



The body transformation specialists **[BTS]**

A program dedicated to promoting sustainable body composition changes



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Understanding Calories: Fuel for Your Body

At its core, a calorie serves as the fundamental unit of energy. Often denoted as kcals (kilocalories) or kJ (kilojoules), it measures the energy content within the food we consume.

One kilocalorie (kcal) is equivalent to approximately 4.184 kilojoules (kJ). This means that the energy you get from 1 kcal can also be measured as approximately 4.184 kJ.

The amount of calories you require is dependant on variables including your weight, height, sex, age, activity level etc.

Think of calories as the currency powering your body's engine. They fuel every bodily function, from basic metabolic processes to the dynamic movements we make during an active day. When we exercise, these energy units become even more crucial, acting as the prime source that sustains our workouts and daily vitality.

Understanding calories is crucial in managing weight and achieving fitness goals. The number of calories we eat versus the number of calories we burn determines weight gain, loss, or maintenance. A balanced intake of calories ensures that our bodies operate optimally, supporting us in our journey towards a healthy and vibrant life.

Fact Sheet

What Are Macronutrients?

Macronutrients, or macros, are the fundamental components of our diet that provide energy in the form of calories. They consist of four nutrients: proteins, carbohydrates, fats and Alcohol. Each macronutrient plays a distinct role in supporting the body's functions EXCEPT for ALCOHOL;

Proteins: 4kcal per gram **Fats:** 9kcal per gram **Carbohydrates:** 4kcal per gram
Alcohol: 9kcal per gram

Protein:

Essential for building and repairing tissues, proteins are made up of amino acids, which are the building blocks of the body. They play a crucial role in the growth and repair of muscles, organs, and other body tissues.

Protein consumption should be between 1.6g-2.6g per kg of bodyweight per day. Lower end if in calorie surplus and higher end if in a calorie deficit.

Fats:

Fats are essential for various bodily functions, including cell growth, protecting organs, and providing energy. Healthy fats, such as omega-3 fatty acids, support heart health and overall well-being.

Fat Consumption should be between 15-30% of total calories per day. Lower end if in calorie deficit and higher end if in a calorie surplus.

Carbohydrates:

The body's primary energy source, carbohydrates are broken down into glucose, providing fuel for the brain and muscles. There are complex carbohydrates (found in whole grains, vegetables) and simple carbohydrates (found in sugars, fruits) that impact energy levels differently.

Carbohydrate intake will fit in the remaining calories to meet daily calorie intake.

MACRO CHEAT SHEET



CARBS-PROTEIN

Carbohydrates provide fuel for the central nervous system and energy for working muscles.

Beans	Grains	Most yogurt
Skim Milk	Quinoa	Peas

PROTEIN-FATS

Protein is an important building block of bones, muscles, cartilage, skin, and blood.

Whole Fat Yogurt	Egg	Whole Fat Milk
Salmon	Bacon	Chia Seeds

CARBOHYDRATES

Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products.

Breads	Vegetables
Rice	Squash
Couscous	Pumpkin
Cereals	Pancakes
Bran	Fruits
Potatoes	Sugar
Pasta	Wheat / Grains
Oats	English Muffins
Corn	



PROTEINS

Protein is commonly found in animal products, though is also present in other sources, such as nuts and legumes.

Whey Protein	Chicken
Tuna	Turkey
Kidney Beans	Fish
Tempeh	Red Meat
Tofu	Cottage Cheese
	Egg White



FATS

Fat is naturally found in some foods, such as most vegetable oils, nuts, avocados, and fatty fish.

Oil	Flaxseed
Nuts	Egg Yolks
Olives	Nut Butter
Avocado	



Fact Sheet

Should you track calories?

The question of whether to track your diet can be split into two vital considerations:

Is Tracking Necessary?

The essence of tracking lies in gaining nutritional awareness, particularly understanding the calorie content and how foods align with your calorie goals. Tracking brings objectivity to understanding food value and macronutrient intake. It's especially crucial during weight loss, revealing actual intake versus perceived effort.

