

Simple & Basic Meal Ideas

Simple and basic meal ideas that can support your overall lifestyle.

8 Delicious Recipes including; Breakfast, Lunch, Dinner and Snacks

FITT WITH KRYSTAL

Breakfast Wraps

Ingredients:

2 mini-Tortilla Wraps

2 Eggs

Handful Spinach

1 Slice Light Cheese

1/2 Medium Tomato

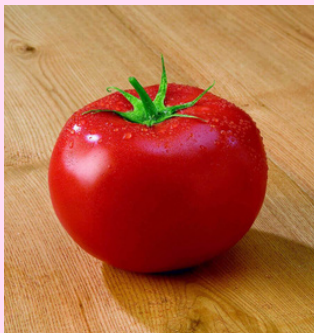
1/4 Avocado

Method:

Place eggs, spinach and tomato in a bowl and mix. Then add to a pan and cook until soft and golden. Then add mixture to wraps and top with cheese and avocado.

Calories: 449

Protein: 28.2grams



Egg Scramble with Cheese and Avocado

Ingredients:

2 Eggs
1/4 C Mushrooms
1/4 Brown Onion
Handful Spinach
1tsp Extra Virgin Olive Oil
1 Slice Light Cheese
1/4 Avocado

Method:

Cut up vegetables into diced pieces. Place sandwich thin in toaster. Meanwhile heat saucepan with oil and cook vegetables until soft. Then add in eggs until done. Then assemble on sandwich thins (avocado, cheese and egg mixture)

Calories: 450

Protein: 24grams



Yogurt and Berries

Ingredients:

200g Light Greek Yogurt

1/4 C Berries

1 TB Honey

Method:

Mix berries with the yogurt and top with honey.

Calories: 288

Protein: 12 grams



Fruit and Nuts

Ingredients:

1 medium Apple
10 Cashews unsalted
10 Almonds

Method:

Cut up apple and enjoy with nuts

Calories: 256

Protein: 5.1grams



Sweet Chilli Chicken Wrap

Ingredients:

150g Chicken Breast (cut into strips)

1 Rye Wrap

1/2 C Lettuce

1/2 Medium Tomato

1 Slice Light Cheese

1TB Light Sweet Chilli Sauce

1 TB Greek Yogurt

Method:

Cook chicken until golden, the slice tomato. Build the wrap up by lettuce, tomato cheese, chicken and sauces

Calories: 350

Protein: 44grams



Taco Bowl

Ingredients:

- 150g Chicken Mince
- 6g Salt Reduced Taco Seasoning
- 25g Light Cheese
- 125g Brown Rice
- 1/4 Avocado
- 1 C Lettuce
- 1/2 Medium Tomato

Method:

Cook mince in pan until brown, then add in seasoning. Cook rice as packet instructions followed by getting a bowl and then putting it all together. Add rice, then chicken, salad and top with avocado and cheese

Calories: 573

Protein: 46.2 grams



Crackers with Cheese

Ingredients:

x4 Vita Weat Crackers

x2 Slices Light Cheese

Method:

Break cheese slices in half and place on each biscuit

Calories: 230

Protein: 15 grams



Salsa with Cottage Cheese on Rice Crackers

Ingredients:

x2 Rice Crackers

1/4 Avocado

1/2 Medium Tomato

1/4 Red Onion

1 tsp Oregano

1 tsp Lime Juice

50g Cottage Cheese

Method:

Cut up tomatoes and onion, then mix in with avocado. Add in oregano and lime. Place mixture on crackers

Calories: 230

Protein: 15grams



Satay Chicken

Ingredients:

150g Chicken Breast

1 C Brown Rice

1 C Steamed Vegetables

Satay Seasoning

20mls Light Cream

Method:

Cook rice as per package instructions. Then steam the vegetables and cook the chicken until golden. Add seasoning and cream to chicken and stir through.

Calories: 566

Protein: 36grams



Spaghetti Bowl

Ingredients:

150g Lean Mince

1/2 C Protein Pasta

1C Green Beans

1TB Spaghetti Seasoning

3 TB Diced Tomatoes

25g Light Cheese

Method:

Cook pasta and beans as per package in instructions. Meanwhile cook the mince in a pan until brown and golden then add in seasoning and tomatoes. Serve all together and top with cheese.

Calories: 508

Protein: 50.8grams



NUTRITION TIPS/ GUIDES

Remember we are all different and require different amounts of nutrients and food. This is just a generic meal idea to show ways you can create a balanced lifestyle.

Tips;

- . Include all food groups into your day (protein, carbs, fats)**
- . Aim for protein in all meals (ie eggs, yogurts)**
- . Add in colour (veggies and salads) to increase volume with little calories**
- . Utilize the add in method (what can you add to make it more nutritious) ie add some yogurt to your oats in the morning)**
- . Utilise the portion control method of a plate (ie 1/2 plate veggies/salad, 1/4 plate lean meats. 1/4 plate carbs and thumb size of health fats)**