



🕒 5 min / 1 serving

Power Chocolate Overnight Oats

322	28g	32g	10g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 220ml almond milk
- 35g oats
- 5g chia seeds
- 25g chocolate whey protein (80%)
- 5g dark chocolate chips (70%)

Preparation

Step 1: In a sealable container, mix in the oats, almond milk, chia seeds, protein powder, and chocolate chips.

Step 2: Place in one of your favourite refrigerators overnight.

Step 3: Serve up first thing in the morning!



🕒 10 min / 1 serving

Tuscan Tuna and White Bean Salad

297
CALORIES

21g
PROTEIN

25g
CARBS

14g
FAT

Ingredients

- 20g arugula (rocket)
- 20g baby spinach
- 60g cannellini beans (canned)
- 50g fish, tuna, white, canned in water, without salt, drained solids
- 8 whole black olives
- 1 tsp olive oil
- 1/4 whole, medium red onion
- 8 whole cherry tomatoes
- 1/2 whole lemon
- 15g feta cheese

Preparation

Step 1: Rinse and dry the cannellini beans and then drain the tuna.

Step 2: Cut the cherry tomatoes and olives in halves and thinly slice the red onion.

Step 3: In a large mixing bowl, combine the white beans, rocket, spinach, red onion, tuna, olives, and

tomatoes.

Step 4: Drizzle the ingredients with olive oil and freshly squeezed lemon juice then toss to mix.

Step 5: Lay the crumbled feta on top and season to taste with some salt and black pepper.

You're now good to go!



🕒 20 min / 1 serving

Autumn Baked Cod with Garlic Squash

287
CALORIES

29g
PROTEIN

21g
CARBS

10g
FAT

Ingredients

- 150g atlantic cod
- 50g cherry tomatoes
- 150g butternut squash
- 1 clove garlic
- 1 wedge lemon
- 1 tsp parsley
- 2 tsp olive oil

Preparation

Step 1: Preheat your oven to 450 degrees Fahrenheit (230 C).

Step 2: Bring a small pot of water to boil over a high heat

Step 3: Peel and cube your squash into 1-inch cubes

Step 4: Parboil the squash for about 3 - 5 minutes

Step 5: In a solid baking dish, drizzle half the olive oil in order to coat the bottom of the dish well

Step 6: Drain the sweet squash, and place on the side

Step 7: Lay your cod in the dish and evenly scatter with the tomatoes, squash, and garlic. Then drizzle everything with the remaining olive oil!

Step 8: Give a cheeky little season with salt and pepper!

Step 9: Bake for around 10 - 12 minutes before serving up with a light squeeze of lemon juice and some fresh parsley!



 <1 min / 1 serving

Watermelon

60

CALORIES

1g

PROTEIN

15g

CARBS

0g

FAT

Ingredients

200g watermelon

Preparation

Treat yourself to another slice, or two...



🕒 2 min / 1 serving

Chocolate Vanilla Protein Shake

130	21g	4g	3g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 15g vanilla whey protein (80%)
- 10g chocolate whey protein (80%)
- 200ml almond milk

Preparation

Step 1: Blend your protein powder and milk using a blender or shaker and serve on up!

Ingredients Needed

Dairy and Egg

15g Feta Cheese

Fats and Oils

10g Olive Oil

Finfish and Shellfish

150g Atlantic Cod

50g Fish, tuna, white, canned in water, without salt, drained solids

Fruits and Fruit Juices

8 whole (26.4g) Black Olives

84g Lemon

200g Watermelon

Grains, Noodles and Pasta

35g Oats

Legumes

60g Cannellini Beans (canned)

Nuts and Seeds

440g Almond Milk

5g Chia Seeds

Protein Powders

50g Chocolate Whey Protein (80%)
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15g Vanilla Whey Protein (80%)
.....

Sweets

5g Dark Chocolate Chips (70%)
.....

Vegetables

20g Arugula (Rocket)
.....

20g Baby Spinach
.....

150g Butternut Squash
.....

272g Cherry Tomatoes
.....

1 clove (3g) Garlic
.....

1 tsp (1.33g) Parsley
.....

1/4 whole, medium (27.5g) Red Onion
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