However, tracking has its challenges.

Here are some tips for accurate tracking:

- Account for everything, including small bites and tastes.
- Weigh food raw for accuracy and consistency.
- Plan and track meals ahead to align with goals.
- Use barcode scanning in tracking apps for accuracy.
- When dining out, select simpler meals and estimate higher for accuracy.

Digital Tracking Apps:

Apps like MyFitnessPal offer extensive databases for accurate input, but choosing the right listing is key. Seek recommendations for app selection to ease the learning curve.

BTS has its own Database in the MyFitnessPal for the main food groups. Simply Search BTS "name of food group" and the correct entry will come up. Example: "BTS Raw Chicken Breast"

Furthermore, any of the BTS Recipes have all been carefully input in the MyFitnessPal Database. Simply Search BTS "name of recipe" and the correct entry will come up.

Example: "BTS Soba Noodles with Pork and Asparagus".

Fact Sheet

Calorie Deficit

What is a Calorie Deficit?

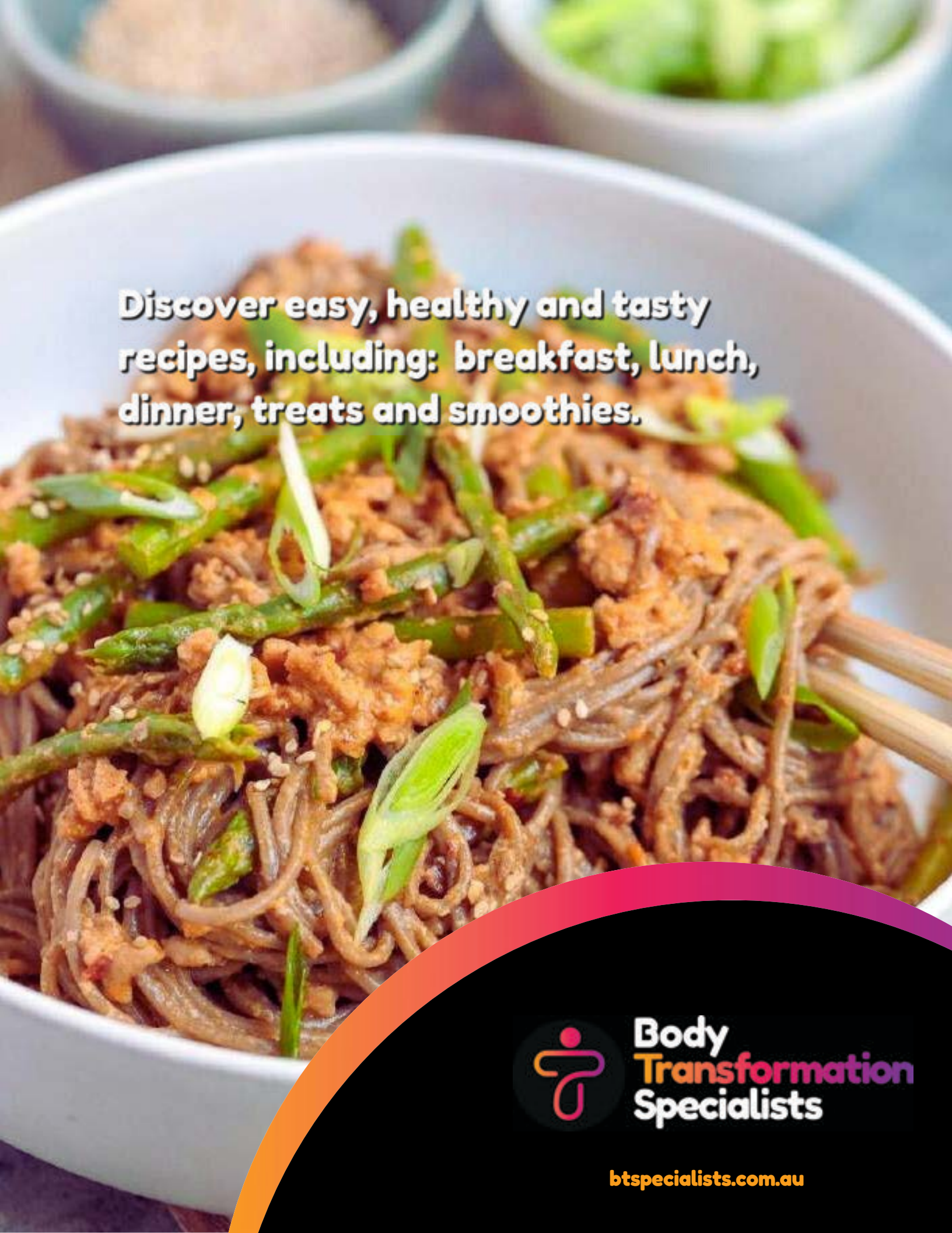
A caloric deficit, signifies a state where your energy intake falls below your energy expenditure. By consuming fewer calories than your body needs, it taps into stored energy or fat, leading to weight/Fat loss.

