

MY TIPS FOR PREPARING QUICK CONVENIENT MEALS

USE A VARIETY OF MARINADES AND SEASONINGS TO ON YOUR MEATS, THESE ARE SOME OF MY FAVOURITES, BUT THERES SO MUCH TO CHOOSE FROM.



THESE ARE SO CONVENIENT IF YOUR LOW ON TIME, THE MAGGI PAPERS ESPECIALLY WRAP CHICKEN OR TURKEY AND PUT THEM ON A GEORGE FOREMAN GRILL AND THEY WILL BE READY IN UNDER 10 MINS ANOTHER QUICK AND EASY SOLUTION WHICH LETS YOU GET ONTO OTHER THINGS IS COOK A CHICKEN BREAST IN A MARINADE IN THE OVER, SLICE INTO PIECES AND MAKE INTO A WRAP AND ADD SOME VEGETABLES OR SALAD TO BULK IT UP. ILL MADE A VIDEO ON THIS.

HEALTHY BANGERS N MASH

THIS MEAL TAKES NO TIME AT ALL UNDER 20 MINUTES, HECK SAUSAGES UNDER THE GRILL, AIR FRYER OR OVEN TAKE AROUND 12 MINUTES, THEN A PRE MADE SWEET POTATO MASH IN THE MICROWAVE 2 AND HALF MINUTES, EVEN ADD MIXED VEGETABLES COOKED ON THE HOB



OMELETTE MAKER

THESE THING ARE A GOD SEND, YOU CAN PICK ONE UP FOR AROUND £10-15, ITS THE BEST MONEY YOU WILL SPEND. PERFECT OMLETTE IN UNDER 8 MINUTES, YOU CAN FILL IT WITH WHATEVER YOU WANT... WITHIN REASON. STICK TO EGG WHITES ONLY, GREAT WAY TO GET YOUR PROTEIN INTAKE UP



BATCH MAKE SWEET POTATO COTTAGE PIE

USING LEAN BEEF MINCE, FOLLOW THE INTRUCTIONS ON THE BACK OF THE PACKET, FRYING THE MINCE AND ONIONS AND ANY OTHER VEGETABLES YOU WISH TO ADD, MIX IN WITH THE SATCHET, LET SIMMER THEN POUR INTO LARGE CASSEROLE DISH THEN TOP WITH SWEET POTATO MASH, THIS CAN THEN BE PUT INTO TUPPAWARE AND KEPT IN THE FRIDGE OR FREEZER.

TASTES GREAT WARMED UP



BBQ HECK OR TURKEY SAUSAGE TRAY BAKE



THIS IS ANOTHER EASY FIX FOR THOSE LONG DAYS AND YOU HAVENT GOT TIME, LITERALLY BANG ALL THE INGREDIENTS IN A LARGE CASSEROLE DISH/LASAGNE TRAY, ONIONS, PEPPERS, CHICKEN OR TURKEY SAUSAGES WITH THE SATCHET AND BANG IN THE OVEN FOR 30 MINS. SERVE WITH WHOLE TRAIN RICE

FAKEAWAY OPTION

ENJOY A CHICKEN TIKKA KEBAB FROM YOUR OWN KITCHEN, USING CHICKEN BREASTS AND FOLLING THE INSTRUCTIONS, DICE CHICKEN BEFORE MARINADING, SERVE IN PITTA BREAD OR A LOW CALORIE NAAN IF YOU HAVE THE CALORIES WITH LETTUCE ONIONS AND HOME MADE MINT YOGURT DRESSING. OR KEEP IT CLEAN WITH SOME WHOLEGRAIN RICE



REMEMBER WHEN ADDING TO MY FITNESS PAL YOU NEED TO ACCOUNT FOR ALL INGREDIENTS INCLUDING THE SATCHETS SUGGESTED