



GUIDE TO HEALTHY EATING



Welcome to the Paul Wallace Fitness Guide To Healthy Eating

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

Paul Wallace

Coach

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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Air Fryer Salmon

Serves 2

Ingredients

2 X 130g Salmon Fillets Skin Removed
1 Tsp Salt
1 Tsp Pepper
1 Tsp Mixed Herbs
1 Tsp Garlic Granules
½ Tbsp Olive Oil

Method

Combine the salt, pepper, mixed herbs and garlic granules in a bowl, then scatter onto a plate. Rub each salmon fillet with a little olive oil and roll in the seasoning to coat.

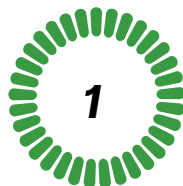
Put in the air fryer basket in one layer and cook at 180C for 8-10 mins, until cooked through. If you have larger salmon fillets they will need to be cooked for longer – keep checking after 10 mins and cook in 1-2 min blasts, until ready.



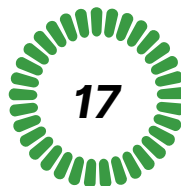
Calories



Protein



Carbs



Fats



AIR FRYER SALMON



Calories



Protein



Carbs



Fats

Tandoori Style Chicken with a Raita Dip

Serves 4

Ingredients

600g Boneless Chicken Thighs
400g Natural Yogurt
2 Cm Fresh Ginger, Grated
1 Tsp Cumin
1 Tsp Chilli Powder
1 Tsp Lemon Juice
1 Tsp Vegetable Oil
½ Cucumber, Grated And Squeezed Of Excess Water
1 Tbsp Fresh Mint Leaves, Finely Chopped

Method

First marinade the chicken, in 250g of the yogurt, lemon juice, garlic, ginger and spices, and mix together.

Add the chicken pieces, and coat in the marinade – cover and keep in the fridge for at least an hour.

Make the raita – season the grated and squeezed cucumber with a little salt and mix into the rest of the yogurt with the mint.

Preheat the air fryer to 200 degrees, and lightly grease the basket with little oil cook the chicken for 15-20 mins – giving them a turn about half way through.

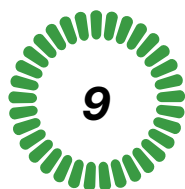
Serve up straight away with the raita.



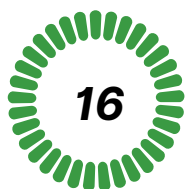
Calories



Protein



Carbs



Fats



TANDOORI STYLE CHICKEN WITH A RAITA DIP



Calories



Protein



Carbs



Fats

Air Fryer Chicken Taquitos

Serves 3

Ingredients

1 Tsp Vegetable Oil
2 Tbsp Diced Onion
1 Clove Garlic, Minced
2 Tbsp Chopped Green Chillies
2 Tbsp Tomato Sauce
250g Shredded Rotisserie Chicken
75g Grated Cheese
2 Tbsp Cream Cheese
Salt And Ground Black Pepper
3 Corn Tortillas
Low Cal Spray Cooking Spray

Method

Heat oil in a skillet over medium heat. Add onion; cook until soft and translucent, 3 to 5 minutes. Add garlic; cook until fragrant, about 1 minute. Add green chillies and tomato sauce; stir to combine. Add shredded chicken, cheese and cream cheese. Cook and stir until cheeses have melted and mixture is warmed through, about 3 minutes. Season with salt and pepper.

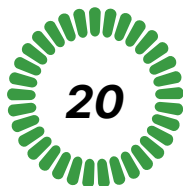
Heat tortillas in a skillet or directly on the grates of a gas stove until soft and pliable. Place 3 tbsp of chicken mixture down the centre of each tortilla. Fold over and roll into taquitos.

Preheat an air fryer to 200 degrees.

