



🕒 5 min / 1 serving

# Frozen Blueberry Breakfast Protein Bowl

**430**

CALORIES

**38g**

PROTEIN

**52g**

CARBS

**10g**

FAT

## Ingredients

- 80g frozen blueberries
- 80g frozen raspberries
- 1 medium kiwifruit
- 80g greek yogurt (whole milk)
- 30g vanilla whey protein (80%)
- 150ml almond milk
- 20g oats

## Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

Step 1: Take the frozen berries, the yogurt, the protein powder, and the milk, and let them get to know each other in a blender or food processor as you lightly pulse.

Step 2: Once you have a delicious purée, spoon it into a breakfast bowl.

Step 3: Slice the kiwi and layer it on top with a couple of extra raspberries and a sprinkle of oats.

Step 4: Serve with a dash of cinnamon if you're

feeling spicy.



🕒 15 min / 1 serving

# Rapid Honey Chicken Stir Fry

**398**  
CALORIES

**33g**  
PROTEIN

**40g**  
CARBS

**13g**  
FAT

## Ingredients

- 120g chicken breast
- 50g green beans (snap beans)
- 50g carrot
- 50g white button mushrooms
- 1/4 medium red bell pepper (capsicum)
- 1/4 medium yellow bell pepper (capsicum)
- 50g broccoli
- 2 clove garlic
- 3 tsp honey
- 1/4 whole, medium red onion
- 2 tsp olive oil
- 1/4 tsp red pepper flakes (chili flakes)
- 1/2 tsp garlic powder
- 75ml vegetable stock/broth

## Preparation

**Step 1:** Slice up your bell peppers, green beans, carrots, broccoli, onion, and mushrooms into thin, bite-size slices. Chop the chicken into cubes and

finely slice your garlic too!

**Step 2:** In a wok or large frying pan add the olive oil and bring up to a medium-high heat.

**Step 3:** Add all veggies (except the garlic) and chicken to the now hot pan and sauté for around 2-3 minutes until veggies are almost tender.

**Step 4:** In a small bowl, whisk together the garlic, honey, garlic powder, chili flakes, and vegetable stock with a little salt and pepper.

**Step 5:** Pour this evenly over the stir fry and allow the sauce to thicken.

**Step 6:** Once the chicken is cooked through, serve up!



🕒 45 min / 1 serving

# Protein Pea and Chicken Power Soup

**413**  
CALORIES

**31g**  
PROTEIN

**42g**  
CARBS

**14g**  
FAT

## Ingredients

- 2 tsp olive oil
- 90g chicken breast
- 1 stalk, medium (7-1/2" - 8" long) celery
- 1 medium carrot
- 75g green peas
- 1/2 medium onion
- 1/2 medium sweet potato
- 1/2 tsp garlic powder
- 1/4 tsp dried rosemary
- 1 leaf bay leaf
- 150ml chicken stock
- 1 pinch table salt
- 1 pinch black pepper

## Preparation

This one looks small, but packs a punch!

**Step 1:** Roughly chop the chicken, carrots, potatoes, celery, and onion into bite-size chunks.

**Step 2:** Heat the olive oil in a stockpot over medium to high heat. Once hot, add the chicken to the pot and cook until lightly brown (this should take about 8 minutes)

**Step 3:** Add the celery, onion, carrots, rosemary, salt, and pepper to the mix and then allow to cook for an additional 5 minutes.

**Step 4:** It's time to add those peas! Once mixed, throw in the bay leaf and the stock and bring to a boil. Then reduce heat to low and allow to simmer, partially covered for around 20 minutes. Taste soup and season accordingly before adding the potatoes.

**Step 5:** Add the potatoes and continue to simmer until potatoes are tender, this should take another 8-10 minutes. Stir in pressed garlic and chopped dill.

**Step 6:** Stir in the garlic, season with salt and pepper and then serve up!\*

**\*Tip - If you prefer a smooth soup, remove the bay leaf and blend using a hand processor before serving**



 <1 min / 1 serving

## Almond Snack

**116**

CALORIES

**4g**

PROTEIN

**4g**

CARBS

**10g**

FAT

### Ingredients

20g almonds

### Preparation

Serve on the side, plant protein power!



🕒 1 min / 1 serving

## Apple and Pistachio Power!

151

CALORIES

3g

PROTEIN

28g

CARBS

5g

FAT

### Ingredients

1 medium (3" dia) apple(s)

10g pistachio nuts

### Preparation

**Step 1:** Eat the apple and the pistachios. All of them.

We always struggle with cracking open the pistachio shells. However, there is additional calorie burn in doing so, which makes the process worth it, we suppose...

# Ingredients Needed

## Dairy and Egg

80g Greek Yogurt (whole milk)

## Fats and Oils

18g Olive Oil

## Fruits and Fruit Juices

1 medium (3" dia) (182g) Apple(s)

80g Frozen Blueberries

80g Frozen Raspberries

1 medium (74g) Kiwifruit

## Grains, Noodles and Pasta

20g Oats

## Nuts and Seeds

150ml (150g) Almond Milk

20g Almonds

10g Pistachio Nuts

## Pastes, Sauces, and Gravies

150ml (150g) Chicken Stock

75ml (75g) Vegetable stock/broth

## Poultry

240g Chicken Breast

## Protein Powders

30g Vanilla Whey Protein (80%)  
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## Spices and Herbs

1 Leaf (1g) Bay Leaf  
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1 pinch (0.2g) Black Pepper  
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1/4 tsp (0.3g) Dried Rosemary  
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4g Garlic Powder  
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1/4 tsp (0.5g) Red Pepper Flakes (Chili Flakes)  
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1 pinch (0.3g) Table Salt  
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## Sweets

3 tsp (21g) Honey  
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## Vegetables

50g Broccoli  
.....

100g Carrot  
.....

1 stalk, medium (7-1/2" - 8" long) (40g) Celery  
.....

2 clove (6g) Garlic  
.....

50g Green Beans (snap beans)  
.....

75g Green Peas  
.....

1/2 medium (55g) Onion  
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1/4 medium (29.75g) Red Bell Pepper  
(capsicum)  
.....

1/4 whole, medium (27.5g) Red Onion  
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1/2 medium (57g) Sweet Potato  
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50g White Button Mushrooms  
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1/4 medium (29.75g) Yellow Bell Pepper  
(capsicum)

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