



7 Perfect Fitness Meals To Fuel Your Day!

Welcome to the **7 Perfect Fitness Meals Guide!**

Hi and welcome to the 7 Perfect Fitness Meals Guide!

My name is Tilda Bexell and I'm the one behind this guide! This Guide is the start to your new healthy journey! **To get in shape**, we need good **recipies**, a good **workout program** and a **good diet plan**. The recipies you got here. For workout program I made the guide **Build&Burn - Booty Build Workout Guide** and for a good Diet Plan, I made the Guide "**Get Shredded**". You can get these guides by **emailing** me at tilda@wildpurpose.com

Here I have collected 7 of my favorite meals. I love these meals and I'm sure you will too. They're all very easy to do and very diet-friendly. Every meal has instructions and all the ingredients needed for the recipe. I have also set the calories for one serving of the recipe. This you can do whatever you want it, I always find it helpful so I can adjust the recipe to my current diet goal. Don't stare yourself blind on the one serving words, you can eat how much you want. It's just so you have something to go after.

If you have any questions whatsoever, send me a message at [@tildabexell](https://www.instagram.com/tildabexell) on instagram, snapchat, twitter, or which app you like the most you know I'm there;). Or email me at tilda@wildpurpose.com.

Let's start cooking!



Recipe:

Protein Breakfast

Ingredients:

- 200gram of quark or greek yogurt.
- 50g of your choice of cereal or oats.
- Your choice of berries/fruit
- Stevia
- Some Milk

How to do it:

Put 200gram of quark of greek yogurt in a bowl (I'd recommend to weight it on a measuring path). Put some milk and stevia sugar in the bowl and mix it until the consistency is creamy. Weigh your choice of cereal and put it in the bowl. Then add your berries and it's done! Easy, high in protein and in carbs!



1 serving
337 calories
47g carbs
28g protein
2g fat



Recipe:

Protein Pancakes

Ingredients:

- 1.1 Cup (2,5 dl) Flour
- 1 teaspoon of baking powder
- 2 tablespoons of sugar
- 1 scoop of unflavored protein powder
- One egg
- 1.1 cup(2,5 dl) of milk
- 2 tablespoons of butter!
- salt

How to do it:

Melt the butter and let it cool down a bit.

Mix all the dry ingredients

Whip down the milk, butter and lastly the egg.

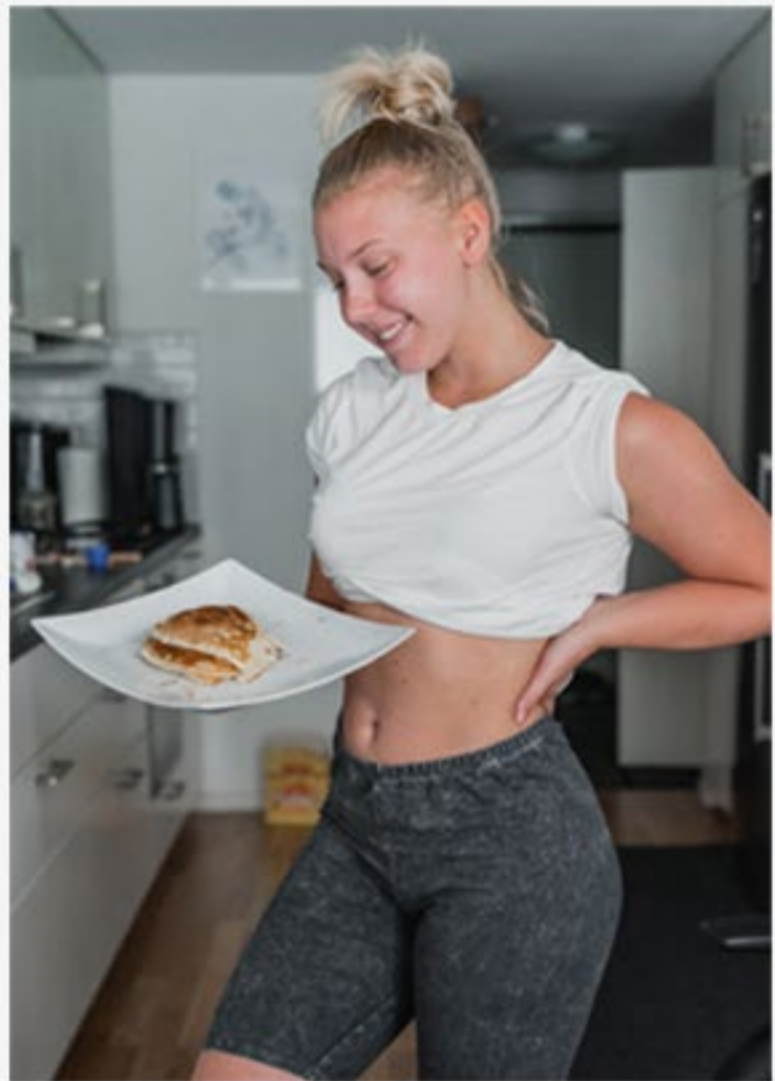
Fry them with butter and turn them around

when they start to get small bubbles

Then you're done!!

