



🕒 5 min / 1 serving

Peanut Power Oatmeal!

426
CALORIES

37g
PROTEIN

45g
CARBS

12g
FAT

Ingredients

- ☐ 10g peanut butter, smooth style, without salt
- ☐ 50g oats
- ☐ 30g vanilla whey protein (80%)
- ☐ 175ml almond milk
- ☐ 50g raspberries

Preparation

One of the simplest meals on Earth!

Step 1: Mash all ingredients together in a bowl except the raspberries

Step 2: Place the bowl in the microwave for 1 minute

Step 3: Serve with the raspberries on top!

Step 4: Get your feed on.



🕒 5 min / 1 serving

Power Vege Toast!

435	24g	46g	18g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- ☐ 3 slice regular whole grain bread
- ☐ 1 medium whole tomatoes, red, ripe
- ☐ 50g mozzarella cheese (whole milk)
- ☐ 1/2 tsp olive oil
- ☐ 1 dash black pepper
- ☐ 20g cucumber
- ☐ 1 sprinkle sea salt

Preparation

Step 1: Place your bread into a toaster and let things heat up while you slice the tomato and cucumber into finely-sliced slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella, tomato, and cucumber on top.

Step 3: Season with a little salt and pepper, and drizzle with the olive oil before crunching in.

What a delight.



5 min / 1 serving

Chickpea Asparagus Super Salad

411

CALORIES

21g

PROTEIN

61g

CARBS

13g

FAT

Ingredients

- ☐ 125g chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained
- ☐ 20g feta cheese
- ☐ 50g sun-dried tomatoes
- ☐ 1 tsp olive oil
- ☐ 5 spear, medium (5-1/4" to 7" long) asparagus
- ☐ 1 wedge lemon

Preparation

Step 1: First, set a saucepan of water to boil over a high heat.

Step 2: Drain your chickpeas and sun-dried tomatoes, season with a little salt and pepper, and set aside.

Step 3: Roughly chop your asparagus spears and add them to a saucepan and bring down to a simmer for about 5 minutes.

Step 4: Drain away any excess water and allow to cool.

Step 5: Roughly chop your sun-dried tomatoes.

Step 6: Once cooled, mix the asparagus, chickpeas, and tomatoes in a serving bowl and crumble the feta on top along with the olive oil, a drizzle of lemon juice, and a touch of salt and pepper.

Step 7: Add any additional herbs and spices that you deem worthy and serve!



 <1 min / 1 serving

Almond Snack

145

CALORIES

5g

PROTEIN

5g

CARBS

12g

FAT

Ingredients

☐ 25g almonds

Preparation

Serve on the side, plant protein power!



 <1 min / 1 serving

Banana

105

CALORIES

1g

PROTEIN

27g

CARBS

0g

FAT

Ingredients



1 medium (7" to 7-7/8" long) banana(s)

Preparation

The best of the best!

Ingredients Needed

Baked

☐ 3 slice regular (90g) Whole Grain Bread

Dairy and Egg

☐ 20g Feta Cheese

☐ 50g Mozzarella Cheese (whole milk)

Fats and Oils

☐ 4g Olive Oil

Fruits and Fruit Juices

☐ 1 medium (7" to 7-7/8" long) (118g) Banana(s)

☐ 1 wedge (6g) Lemon

☐ 50g Raspberries

Grains, Noodles and Pasta

☐ 50g Oats

Legumes

☐ 125g Chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained

☐ 10g Peanut butter, smooth style, without salt

Nuts and Seeds

☐ 175ml (175g) Almond Milk

☐ 25g Almonds

Protein Powders

☐ 30g Vanilla Whey Protein (80%)
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Spices and Herbs

☐ 1 dash (0.4g) Black Pepper
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☐ 1 sprinkle (0.4g) Sea Salt
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Vegetables

☐ 5 spear, medium (5-1/4" to 7" long) (80g)
Asparagus
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☐ 20g Cucumber
.....

☐ 50g Sun-Dried Tomatoes
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☐ 1 medium whole (123g) Tomatoes, Red, Ripe
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