57g Fat:17g Carbs:6g per serving

Makes 2 servings

Double baked Mexican sweet potato

Ingredients

- 2 large sweet potatoes
- 400g 3% lean steak mince
- Mexican seasoning
- 1/2 large avocado, diced
- Half can Mexican style beans
- Sour cream
- 40g reduced fat cheddar
- Salsa



1. Heat oven to 200 degrees (c).
2. Rinse the sweet potatoes and place on a foiled baking tray.
3. Bake for 1 hour, until potatoes are tender (turn potatoes half way)
4. Remove from oven and allow to cool for 5 minutes
5. In a pan, cook mince until browned, then add the seasoning and continue cooking until piping hot and cooked through.
6. Add the beans to the pan and mix together.
7. Scoop out the inside of the potato and add to a large bowl, add the beans and meat mixture to the bowl and stir.
8. Add the mixture into the potato skins and sprinkle with cheese.
9. Return to the oven to reheat.
10. Serve with avocado and sour cream.

Calories:550 Protein:54g Fat:21g Carbs:30g per serving

Makes 2 servings

I hope you enjoy these recipes and they come in handy. These are my personal go to recipes when I'm trying to lose some body fat. As you read in the eBook, you should try and find your own 3 favourites that you can re-use. This lets you easily prep and know exactly what you're getting calorie wise with no trouble at all!

As you can probably see I like Mexican food.. I've found Mexican can offer a lot of flavour whilst keeping the calories low. Which is a real win when you're on a diet! Not only is there flavour, but it also allows me to buy minimal ingredients as I can re-use for multiple recipes.

If you have anymore nutrition or fitness related questions, please shoot me an email tbfit.pt@gmail.com and I'll get back to you as quick as I can.

If you're a member at Virgin Active interested in personal training - please email tbfit.pt@gmail.com with the subject 'personal training'.

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The recipes presented are intended for entertainment and/or informational purposes and for use by persons having appropriate technical skill, at their own discretion and risk.

IN OTHER WORDS...

While I prepare the recipes at my own risk, I assume that should you desire to follow the recipes in this blog, you are doing so "at your own risk". I am not liable, not responsible and do not assume obligation for:

- Adverse reactions to food consumed such as food poisoning and any kind of food-borne disease
- Misinterpreted recipe
- Domestic accidents, including but not limited to fires in your kitchen, a cut finger or flour-covered kitchen countertop.

I make no warranties for the outcome of your food experiments.

Remember: cooking is very subjective. You and I might use different brands of the same ingredients. Our ovens might have different temperatures. Our cooking abilities might be at different levels. Before trying a new recipe, read and re-read the recipe. Make sure you're not allergic to any of the ingredients. Use the right amounts and tools. What you decide to do with the recipes here is your responsibility.

At this point, the recipes I post in the blog are created by others that I'm trying out. I indicate where I found it, so you can go and try it yourself.

Each recipe that I test, I post my own experience and not necessarily those of the recipe creator. If you decide to try the recipes yourself, you will do so at your own risk. Good luck!