A very nice way to add some protein to your delicious pancakes

Tastes just as regular! Makes about 15 pancakes depending on size.



1 serving (ca 4 pancakes)
249 calories
37g carbs
12g protein
5g fat



Recipe:

Ham Sandwich

Ingredients

- 2 bread slices
- 1 tablespoon of butter
- 50g of ham
- 1/4 of an avocado
- 1 tomato

How To:

Start with roasting your bread slices, either in a toaster or on a pan. Smash the avocados and take some salt and pepper in the mix!

Put some butter on your bread slices

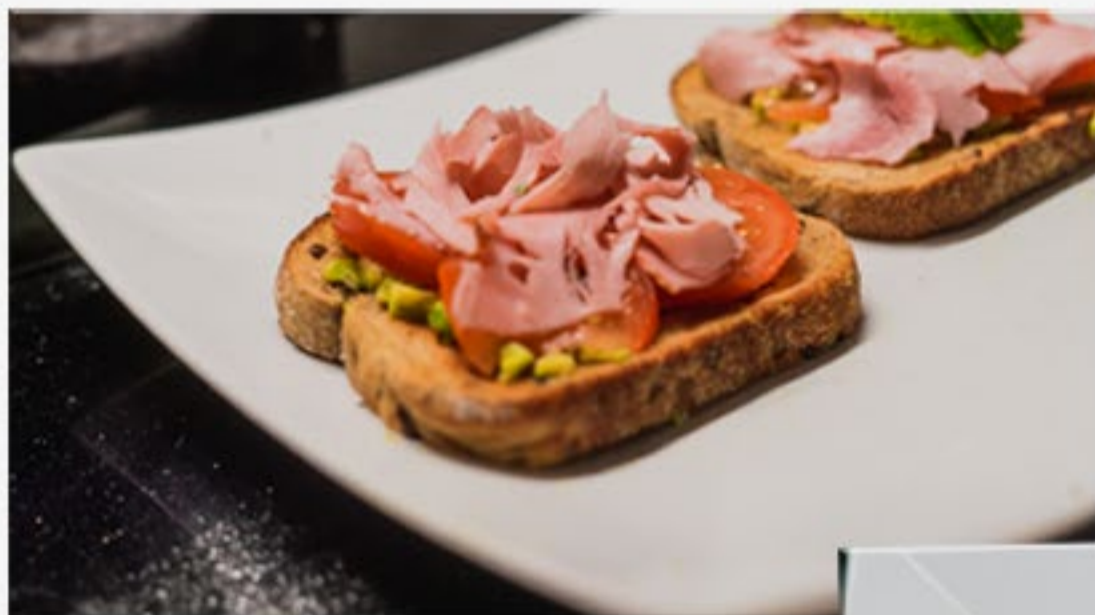
when they're done and then put on the avocado mix.

Slice some tomatoes and put them on the

bread slices. Then add some ham to your sandwich, and you're done!



1 serving (125g salmon)
292 calories
31g carbs
16g protein
12g fat



Recipe:

Club Sandwich

Ingredients:

- 2 bread slices
- 1 tablespoon of butter
- 150g chicken
- one salad leaf
- one cheese slice
- 1/4 red garlic
- 1 tomato
- 50g of quark or greek yoghurt
- seasoning
- garlic seasoning

How To:

Start with seasoning the chicken with salt, pepper and herbs of your choice. Fry the chicken on each side just so it gets a bit of color, then put it on a pan and put it in the oven at 175°C, (350 °F) until the chicken reached 79°C (174.2 °F). Which should take about 15-20 minutes depending on your oven. Check the chicken before serving to make sure it isn't pink.

While the chicken is in the oven, Prepare the vegetables. Then put some butter on your bread slices and fry them in a pan until they look toasted (you don't need extra butter on the pan if you don't want to). Put the cheese on the bread while on the pan until it melts a bit. Put the bread away from the pan when it's done.

Mix up some quark or greek yoghurt with a little bit of milk to make it more loose. Put your garlic seasoning in and mix it around. Take the vegetables and put it on one slice of the bread. Slice the chicken and put it on the bread, then take the second bread and put it on top!



