

Fit with Anjuli Recipes

FOR A FIT LIFE





Anjali Mack

@fitwithanjuli

Hey! I'm Anjali, a female fitness transformation coach and Bikini Pro. Over the years, I've had the privilege of helping more than 5,000 women from around the world achieve their fitness goals, build confidence, and transform their bodies. My mission is to show women that fitness can be enjoyable, sustainable, & empowering.

I created this ebook with simple, delicious recipes to help you reach your goals while enjoying the foods you love.

Macros/calories will vary based on the ingredients you use, substitute where need to fit your daily requirements. If you're unsure what & how much you need to eat to achieve your goals - I can help with that.

Whether you're just starting your journey or looking to level up, I'm here to guide you every step of the way.

[Join the 1-1 coaching waitlist here & let's chat!](#)

My Fitness Journey: From Confusion to Confidence

My fitness journey has been a rollercoaster, filled with lessons, challenges, and growth. Like many, I started out weight training without any real structure, doing random exercises and overdoing cardio. My relationship with food and exercise was unhealthy—alternating between overeating and overtraining, then under-eating and pushing my body too hard. I fell into the trap of fad diets like keto and intermittent fasting, which only led to frustration, weight gain from binge eating, and feeling defeated.



Everything changed when I finally sought professional help with my nutrition. For the first time, I began to understand how to nourish my body properly and build a sustainable routine.

I started seeing results, both physically and mentally, and it was during this time that I met my now-husband at the gym, who taught me even more about nutrition and training.



In 2017, I decided to take my fitness to the next level and compete. Unfortunately, I lost and gained all the weight back after my first show, largely due to following a restrictive 1-page meal plan and battling an unhealthy obsession with "eating clean."

Determined to bounce back, I worked with a coach, improved my relationship with food, and went on to place 2nd in Australia in 2018. I competed twice more in 2019, getting the leanest I'd ever been, but it came at a cost. I felt weak, hungry, and grumpy, and I even lost my menstrual cycle.



During the lockdowns, I shifted my focus to home workouts and was able to restore my cycle while still staying fit.

In 2022, I competed twice more, finally winning 1st place and turning pro in the USA with my best physique yet. After that, I spent 10 months building post-show and participated in a few of my Fit with Anjuli challenges to get back on track.



Now, I focus on maintaining a healthy, balanced lifestyle. I've learned how to stay in great shape year-round without the extreme measures, and I'm proud to say that I have a much healthier relationship with food, training, and myself.

I don't have any plans to compete soon—I'm more focused on getting stronger and helping other women achieve their goals, too.



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CHAPTER 1

Breakfast



Protein Parfait

INGREDIENTS

- 100g greek yoghurt (vanilla or berry works great)
- 20g vanilla protein powder ([shop here](#)).
- 30g granola or crushed bran flakes
- 80g berries of your choice (fresh or defrosted)

DIRECTIONS

- mix together yoghurt & protein powder
- layer with granola or bran flakes in a glass/jar
- top with berries
- serve fresh or keep in fridge with a cover to meal prep for later in the week



Protein Pancakes

(no protein powder)

INGREDIENTS

- .5tsp baking powder
- 60g plain flour
- 170g greek yoghurt
- 1 egg
- 30ml sugar free maple syrup

DIRECTIONS

- mix together baking powder & flour
- add in yoghurt, egg & maple syrup, mix thoroughly
- cook on low heat (non stick pan) & flip when slight bubbles show
- top with berries & sugar free maple syrup



Egg White Bites

INGREDIENTS

- 200ml egg whites
- 120g diced chicken/turkey rashers (optional)
- 100g diced capsicum
- 50g diced spinach
- 100g diced mushrooms
- seasoning of your choice (I like garlic/herb)

DIRECTIONS

- pan fry rashers until lightly brown
- mix together all ingredients in a pyrex
- lightly spray 6 tin muffin tray
- pour in mixture
- bake at 200 celsius until cooked through

Note: you can use any veges you like or whole eggs & top with grated cheese.



McMuffin

INGREDIENTS

- 1 english muffin
- 1 slice cheese or 30g gram edam cheese
- 1 chicken or turkey rasher
- 1 egg

DIRECTIONS

- in a non stick pan cook egg & rasher
- place a layer of cheese on english muffin & put in the air frier for 5 minutes (or you can use a toaster and add cheese after)
- once the egg & rasher is cooked, add to english muffin and serve fresh



Protein Apple Crumble

INGREDIENTS

- 1 large apple
- 30ml sf maple syrup
- 1/4 tsp cinnamon
- 20g flour
- 30g oats
- 20g vanilla protein powder
- 15g coconut oil (or butter)

DIRECTIONS

- peel & dice apple - mix with cinnamon, 15ml sf maple syrup, microwave with a dash of water until soft
- mix flour, protein powder & oats in a separate bowl with coconut oil + 15ml sf maple syrup until it forms a crumb texture
- top apple with crumble & air fry at 180C until crisp
- serve with Greek yoghurt (optional: almond flakes)



CHAPTER 2

Snacks



Take Away Snack Pack

INGREDIENTS

- mini pita (or rice crackers)
- carrot, cucumber & capsicum
- hard-boiled egg
- hummus (*easy recipe #10 in this guide)
- fresh fruit of your choice

DIRECTIONS

- chop pita into triangles (air fry/bake until crisp)
- chop vege into fingers
- hard boiled egg
- fresh fruit of your choice (chop when ready to serve)



Popcorn

INGREDIENTS

- 40g popcorn kernels
- 5g coconut oil
- optional: sweetener & himalayan rock salt

DIRECTIONS

- in a pot place coconut oil on low-medium heat
- once melted & hot add kernels with sweetener & salt
- shake pot with lid on so all kernels get covered with oil
- shake regularly so it doesn't burn - keep the lid on
- once it starts to pop keep the lid on but shake to ensure kernels cook evenly
- take off heat & serve once popping stops



Protein Iced Mocha

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INGREDIENTS

- 1-2 espresso shots
- 30g chocolate protein powder
- 200ml almond milk

DIRECTIONS

- make espresso shot
- mix protein powder with almond milk in a shaker
- pour protein milk into a glass with ice
- add in the espresso shot
- stir & serve fresh
- optional: add chocolate syrup around the inside of glass.



