



TFA
THE FLEXIBLE APPROACH

Flex Fakeaway Recipe Ebook

Ingredients | Instructions | Calories | Macros

ENJOY FAKEAWAY NIGHT IN THE COMFORT OF YOUR OWN HOME



<https://www.theflexibleapproach.com>



Contents & Key

- Home-Made Greek Lamb Souvlaki - page 5
- Beef Nacho Bowl - page 7
- Nandos Wrap & Sweet Potato Fries - page 9
- Pub Parma & Fries - page 11
- Butter Chicken with Naan Bread - page 13
- Mexican Burrito Bowl - page 15
- Loaded Corn Chip Quesadilla - page 17
- Chicken Gyros Plate- page 19
- Home-Made Meat Lovers Pizza - page 21
- Home-Made Veggie Supreme Pizza- page 23
- Lamb HSP - page 25
- Pork Dumplings - page 27
- Pub Style Fish & Chips - page 29
- Chicken Mi Goreng - page 31
- Creamy Pasta Pomodoro - page 33
- Singapore Noodles with Prawns - page 35
- Big Mac - page 37
- Crispy Chicken Burger - page 39
- Simply Grilled Simon Says Burger - page 41
- Turkish Roll Sweet Chilli Chicken Sub - page 43

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



HOME-MADE GREEK LAMB SOUVLAKI



BEEF NACHO BOWL



NANDOS WRAP & SWEET POTATO FRIES



PUB PARMA & FRIES



BUTTER CHICKEN WITH NAAN BREAD



MEXICAN BURRITO BOWL



LOADED CORN CHIP QUESADILLA



CHICKEN GYROS PLATE



HOME-MADE MEAT LOVERS PIZZA



HOME-MADE VEGGIE SUPREME PIZZA



LAMB HSP



TFA
THE FLEXIBLE APPROACH
PERSONALISED NUTRITION,
TRAINING & LIFESTYLE COACHING
A BALANCED, SUSTAINABLE AND
FLEXIBLE APPROACH
Macro Friendly Recipe Ebooks Available
@theflexibleapproach_ www.theflexibleapproach.com

PORK DUMPLINGS



PUB STYLE FISH & CHIPS



CHICKEN MI GORENG



CREAMY PASTA POMODORO



SINGAPORE NOODLES WITH PRAWNS



BIG MAC



CRISPY CHICKEN BURGER



SIMPLY GRILLD SIMON SAYS BURGER



TURKISH ROLL SWEET CHILLI CHICKEN SUB





NUTRITION & COACHING SERVICES

Nutrition Coaching
Macro Foundation Guides
Gym & Nutrition Memberships
Training & Community Membership



www.theflexibleapproach.com



theflexibleapproach@hotmail.com



[theflexibleapproach_](https://www.instagram.com/theflexibleapproach_)