



🕒 5 min / 1 serving

# Peanut Power Oatmeal!

<b>297</b>	<b>21g</b>	<b>30g</b>	<b>11g</b>
CALORIES	PROTEIN	CARBS	FAT

## Ingredients

- 15g peanut butter, smooth style, without salt
- 30g oats
- 15g vanilla vegan protein blend (70%)
- 110ml almond milk
- 40g 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.



🕒 15 min / 1 serving

# The Superman Sandwich

**338**  
CALORIES

**23g**  
PROTEIN

**39g**  
CARBS

**9g**  
FAT

## Ingredients

- 60g seitan
- 40g tomatoes, red, ripe
- 30g red onion
- 30g vegan cheddar cheese
- 2 slice regular whole grain bread

## Preparation

Pretty super, and pretty simple!

**Step 1:** Pre-grill your sliced seitan until it is cooked all the way through and then allow to chill in the refrigerator. Drizzle with a little soy sauce to absorb some extra flavour!

**Step 2:** Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

**Step 3:** Slice the tomato and onion and get them ready for action.

**Step 4:** Layer all ingredients in whatever order you see fit. We personally went with bread, lettuce, seitan, tomato, onion, then the cheddar on top with the second slice of bread to finish!



🕒 15 min / 1 serving

# Ultimate Strength Salad

**323**  
CALORIES

**24g**  
PROTEIN

**26g**  
CARBS

**15g**  
FAT

## Ingredients

- 50g mixed salad leaves
- 1 tsp brown sugar
- 20g sun-dried tomatoes
- 1/2 tsp dijon mustard (whole grain)
- 1 medium carrot
- 3 tsp olive oil
- 80g seitan

## Preparation

**Step 1:** Slice your seitan and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

**Step 2:** Whisk the sugar, mustard, and remaining olive oil to create a nice dressing.

**Step 3:** Toss the mixed leaves in a bowl with the sweet mustard dressing and place into a bowl

**Step 4:** Layer the seitan, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

**Step 5:** Serve up!



 <1 min / 1 serving

## Almond Snack

87

CALORIES

3g

PROTEIN

3g

CARBS

7g

FAT

### Ingredients

15g almonds

### Preparation

Serve on the side, plant protein power!



 <1 min / 1 serving

# Watermelon

60

CALORIES

1g

PROTEIN

15g

CARBS

0g

FAT

## Ingredients

200g watermelon

## Preparation

Treat yourself to another slice, or two...

# Ingredients Needed

## Baked

2 slice regular (60g) Whole Grain Bread

## Dairy and Egg

30g Vegan Cheddar Cheese

## Fats and Oils

3 tsp (13.5g) Olive Oil

## Fruits and Fruit Juices

40g Raspberries

200g Watermelon

## Grains, Noodles and Pasta

30g Oats

120g Seitan

## Legumes

15g Peanut butter, smooth style, without salt

## Nuts and Seeds

110ml (110g) Almond Milk

15g Almonds

## Protein Powders

15g Vanilla Vegan Protein Blend (70%)

## Spices and Herbs

1/2 tsp (2.5g) Dijon Mustard (Whole Grain)

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## Sweets

1 tsp (3g) Brown Sugar

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## Vegetables

1 medium (61g) Carrot

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50g Mixed Salad Leaves

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30g Red Onion

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20g Sun-Dried Tomatoes

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40g Tomatoes, Red, Ripe