



🕒 5 min / 1 serving

# The Avocado Bananarama Smoothie

**441**

CALORIES

**35g**

PROTEIN

**41g**

CARBS

**17g**

FAT

## Ingredients

- 1/2 whole avocado
- 1 medium (7" to 7-7/8" long) banana(s)
- 250ml coconut milk drink (carton)
- 45g vanilla vegan protein blend (70%)
- 1g brown sugar

## Preparation

Ideally, use a chilled avocado and a chilled/frozen banana for this splendid mix of healthy fats and energy.

**Step 1:** Place all ingredients into that super blender and securely fasten the lid.

**Step 2:** 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 fresh serving of energy-boosting goodness!



🕒 20 min / 1 serving

# Simple Sweet Tofu, Broccoli, and Quinoa Meal Prep!

447  
CALORIES

21g  
PROTEIN

52g  
CARBS

19g  
FAT

## Ingredients

- 65g quinoa
- 80g tofu, firm, prepared with nigari
- 1/2 tsp brown sugar
- 1/4g ground cinnamon
- 1 1/2 tsp olive oil
- 75g broccoli

## Preparation

Simply multiply all ingredients if you wish to bulk cook!

**Step 1:** Start out by placing your quinoa in a saucepan to cook over a medium heat with 1 part quinoa to 2 parts water.

**Step 2:** Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

**Step 3:** In the meantime, take out a bowl and combine the cubed tofu with the brown sugar, cinnamon, salt, and pepper.

**Step 4:** Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

**Step 5:** Add the olive oil and then the tofu to this desirable pan and cook for around 5 minutes per side.

**Step 6:** Once the tofu has developed a nice browning colour on both sides, turn off the heat and allow to rest for a further 5 minutes.

**Step 7:** While the tofu is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute. Then drain.

**Step 8:** Pull out your meal prep containers. Divide the portions evenly among your meal prep containers.

**Step 9:** If meal prepping - cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!



🕒 30 min / 1 serving

# Sautéed Garlicky Tofu and Mushroom Power

328  
CALORIES

19g  
PROTEIN

26g  
CARBS

20g  
FAT

## Ingredients

- 2 tsp olive oil
- 100g tofu, firm, prepared with nigari
- 1/2 tsp, leaves dried oregano
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp paprika
- 1 medium onion
- 1 clove garlic
- 1 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- 100g white button mushrooms
- 1 tsp parsley

## Preparation

Are you ready for something delicious that's going to fill you up for hours to come?

**Step 1:** The first thing you're going to do is chop up the tofu, the onion, the bell pepper, and the mushroom into bite-size cubes.

**Step 2:** Then, finely chop the garlic and parsley.

**Step 3:** Heat half the olive oil in a medium-sized pan over a medium to high heat.

**Step 4:** Once heated, add the tofu and allow to lightly brown before adding the oregano, garlic powder, onion powder and paprika. Allow all spices to evenly coat the tofu before seasoning with a little salt and pepper.

**Step 5:** After about 5 minutes, when the tofu is cooked through, place in a bowl and set aside.

**Step 6:** Using the same hot pan, add the remaining oil, onion, and garlic allowing those wonderful fragrances to fill the kitchen.

**Step 7:** After about 3 minutes of taking in that smell of deliciousness, add the mushrooms and bell pepper to the pan. Allow to soften over the course of another 3 - 4 minutes and then add the tofu back to the mix.

**Step 8:** Give these ingredients about 2 minutes of care before serving in your favourite bowl with a sprinkle of parsley on top.



 <1 min / 1 serving

## Pumpkin Seed Snack

**112**

CALORIES

**6g**

PROTEIN

**2g**

CARBS

**10g**

FAT

### Ingredients

20g pumpkin seeds

### Preparation

Pumpkin power!



 <1 min / 1 serving

## Red Grapes

69

CALORIES

1g

PROTEIN

18g

CARBS

0g

FAT

### Ingredients

100g red grapes

### Preparation

Not quite a glass of wine, but close!



🕒 5 min / 1 serving

# Wake-Up Banana Power Smoothie

**369**

CALORIES

**29g**

PROTEIN

**52g**

CARBS

**6g**

FAT

## Ingredients

- 1 medium (7" to 7-7/8" long) banana(s)
- 30g oats
- 30g vanilla vegan protein blend (70%)
- 250ml almond milk

## Preparation

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

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

**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 fresh serving of heaven.



🕒 5 min / 1 serving

# Sweet Strawberry and Peanut Butter on Toast

421

CALORIES

18g

PROTEIN

40g

CARBS

23g

FAT

## Ingredients

- 4 medium (1-1/4" dia) strawberries
- 40g peanut butter, smooth style, without salt
- 2 slice regular whole grain bread
- 1 tsp brown sugar

## Preparation

Something new that you'll definitely want to try again!