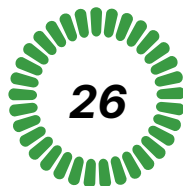
Place taquitos in a single layer in the air fryer basket, making sure they are not touching, and mist with avocado oil. Cook until golden brown, 6 to 9 minutes. Turn taquitos over, mist with avocado oil, and air fry until crispy, 3 to 5 minutes.



Calories



Protein



Carbs



Fats



AIR FRYER CHICKEN TAQUITOS



Calories



Protein



Carbs



Fats

Cod with Fresh Lemon Pepper

Serves 2

Ingredients

2x 170g Cod Fillets
2 Tbsp Lemon Zest
2 Tbsp Olive Oil
1 ½ Tsp Coarsely Ground Black Pepper
½ Tsp Salt
2 Cloves Garlic, Minced
1 Pinch Paprika
Low Cal Cooking Spray
1 Sprigs Parsley, Chopped
4 Wedges Lemon

Method

Preheat the air fryer to 200 degrees.

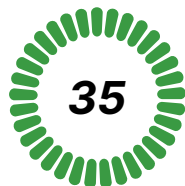
While fryer is preheating, combine lemon zest, olive oil, pepper, salt, and garlic in a bowl. Rub spice mixture over the cod. Sprinkle lightly with paprika. Spray the air fryer basket with cooking spray and place the fillets inside, coated side up.

Air fry until fish can be flaked with a fork, 7 to 10 minutes. Do not crowd the fish fillets; you may need to fry a second batch, depending on the size of your air fryer.

Remove cod to a plate, garnish with chopped parsley, and serve with lemon wedges.



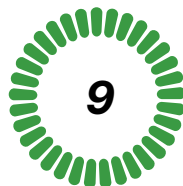
Calories



Protein



Carbs



Fats



COD WITH FRESH LEMON PEPPER



Calories



Protein



Carbs



Fats

Chicken Katsu

Serves 4

Ingredients

Katsu Sauce:

200ml Reduced Sugar Ketchup
2 Tbsp Soy Sauce
1 Tsp Brown Sugar
1 Tbsp Sherry
2 Tsp Worcestershire Sauce
1 Tbsp Minced Garlic

Chicken:

450g Skinless Chicken Breast
1 Pinch Salt And Ground Black Pepper
To Taste
2 Large Eggs, Beaten
100g Panko Bread Crumbs
Cooking Spray

Method

Prepare sauce: Whisk ketchup, soy sauce, brown sugar, sherry, Worcestershire sauce, and garlic together in a bowl until sugar has dissolved. Set katsu sauce aside. Preheat an air fryer to 350 degrees F (175 degrees C).

Meanwhile, lay chicken pieces on a clean work surface. Season with salt and pepper. Place beaten eggs in a flat dish or shallow bowl. Pour bread crumbs into a second flat dish. Dredge chicken pieces in egg and then in bread crumbs. Repeat by dredging chicken in egg and then bread crumbs again, pressing down so the bread crumbs stick to the chicken.

Place chicken pieces in the basket of the preheated air fryer. Spray the tops with nonstick cooking spray.

Air fry for 10 minutes. Flip chicken pieces over using a spatula and spray the tops with nonstick cooking spray. Cook for 8 minutes more. Transfer chicken to a cutting board and slice. Serve with katsu sauce.



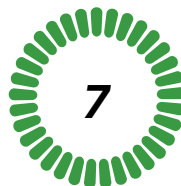
Calories



Protein



Carbs



Fats



CHICKEN KATSU



Calories



Protein



Carbs



Fats

Scotch Eggs

Serves 6

Ingredients

Dipping Sauce:

- 3 Tsp Greek Yogurt
- 2 Tsp Mango Chutney
- 1 Tbsp Mayonnaise
- 1/8 Tsp Salt
- 1/8 Tsp Pepper
- 1/8 Tsp Curry Powder
- 1/8 Tsp Cayenne Pepper (Optional)

Scotch Eggs:

- 400g Pork Sausage Meat
- 6 Eggs, Soft-Boiled And Shelled
- 80g Flour
- 2 Eggs, Lightly Beaten
- 130g Panko Bread Crumbs
- Cooking Spray

Method

Make the dipping sauce: Combine yogurt, chutney, mayonnaise, salt, pepper, curry powder, and cayenne in a small bowl. Refrigerate until ready to use.

