

FIT BODS BY SARAH



Your quick & easy macro cheat sheet
and delicious recipes





SARAH TURNER

FOUNDER OF FITBODS BY SARAH

My vision is to provide a variety of fitness services to help you achieve your health and fitness goals. Here at Fit Bods we offer a variety of services including Online Training, Personal Training and Tailored Nutrition Plans.

www.fitbodsbysarah.com.au

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MACRO CHEAT SHEET

CARBS

Aim for 45-60% of total calories. They are the body's preferred & main source of energy. Made up of sugar & starch that break down to glucose in the body. Look for whole grain or whole food options.



PROTEIN

Aim for 35% of total calories. Helps regulate hormone and enzyme production. Look for lean options such as animal or plant based protein.

FATS

Should be limited to less than 10% of calories. Saturated fats (the less healthy fats found mostly in animal meats and full fat dairy).



MACRO CHEAT SHEET

CARBS

Pasta
Bread
Rice
Quinoa
Carrots
Celery
Capsicum
Cucumbers
Zucchini
Squash
Fruit



PROTEIN

Fish
Lean Beef
Chicken
Lamb
Pork
Turkey Eggs
Oatmeal
Protein Shakes & Powder
Greek Yoghurt
Tofu
Broccoli

UNSATURATED FATS

Walnuts
Sunflower Seeds
Salmon
Tuna
Seafood
Almonds
Peanuts
Olive, Sunflower, Peanut Oil
Avocado

FATS

Cheese
Chicken Skin
Milk
Butter
Bacon
Sausage
Cakes
Coconut Oil



OVERNIGHT OATS



INGREDIENTS

1/3 cup old fashion oats(27g)
1/3 cup liquid egg whites
1/3 cup plain Greek yogurt (75g)
1/2 scoop (17g) protein powder
3 drops liquid stevia*optional

INSTRUCTIONS

In a wide mouth mason jar or small container combine all ingredients. Stir well and refrigerate overnight.

Enjoy the next morning cold topped with fresh fruit, sprinkled with cinnamon, 1 tablespoon of powdered peanut butter, or even 1 tablespoon of coco powder.

Sometimes I even go all out and use whipped cream!

MACROS

239 cals 31.6P/2F/C22.5



PROTEIN BALLS



INGREDIENTS

2 cups of old fashioned oats
2 scoops of vanilla protein powder (I use Happy Way)
65 grams of cashew butter
40 grams of honey
30 grams of dried cranberries
2 tablespoons of white chocolate chips
¼ cup of almond milk

INSTRUCTIONS

Blend 1 cup of the oats in a blender and then put in a medium size bowl.

Add protein powder and mix well

Add the cashew butter, honey, cranberries and white chocolate chips.

Slowly add in the milk. It should form a crumbly cookie dough mixture.

Roll into balls and place in an airtight container in the fridge for up to one week.

MACROS

165 cal 7.7p/22.6c/5.6f



CHICKEN PASTA



INGREDIENTS

200 grams of vetta pasta
400 grams of chicken breast
500 grams Raw Broccoli, Chopped
300 grams Grape Tomatoes, Sliced in Half
1/2 Cup Pesto (homemade or store bought)

INSTRUCTIONS

Grill your chicken on the BBQ and slice how you like it.

Cook your pasta according to box directions. (I always add kosher salt to the water when I put the pasta in. About 1 tablespoon)

