



🕒 10 min / 1 serving

# Matcha Chia Overnight Oats

**375**  
CALORIES

**27g**  
PROTEIN

**46g**  
CARBS

**11g**  
FAT

## Ingredients

- 1 medium kiwifruit
- 1 medium (1-1/4" dia) strawberries
- 80g greek yogurt (whole milk)
- 15g vanilla whey protein (80%)
- 75ml almond milk
- 30g oats
- 1 tsp honey
- 2 tsp chia seeds
- 1/2 tsp matcha powder

## Preparation

Prepare the night before and you'll wake up like it's Saturday morning, every day!

**Step 1:** In a small bowl, whisk the matcha and warm water together until a smooth consistency is formed.

**Step 2:** Take the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

**Step 3:** Once you have a delicious blend, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

**Step 4:** Slice the kiwi and strawberry and layer them on top. Store in the fridge overnight!



5 min / 1 serving

## Feta Cheese and Apricot Toast

222  
CALORIES

10g  
PROTEIN

29g  
CARBS

8g  
FAT

### Ingredients

- 2 slice regular whole grain bread
- 15g feta cheese
- 1 apricot apricot(s)
- 5g cashew nuts

### Preparation

You may wish to repeat this one!

**Step 1:** Place your bread into a toaster and let things heat up while you chop your apricot into bite-size slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and apricot on top.

**Step 3:** Sprinkle with the cashews and get tucked in!



🕒 35 min / 1 serving

# Classic Turkish One-Pan Menemen

**381**  
CALORIES

**21g**  
PROTEIN

**39g**  
CARBS

**18g**  
FAT

## Ingredients

- 1/2 tbsp olive oil
- 1 medium onion
- 1/2 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- 1 piece red chilli pepper
- 150g chopped tomatoes (canned)
- 20g sun-dried tomatoes
- 1 tsp brown sugar
- 1 tbsp, chopped parsley
- 2 tbsp greek yogurt (whole milk)
- 1 clove garlic
- 2 medium egg(s)

## Preparation

**Step 1:** Chop the onion and bell pepper into bite-size slices and set aside.

**Step 2:** Finely slice the garlic and chilli and set to the other side.

**Step 3:** Heat the oil in a heavy-based frying pan over a medium temperature.

**Step 4:** Stir in the onions, bell pepper, and chilies and allow them all to become very well acquainted in the pan for about 3 minutes. Season with a little salt and pepper here too!

**Step 5:** Add the canned tomatoes and the sugar and bring to a light simmer to reduce the liquid. Then, add the sun-dried tomatoes and stir.

**Step 6:** Using a wooden spoon, create pockets that will hold the eggs.

**Step 7:** Crack an egg into each pocket, reduce the heat to low, and cover the pan. Allow the eggs to set.

**Step 8:** While you wait, beat the finely-sliced garlic into the yogurt and season well.

**Step 9:** Serve the menemen with some parsley sprinkled over the top and a dollop of the garlicky yogurt on the side.



 <1 min / 1 serving

# Watermelon

**30**

CALORIES

**1g**

PROTEIN

**8g**

CARBS

**0g**

FAT

## Ingredients

100g watermelon

## Preparation

Treat yourself to another slice, or two...



 <1 min / 1 serving

# Strawberries

**24**  
CALORIES

**1g**  
PROTEIN

**6g**  
CARBS

**0g**  
FAT

## Ingredients

75g strawberries

## Preparation

Is it a fruit? Is it a berry? Who cares.

# Ingredients Needed

## Baked

2 slice regular (60g) Whole Grain Bread

## Dairy and Egg

2 medium (88g) Egg(s)

15g Feta Cheese

160g Greek Yogurt (whole milk)

## Fats and Oils

1/2 tbsp (6.75g) Olive Oil

## Fruits and Fruit Juices

1 apricot (35g) Apricot(s)

1 medium (74g) Kiwifruit

24g Strawberries

100g Watermelon

## Grains, Noodles and Pasta

30g Oats

## Nuts and Seeds

75ml (75g) Almond Milk

5g Cashew Nuts

2 tsp (8g) Chia Seeds

## Protein Powders

15g Vanilla Whey Protein (80%)

### Spices and Herbs

1/2 tsp (1g) Matcha Powder

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### Sweets

1 tsp (3g) Brown Sugar

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1 tsp (7g) Honey

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### Vegetables

150g Chopped Tomatoes (canned)

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1 clove (3g) Garlic

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1/2 medium (approx 2-3/4" long, 2-1/2" dia)  
(59.5g) Green Bell Pepper (capsicum)

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1 medium (110g) Onion

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1 tbsp, chopped (3.8g) Parsley

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1 piece (45g) Red Chilli Pepper

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20g Sun-Dried Tomatoes