

my diet

30 OF MY
FAVOURITE
MEALS



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food which makes
me happy and lean

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MY PERFECT DIET

I would like to introduce you to my diet. A diet that I created so that I don't feel like I'm on a diet at all ;) I created meals for myself that made me feel happy and that made it easy for me to stick to my dietary guidelines. I know how difficult it is when you are not allowed to eat many things... I know what you feel and think... I know because I went through it myself. But by eating the meals that I am presenting to you here, you will never again feel like you are on a diet!



Kup ksi k

30 recipes

Main meals

- 1** Chicken breast with mozzarella
- 2** Beef courgette noodles
- 3** Chilli con carne
- 4** Courgette muffins
- 5** Courgette noodles with couscous
- 6** Spinach crepes
- 7** Turkey meatballs with courgette

Salads

- 15** Chicken salad with mango
- 16** Chicken salad with pecan nuts
- 17** Couscous salad with mozzarella
- 18** Smoked mackerel salad with penne
- 19** Smoked mackerel salad with avocado

Sweet meals

- 25** Banana protein waffles
- 26** Carrot omelette
- 27** Cocoa omelette with raspberries

Main meals

- 8** Courgette omelette
- 9** Fit burger
- 10** Mushroom penne
- 11** Omelette roll
- 12** Spinach & chicken penne
- 13** Tomato basil chicken with rice
- 14** Turkey mince with courgette

Salads

- 20** Smoked salmon & feta salad
- 21** Smoked salmon salad with olives
- 22** Sweet potato salad with cashew nuts
- 23** Sweet potato salad with olives
- 24** Tuna penne salad

Sweet meals

- 28** Mango cheesecake
- 29** Protein crepes
- 30** Protein porridge



Chicken breast with mozzarella

318 KCAL

9 G CARBS

14 G FATS

42 G PROTEIN

Ingredients

120 g chicken breast
50 g light mozzarella
50 g avocado
200 g courgette
seasonings of your choice



Directions

1. Slice the courgette, place it on tin foil, sprinkle it with spices, and roast in the oven
2. Season the chicken breast with the spices and steam it. Put the mozzarella at the end and wait 1-2 minutes until it melts slightly
3. Slice the avocado and arrange it on a plate
4. Put the courgette and the steamed chicken breast on the plate



Beef courgette noodles

365 KCAL

14 G CARBS

17 G FATS

35 G PROTEIN

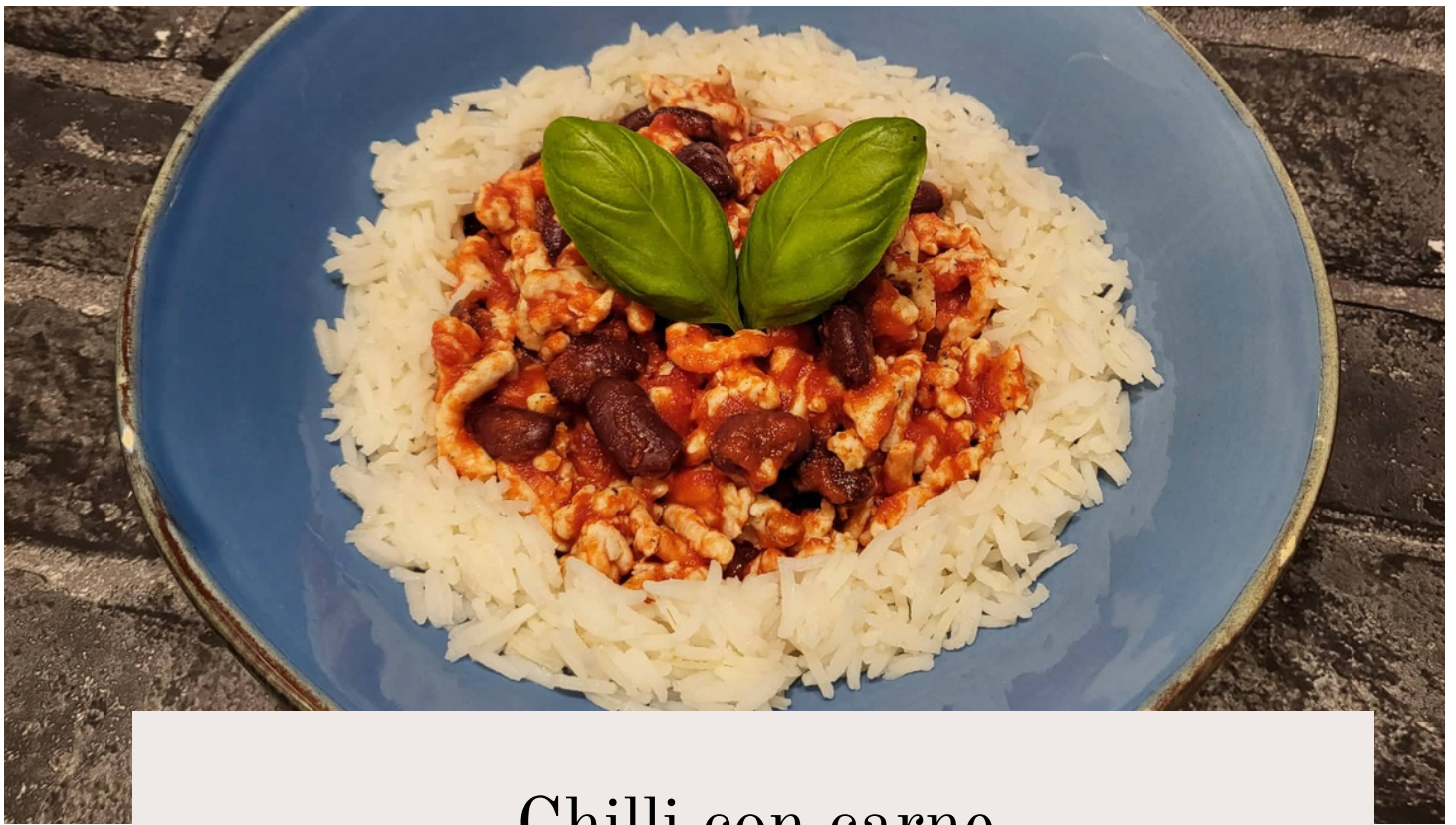
Ingredients

150 g lean beef mince
5 g olive oil
50 g onions
100 g canned tomatoes
200 g courgette
20 g low fat cheese



Directions

1. Fry the onions and the beef in half of the olive oil
2. Add the tomatoes and season with your favourite spices
3. Make courgette noodles using a spiralizer
4. Fry the noodles in the remaining olive oil. Sprinkle them with salt
5. Arrange the noodles on a plate. Put the meat in the middle
6. Top with the cheese and wait a while for it to melt a little



Chilli con carne

434 KCAL

51 G CARBS

8 G FATS

34 G PROTEIN

Ingredients

100 g turkey mince
5 g olive oil
50 g basmati rice
100 g canned tomatoes
50 g red kidney beans
50 g sweet corn

Directions

1. Cook the rice
2. Fry the turkey in the olive oil
3. Add the tomatoes, the sweet corn, and the beans
4. Season with salt , pepper and hot spices (chilli , cayenne pepper)
5. Put the rice on a plate
6. Place the chilli con carne on the top

