

DELICIOUS and NUTRITIOUS MEALS IN MINUTES

MINIMAL FIT
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Use the guides below to create your own nutritious meals

- BREAKFAST -

	Base	Topping	Extras	
<p>Training Days 4 x a week</p>	<p>Oats</p> <p>1 Serving</p> <p>Women = 1/3 cup (50 g) Men = 1/2 cup (75 g)</p>	<p>Grapes Banana Blueberries Strawberries</p> <p>1 Serving</p> <p>1 Palm</p>	<p>Salt Cinnamon</p> <p>1 Serving</p> <p>Small Sprinkle</p>	<p>HOW to Cook</p> <ol style="list-style-type: none"> 1. Add water to oats 2. Microwave 90 sec 3. Add topping 4. Sprinkle extras
<p>Non-Training Days 3 x a week</p>	<p>Eggs</p> <p>1 Serving</p> <p>Women = Men = </p>	<p>Spinach Salmon Tomato Chicken Avocado Mushroom</p> <p>1 Serving</p> <p>Large Palm</p>	<p>Salt Pepper Olive Oil Chilli Flakes</p> <p>1 Serving</p> <p>Small Sprinkle</p>	<p>HOW to Cook</p> <ol style="list-style-type: none"> 1. Scramble eggs 2. Add spinach 3. Add salt, pepper, olive oil

- LUNCH / DINNER -

Training Days 4 x a week	Non-Training Days 3 x a week

Create Your Meal With The Foods Below

Protein	Vegetables	Clean Carbs	Good Fats	Extras
Cottage Cheese Chicken Salmon Prawns Turkey Mince Lamb Tuna Beef Pork Cod Eggs	Brussel Sprouts Pepper / Onion Mixed Veg Cauliflower Asparagus Cabbages Broccoli Carrots Spinach Beans Salad Kale	Butternut squash Buckwheat Pasta Sweet Potato Bulgur Wheat Black Beans Chick Peas Quinoa	Avocado Olive Oil Flax Oil Seeds Butter Nuts	Balsamic Vinegar Chilli Flakes Salt Pepper Herbs

- SUSTAINABLY SLIMMING SNACKS -

<p>Protein</p> <p>1-2 a day</p>	<p>Salmon Chicken</p> <p>Turkey Hummus</p> <p>Tuna Protein Shake</p> <p>Eggs</p> <ul style="list-style-type: none"> Organic and free range where possible Natural ingredients protein shake 	<p>Example Snacks</p> <p>Hummus + Carrots</p> <p>Hard boiled Eggs</p> <p>Tin of Tuna with Salad</p>
<p>Fruit</p> <p>1-2 a day</p>	<p>Grapes Strawberries</p> <p>Apple Blueberries</p> <p>Banana Clementine</p> <ul style="list-style-type: none"> Organic where possible 	<p>1 Serving = Palm size</p> <p>1 x Apple</p>
<p>Nuts/Seeds</p> <p>1 per day</p>	<p>Peanuts Sunflower Seeds</p> <p>Brazils Pumpkin Seeds</p> <p>Almonds Walnuts</p> <p>Cashews Pecans</p> <ul style="list-style-type: none"> Raw, Un-processed, Non-salted, Non-roasted No dried fruit 	<p>1 Serving = Thumb size</p> <p>6 Almonds, 2 Brazils, 5 Walnuts, 7 Cashews</p>
<p>Treats</p> <p>2-3 a week</p>	<p>Greek Yogurt + Fruit (real fruit added)</p> <p>Skyr Yogurt + Fruit</p> <p>Dark Chocolate (85%) (4 squares max)</p> <p>Green & Blacks or Lindt</p>	<p>170 g 0% Greek Yogurt + Small Palm Blueberries</p> <p>2 Squares Green & Blacks 85% Chocolate</p>

- HYDRATION -

	Base	Extras	
<p>Water</p> <p>2-3 litres a day</p>	<p>Still Water Tap Water Sparkling</p>	<p>Lemon Lime Mint</p>	
<p>Tea</p> <p>2-3 cups a day</p>	<p>Breakfast Tea Herbal Tea Green Tea Red Bush</p>	<p>Almond Milk Oat Milk Milk</p>	
<p>Coffee</p> <p>1-2 cups a day</p>	<ul style="list-style-type: none"> Organic if possible Freshly Roasted NO Instant 	<p>Almond Milk Oat Milk Milk</p>	