



**5 Easy and Delicious  
Fat Loss Meals  
(your family will eat, too!)**



Are you confused by all the different information that is out there? Do you worry about whether you are eating the right foods?

Do you constantly see people around trying different diet plans and you feel that there must be a better way?

The truth is, eating healthy is NOT complicated!

Losing weight isn't hard!

I am Nirit Roddy and I am a certified nutritionist and personal trainer. I am so excited to show you that fatloss doesn't have to be complicated. I am incredibly passionate about helping women experience the true freedom and confidence that being in shape provides!

I would love for you to have the best life possible and I know that my expertise and experience coaching hundreds of women will get you in the bst shape of your life...

I have created some of my best meals that my clients use for fat loss. You will notice that these meals are incredibly filling, easy to make, and family friendly!

Be sure to let me know which is your favorite!

NIRIT RODDY

FIT WITH NIRIT

## Take me out to the Ball Game

### Ingredients:

- ▶ 2 turkey hot dogs (can sub. beef or veggie)
- ▶ Brioche hot dog bun
- ▶ 1 cup broccoli
- ▶ 1 cup of baby spinach and arugula
- ▶ ½ cup of rice
- ▶ For Adults – 1 Bottle of Beer
- ▶ Not pictured – 1 cup of strawberries

### Prepare:

1. Cook hot dogs and rice and all of the above ingredients according to directions for preparation on the packing.
2. Eat and enjoy!



## Simple Italian

### Ingredients:

- ▶ 1 link trader joes Sweet Italian Chicken Sausage
- ▶ ½ Cup of Soybean or Wholegrain Spaghetti
- ▶ 1 Cup of Fresh or Frozen Mixed Vegetables
- ▶ 1 oz Parmesan Cheese
- ▶ Cucumber, Tomato, and Onion mix
- ▶ 1 TB Lite Italian Dressing
- ▶ For adults - 1 Cup of Red Wine

### Prepare:

1. Cook chicken sausages and spaghetti according to instructions on packaging.
2. Mix all ingredients together (separate for kids' preferences).
3. Create a side salad using vegetables that kids and adults will enjoy (red peppers are a kids' favorite).



## ➤ Guiltless Tacos

### Ingredients:

- ▶ 4 oz Ground Turkey
- ▶ 1 TB of Taco Seasoning
- ▶ ¼ cup of lite Mexican Cheese
- ▶ 2 TB Salsa
- ▶ 2 Cups of Lettuce
- ▶ 2 Low Carb Tortillas (regular for kids)
- ▶ 1 Cup of Berries
- ▶ 1 Cliff Bar

### Prepare:

1. In a large pan, spray Pam and mix taco seasoning with ground turkey.
2. When fully cooked add meat, cheese, salsa, and lettuce to create tacos.
3. Enjoy your fruit and bar for dessert.



## ➤ BBQ Lite

### Ingredients:

- ▶ 4 OZ Chicken Breasts
- ▶ 1 TB Lite BBQ Sauce
- ▶ ½ cup of rice or lite roll
- ▶ 3-4 cups of mixed salad
- ▶ 1-2 TB of lite ranch dressing
- ▶ 1 Apple
- ▶ 1 Peanut butter cup

### Prepare:

1. Using Pam grill chicken breasts with BBQ sauce!
2. Cook rice or use a lite roll.
3. Make salad and enjoy!



## ➤ Dinner on the GO

### Ingredients:

- ▶ 4 OZ Rotisserie Chicken
- ▶ 2 Cups Romain Lettuce
- ▶ 2 TB Lite Balsamic Vinaigrette
- ▶ 1 Apple
- ▶ Good Thins (Substitute with Kid snack)
- ▶ 2 TB Humus
- ▶ 1 Cup of Grapes
- ▶ 1 Cheese Stick

### Prepare:

1. When you have zero time to cook, instead of hitting the drive thru, pick up a chicken instead.
2. Take some time to grab some other healthy sides to go with it.
3. I promise you will be thrilled with your choice





So there you have it, 5 Easy + Delicious Fat Loss Meals that will fill up the entire family!

If ongoing support with your Nutrition and Fitness is something you need, I am here to help!

I am Nirit Roddy a certified Nutritionist and Personal Trainer and owner of Fit With Nirit. I have a 12-week coaching program that is going to reshape your body and make you feel amazingly confident in your clothes WITHOUT dieting or killing yourself in the gym.

It works by providing you with the accountability you need to assure you continue on the right path of your health journey.

This program is different because it's sustainable and produces long-term results.

In fact, the average weight loss for my clients is 15 + pounds in 12 weeks!

And the best part is you don't gain the weight back!

Simply schedule a strategy call on my call calendar at <https://calendly.com/fitwithnirit> and we can talk about how to get you on track so that you can achieve your health and fitness goals!

Nirit Roddy  
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