

### FRY UP



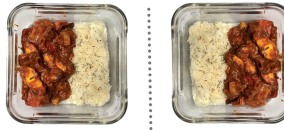
**743 cal**  
41g protein  
21g carbs  
55g fat

**331 cal**  
39g protein  
19g carbs  
11g fat

**FUN FACT**

*In the 1950s nearly half of all Brits started the day with a full fry up!*

### CHICKEN TIKKA MASALA



**703 cal**  
48g protein  
49g carbs  
35g fat

**555 cal**  
46g protein  
50g carbs  
19g fat

**FUN FACT**

*Apparently invented in Glasgow in the 1970s (although this is contested!) at one point 1 in 7 curries sold in the UK was a chicken tikka masala.*



### SHEPHERD'S PIE



**1024 cal**  
40g protein  
71g carbs  
70g fat

**718 cal**  
41g protein  
71g carbs  
30g fat

**FUN FACT**

*Originating from Scotland or the North of England, it's thought peasant housewives invented the pies to use up Sunday roast leftovers.*

### SPAGHETTI BOLOGNESE



**875 cal**  
55g protein  
67g carbs  
43g fat

**587 cal**  
55g protein  
67g carbs  
11g fat

**FUN FACT**

*Despite the Italian name, "spag bol" is generally thought to have been invented in Britain or the USA in the early 20th century.*

### FISH & CHIPS



**946 cal**  
45g protein  
70g carbs  
54g fat

**529 cal**  
52g protein  
60g carbs  
9g fat

**FUN FACT**

*The first recorded fish and chip shop opened in London in the 1860s.*

### BANGERS & MASH



**807 cal**  
48g protein  
48g carbs  
47g fat

**361 cal**  
43g protein  
36g carbs  
5g fat

**FUN FACT**

*"Bangers" was used to describe sausages in WW1 that had a high water content – they would explode under heat!*

# CALORIE COMPARISON



Body coach The Fitness Chef has teamed up with Frylight to reinvent some of Britain's favourite dishes – cutting down the calories without compromising flavour.

For all the recipes visit [frylight.co.uk](http://frylight.co.uk)