Make the Scotch eggs: Divide pork sausage into 6 even portions. Flatten each portion into a thin patty. Place 1 egg in the middle of each patty and wrap sausage around eggs, sealing all sides. Set aside.

Preheat the air fryer to 200 degrees.

Place flour in a small bowl, beaten eggs in another small bowl, and panko on a plate. Dip each sausage-wrapped egg into flour, then dip into beaten egg, letting the excess drip off. Roll in panko and place on a plate.

Spray the air fryer basket with cooking spray. Arrange eggs in the basket in a single layer without overcrowding; cook in batches if necessary. Cook in the preheated air fryer for 12 minutes, turning eggs over halfway through. Repeat with remaining eggs. Serve with dipping sauce.



Calories



Protein



Carbs



Fats



SCOTCH EGGS



Calories



Protein



Carbs



Fats

Stuffed Mushrooms

Serves 4

Ingredients

4 large Flat Cup Mushrooms
2 Spring Onions
80g Low Fat Cream Cheese,
Softened
60g Cheddar Cheese
¼ Tsp Ground Paprika
1 Pinch Salt
Cooking Spray

Method

Using a damp cloth, gently clean mushrooms. Remove stems and discard. Slice the spring onions and separate white and green parts.

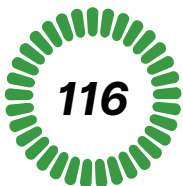
Preheat an air fryer to 180 degrees.

Combine cream cheese, Cheddar cheese, the white parts from the spring onions, paprika, and salt in a small bowl. Spoon the filling into the mushrooms, pressing it in to fill the cavity with the back of the spoon.

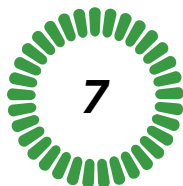
Spray the air fryer basket with cooking spray and set mushrooms inside. Depending on the size of your air fryer, you may have to do 2 batches.

Cook mushrooms until filling is lightly browned, about 8 minutes. Repeat with remaining mushrooms.

Sprinkle mushrooms with the green parts of the spring onions and let cool for 5 minutes before serving.



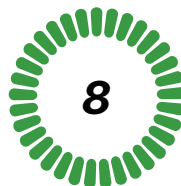
Calories



Protein



Carbs



Fats



STUFFED MUSHROOMS



Calories



Protein



Carbs



Fats

Buttermilk Fried Chicken

Serves 4

Ingredients

400 Boneless, Skinless Chicken Thighs
300ml Buttermilk
120g All-Purpose Flour
1 Tsp Seasoned Salt
½ Tsp Ground Black Pepper
70g Panko Bread Crumbs
Cooking Spray

Method

Place chicken thighs in a shallow casserole dish. Pour buttermilk over chicken and refrigerate for 4 hours, or overnight.

Preheat an air fryer to 190 degrees.

Mix flour, seasoned salt, and pepper in a large sized resealable plastic bag. Coat the chicken thighs in seasoned flour. Dip back into buttermilk, then coat with panko bread crumbs.

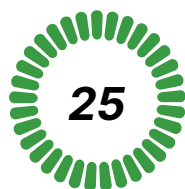
Spray the air fryer basket with nonstick cooking spray. Arrange 1/2 of the chicken thighs in the basket, making sure none are touching. Spray top of each chicken thigh with cooking spray.

Cook in the preheated air fryer for 15 minutes. Flip the thighs and spray tops of chicken again. Cook until chicken is no longer pink in the centre and the juices run clear, about 10 more minutes.

