



**SLIM FIT**

# **TOP 3 HEALTHY RECIPES!**

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WITH HEALTHY RECIPES**

**(SUBSTITUTING UNHEALTHY FOODS)**

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# #1 HIGH PROTEIN STACKED BREAKFAST MUFFINS

## DIRECTIONS:

- Start by cracking 6 eggs into a bowl & season with 1 tsp each of salt, black pepper, chives, onion powder, garlic powder & chilli powder. Whisk the eggs & pour them into a lightly greased baking dish (27.5cm x 17.5cm) Give it one more mix then bake it in the oven at 200C/ 400F for 10 - 15 minutes.
- Once cooked let it cool for 2 minutes & slice the egg into 6 equal pieces. In a separate bowl add 900g of extra lean beef mince followed by the same amount of seasonings used above for the eggs. Mix well to combine & form 12 equal balls weighing approximately 75g each.
- Cook 6 slices of short cut bacon on a pan with the stove on high heat until crispy then set the bacon aside. Use your hands to flatten each ball of meat as thin as you can in a round shape.
- Cook the thin meat patties using the same pan on high heat for 2 minutes on each side. Cut each slice of cheese in half then toast 1 english breakfast muffin & prepare to assemble the muffin. Start by adding 1 slice of egg on the bottom bun followed by one meat patty, 1/2 slice of cheese, another beef patty, the other 1/2 of the cheese, one piece of bacon & the top bun.

Repeat the process for the other 5 breakfast muffins. Store in the fridge or freezer & reheat when ready to eat. Once reheated add 15g of spicy mayonnaise under the top bun & enjoy!



## INGREDIENTS:

- 6 Eggs (whisked)
- 1 Tsp Each Salt, Black Pepper, Chives, Onion Powder, Garlic Powder & Chilli Powder (optional & customisable)
- 900g Extra Lean Beef Mince (form twelve 75g balls & flatten)
- 6 Slices Short Cut Bacon (25g each - or Turkey bacon)
- 6 Toasted Breakfast Muffins (Brand: TipTop)
- 6 Slices Natural Cheddar Cheese (Brand: Dairyworks)
- 15g Spicy Mayonnaise (per muffin - Brand: Flying Goose)



## **NUTRITIONAL INFORMATION:**

- (PER MUFFIN - 6 TOTAL)
- 448 CALORIES
- 18G CARBS | 18G FAT | 50G
- PROTEIN

## **Reheat Instructions:**

- ▶ Thaw one in the fridge overnight then remove the foil & microwave on each side for 1 minute.
- ▶ Now remove the baking paper & oven bake at 200C/ 400F for 5 - 7 minutes (cut in half to ensure it's warm in the middle, if not bake for an additional few minutes)





# #2 LOW CALORIE & HIGH PROTEIN JALAPENO POPPERMUFFINS

## DIRECTIONS:

- Start by cracking 6 eggs into a bowl then whisk them & pour them into a lightly greased baking dish (27.5cm x 17.5cm)
- Season the eggs generously with salt, pepper & chives. Give it one more mix then bake it in the oven at 200C/400F for 10 - 15 minutes. Once cooked let it cool for 2 minutes & slice the egg into 6 equal pieces. In a separate bowl add 5 servings of room temperature light laughing cow cheese wedges & use a spoon to soften & mix it together until you have a smooth texture (similar to cream cheese) Add 1 diced jalapeno, mix it together & set it aside.
- In a separate big bowl add 540g of extra lean beef mince followed by 1 tsp each of salt, black pepper, garlic powder, onion powder, sage, thyme & smoked paprika. Mix well & using your hands form six 90g thin patties. Cook each beef patty using a pan with the stove on high heat for 2 minutes on each side (thin patties cook quicker & will avoid the meat from going dry) Toast one english breakfast muffin & prepare to assemble.
- Spread approximately 15g of the jalapeno & light cream cheese mixture evenly across the bottom bun followed by 4g of pre cooked diced short cut bacon, 1 slice of TipTop - cheddar cheese, 1 egg slice, 1 beef patty & the top bun. Repeat the process for the other 5 muffins & store in the fridge/freezer then reheat when ready to eat.