How to enter a calorie deficit:

- Start by noting your initial body measurements and body weight weekly. Body Weight should be done daily, first thing in the morning, after going to the toilet.
- Create a caloric deficit by reducing your daily intake of calories by 10-15%. Maintain protein intake while adjusting carbs and/or fats.
- Monitor measurements, weight, sleep, and water intake regularly.
- If no changes appear after 2 weeks, consider adjusting calories further by 5-10% or increasing your physical activity.

BTS tips for successful results:

- Meal preparation:
 - **Breakfast, lunch & dinners**
 - Meal preparation is a crucial aspect of any body transformation. It involves planning, cooking, and portioning meals in advance to support your fitness and nutrition goals. It's ideal for those who are time poor, yet want to maintain a disciplined and routine lifestyle. Effective meal prep can help you stay on track with your eating plan, save time, and make healthier food choices.
- Prioritise protein intake in every meal.
- Choose low-calorie foods and be cautious of liquid calories.
- Aim for 7-8 hours of sleep each night.



Discover easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treats and smoothies.



**Body
Transformation
Specialists**

btspecialists.com.au

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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





Ham & Leek Quiche

Serves 8

200g pack shortcrust pastry

For the filling:

500g Virginian Ham, chopped

2 leeks, white & tender green parts only, sliced

1 tsp. thyme leaves, chopped

salt & ground white pepper

100g Light Mozzarella Cheese

4 eggs

120ml almond milk

110g low fat Philadelphia cream cheese

120g High Protein Greek yogurt
chopped chives, to garnish

What you need to do

Preheat the oven to 200°C.

Roll out and line a 25cm tart tin with the shortcrust pastry and pre-cook/blind bake the pastry case for 10-15 minutes according to instructions on the packaging.

In a large skillet, cook the ham over medium/high heat for around 3-5 minutes, stirring regularly until the ham browns and is crisp. Remove the ham from the skillet and set aside.

Add the leeks and thyme, season with salt and pepper. Cook over medium heat for 5 minutes, stirring occasionally, until the leeks have softened but are not brown. Transfer the leeks to a bowl and set aside to cool.

Once cool, stir in the crispy ham and mozzarella cheese, and spread the mixture evenly across the base of the pastry case.

In a bowl, whisk the eggs with the milk, cream cheese and Greek yogurt, and season with salt and white pepper. Pour the egg mix over the bacon and leeks and place the quiche into the oven to bake for about 30 minutes until the centre has set.

Once cooked, transfer the quiche to a wire rack and let it cool for 15 minutes, before slicing and serving.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Ham & Leek Quiche. Thats it! you do not need to manually input every ingredient!!

MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	234	10.4	15.9	19.6	0.3

*Nutrition per serve.



