

351

CALORIES



5 min / 1 serving

Peanut Butter Power Smoothie

34a

CARBS

14a

FAT

24a

PROTEIN

Ingredients			
1/2 medium (7" to 7-7	/8" long) banana(s)		
20g oats			
20g peanut butter, sm	ooth style, without salt		
200ml almond milk			
20g vanilla vegan pro	tein blend (70%)		

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of peanutty protein power.

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 that fresh serving of muscle-building goodness.





20 min / 1 serving

455

CALORIES

Simple Seitan, Broccoli, and Rice Meal Prep!

53g

CARBS

12a

FAT

37g

PROTEIN

Ingredients				
50g brown rice (medium-grain)				
120g seitan				
1/4 tsp brown sugar				
1/4 tsp paprika				
1/2 tsp cumin powder				
1/2 tsp garlic powder				
2 tsp olive oil				
100g broccoli				
Preparation				

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Simply multiply all ingredients if you wish to bulk cook!

Step 1: Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice 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 seitan with the brown sugar, paprika, cumin, garlic powder, 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 seitan to this desirable pan and cook for around 3 minutes per side.

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

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

Step 8: Slice the seitan into bite-size pieces and then (if meal prepping) 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!



459

CALORIES



15 min / 1 serving

Ultimate Strength Salad

36g

PROTEIN

Ingredients			
	50g mixed salad leaves		
	1 1/2 tsp brown sugar		
	30g sun-dried tomatoes		
	4 tsp olive oil		
	1 tsp dijon mustard (whole grain)		
	120g seitan		
	1 1/2 medium carrot		

39a

CARBS

20g

FAT

Preparation

Step 1: Slice your seitan and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

Step 2: Whisk the sugar, mustard, and remaining olive oil to create a nice dressing.

Step 3: Toss the mixed leaves in a bowl with the sweet mustard dressing and place into a bowl

Step 4: Layer the seitan, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

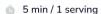
Step 5: Serve up!



141

CALORIES





Rad Avocado Toast

5a

PROTEIN

Ingredients					
	1/4 whole avocado				
	1 slice regular whole grain bread				
	1 sprinkle sea salt				
	1 dash black pepper				

16a

CARBS

7g

FAT

Preparation

This one will ignite your taste buds more than expected!

Step 1: Place your bread into a toaster and let things heat up while you scoop out the avocado and chop it into thin slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, layer the avocado on top.

Step 3: Sprinkle with some watercress and a little sliced radish if you have it! Get crunching.





1 min / 1 serving

127

Orange and Walnut Power!

CALOF	IES	PROTEIN		CARBS	5	FAT			
Ingred	ients								
1	fruit (2-5/8" di	ia) oı	range	:S				
1	0g wa	lnuts							

3g 17g 7g

Preparation

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

Get nutty!



Ingredients Needed

Bake	ed
	1 slice regular (30g) Whole Grain Bread
Fats	and Oils
	18g Olive Oil
Fruit	s and Fruit Juices
	1/4 whole (37.5g) Avocado
	1/2 medium (7" to 7-7/8" long) (59g) Banana(s)
	1 fruit (2-5/8" dia) (131g) Oranges
Grai	ns, Noodles and Pasta
	50g Brown Rice (medium-grain)
	20g Oats
	240g Seitan
Legu	umes
	20g Peanut butter, smooth style, without salt
Nuts	and Seeds
	200ml (200g) Almond Milk
	10g Walnuts
Prot	ein Powders
	20g Vanilla Vegan Protein Blend (70%)

Spices and Herbs

	1 dash (0.4g) Black Pepper			
	1/2 tsp (2.5g) Cumin Powder			
	1 tsp (5g) Dijon Mustard (Whole Grain)			
	1/2 tsp (1.55g) Garlic Powder			
	1/4 tsp (0.575g) Paprika			
	1 sprinkle (0.4g) Sea Salt			
Sweets				
	2g Brown Sugar			
Vegetables				
	100g Broccoli			
	1 1/2 medium (91.5g) Carrot			
	50g Mixed Salad Leaves			
	30g Sun-Dried Tomatoes			