

DONFIT

5 EASY TO MAKE **LUNCH** RECIPES

5 Easy recipes

10-25 Minutes

Easy to make



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Donfit Kitchen

EASY CHICKEN WRAPS

1 Wheat wrap
125g Cooked Chicken Breast
15g Light Mayonnaise
15g BBQ/Siracha Sauce
15g 50% Fat Cheddar
Iceberg lettuce to taste

An easy recipe that can be made in bulk to save time and you can switch sauces to have a little variety.

Simply cook up some Chicken breast in Spray Oil then add all your ingredients into the wrap before folding and gently toasting each side to seal the shape.

427 cals
39g Protein
41g Carbs
11g Fat

For more protein add 200g
of chicken with 30g of
cheddar.

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TERIYAKI BEEF

125g 5% Beef Mince

125g Microwave rice/ 30g uncooked rice

50g Teriyaki Sauce (Check brand as calories vary)

1/2 Green Pepper chopped

Spring onions to garnish

Firstly get some water boiling and cook your rice through till soft.

Whilst rice is boiling cook up your ground beef in spray oil until lightly brown and then add your peppers for 5 mins. Once the peppers have slightly softened ADD YOUR TERIYAKI SAUCE and cook until fully coated and simmering.

Serve together with fresh chopped spring onions to garnish.

435 cals

34g Protein

50g Carbs

8g Fat

For more protein double up the Ground beef with an extra 25g of Teriyaki sauce.

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FIT BURGER

125g Ground Beef
1 Brioche Bun (check brand as calories vary)
10g Light mayonnaise
10g Ketchup
10g Mustard
30g Light Mozzarella
Handful of Spinach

Mix your mince into a patty and fry in light oil spray. whilst frying lightly toast your brioche bun and mix your mayo, ketchup and mustard into a low cal burger sauce.

once bun is toasted add your patty, spinach, mozzarella and finish with your sauce on top.
Easy to make in bulk and tasty as hell.

412 cals
37g Protein
32g Carbs
15g Fat

Add 1 Bacon Medallion for
an extra 13g protein and
only 60 extra calories

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SALMON POKE BOWL

130g Salmon Fillet

125g Microwave Jasmine Rice/ 30g uncooked

40g Edamame Beans

Spring onion to garnish

2 Tbl Spoons soy sauce

Nice and simple this one.

Simply add all the ingredients together, blitz in a blender till you've reached a consistency you like, pour into a glass, (you can more or less water to preference) sprinkle some cinnamon dust on top for an extra kick and enjoy!!

525 cals
43g Protein
44g Carbs
19g Fat

Add 20g Peanut butter
& 40g Oats for extra cals
on a bulk



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EASY TUNA PASTA

100g Tuna (preferably in brine or Springwater)

75g Pasta (Dry weight)

50g Sweetcorn

30g 50% Low fat cheese

30g Low fat cream cheese

Grab a pot and once your water is boiling add your pasta.

Once your pasta is aldonate style (Cooked but slightly hard) drain the excess water and simply add your tuna (drained), sweetcorn & cream cheese.

Mix well and enjoy.

477 cals

38g Protein

65g Carbs

6g Fat



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