Spicy Veggie Huevos Rancheros

Serves 2

Spray Olive Oil
2 MEB Pita Pockets
2 eggs
150g black beans, canned, drained
salt & black pepper
juice of ½ lime
30g feta cheese, crumbled
drizzle sriracha sauce

Optional:

Serve with ½ ripe avocado, peeled & sliced

What you need to do

Spray the olive oil in a skillet and place over high heat. Add the pita pockets to the skillet and cook for 1-2 minutes on each side until it becomes crispy at the edges. Transfer the pita pocket to a plate and repeat the process with the second pita pocket.

Crack the eggs into the same skillet and cook the eggs how you like them.

While the eggs are cooking, take the drained black beans and place in a bowl. Season with salt and pepper and add a squeeze of lime juice. Lightly mash the beans with a fork. Spread the mashed black beans equally over the crispy pita pockets. Place the cooked eggs on top of the beans.

Top the pita pockets with slices of ripe avocado (optional) and sprinkle over the crumbled feta cheese. To serve, drizzle some sriracha sauce for a spicy kick, and squeeze over a little more lime juice.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Spicy Veggie Huevos Rancherosl. Thats it! you do not need to manually input every ingredient!!



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
3 mins	7 mins	299	11.4	30.6	18.7	7.2

*Nutrition per serve.



Papaya Bliss Smoothie

Serves 1

What you need to do

1/2 banana, sliced, frozen
70g papaya, chopped, frozen
200ml almond milk, unsweetened
80g High Protein Greek yogurt
1.5 Serving Next Generation Protein Delicious Vanilla

Place all ingredients in a high-speed blender and blitz until some and creamy.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Papaya Bliss Smoothie. Thats it! you do not need to manually input every ingredient!!

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	203	4	23.3	21.5	3.1

*Nutrition per serve.



High-Protein Gingerbread Pancakes

Serves 2

3 eggs
 225g cottage cheese
 15g honey
 1 tsp. vanilla extract
 20g oat flour
 1 tsp. baking powder
 1 tsp. ground ginger
 ½ tsp. ground nutmeg
 ½ tsp. ground cinnamon
 ¼ tsp. ground allspice
 ¼ tsp. ground cloves
 pinch of salt
 100g High Protein Greek
 yogurt, for
 serving
 1 orange, segmented, for
 serving (optional)
 2 tsp. Sugar Free Maple syrup,
 for serving

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS High-Protein Gingerbread Pancakes. That's it! you do not need to manually input every ingredient!!

What you need to do

In a blender, combine the eggs, cottage cheese, honey, vanilla extract, oat flour, baking powder, the ground spices and salt. Blend until the mixture is well combined.

Pour the batter into a medium bowl.

Heat the non stick skillet over medium-high heat. Pour ¼ cup of the batter into the pan and cook for about 3 minutes, or until bubbles start to form on the surface, and the edges become golden brown. Flip the pancake and cook for an additional 3 minutes, or until cooked through and golden. Repeat this process with the remaining batter.

Dressing:

Mix the protein powder with the greek yoghurt well.

To serve, top the pancakes with the above mixture, orange segments (optional) and drizzle with maple syrup.

This recipe makes 8 pancakes, allowing 4 pancakes per serving.

MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	446	12.7	27.9	51.3	0.8

*Nutrition per serve. Does not include ingredients that are optional.





Grilled Chicken Shawarma

Serves 4

What you need to do

For the marinated chicken:

800g chicken thighs, fat removed
180g High Protein Greek yogurt
3 cloves garlic, minced
1 tbsp. coriander powder
1 tbsp. cumin powder
2 tsp. cardamom powder
1 tbsp. chili powder
1 tbsp. onion powder
1 tbsp. smoked paprika
2 tsp. sea salt
2 tsp. black pepper
1 tbsp. white vinegar
2 tbsp. lemon juice
chopped chives, to garnish

For the sauce:

240g High Protein Greek
Yoghurt
2 tbsp. cilantro fresh, finely
minced
1 tbsp. dill fresh, finely minced
2 cloves garlic, minced
salt & pepper to taste

In a large bowl, or a sealable plastic bag, combine the chicken thighs with the remaining marinade ingredients and mix well to combine. Ensure the chicken thighs are well coated with the marinade.