Repeat with remaining chicken.



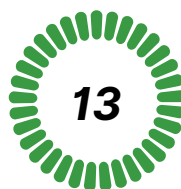
Calories



Protein



Carbs



Fats



BUTTERMILK FRIED CHICKEN



Calories



Protein



Carbs



Fats

Rotisserie Chicken

Serves 6

Ingredients

1.8kg Whole Chicken
1 Tsp Sea Salt
2 Tsp Ground Paprika
1 Tsp Onion Powder
1 Tsp Ground Thyme
1 Tsp Ground White Pepper
½ Tsp Ground Black Pepper
½ Tsp Cayenne Pepper
½ Tsp Garlic Powder
3 Tsp Vegetable Oil

Method

Preheat an air fryer to 175 degrees.

Mix salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne, and garlic powder together in a small bowl. Rub 1/2 of the oil over chicken, then half of the spice mixture.

Cook in the preheated air fryer for 30 minutes. Carefully remove chicken from the fryer.

Flip chicken over. Oil the other side and sprinkle with remaining spice mixture. Return to the air fryer and continue to cook until no longer pink at the bone and the juices run clear, about 30 minutes more.

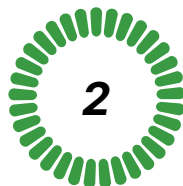
Remove from the fryer, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.



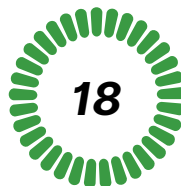
Calories



Protein



Carbs



Fats



ROTISSERIE CHICKEN



Calories



Protein



Carbs



Fats

Blackened Chicken Breast

Serves 2

Ingredients

300g Skinless, Boneless Chicken Breast
2 Tsp Paprika
1 Tsp Ground Thyme
1 Tsp Cumin
½ Tsp Cayenne Pepper
½ Tsp Onion Powder
½ Tsp Black Pepper
¼ Tsp Salt
2 Tsp Vegetable Oil

Method

Combine paprika, thyme, cumin, cayenne pepper, onion powder, black pepper, and salt together in a bowl. Transfer spice mixture to a flat plate.

Rub oil over each chicken breast until fully coated. Roll each piece of chicken in blackening spice mixture, making sure to press down so spice sticks on all sides.

Let the chicken sit for 5 minutes while you preheat the air fryer.

Preheat an air fryer to 175 degrees.

Place chicken in the basket of the air fryer and cook for 10 minutes. Flip and cook an additional 10 minutes. Transfer chicken to a plate and let rest for 5 minutes before serving.



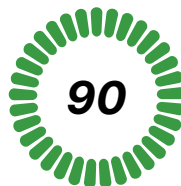
Calories



Protein



Carbs



Fats



BLACKENED CHICKEN BREAST



Calories



Protein



Carbs



Fats

Eggplant Parmesan

Serves 4

Ingredients

70g Bread Crumbs
25g Freshly Grated Parmesan
Cheese
1 Tsp Italian Seasoning
1 Tsp Salt
½ Tsp Dried Basil
½ Tsp Garlic Powder
½ Tsp Onion Powder
½ Tsp Freshly Ground Black Pepper
30g Flour
2 Large Eggs, Beaten
1 Medium Eggplant, Sliced Into ½-
Inch Rounds
230g Passata Sauce
4 Slices Mozzarella Cheese

Method

Combine bread crumbs, Parmesan cheese, Italian seasoning, salt, basil, garlic powder, onion powder, and black pepper in a shallow bowl. Place flour in a separate shallow bowl and beaten eggs in a third shallow bowl.

Dip sliced eggplant first in flour, then in beaten eggs, and finally coat with bread crumb mixture. Place coated eggplant on a plate and let rest for 5 minutes.

Preheat an air fryer to 185 degrees.