**Step 1:** Place your bread into a toaster and let things heat up while you slice your strawberries on the side.

**Step 2:** Once the bread has made the incredible transition into toast, spread the peanut butter nice and evenly before topping off with the sliced strawberries and a sprinkle of sugar.

Let the crunch begin.



🕒 30 min / 1 serving

# Tofu and Asparagus Skillet

**386**  
CALORIES

**23g**  
PROTEIN

**22g**  
CARBS

**27g**  
FAT

## Ingredients

- 125g tofu, firm, prepared with nigari
- 5 clove garlic
- 80ml vegetable stock/broth
- 3 tsp ginger
- 1 dash black pepper
- 80g white button mushrooms
- 3 tsp olive oil
- 175g asparagus

## Preparation

**Step 1:** First of all, chop your tofu into 1-inch chunks and season with a little salt and pepper.

**Step 2:** Finely chop your ginger and garlic. Then, place the ginger in a bowl along with the stock and the pepper, and let it all get cozy together after a light mix.

**Step 3:** Meanwhile, heat half the olive oil in a frying pan or skillet over medium heat and add the tofu to cook for about 5 minutes, stirring occasionally. Then remove from the heat and place to the side.

**Step 4:** Add the remaining olive oil to the same skillet and add the garlic to sauté for about 1 minute.

Then, mix in the mushrooms and asparagus and cook until slightly tender (about 5 minutes).

**Step 5:** Return the tofu to the pan along with the stock sauce mix and bring to a simmer.

**Step 6:** After about 4 minutes, remove from the heat and serve up with a sprinkle of sesame seeds if you have them!



🕒 1 min / 1 serving

## Pear and Pumpkin Seed Power!

157

CALORIES

4g

PROTEIN

28g

CARBS

5g

FAT

### Ingredients

1 medium pear(s)

10g pumpkin seeds

### Preparation

**Step 1:** Eat the pear and the pumpkin seeds. All of them.

Did you know that there are over 3,000 varieties of pear worldwide?



🕒 2 min / 1 serving

## Chocolate Vanilla Protein Shake

**103**  
CALORIES

**15g**  
PROTEIN

**3g**  
CARBS

**3g**  
FAT

### Ingredients

- 10g vanilla vegan protein blend (70%)  
.....
- 10g chocolate vegan protein blend (70%)  
.....
- 200ml almond milk

### Preparation

**Step 1:** Blend your protein powder and milk using a blender or shaker and serve on up!

# Ingredients Needed

## Baked

2 slice regular (60g) Whole Grain Bread

## Beverages

250ml (250g) Coconut Milk Drink (carton)

## Fats and Oils

21g Olive Oil

## Fruits and Fruit Juices

1/2 whole (75g) Avocado

236g Banana(s)

1 medium (178g) Pear(s)

100g Red Grapes

4 medium (1-1/4" dia) (48g) Strawberries

## Grains, Noodles and Pasta

30g Oats

65g Quinoa

## Legumes

40g Peanut butter, smooth style, without salt

240g Tofu, firm, prepared with nigari

## Nuts and Seeds

500g Almond Milk

40g Pumpkin Seeds

### Pastes, Sauces, and Gravies

80ml (80g) Vegetable stock/broth

### Protein Powders

10g Chocolate Vegan Protein Blend (70%)

135g Vanilla Vegan Protein Blend (70%)

### Spices and Herbs

1 dash (0.4g) Black Pepper

1/2 tsp, leaves (0.5g) Dried Oregano

1/4 tsp (0.775g) Garlic Powder

3 tsp (6g) Ginger

1/4g Ground Cinnamon

1/4 tsp (0.6g) Onion Powder

1/4 tsp (0.575g) Paprika

### Sweets

3g Brown Sugar

### Vegetables

175g Asparagus

75g Broccoli

6g Garlic

1 medium (approx 2-3/4" long, 2-1/2" dia)  
(119g) Green Bell Pepper (capsicum)

1 medium (110g) Onion



1 tsp (1.33g) Parsley

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200g White Button Mushrooms