Cover the bowl or seal the bag, and place the chicken in the refrigerator for 3-5 hours to marinate. Or, for the best results, marinate the chicken overnight. (Completely optional. Can marinate and cook immediately.)

Preheat the grill to medium-high heat. Grill the marinated chicken thighs for about 8-10 minutes on each side, or until they are thoroughly cooked through and are nicely charred, but not burnt.

While the chicken is cooking, make the yogurt garlic sauce by combining all the sauce ingredients in a bowl.

Once the chicken has cooked, slice and serve with the creamy sauce alongside, garnish with chopped chives.

Optional Sides:

Leafy Salad, Rice or Low Carb Potatoes.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Grilled Chicken Shawarma. Thats it! you do not need to manually input every ingredient!!

GF	LC	MP	HP
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Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	3-5 hrs or overnight	20 mins	342	12.9	11	45.2	3.2

*Nutrition per serve.



Soba Noodles with Pork & Asparagus

Serves 4

30g. chili spice sauce (chili crisp)
40g. tahini
40ml. tamari sauce
45ml . rice vinegar
270g dried soba noodles
200g asparagus, trimmed, cut into 2" pieces
500g Extra lean pork mince
4 tbsp. green onions, thinly sliced
2 tsp. sesame seeds, to serve

What you need to do

In a small bowl, whisk together the chilli spice sauce, tahini, tamari and rice vinegar to make the sauce. Set aside.

Cook the soba noodles in a large pot of boiling water until they are almost cooked, approximately 2 minutes. Add the trimmed and cut asparagus pieces, and continue to cook for a further minute until the noodles are al dente and the asparagus is still crisp and slightly tender. Drain the noodles and asparagus, reserving 1 cup of the cooking liquid. Rinse them under cool running water and set them aside. Also set aside the pot for later use.

Heat the skillet over medium-high heat. Add the ground pork and sauté for around 8 minutes until fully cooked through. Pour in the chilli sauce and stir, scraping up the browned bits from the pan, cooking for 1 more minute.

Transfer the pork mixture, cooked noodles and asparagus to the reserved pot. Add $\frac{2}{3}$ cup of the reserved cooking liquid. Place over medium heat, and cook gently, stirring with a spoon and adding more cooking liquid if needed, until the noodles and meat are well coated, about 2 minutes.

Divide equally between 4 bowls and top with garnish of green onions and sesame seeds.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Soba Noodles with Pork & Asparagus. That's it! you do not need to manually input every ingredient!!

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	521	19	53	37	2

*Nutrition per serve.



Curry Chicken Lettuce Cups

Serves 4

30g 99% Fat free mayonnaise
60g High Protein Greek yogurt
2 tsp. tomato paste
2 green onions, sliced
1 tbsp. curry powder
juice of 1 lemon
salt & black pepper
800g chicken breast, sliced into 1-2cm pieces
2 baby gem lettuce, leaves separated
½ avocado, sliced
¼ mango, sliced
1 tbsp. chopped coriander, to serve
2 tbsp. flaked almonds, to serve

What you need to do

In a mixing bowl, combine the mayonnaise, Greek yogurt, tomato paste, green onions, curry powder, lemon juice, salt and pepper. Stir the ingredients together to create a smooth, creamy sauce.

Cook the cubed chicken breast in a pan or oven using no oil. Season to taste.

Gently fold in the sliced chicken pieces until well coated in the sauce.

Take the largest lettuce leaves from a head of baby gem lettuce, to serve as "cups" for the chicken salad. Divide the chicken mixture equally among the lettuce cups.

Top each cup with a few slices of avocado and mango, and sprinkle over the chopped coriander and flaked almonds.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Curry Chicken Lettuce Cups. That's it! you do not need to manually input every ingredient!!

GF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15min	312	9	13	49	5

*Nutrition per serve.



