

473

Peanut Power Oatmeal!

53g

13g

FAT

39g

CALORIES PROTEIN CARBS

Ingredients		
10g peanut butter, smooth style, without salt		
60g oats		
30g vanilla whey protein (80%)		
200ml almond milk		
60g raspberries		
Preparation		
One of the simplest meals on Earth!		
Step 1: Mash all ingredients together in a bowl except the raspberries		
Step 2: Place the bowl in the microwave for 1 minute		
Step 3: Serve with the raspberries on top!		
Step 4: Get your feed on.		







425

CALORIES

5 min / 1 serving

20g

PROTEIN

Feta Cheese and Apricot Toast

44a

CARBS

20g

FAT

Ingredients			
	3 slice regular whole grain bread		
	45g feta cheese		
	1 apricot apricot(s)		
	15g cashew nuts		

Preparation

You may wish to repeat this one!

Step 1: Place your bread into a toaster and let things heat up while you chop your apricot into bite-size slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and apricot on top.

Step 3: Sprinkle with the cashews and get tucked in!



441



20 min / 1 serving

CALORIES PROTEIN

Grilled Power Veggie Burgers

61g

CARBS

14g

FAT

21g

Ingredients		
	45g canned lentils	
	45g chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained	
	1 piece red chilli pepper	
	1/2 tsp paprika	
	1/2 tsp olive oil	
	1 clove garlic	
	20g spinach	
	1/2 medium whole tomatoes, red, ripe	
	1/4 whole, medium red onion	
	1/4 whole avocado	
	1 bun whole wheat burger bun	
	1/2 tsp cumin powder	
	1/2 medium egg(s)	

Preparation

This veggie burger will have you coming back for more!

Step 1: Chop the chilli and the garlic into fine

chunks.

Step 2: Drain the lentils and chickpeas before mashing (with a potato masher) in a bowl.

Step 3: When you have a nicely mashed mix, add the egg, the chilli, the paprika, the cumin, a dash of salt and pepper, and the garlic clove to the bowl. Mix it a little.

Step 4: Give your hands a quick rinse before forming the mix into a burger patty. If the mix is a little wet, add a very small amount of wholegrain flour!

Step 5: Massage the newly-formed burger patty with the olive oil, and place under a medium-heat grill for 10-15 minutes (flipping the patty at the halfway point).

Step 6: Slice the tomato, onion, and avocado to slide into your burger.

Step 7: Once cooked through, begin to layer the lower bun in the following order: spinach, burger patty, onion, tomato and the cheeky avocado; slap the top section on and you're ready to go!

Step 8: Serve up like Serena.





<1 min / 1 serving</p>

Pear

101 1g 27g 0g CALORIES PROTEIN CARBS FAT

Ingredients

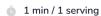
1 medium pear(s)

Preparation

Fruity and juicy!







Apple and Sunflower Seed Power!

3g

PROTEIN

ngredients		
	1 medium (3" dia) apple(s)	
	10g seeds, sunflower seed kernels, dried	

27g

CARBS

5g

FAT

Preparation

153

CALORIES

Step 1: Eat the apple and the sunflower seeds. All of them.

Ideally, find the sunflower seeds without the hull, if not you'll be here for hours...



Ingredients Needed

Вакед			
	3 slice regular (90g) Whole Grain Bread		
	1 Bun (60g) Whole Wheat Burger Bun		
Dairy and Egg			
	1/2 medium (22g) Egg(s)		
	45g Feta Cheese		
Fats and Oils			
	1/2 tsp (2.25g) Olive Oil		
Fruits and Fruit Juices			
	1 medium (3" dia) (182g) Apple(s)		
	1 apricot (35g) Apricot(s)		
	1/4 whole (37.5g) Avocado		
	1 medium (178g) Pear(s)		
	60g Raspberries		
Grai	ns, Noodles and Pasta		
	60g Oats		
Legumes			
	45g Canned Lentils		
	45g Chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained		
	10- D		

inuts	and Seeds			
	200ml (200g) Almond Milk			
	15g Cashew Nuts			
	10g Seeds, sunflower seed kernels, dried			
Protein Powders				
	30g Vanilla Whey Protein (80%)			
Spices and Herbs				
	1/2 tsp (2.5g) Cumin Powder			
	1/2 tsp (1.15g) Paprika			
Vegetables				
	1 clove (3g) Garlic			
	1 piece (45g) Red Chilli Pepper			
	1/4 whole, medium (27.5g) Red Onion			
	20g Spinach			

1/2 medium whole (61.5g) Tomatoes, Red, Ripe