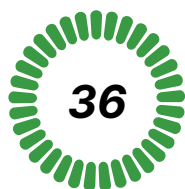
Place breaded eggplant rounds in the air fryer basket, making sure they are not touching; work in batches if necessary. Cook for 8 to 10 minutes, flip each round, and cook until desired crispiness is achieved, 4 to 6 minutes more. Top each eggplant round with marinara sauce and 1 slice of mozzarella cheese. Place the basket back in the air fryer and cook until cheese has started to melt, 1 to 2 minutes. Repeat with remaining eggplant, if necessary.



Calories



Protein



Carbs



Fats



EGGPLANT PARMESAN



Calories



Protein



Carbs



Fats

Salmon Patties

Serves 4

Ingredients

Aioli Dipping Sauce:

60g Light Mayonnaise
1 Tsp Finely Minced Garlic
½ Tsp Fresh Lemon Juice

Patties:

480g Salmon, Cooked and flaked
1 Tbsp Snipped Fresh Chives
1 Tsp Dried Parsley
1 Tsp Finely Minced Garlic
½ Tsp Salt
1 Tbsp All-Purpose Flour
1 Lemon
Cooking Spray

Method

Mix mayonnaise, garlic, lemon juice, and together in a small bowl and refrigerate dipping sauce until needed.

Place salmon, chives, parsley, garlic, and salt in a medium bowl and mix well. Add flour and mix well. Divide into 4 equal portions; shape into patties.

Preheat air fryer to 175 degrees.

Cut lemon into 4 slices. Place lemon slices into the bottom of the air fryer basket and place salmon patties on top. Lightly spray patties with cooking spray.

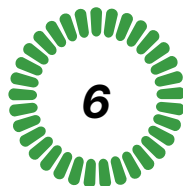
Cook for 4/5 mins and then turn them over, re spray with the oil spray and cook for another 5 mins. Once fully cooked serve with the dipping sauce.



Calories



Protein



Carbs



Fats



SALMON PATTIES



Calories



Protein



Carbs



Fats

Coconut Prawns

Serves 6

Ingredients

60g Flour
1 ½ Tsp Ground Black Pepper
2 Large Eggs
80g Flaked Coconut
50g Panko Bread Crumbs
400g Uncooked Medium Prawns
Cooking Spray
½ Tsp Salt, Divided
30g Honey
30g Lime Juice
1 Serrano Chilli, Thinly Sliced
2 Tsp Chopped Fresh Rocket

Method

Preheat the air fryer to 200 degrees.

Stir together flour and pepper in a shallow dish. Lightly beat eggs in a second shallow dish. Stir together coconut and panko in a third shallow dish.

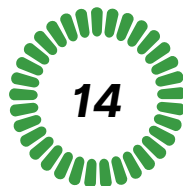
Working one at a time, coat the prawns in the flour mixture; shake off excess. Dip the floured prawn in egg; allow any excess to drip off. Finally, dredge in coconut mixture, pressing to adhere. Place shrimp on a plate. Coat shrimp well with cooking spray.

Place 1/2 of the shrimp in the air fryer and cook about 3 minutes. Turn shrimp over and continue cooking until golden, about 3 minutes more. Season with 1/4 tsp salt. Repeat with remaining shrimp.

Meanwhile, whisk together honey, lime juice, and serrano chilli in a small bowl.



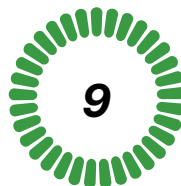
Calories



Protein



Carbs



Fats



COCONUT PRAWNS



Calories



Protein



Carbs



Fats

Arancini

Serves 5

Ingredients

3 Large Eggs, Divided
320 Cooked Rice
80g Grated Parmesan Cheese
40g Butter, Melted
½ Tsp Salt
¼ Tsp Ground Black Pepper
50g Mozzarella Cheese, Cubed
80g Panko Bread Crumbs
½ Tsp Italian Seasoning
1 Pinch Salt
1 Pinch Ground Black Pepper
Nonstick Cooking Spray

Method

Preheat an air fryer to 190 degrees

Beat 2 eggs lightly in a large bowl. Stir in rice, Parmesan cheese, butter, cheese sprinkle, 1/2 tsp salt, and 1/4 tsp pepper; mix to combine. Cover and refrigerate the mixture for 20 minutes.

