



# **ASIAN PRODUCTS GUIDE**

Preview



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# THE BUTCHERS

**THE IDEAL PLACE TO BUY YOUR MEATS FROM BECAUSE YOU CAN REQUEST IT TO BE CUT A CERTAIN WAY AND ALSO A LOT OF YOU WILL BE REQUIRING HALAL PRODUCTS - SO ALWAYS A WIN! PLUS IT CAN BE CHEAPER TOO**

**OTHER THINGS YOU CAN BUY ARE PRODUCTS IN BULK. RICE, FLOUR, ATTA, CHICKPEAS, LENTILS ETC. ALWAYS CHECK YOUR LOCAL ASIAN STORE FIRST!**

**OPT TO BUY THINGS IN A BIGGER QUANTITY. MOST PLACES SHOULD APPLY DISCOUNTS BUT IT SAVES YOU MULTIPLE TRIPS TOO.**

**ALWAYS BE SPECIFIC! ASIAN BUTCHERS ARE NOTORIOUSLY LAZY AND SOMETIMES WILL CUT CORNERS. ASK THEM TO TRIM OFF EXCESS FAT!**

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# CHICKEN

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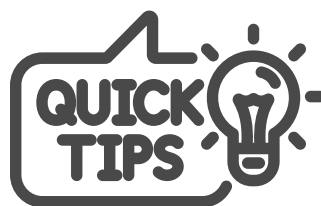
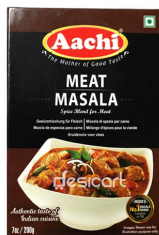
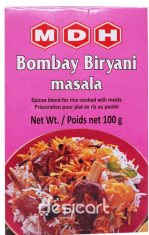
**CHICKEN BREAST** WILL ALWAYS BE YOUR BEST FRIEND. IT IS THE LEANER CUT BY A HUGE MARGIN AND IF YOU ARE A MEAT-EATER, THIS IS SOMETHING YOU SHOULD INCLUDE REGULARLY IN YOUR DIET.

**THIGH, WINGS & DRUMSTICKS** WILL TYPICALLY BE HIGHER IN KCALS AND FATS. THESE ADD MORE FLAVOUR WHICH IS WHY PEOPLE EAT THEM MORE. TAKE SKIN OFF THOUGH! THIS CAN PUSH KCALS EVEN HIGHER.

**TIP - ASK THE BUTCHER TO TRIM OFF ANY FAT TO MAKE IT EASIER FOR YOU AND REMOVE A FEW CALORIES BY DOING SO. THEY WILL DO THIS AND IT WILL SAVE YOU TIME.**



# OUR FAVOURITE MIXES



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THE ABOVE IS NOT A FINAL LIST. THESE ARE JUST ITEMS WE HAVE USED AND FIND THAT THE KCALS IN THEM ARE FINE. THERE ARE PLENTY MORE OPTIONS.



FEEL FREE TO USE YOUR OWN SPICES AND MASALA.



FOR TANDOORI BASED SPICES OR ANYTHING WHEREBY YOGHURT IS NEEDED, SWITCH TO GREEK YOGHURT. WAY LESS KCALS AND THE ADDED PROTEIN HIT MAKES IT A WINNER!



# CALORIE HACKS

## Biryani



## What to look out for



- Oil amount
- Type of meat used
- Overall portion size

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## Do the following



- Add oil using tbsp, don't pour from bottle. Add a little each time if required
- Use brown rice. More fibre, fills you up
- Have chicken biryani more than lamb
- Use leaner cuts of meat. Trim fat off the meats when adding them in
- Use coconut oil as your base. It has a high smoke point and allows less to be used each time
- Don't use fried onions (pre-made). Use regular onions at all times