Easy Ground Beef Casserole

Serves 8

1tsp olive oil
375g San Remo High Protein Pasta
600g Extra lean beef mince
1 onion, chopped
3 cloves garlic, chopped
800g can diced tomatoes
400g can kidney beans, rinsed & drained
2 tbsp. tomato paste
1 green bell pepper, diced
1 tsp. chili powder
1 tbsp. steak spice
salt & pepper
100g light mozzarella shredded cheese
2 tbsp. chives, chopped

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Easy Ground Beef Casserole. Thats it! you do not need to manually input every ingredient!!

What you need to do

Preheat the oven to 190°C. Grease a baking dish with olive oil.

Cook the macaroni according to the package instructions. Drain and set aside.

In a skillet, cook the lean ground beef and chopped onion over medium heat until the beef is no longer pink, which should take about 8-10 minutes. Break up the meat with a spoon as it cooks. Add the chopped garlic and cook for 1 minute, stirring a few times. Then drain off any excess liquid.

Next, add the diced tomatoes, kidney beans, tomato paste, bell pepper, chili powder, steak spice, and season with salt and pepper to taste. Stir the mixture and bring it to a boil, then reduce the heat to a simmer and cook gently for 10 minutes, stirring occasionally.

Add the cooked pasta to the mixture and stir until everything is well combined. Transfer the pasta and beef mixture into the greased baking dish and sprinkle over the cheddar cheese. Cover the baking dish with some kitchen foil and bake in the hot oven for 30 minutes. Then remove the foil and bake for an additional 10 minutes, or until the cheese is bubbly and golden.

Serve with a garnish of chopped chives.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	522	8	58	45	13

*Nutrition per serve.



Chinese Beef Zoodle Soup

Serves 4

What you need to do

900g Diced beef chunks
 2 ltr water
 2 tbsp. fish sauce
 3 tbsp. tamari sauce
 1 tbsp. salt + ½ tsp, extra
 200g shiitake mushrooms, sliced
 2 inch piece fresh ginger, peeled & sliced
 3 garlic cloves, smashed
 4 green onions, divided
 450g baby bok choy cut lengthwise
 ½ tsp. sesame oil
 680g zucchini, spiralised
 sesame seeds, to garnish

Place the beef chunks into the metal insert of the Instant Pot. Add the water, fish sauce, 2 tablespoons of tamari sauce, 1 tablespoon of salt, shiitake mushrooms, sliced ginger and garlic. Cut 2 of the green onions into 3 pieces and add them in.

Thinly slice the remaining 2 green onions and set them aside for garnish.

Lock the lid of the Instant Pot and set it to cook on high pressure for 35 minutes. When finished, allow the pressure to release naturally.

While the beef soup is cooking, bring a pot of water to a boil and add ½ teaspoon of salt. Add the baby bok choy and cook for 1-2 minutes or until it's tender-crisp. Remove the bok choy with a slotted spoon and set it aside.

When ready to serve the beef noodle soup, open the Instant Pot and discard the ginger, garlic, and green onions. Take out the shiitake mushrooms, cut off and discard the stems, and slice the mushrooms. Set them aside.

Use a slotted spoon to transfer the stewed beef to a bowl. Toss the meat with the remaining tablespoon of tamari sauce.

Add the sesame oil to the beef soup, taste the soup and adjust the seasoning if necessary.

Divide the spiralised zucchini between 6 soup bowls and ladle over the broth. Top each bowl with the seasoned beef, sliced shiitake mushrooms and the cooked bok choy. Scatter over the remaining sliced green onions and serve, topped with sesame seeds.

To cook on stove top:

Simmer the beef and soup ingredients in a large covered pot for 2-3 hours, until the beef is fork tender.

Keep checking the soup to ensure not much of the liquid has evaporated and add more water as needed.

Once cooked, finish the soup as detailed above.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr	286	7	11	47	3

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Chinese Beef Zoodle Soup. Thats it! you do not need to manually input every ingredient!!

*Nutrition per serve.



