



🕒 5 min / 1 serving

Coco Loco Nutty Smoothie

336
CALORIES

31g
PROTEIN

30g
CARBS

11g
FAT

Ingredients

- ☐ 1/2 medium (7" to 7-7/8" long) banana(s)
.....
- ☐ 15g oats
.....
- ☐ 40ml coconut milk drink (carton)
.....
- ☐ 260ml almond milk
.....
- ☐ 10g peanut butter, smooth style, without salt
.....
- ☐ 30g vanilla whey protein (80%)
.....

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

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 will make you go a little nuts!



🕒 5 min / 1 serving

The Cottage Sandwich

390
CALORIES

22g
PROTEIN

57g
CARBS

9g
FAT

Ingredients

- ☐ 40g cottage cheese (1% fat)
- ☐ 4 slice regular whole grain bread
- ☐ 20g avocado
- ☐ 30g cucumber
- ☐ 30g romaine lettuce
- ☐ 1/4 tsp, ground black pepper

Preparation

Step 1: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 2: Slice your cucumber and avocado into sandwich-style slices.

Step 3: Place your lightly-toasted bread on a plate and layer all ingredients in the following order: lettuce, cottage cheese, avocado, cucumber, and then top it all off with a sprinkle of salt and pepper.

Step 4: Serve up and smile all day as a result.

*Watercress also works very well with this sandwich!



🕒 35 min / 1 serving

Salmon with Roasted Sweet Potatoes and Pepper

416
CALORIES

23g
PROTEIN

29g
CARBS

23g
FAT

Ingredients

- ☐ 1 medium red bell pepper (capsicum)
- ☐ 100g sweet potato
- ☐ 2 tsp olive oil
- ☐ 1 pinch table salt
- ☐ 100g atlantic salmon (farmed)
- ☐ 1 wedge lemon
- ☐ 1/2 tsp, leaves dried oregano
- ☐ 1/2 tsp paprika

Preparation

Step 1: Preheat the oven to 200c (400f). Then place some parchment paper onto a baking tray.

Step 2: Slice the bell pepper and sweet potato and then lay them onto the paper. Drizzle with half the olive oil, the paprika, and half the salt then toss to coat. Spread out into an even layer. Put the sheet pan inside the oven and let her roast for 10 minutes!

Step 3: On the second sheet pan, place the salmon and coat evenly with the remaining olive oil. Drizzle the salmon with a little lemon juice and then pat with a little salt and oregano!

Step 4: After the pepper and sweet potato is nicely cooked, remove the baking sheet, place the 2nd baking sheet inside the oven then set the timer for 10 minutes.

Step 5: Serve up! Or, if meal prepping, portion the sweet potatoes into your food containers then put even portions of salmon into each. Cover and refrigerate for up to 3 days.



 <1 min / 1 serving

Sunflower Seed Snack

117

CALORIES

4g

PROTEIN

4g

CARBS

10g

FAT

Ingredients

☐ 20g seeds, sunflower seed kernels, dried

Preparation

Flower power, directly from the sun!



 <1 min / 1 serving

Strawberries

19

CALORIES

0g

PROTEIN

5g

CARBS

0g

FAT

Ingredients

☐ 60g strawberries

Preparation

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

Ingredients Needed

Baked

☐ 4 slice regular (120g) Whole Grain Bread

Beverages

☐ 40ml (40g) Coconut Milk Drink (carton)

Dairy and Egg

☐ 40g Cottage Cheese (1% fat)

Fats and Oils

☐ 2 tsp (9g) Olive Oil

Finfish and Shellfish

☐ 100g Atlantic Salmon (farmed)

Fruits and Fruit Juices

☐ 20g Avocado

☐ 1/2 medium (7" to 7-7/8" long) (59g) Banana(s)

☐ 1 wedge (6g) Lemon

☐ 60g Strawberries

Grains, Noodles and Pasta

☐ 15g Oats

Legumes

☐ 10g Peanut butter, smooth style, without salt

Nuts and Seeds

- ☐ 260ml (260g) Almond Milk
- ☐ 20g Seeds, sunflower seed kernels, dried

Protein Powders

- ☐ 30g Vanilla Whey Protein (80%)

Spices and Herbs

- ☐ 1/4 tsp, ground (0.575g) Black Pepper
- ☐ 1/2 tsp, leaves (0.5g) Dried Oregano
- ☐ 1/2 tsp (1.15g) Paprika
- ☐ 1 pinch (0.3g) Table Salt

Vegetables

- ☐ 30g Cucumber
- ☐ 1 medium (119g) Red Bell Pepper (capsicum)
- ☐ 30g Romaine Lettuce
- ☐ 100g Sweet Potato