1 serving
412 calories
29g carbs
49g protein
11g fat



Recipe:

Salmon with red onion and pepper

the recipe is made for two salmon pieces, 125g each. If you want to increase the portion, simply increase the tablespoons, etc. continuously with how much you increase the portions.

Ingredients:

- 250g Salmon
- 2 garlic cloves
- 1 teaspoon paprika powder
- 1 tablespoon of olive oil
- 1 bell pepper or 1/6 of an avocado
- 1 red onion
- 1 tablespoon of olive oil
- Lime juice from a whole lime
- salt and pepper
- 150g sweet potato fries

How to do it:

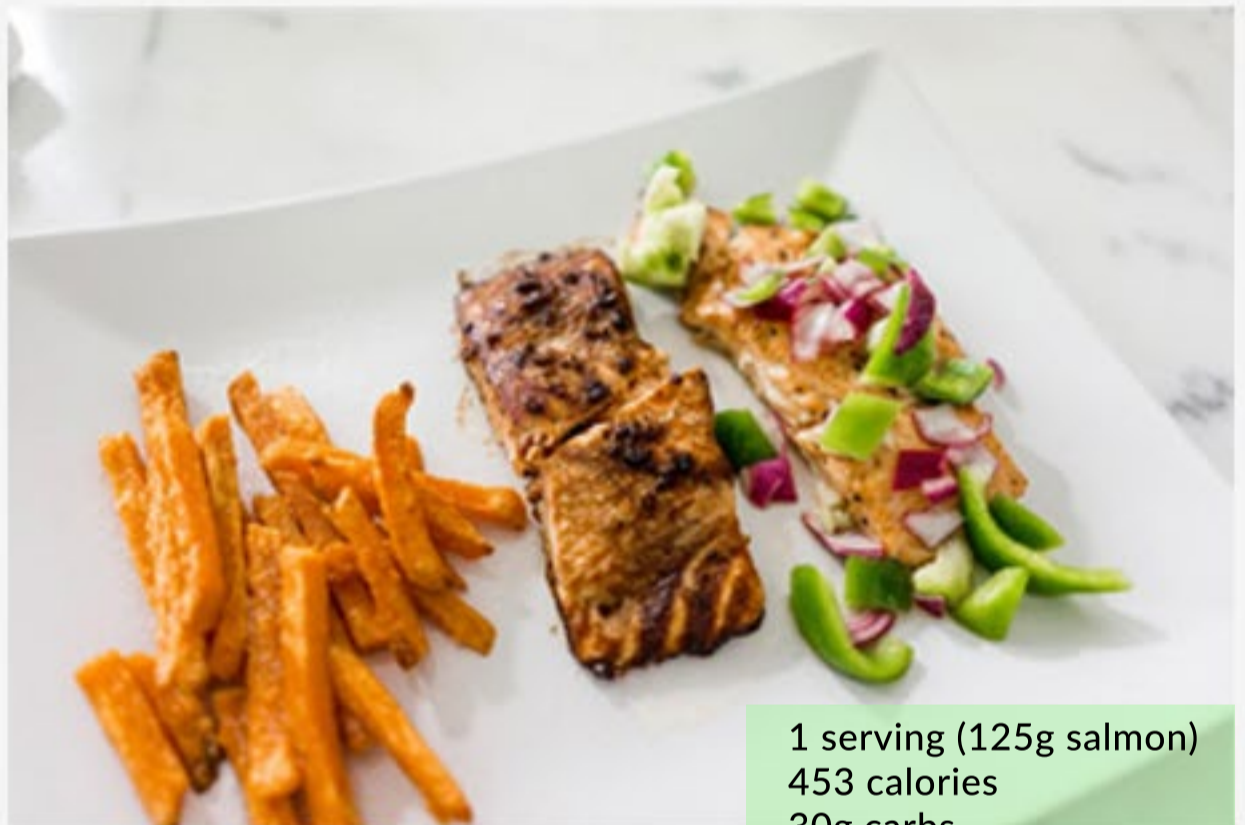
Turn on the oven at 200C Celsius. Put the sweet potatoe fries in the oven when the oven is done for 30-40 minutes if you have uncooked potatoes, if you got pre-made fries put them in the oven for 10-15 minutes. Chop the garlic cloves carefully and place them on the salmon pieces.

Divide the garlic evenly.

Pour in the olive oil and paprika powder, salt and pepper. Then roll around the salmon so it gets all the spices on both sides. Into the oven at 200C for 10-12 minutes.

Chop as long as the bell pepper and then the red onion into small pieces (you can also use avocado instead of bell pepper). Put the paprika and red onion in a bowl and squeeze in the lime juice. Pour also in 1 tablespoon of olive oil.

Take out the salmon and pour on the mixture, DONE!