Ginger & Honey Salmon en Papillote

Serves 4

4 tbsp. tamari sauce
4 cloves garlic, chopped
1 tbsp. honey
1 tsp. toasted sesame oil
8 green onions
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1x 8cm piece fresh ginger, peeled & sliced into thin matchsticks
¼ tsp. salt
¼ tsp. black pepper
400g salmon filets
1 tbsp. sesame seeds

What you need to do

Preheat the oven to 180°C.

Cut 4 x 30cm squares of parchment paper.

In a microwave-safe bowl, whisk together the tamari sauce, garlic, honey and toasted sesame oil. Microwave this mixture on high for 30 seconds.

Chop 6 of the green onions into 5cm pieces. Place the green onion pieces, red and green bell peppers and ginger on top of the parchment paper. Sprinkle them with salt and black pepper.

Place a salmon filet on top of the vegetable mixture. Spoon 2 tablespoons of the tamari sauce mixture over each salmon filet and then sprinkle over the sesame seeds.

Fold the parchment paper closed and crimp the edges to seal the packets. Place the packets on a baking sheet and bake the packets in the hot oven for 12-15 minutes, until they are slightly puffed and the salmon flakes easily with a fork. Open 1 package to check the salmon is cooked.

While the packets are baking, thinly slice the remaining green onions.

To serve, open the packets at the table and top each with the sliced green onions.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Ginger & Honey Salmon en Papillote. That's it! you do not need to manually input every ingredient!!

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	35 mins	237	9	16	23	4

*Nutrition per serve.



Italian Meatball Soup

Serves 2

1 tbsp. olive oil
1 carrot, diced
1 onion, diced
2 cloves garlic, minced
300g ground pork, lean, 5% fat
4 tbsp. panko breadcrumbs
1 tsp. garlic granules, divided
1 tsp. mixed dried herbs, divided
½ tsp. cayenne pepper, divided
1 tsp. salt, divided
½ tsp. black pepper, divided
120g kale, chopped
40g risoni pasta
750ml chicken broth high protein

What you need to do

Heat the olive oil in a large pot over medium heat. Add the carrot, onion and half the garlic and sauté for 8-10 minutes, stirring occasionally, until softened.

While the vegetables are cooking, place the pork, panko breadcrumbs, half the spices and salt in a medium bowl. Mix until evenly combined. Shape the mixture into 16 meatballs.

Stir the remaining spices into the pot with the vegetables. Continue to cook, stirring, until fragrant, around 30 seconds. Stir in the kale, chicken broth and remaining salt. Cover the pot, increase the heat to high, and bring the soup to a boil.

Once boiling, remove the lid and carefully stir in the orzo pasta and meatballs. Reduce the heat to medium/low, cover with a lid and cook for around 10 minutes, until the orzo is al dente and the meatballs are cooked through.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Italian Meatball Soup. That's it! you do not need to manually input every ingredient!!



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	503	17	40	51	6

*Nutrition per serve.



Roasted Strawberry & Cottage Cheese Bowl

Serves 1

8 strawberries, quartered
30g rolled oats
2 tbsp. unsweetened shredded coconut
2 tsp. low fat maple syrup
pinch of ground cinnamon
200g cottage cheese

What you need to do

Preheat the oven to 180°C. Line a baking sheet with baking paper.

In a small bowl, combine the strawberries, oats, shredded coconut, maple syrup and cinnamon. Toss together until well combined.

Spread the berry mixture evenly over the baking sheet and bake in the hot oven for 30 minutes, stirring once halfway through. Remove the sheet from the oven and place on a wire rack, allowing the roasted berries to cool for 5 minutes.

To serve, place the cottage cheese in a bowl and add the roasted berry mixture on top.

To track calories for this meal inside the MyFitnessPal App, follow the below steps:

In the search bar, type - BTS Roasted Strawberry & Cottage Cheese Bowl. Thats it! you do not need to manually input every ingredient!!



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	425	13	37	30	8

*Nutrition per serve.

**If you'd like to be part of the
experience contact BTS.
Call 1300 555 BTS [287] or
email enquire@btspecialists.com.au**



btspecialists.com.au