55

## INGREDIENTS:

- 6 Eggs (whisked & seasoned with chives, & pepper)
- 6 Servings Room Temperature Light Laughing Cow Cheese (or 90g light cream cheese)
- 1 Diced Jalapeno
- 540g Extra Lean Beef Mince (form six 90g patties)
- 1 Tsp Each Salt, Black Pepper, Garlic Powder, Onion Powder, Sage, Thyme & Smoked Paprika
- 6 English Muffins (Brand: toasted)
- 6 Slices Cheddar Cheese (Brand: Dairyworks Natural Cheddar Cheese)
- 24g Pre Cooked Diced Bacon or Turkey Bacon (4g per muffin)
- Salt



## NUTRITIONAL INFORMATION:

- PER MUFFIN - 6 TOTAL)
- 385 CALORIES
- 22G CARBS
- 113G FAT
- 141.5G PROTEIN

## Reheat Instructions:

- ▶ Thaw one in the fridge overnight then remove the foil & microwave on each side for 1 minute. Now remove the baking paper & oven bake at 200C/400F for 5 - 7 minutes (cut in half to ensure it's warm in the middle, if not bake for an additional few minutes)





# #3 HIGH PROTEIN CRISPY CHICKEN SANDWICH

## DIRECTIONS:

- Start by grabbing 340g of raw chicken breast & tenderising it to slightly flatten it, this will help it cook quicker & more evenly.
- Once the chicken is tenderised cut it into two equal pieces weighing 170g each. Season both pieces of chicken on each side with salt, pepper, garlic powder, smoked paprika & chilli powder (seasonings can be customised to suit your liking).
- Place 30g of cornflakes and a pinch of each seasoning in a plastic bag or plate. Crush and mix the cornflakes. In a bowl, whisk 1 egg with 1 Tbsp hot sauce. Dip chicken pieces in the egg mixture, then coat with the crushed cornflakes, letting excess egg drip off. Ensure an even coating.
- Spray the chicken with light cooking oil spray (example: Frylight) & air fry at 190 degrees celsius for 15 - 18 minutes OR bake in the oven at 200 degrees celsius for 18 - 20 minutes (times may vary depending on the oven/air fryer) While the chicken is cooking toast up 2 Aldi brioche buns, cut 8 slices of pickles & also make the spicy sauce. "make it brief"
- To make the spicy sauce in a bowl mix together 100g of plain low fat greek yoghurt, 1 tsp of hot sauce, 1.5 tsp of honey, a dash of smoked paprika & mix it together.
- Once the chicken is cooked assemble each sandwich by placing 1/2 of the sauce on the bottom bun, 4 slices of pickles, 1 piece of chicken, the top bun & repeat the process for the other sandwich. (drizzle any leftover sauce over the chicken)





45



## INGREDIENTS:

- 2 x Toasted Aldi Brioche Buns 1 Egg (whisked/mixed) Pickles (8 small slices - 4 slices per sandwich) 340g Chicken Breast (row - thinly cut & tenderised into two 170g pieces) 30g Cornflakes (crushed) 1 Tbsp Hot Sauce (Brand: Franks Redhot Sauce) 20g Plain/All Purpose Flour (Brand: Vetta Smart Plain Protein Flour) Salt, Pepper, Garlic Powder, Smoked Paprika, Chilli Powder (optional & customisable)
- **Sauce:** 100g Low Fat Greek Yoghurt (can be substituted for light or fat free mayonnaise) 1.5 Tsp Honey 1 Tsp Smoked Paprika 1 Tsp Hot Sauce (Brand: Franks Redhot Sauce)



## NUTRITIONAL INFORMATION:

- PER SANDWICH 3 TOTAL
- 458 CALORIES
- 4186 CARBS
- 16.5G FAT
- 151G PROTEIN





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