

298

CALORIES





5 min / 1 serving

## The Just-Right Raspberry **Smoothie**

27g

PROTEIN

Ingredients		
	45g raspberries	
	25g oats	
	175ml milk (1% fat)	
	20g vanilla whey protein (80%)	
	1 tsp honey	

39g

CARBS

5a

FAT

#### Preparation

Ideally, use chilled or even frozen raspberries for this splendid mix of sensational satisfaction.

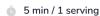
Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

Step 2: Securely fasten the lid and blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a smoothie that feels just right.







## Sweet Goat's Cheese and Mango on Toast

362 CALORIES	<b>17g</b> PROTEIN	<b>41g</b> CARBS	<b>15g</b> FAT	
Ingredien	ts			
2 slic	ce regular wh	ole grain br	ead	
40g	goats cheese			
60g	mango			
1 tsp	honey			
1 das	sh sea salt			
Preparation	on			
Something again!	g new that yo	ou'll definite	ly want to try	
•	hile you slice		ister and let tl cheese and m	_
transform		crunchy cou	the wonderful Interpart, laye	
Step 3: Dr salt.	rizzle with ho	ney and a s	mall sprinkle	of
Get cruncl	ny.			





12g

FAT

#### 5 min / 1 serving

333

CALORIES

set aside.

about 5 minutes.

# Chickpea Asparagus Super Salad

47g

CARBS

16g

PROTEIN

Ingredients		
	80g chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained	
	20g feta cheese	
	45g sun-dried tomatoes	
	1 tsp olive oil	
	4 spear, medium (5-1/4" to 7" long) asparagus	
	1 wedge lemon	
Preparation		
<b>Step 1:</b> First, set a saucepan of water to boil over a high heat.		

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

**Step 3:** Roughly chop your asparagus spears and add them to a saucepan and bring down to a simmer for

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

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

127

## Orange and Walnut Power!

3a

CALORIES	PROTEIN	CARBS	FAT	
Ingredient	s			
1 fruit	: (2-5/8" dia	oranges		
10g v	valnuts			

17g 7g

## Preparation

**Step 1:** Eat the orange and the walnuts. All of them.

Get nutty!





<1 min / 1 serving</p>

## **Strawberries**

24 1g 6g 0g CALORIES PROTEIN CARBS FAT

Ingredients

75g strawberries

## Preparation

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



# **Ingredients Needed**

Bake	ed
	2 slice regular (60g) Whole Grain Bread
Dairy	y and Egg
	20g Feta Cheese
	40g Goats Cheese
	175ml (182g) Milk (1% fat)
Fats	and Oils
	1 tsp (4.5g) Olive Oil
Fruit	s and Fruit Juices
	1 wedge (6g) Lemon
	60g Mango
	1 fruit (2-5/8" dia) (131g) Oranges
	45g Raspberries
	75g Strawberries
Grain	ns, Noodles and Pasta
	25g Oats
Legu	imes
	80g Chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained

**Nuts and Seeds** 

	10g Walnuts
Prote	ein Powders
	20g Vanilla Whey Protein (80%)
Spice	es and Herbs
	1 dash (0.4g) Sea Salt
Swe	ets
	14g Honey
Vegetables	
	4 spear, medium (5-1/4" to 7" long) (64g) Asparagus
	45g Sun-Dried Tomatoes