Roll mixture into 1 1/2-inch balls. Press a mozzarella cube into the centre of each ball and reshape.

Combine bread crumbs, Italian seasoning, salt, and pepper in a shallow dish. Beat remaining egg lightly in a second bowl. Dip each rice ball first into egg, then roll in the bread crumb mixture. Place rice balls in air fryer basket and spray with cooking spray.

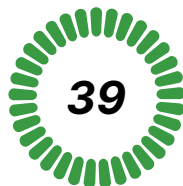
Cook in the preheated air fryer for 6 minutes. Increase temperature 200 degrees and air fry for 3 more minutes.



Calories



Protein



Carbs



Fats



ARANCINI



Calories



Protein



Carbs



Fats

Mexican-Style Stuffed Chicken Breasts

Serves 2

Ingredients

4 Extra-Long Toothpicks
1 Tsp Chilli Powder, Divided
2 Tsp Ground Cumin, Divided
300g, Boneless Chicken Breast
1 Tsp Chipotle Flakes
2 Tsp Oregano
Salt And Ground Black Pepper
50g Red Bell Pepper, Sliced Into Thin Strips
100g Onion, Sliced Into Thin Strips
1 Fresh Jalapeño Pepper, Sliced Into Thin Strips
Low Cal Oil Spray
½ Lime, Juiced

Method

Place toothpicks in a small bowl and cover with water, let them soak to keep them from burning while cooking.

Preheat an air fryer to 200 degrees.

Mix 2 tsp chilli powder and 2 tsp cumin in a shallow dish.

Place chicken breast on a flat work surface. Slice horizontally through the middle. Pound each half using a rolling pin until about 1/4-inch thick.

Sprinkle each breast half equally with remaining chilli powder, remaining cumin, chipotle flakes, oregano, salt, and pepper. Place 1/2 the bell pepper, onion, and jalapeño in the centre of 1 breast half. Roll the chicken from the tapered end upward and use 2 toothpicks to secure. Repeat with other breast, spices, and vegetables and secure with remaining toothpicks. Roll each roll-up in the chilli-cumin mixture in the shallow dish while drizzling with olive oil until evenly covered.

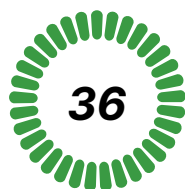
Place chicken in the air-fryer basket with the toothpick side facing up. Set timer for 6 minutes.

Turn the chicken over. Continue cooking in the air fryer until juices run clear about 5 minutes more.

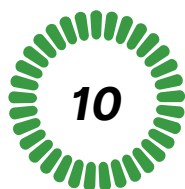
Drizzle lime juice evenly on the chicken before serving.



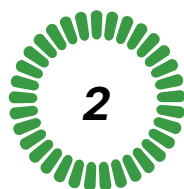
Calories



Protein



Carbs



Fats



MEXICAN-STYLE STUFFED CHICKEN BREASTS



Calories



Protein



Carbs



Fats

Baby Back Ribs

Serves 4

Ingredients

400g Rack Baby Back Ribs
1 Tbsp Olive Oil
1 Tbsp Liquid Smoke Flavouring
(Optional)
1 Tbsp Brown Sugar
½ Tsp Salt
½ Tsp Ground Black Pepper
½ Tsp Garlic Powder
½ Tsp Onion Powder
½ Tsp Chili Powder
200ml Reduced Sugar BBQ Sauce

Method

Remove membrane from back of ribs and dry ribs with a paper towel.. Mix olive oil and liquid smoke in a small bowl and rub on both sides of the ribs.

