



SPITE  FITNESS

Low Carb Recipe Pack

Discover the collection of low-carb recipes, including breakfast, lunch dinner, treats and smoothie options.



www.SpiteFitness.com



HEALTHY FITNESS

Contents & Key

| | | | |
|----|------------------------------------|----|---|
| 9 | Turmeric Poached Egg | 37 | Black Bean Hummus |
| 11 | Omelet With Cottage Cheese & Basil | 39 | Kale & Tofu Salad With Peanut Butter Dressing |
| 13 | Herby Breakfast Sausages | 41 | Smoked Salmon & Strawberry Salad |
| 15 | Avocado & Egg Paste | 43 | Cucumber, Avocado & Chicken Salad |
| 17 | Cottage Cheese Protein Pancakes | 45 | Pear, Cured Ham & Walnut Salad |
| 19 | Tropical Gluten Free Granola | 47 | Easy Greek Zoodle Salad |
| 21 | Smoked Mackerel & Egg Paste | 49 | Crushed Cucumber Salad With Salmon |
| 23 | Egg Broccoli & Ham Muffins | 51 | Healthy Coronation Chicken Salad |
| 25 | Egg, Bacon & Avocado Bowl | 53 | Grilled Vegetable Salad With Tuna |
| 27 | Asian Scrambled Eggs | 55 | Low Carb Turkey Salad |
| 29 | Zucchini Fries | 57 | Salmon Spring Rolls |
| 31 | Tofu Caesar Summer Rolls | 59 | Cod With Creamy Zoodles |
| 33 | Sweetcorn Fritters | 61 | Jerk Chicken With Cauliflower Rice |
| 35 | Tofu & Green Peas Paste | 63 | Grilled Lemon Chicken Salad |

Contents & Key

65 Homemade Quinoa Chicken Nuggets

67 Sesame & Ginger Beef With Zucchini Noodles

69 Tom Yum Soup With Shrimps

71 Warm Salmon & Quinoa Salad

73 Strawberry Protein Muffins

75 Peanut Butter Protein Fluff

77 Low Carb Banana & Strawberry Cake

79 Healthy Ferrero Rocher

81 Fit Almond Energy Balls

83 Mocha Truffles

85 Vegan Crème Brulee

87 Banana Chocolate Bites

GF Gluten Free

DF Dairy Free

LC Low Carb (20g- serve)

MP Meal Prep/Freezer Friendly

HP High Protein (20g+ per serve)

V Vegetarian

Q Quick (under 30 mins)

N Contains Nuts

SPITE FITNESS

Sample Weekly Meal Planner 01

| | Breakfast | Lunch | Snack | Dinner |
|-----|---------------------------------|---|--|---|
| Mon | Herby Breakfast Sausages | Pear, Cured Ham & Walnut Salad | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Jerk Chicken with Cauliflower Rice |
| Tue | Herby Breakfast Sausages | Leftover Jerk Chicken with Cauliflower Rice | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Tom Yum Soup With Shrimps |
| Wed | Turmeric Poached Egg | Healthy Coronation Chicken Salad | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Leftover Tom Yum Soup With Shrimps |
| Thu | Asian Scrambled Eggs | Healthy Coronation Chicken Salad | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Homemade Quinoa Chicken Nuggets With Side Of Choice |
| Fri | Cottage Cheese Protein Pancakes | Leftover Homemade Quinoa Chicken Nuggets | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Warm Salmon Quinoa Salad |
| Sat | Turmeric Poached Egg | Grilled Vegetable Salad With Tuna | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Meal Out - Enjoy! |
| Sun | Cottage Cheese Protein Pancakes | Pear, Cured Ham & Walnut Salad | E.g. Banana Chocolate Bites, Fit Almond Energy Balls | Leftover Warm Salmon Quinoa Salad |

Weekly Shopping List for Meal Plan 01

| Fruits, Vegetables | Meat, Dairy, Non-Dairy | Grains, Seeds & Spices | Cans, Condiments, Misc |
|--|--|---|--|
| <p>Fruits</p> <ul style="list-style-type: none"> • 3 bananas • 1 pear • 3 lemons • 3 limes <p>Vegetables</p> <ul style="list-style-type: none"> • 1 large bag spinach • 2 tomatoes • 1 bag rocket • celery • 1 bulb garlic • 2 zucchinis • bunch asparagus • 14 oz. (400g) cauliflower rice • 1 onion • 3.5 oz. (100g) shitake mushrooms • 1 red bell pepper • 7 oz. (200g) sugar snaps <p>Herbs</p> <ul style="list-style-type: none"> • sage • basil • mint • coriander • parsley • chives <p>Dried</p> <ul style="list-style-type: none"> • 6 apricots | <p>Fish, Seafood</p> <ul style="list-style-type: none"> • 7 oz. (200g) shrimps • 4 salmon fillets <p>Meats</p> <ul style="list-style-type: none"> • 9 oz. (250g) ground pork • cured ham • 5 oz. (150g) cooked chicken • 2 lbs. (900g) chicken breast <p>Dairy</p> <ul style="list-style-type: none"> • cottage cheese • blue cheese • Greek yogurt • Parmesan <p>Non-Dairy</p> <ul style="list-style-type: none"> • 6 eggs | <p>Grains</p> <ul style="list-style-type: none"> • wheat flour • quinoa • almond meal <p>Nuts, Seeds</p> <ul style="list-style-type: none"> • pine nuts • walnuts • pistachio nuts <p>Spices</p> <ul style="list-style-type: none"> • turmeric • curry powder • thyme • allspice • garlic powder • cinnamon • cayenne pepper • fish spices | <p>Oils</p> <ul style="list-style-type: none"> • olive oil • coconut oil <p>Cans, Condiments</p> <ul style="list-style-type: none"> • white wine vinegar • mayonnaise • 2 cans tuna in olive oil • 1 light coconut milk (canned) • 1 full fat coconut milk (canned) • tom yum paste • fish sauce • natural peanut butter <p>Sweeteners</p> <ul style="list-style-type: none"> • coconut sugar • maple syrup • honey <p>Misc, Other</p> <ul style="list-style-type: none"> • vanilla extract • vegetable stock cubes • dark chocolate chips • desiccated coconut |



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