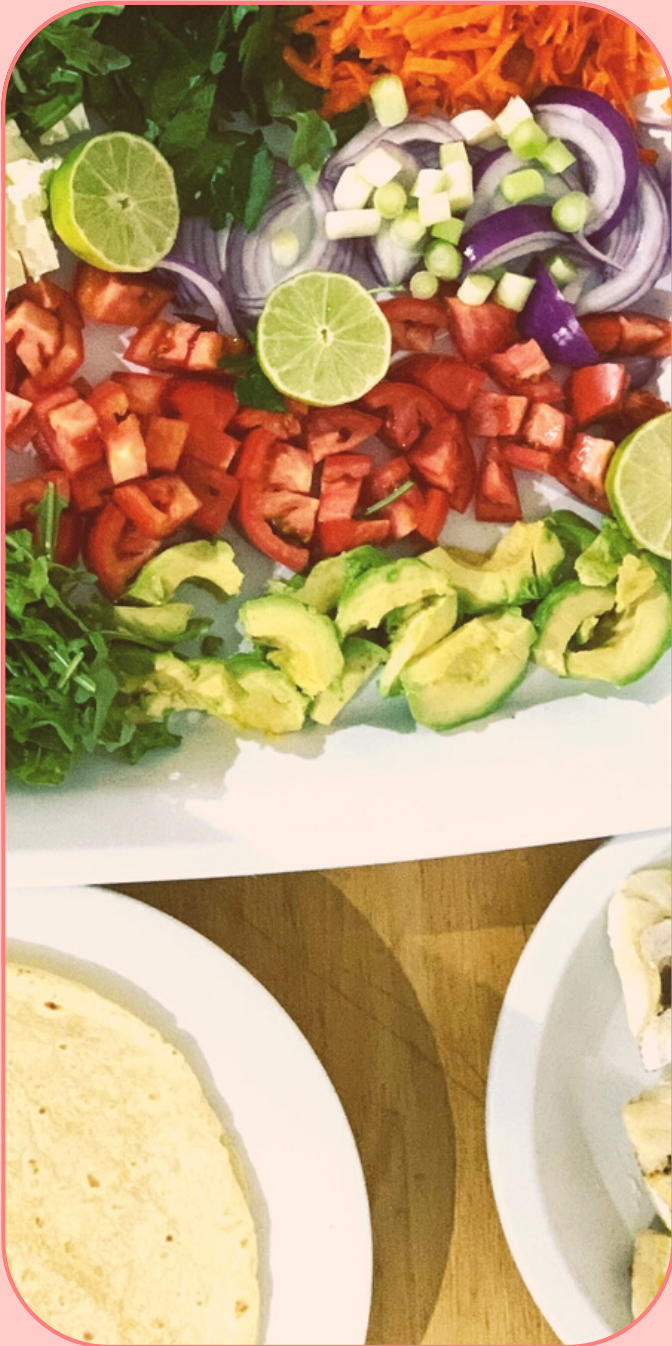
Cook your broccoli with a steamer.

In a large bowl mix your chicken, pasta, broccoli, sliced tomatoes, and the pesto.

MACROS

368 cal 28p/40c/12g f
Serves 4

FISH TACOS



INGREDIENTS

- 1 lb fish fillets, rinsed and pat dried (flounder, tilapia, etc)
- 1 tsp olive oil
- 1 small onion, chopped
- 4 garlic cloves, finely minced
- 2 jalapeño peppers, chopped (seeds removed for less heat)
- 2 cups diced tomatoes
- 1/4 cup fresh coriander, chopped
- 3 tablespoons lime juice
- salt and pepper to taste
- 8 white corn tortillas
- 1 medium avocado sliced
- 1 cup sliced cabbage
- lime wedges and coriander for garnish



PRAWN SKEWERS



MACROS

310 Cals 28 Protein 36 Carbs 8 Fats
Serves 2 tacos each (4 serves in total)

INSTRUCTIONS

1.Heat olive oil in a large skillet over medium heat.

2.Sauté onion until translucent about 4 to 5 minutes, then add garlic and cook 1 minute more. Mix well.

3.Place fish on the skillet and cook until the flesh starts to flake.

4.Add jalapeño peppers, tomatoes, coriander and lime juice. Sauté over medium-high heat for about 5 minutes, breaking up the fish with the spoon to get everything mixed well; season to taste with salt and pepper.

5.Meanwhile, heat tortillas on a skillet or directly over the flame of the burner a minute or 2 on each side to warm.

6.Serve a little over 1/4 cup of fish on each warmed tortilla topped with cabbage, avocado, cilantro, and a squeeze of lime.

Serving: 2 tacos, Calories: 310 cal, Carbohydrates: 36g, Protein: 28g, Fat: 8g



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I consulted Sarah to help with shedding a few extra kilos after having two children. Sarah's holistic approach to weight loss has been refreshing.

As someone who has worked with food for over 20 years, I thought I had it all worked out. However Sarah turned what I thought I knew on its head and guided me into a healthier relationship with food, nutrition, exercise and weight loss. Sarah has handed me back control over my own health, both mental and physical.

-Kat

Thank-You

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