Combine brown sugar, salt, pepper, garlic powder, onion powder and chili powder in a bowl. Season both sides of the ribs with the seasoning mix. Let ribs rest for 30 minutes to enhance the flavor. Preheat an air fryer to 190 degrees.

Place ribs bone-side down in the air fryer basket, making sure they are not touching; cook in batches if necessary.

Cook for 15 minutes. Flip ribs over (meat-side down) and cook an additional 10 minutes.

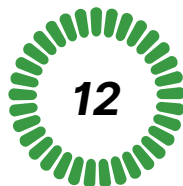
Remove ribs from air fryer and brush bone-side of ribs with 1/2 the BBQ sauce. Place basket back in the air fryer and cook for 5 minutes. Flip ribs over, brush meat-side with remaining BBQ sauce; cook an additional 5 minutes or until desired char is achieved.



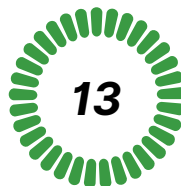
Calories



Protein



Carbs



Fats



BABY BACK RIBS



Calories



Protein



Carbs



Fats

Pork Schnitzel

Serves 4

Ingredients

400g Lean Pork Loin
70g Seasoned Bread Crumbs
1 Tsp Salt
½ Tsp Ground Black Pepper
30g Flour
1 Egg, Beaten
Low Cal Oil Cooking Spray

Method

Place pork, 1 at a time, between 2 sheets of parchment paper and flatten with a rolling pin, until they are half as thick.

Combine bread crumbs, salt, and black pepper in a shallow bowl. Place flour in a separate shallow bowl and beaten egg in a third shallow bowl. Dip pork first in the flour, then in beaten egg, and finally coat with bread crumb mixture.

Preheat an air fryer to 190 degrees.

Place breaded pork in the air fryer basket, making sure they are not touching; work in batches if necessary. Mist with oil spray and cook for 6 minutes. Flip each one, mist with oil, and cook an additional 3 to 4 minutes.



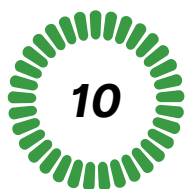
Calories



Protein



Carbs



Fats



PORK SCHNITZEL



Calories



Protein



Carbs



Fats

Chimichangas

Serves 4

Ingredients

1 Tbsp Vegetable Oil
60g Diced Onion
400g Shredded Cooked Chicken
100g Low Fat Cream Cheese,
Softened
40ml Chicken Stock
1 ½ Tbsp Cajun Seasoning Mix
1 Fresh Green Chilli, sliced
½ Tsp Salt
¼ Tsp Ground Black Pepper
4 Flour Tortillas
60g Grated Cheese Blend
Low Cal Oil Cooking Spray

Method

Preheat an air fryer to 200 degrees.

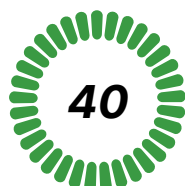
Heat oil in a medium pan. Add onion and cook until soft and translucent, 4 to 6 minutes. Add chicken, cream cheese, green chilli, chicken broth, taco seasoning, salt, and pepper. Cook and stir until mixture is well combined and everything has been evenly incorporated.

Place 1/3 cup chicken mixture down the centre of each tortilla and top with a heaping tbsp of Mexican cheese. Fold the top and bottom of tortillas over the filling, then roll each into a burrito shape. Mist with cooking spray and place in the basket of an air fryer.

Air-fry for 4 to 6 minutes. Flip each chimichanga over, mist with cooking spray, and air-fry until lightly browned, 2 to 4 minutes more.



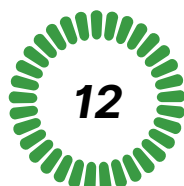
Calories



Protein



Carbs



Fats



CHIMICHANGAS



Calories



Protein



Carbs



Fats



 [paul_wallace_fitness](https://www.instagram.com/paul_wallace_fitness)

 Designed and produced by @Nutritional_bear