1 serving (125g salmon)
453 calories
30g carbs
38g protein
25g fat



Recipe:

Salmon with soy & honey

the recipe is made for two salmon pieces, 125g each. If you want to increase the portion, simply increase the tablespoons, etc. continuously with how much you increase the portions.

Turn on the oven at 200C Celsius/ 392 degrees Fahrenheit

Ingredients:

- 250g salmon
- 2 garlic cloves
- 2 teaspoons of soy
- 2 teaspoons of honey
- 1 tablespoon of olive oil
- Salt and pepper
- 150g sweet potato fries

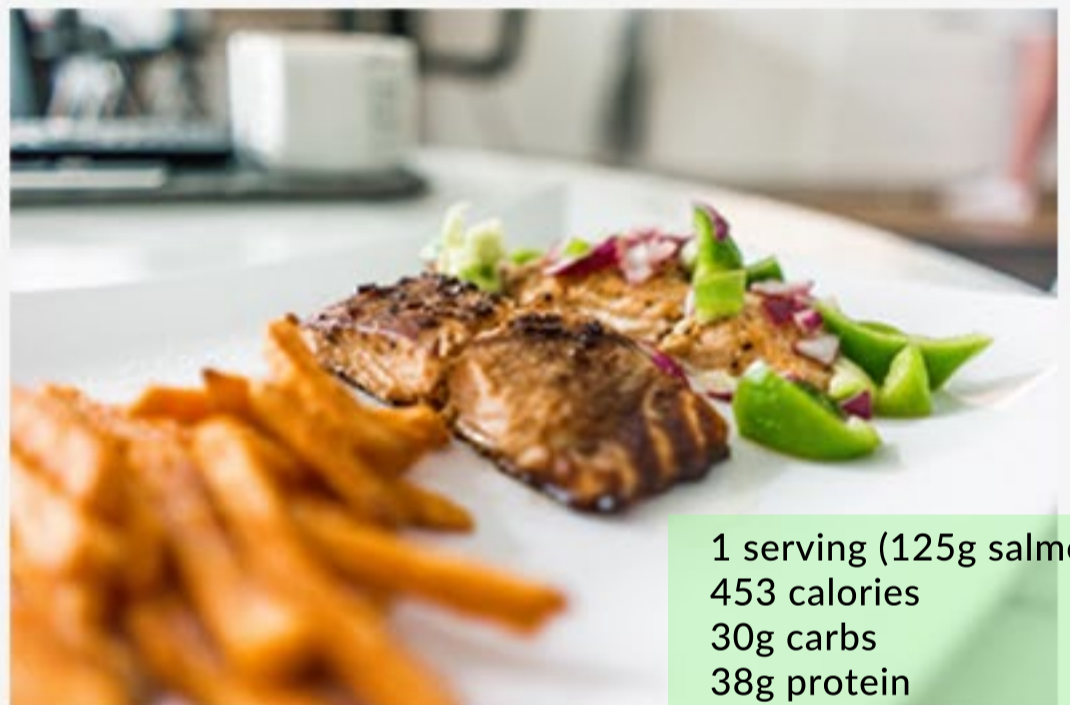
How to do it:

Put the sweet potatoe fries in the oven for 30-40 minutes if you have uncooked potatoes, if you got pre-made fries put them in the oven for 10-15 minutes.

Chop the garlic cloves carefully and place in a bowl, pour in other ingredients and mix around.

Add the mixture with spoon to the salmon pieces and turn them to get spices on all sides. Place in the oven at 200C for 10-12 minutes.

And then you're done!



1 serving (125g salmon)
453 calories
30g carbs
38g protein
25g fat



Recipe:

Chicken Stew

The recipe makes about 6 servings

Ingredients:

- 600 g of chicken
- 1 red pepper
- 2 yellow onions
- 2 tablespoons butter
- 3 tablespoons curry
- 5 dl 5% fat cream
- 2 cups light crème fraiche
- 2 tbsp soy
- salt and pepper
- 1 tbsp paprika powder
- 2 dl rice for serving

How To:

Boil the rice according to the instructions on the package.

Cut the chicken fillets into pieces.

Rinse, take out the seeds and cut the bell pepper into pieces. Peel and cut the onion into chunks.

Brown the chicken in butter in a large saucepan on medium heat.

Add pepper, onion, curry and paprika powder and allow to fry.

Add cream, crème fraiche, soy and pepper. Let simmer for a while, taste with salt and pepper.



1 serving
336 calories
28g carbs
28,5g protein
13g fat



Share your cooking!

Well, that was it! Now go ahead and cook these recipes as many times as you like!
And don't forget to tag me @tildabexell if you share your meals on your social media!
I'd love to see how they ended up for you and if you liked them!

Til next time!

