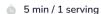


390

CALORIES





Velvet Berry Smoothie

35a

PROTEIN

Ingredients		
V	60g frozen blueberries	
	1 medium (7" to 7-7/8" long) banana(s)	
	250ml milk (1% fat)	
	30g vanilla whey protein (80%)	
	1 tsp honey	

57a

CARBS

5a

FAT

Preparation

Ideally, use a chilled or even a frozen banana and berries for this splendid mix of antioxidant-filled goodness.

Step 1: Place all ingredients into your blender of choice and take a look at what is about to become an absolute sensation.

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 that sensational smoothie treat that will occupy your dreams for weeks to come.



387

CALORIES



20 min / 1 serving

medium temperature

things heat up!

Mediterranean Burrito

20g

PROTEIN

Ingredients		
2 medium egg(s)		
1 tsp olive oil		
1 whole whole wheat tortillas		
10g baby spinach		
5g black olives		
10g sun-dried tomatoes		
15g feta cheese		
20g black beans (canned)		
Preparation		
Loaded with protein and Mediterranean flavour!		
Step 1: Heat your oil in a non-stick pan over a		

30g

CARBS

21g

FAT

Step 3: Scramble the eggs in the pan for about 5 minutes, or until the majority of liquid becomes solid, slice up your black olives, sun-dried tomatoes, and spinach on the side

Step 2: Whisk the egg in a bowl on the side while

Step 4: Throw the olives, spinach, tomatoes, and beans into the pan along with the egg and toss

together

Step 5: After about 2 minutes of cooking, add the feta cheese to the party

Step 6: Once the cheese has melted a little, lay out your tortilla and evenly spread the mixture onto each

Step 7: Roll up and serve with a little hot sauce on the side (because you're damn spicy)

Et Voilà!





12g

FAT

5 min / 1 serving

333

CALORIES

set aside.

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

them to a saucepan and bring down to a simmer for about 5 minutes.

Step 3: Roughly chop your asparagus spears and add

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

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</p>

Strawberries

26 1g 6g 0g CALORIES PROTEIN CARBS FAT

Ingredients

80g strawberries

Preparation

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





<1 min / 1 serving</p>

Cherries

54 1g 14g Og CALORIES PROTEIN CARBS FAT

Ingredients

85g sweet cherries

Preparation

Nobody's getting tired of these!



Ingredients Needed

Bake	ed	
	1 whole (41g) Whole Wheat Tortillas	
Dairy and Egg		
	2 medium (88g) Egg(s)	
	30g Feta Cheese	
	250ml (260g) Milk (1% fat)	
Fats and Oils		
	10g Olive Oil	
Fruits and Fruit Juices		
	1 medium (7" to 7-7/8" long) (118g) Banana(s)	
	5g Black Olives	
V	60g Frozen Blueberries	
	1 wedge (6g) Lemon	
	80g Strawberries	
	85g Sweet Cherries	
Legumes		
	20g Black beans (canned)	
	80g Chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained	
Protein Powders		

30g Vanilla Whey Protein (80%)

	1 tsp (7g) Honey	
Vegetables		
	4 spear, medium (5-1/4" to 7" long) (64g) Asparagus	
	10g Baby Spinach	
	20g Sun-Dried Tomatoes	

Sweets