



TFA
THE FLEXIBLE APPROACH

Easy Ingredient Recipe Ebook

Ingredients | Instructions | Calories | Macros

Breakfast | Lunch | Dinner | Dessert | Snacks



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The Flexible Approach



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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



MUSHROOM & BRIE OMELETTE



SMOKED SALMON, AVOCADO & COTTAGE CHEESE BREAKY PLATTER



BISCOFF OVERNIGHT WEETBIX



HOME-MADE PROTEIN PANCAKES



THE PERFECT PURPLE SMOOTHIE



WALNUT & CINNAMON GRANOLA



STRAWBERRY PROTEIN SMOOTHIE BOWL



ROCKY ROAD OVERNIGHT WEETBIX



SHAKSHUKA



PROTEIN PORRIDGE



CHICKPEA BRUSCHETTA



PESTO PASTA SALAD



EGG WHITE AND VEGETABLE FRITTATA



LENTIL FALAFELS



ZUCCHINI, QUINOA & BEEF BURGERS



TUNA BOWL WITH SPICE



CAJUN SALMON WITH CORN SALSA



CAULIFLOWER SOUP



SOLO CHEESEBURGER



VEGGIE SALAD & CHILLI



CHICKEN FAJITA & VEG



CHICKEN PICCATA



HAM, CHEESE & SPINACH TOASTED WRAP



SPINACH RISOTTO



CHICKEN SCHNITZEL SALAD



CHICKPEA & BROCCOLI CURRY



ONE-POT CHICKEN PESTO RICE DISH



SESAME CRUSTED MISO TUNA



HOME-MADE PEPPERONI PIZZA



PORK MEATBALLS



SWEET POTATO HUMMUS



TAHINI PROTEIN BALLS



ALMOND & CRANBERRY PROTEIN BALLS



PB & CRANBERRY COOKIES



SWEET POTATO & BLACK BEAN BROWNIES



APPLE SLICE



PUMPKIN CAKE



COCONUT & CHIA SEED PUDDING



BLUEBERRY PROTEIN ICE-CREAM



TROPICAL CARROT SMOOTHIE





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