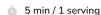


474





Chocolate Peanut Butter Delight Smoothie

35g

CALORIES	PROTEIN	CARBS	FAI	
ngredients				
1 1/2 r	medium (7"	to 7-7/8" lo	ong) banana	(s)
1 tbsp	cocoa, dry	powder, un	sweetened	
25g pe	eanut butte	r, smooth st	tyle, without	. salt
250ml	. almond mi	lk		

53g

18g

Preparation

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

Step 1: Place all ingredients into your blender companion and securely fasten the lid.

30g chocolate whey protein (80%)

- **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 a treat that ignites your taste buds and boosts your health!



491

CALORIES



20_q

FAT

15 min / 1 serving

31a

PROTEIN

Tuna Steak Supreme Sandwich

43a

CARBS

Ingredients			
	20g cheddar cheese		
	4 slice gluten free multiseed bread		
	75g tuna steak		
	1/2 tsp pesto		
	30g romaine lettuce		

Preparation

Step 1: Pre-grill your sliced tuna steak and allow to chill in the refrigerator.

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the cheddar and avocado and get them ready for action. Then, spread that pesto over the top toast.

Step 4: Layer all ingredients in whatever order you see fit. We personally went with cheddar, tuna, avocado, cheddar, tuna, lettuce!



468

CALORIES



40 min / 1 serving

Spiced Chicken with Quinoa Tabbouleh

44g

CARBS

15a

FAT

36g

PROTEIN

gr	gredients		
	120g chicken breast		
	2 tsp olive oil		
	1/4 whole cucumber		
	1/2 medium red bell pepper (capsicum)		
	1/4 whole, medium red onion		
	4 whole cherry tomatoes		
	1 pinch chili powder		
	1 pinch cumin powder		
	1 pinch ground coriander (cilantro)		
	50g quinoa		
	90ml vegetable stock/broth		

Preparation

Step 1: Preheat your oven to 200°C/fan180°C (390°F). It's gonna be hot in there!

Step 2: Let's get that chicken prepped! Give it a good pat dry with some kitchen paper.

Step 3: Time to get spicy! Mix all spices and half the olive oil in a bowl. Let the chicken take a dip in this

delicious marinade for 15 minutes. Let it soak up those flavors!

Step 4: While the chicken is getting cozy in its marinade, let's work on the quinoa. Cook it up in some vegetable stock according to the pack instructions. We're following the rules here!

Step 5: Once cooked, let the quinoa cool down a bit. We don't want it to be too hot to handle.

Step 6: Heat up the remaining oil in a frying pan. Let's give that chicken a nice sear, turning it around for about 5 minutes.

Step 7: Time to transfer that chicken to the big stage! Put it on a baking tray and let it cook through in the oven for 10-12 minutes.

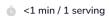
Step 8: While the chicken is strutting its stuff in the oven, let's get back to the quinoa. In a large bowl, mix it up with some cucumber, tomato, chopped bell pepper and sliced red onion. Let's make it colorful and full of flavor! Remove the chicken from the oven and slice up!

Step 9: Plate up the quinoa mix and top it off with those juicy roasted chicken breast slices. Finish off with a dash of parsley if you have it!

Tuck in and enjoy!







Sunflower Seed Snack

175 6g 6g 15g
CALORIES PROTEIN CARBS FAT

Ingredients

30g seeds, sunflower seed kernels, dried

Preparation

Flower power, directly from the sun!





<1 min / 1 serving</p>

Cashew Snack

111 4g 6g 9g CALORIES PROTEIN CARBS FAT

Ingredients

20g cashew nuts

Preparation

A handful of health!



Ingredients Needed

Bake	ed		
	4 slice (108g) Gluten Free Multiseed Bread		
Dair	y and Egg		
	20g Cheddar Cheese		
Fats	and Oils		
	2 tsp (9g) Olive Oil		
Finfi	sh and Shellfish		
	75g Tuna Steak		
Fruit	s and Fruit Juices		
	1 1/2 medium (7" to 7-7/8" long) (177g) Banana(s)		
Grains, Noodles and Pasta			
	50g Quinoa		
Legu	umes		
	25g Peanut butter, smooth style, without salt		
Nuts and Seeds			
	250ml (250g) Almond Milk		
	20g Cashew Nuts		
	30g Seeds, sunflower seed kernels, dried		

Pastes, Sauces, and Gravies

	1/2 tsp (2.5g) Pesto			
	90ml (90g) Vegetable stock/broth			
Poul	try			
	120g Chicken Breast			
Protein Powders				
	30g Chocolate Whey Protein (80%)			
Spices and Herbs				
	1 pinch (0.2g) Chili Powder			
	1 Pinch (0.2g) Cumin Powder			
	1 pinch (0.2g) Ground Coriander (cilantro)			
Sweets				
	1 tbsp (5.4g) Cocoa, dry powder, unsweetened			
Vegetables				
	4 whole (68g) Cherry Tomatoes			
	1/4 whole (75.25g) Cucumber			
	1/2 medium (59.5g) Red Bell Pepper (capsicum)			
	1/4 whole, medium (27.5g) Red Onion			

30g Romaine Lettuce