Banana & PB on rice cakes

INGREDIENTS

- 3 brown rice or corn cakes
- 20-30g peanut or almond butter
- 1 banana

DIRECTIONS

- spread nut butter (smooth spreads best)
- slice banana & top rice cakes
- optional - sprinkle sesame seeds



Homemade Hummus

INGREDIENTS

- 1 x 400g can chickpea, don't drain
- 1 tbsp tahini paste
- 1 large garlic clove, chopped
- 3 tbsp 0% fat Greek yogurt
- a good squeeze of lemon juice

DIRECTIONS

- Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid. Tip the chickpeas, tahini, garlic and yogurt into a food processor or blender and whizz to smooth.
- Whizz in a tbsp of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl.
- Stir in a squeeze of lemon juice and season to taste.
- Serve with fresh carrot sticks or for the takeaway snack pack*



Protein Chia Pudding with Berries

INGREDIENTS

- 30g chia seeds
- 150ml unsweetened almond milk (or coconut milk)
- 25g vanilla protein powder
- fresh or frozen berries to top

DIRECTIONS

- Add chia seeds to bowl or glass.
- Pour in milk, add protein powder & stir with a spoon until smooth.
- Top with frozen berries & refrigerate overnight to defrost berries/thicken chia pudding
- If using fresh berries, you can add them fresh before eating.



CHAPTER 3

Lunch and Dinner



Vegetarian Wrap Pizza

12

INGREDIENTS

- 45g wrap
- 60g sliced mushrooms
- 60g cherry tomatoes
- 30g diced red onion
- 35g grated mozzarella cheese
- 15g tomato paste

DIRECTIONS

- spread tomato paste on wrap
- sprinkle vegetables on wrap base
- top with grated cheese
- optional: add seasoning (I like garlic & herb)
- bake or air fry at 180C until crisp



Prawn Salad

13

INGREDIENTS

- 130g prawns (peeled & raw)
- 170g sweet potato
- 20g spinach and/or lettuce
- 40g avocado
- 40g cherry tomatoes
- 50g cucumber or any other vegetables you enjoy
- 50g diced mango (fresh or tinned) *optional

DIRECTIONS

- boil water & cook diced sweet potato until soft
- pan fry prawns on medium heat
- assemble the salad: start with greens, then top with chopped avocado/tomatoes/cucumber & mango
- top with prawns & serve fresh
- optional: lemon juice or lite salad dressing



Easy Egg Taco Baskets

INGREDIENTS

- 2 Stand 'N stuff tortillas (tortilla baskets)
- 2 eggs or 120ml egg whites
- 20g grated mozzarella cheese
- 100g spinach, capsicum, spinach, onion (vege of your choice)

DIRECTIONS

- dice veges
- in a bowl mix 2 eggs with diced vege
- pour mixture into tortilla baskets
- sprinkle cheese on top
- air fry at 180C for 10-12 minutes (until cooked through)



Naked Beef Burrito Bowl

INGREDIENTS

- 150g beef mince
- (95-99% fat free)
- 60g black beans (canned & drained)
- tortilla wrap
- taco seasoning
- 40g sweet corn kernels
- 50g diced tomatoes
- diced lettuce
- 80g sliced avocado
- 60g sliced onion
- 15g grated cheese

DIRECTIONS

- place wrap in an oven safe bowl & push down to form a bowl shape, bake or air fry at 180C for 4-5 mins until crisp bowl shape forms
- brown onion in a pan then add mince with taco seasoning
- add vege to tortilla bowl then top with mince & grated cheese
- serve fresh



Chicken Burger

INGREDIENTS

- 100g chicken breast
- 15g cornflakes
- Lettuce & slice tomato
- 10g mayo (99% fat free)
- 1x brioche burger bun
- garlic & herb seasoning
- 20g edam cheese
- 1 egg

OPTIONAL

- 250g white potatoes
- spray oil
- sauce to serve
- peel & slice chips - spray with oil & season
- air fry 25mins at 200C.

DIRECTIONS

- Crack egg in a small bowl and whisk, set aside
- Add corn flakes to second bowl with seasoning
- Dip chicken breast in egg wash followed by corn flakes ensuring to press down to coat
- Transfer chicken breast to air fryer basket and lightly spray with oil. Cook in air fryer at 180C for 13-15min, until cooked through. Add a slice of cheese to chicken for the last 2 mins to melt.
- Slice burger bun in half. Top bottom half with mayo, lettuce & a slice of tomato. Add chicken on lettuce and close.



Client Results

Jenna



GOAL: FAT LOSS

New Mum wanting to feel fitter & increase confidence.

Dana



GOAL: GET LEAN

Wanting to take her physique to the next level.

Shar



GOAL: HEALTHY HABITS

Learning how to eat & train while losing fat.

Danielle



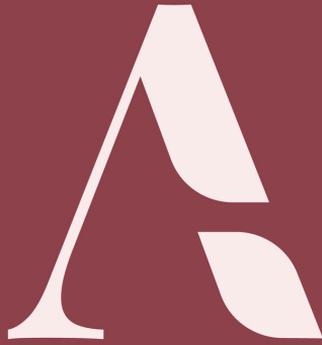
GOAL: TRANSFORM

New habits, shape & fit for life.

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