

441

CALORIES



17g

FAT



5 min / 1 serving

The Avocado Bananarama **Smoothie**

35g

PROTEIN

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		

41g

CARBS

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.

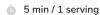
Step 3: Pour into a glass for that fresh serving of energy-boosting goodness!





27a

FAT



538

CALORIES

Sweet Strawberry and Peanut Butter on Toast

56g

CARBS

24g

PROTEIN

Ingredients			
6 r	medium (1-1/4" dia) strawberries		
45	g peanut butter, smooth style, without salt		
3 9	slice regular whole grain bread		
1 t	sp brown sugar		
Proparation			

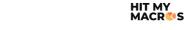
Preparation

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.



27g

FAT



428

CALORIES

5 min / 1 serving

Roasted Butternut Squash and Tofu Salad

32g

CARBS

23g

PROTEIN

Ingredients			
	120g butternut squash		
	120g tofu, firm, prepared with nigari		
	1 1/2 tsp olive oil		
	1/2 tsp, ground dried oregano		
	1/2 tsp garlic powder		
	1/4 tsp cumin powder		
	1/2 tsp dried rosemary		
	80g mixed salad leaves		
	1 wedge lemon		
	5 whole black olives		
	4 piece sun-dried tomatoes		
	1 tsp balsamic vinegar		
	10g pumpkin seeds		
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Preparation

Step 1: Preheat that glorious oven to 180c (350f)

Step 2: Chop your butternut squash and tofu into 1-inch cubes

Step 3: Place those 1-inch cubes into a mixing bowl along with ½ the olive oil and all those fragrant herbs and spices, yummy. Season with a little salt and pepper and mix to coat.

Step 4: Spread the squash and tofu evenly on a baking tray and place into the oven for 25 - 30 minutes

Step 5: Chop your olives and sun-dried tomatoes into happy slices

Step 6: Place the salad leaves in a bowl and drizzle with the remaining olive oil, the juice from the lemon, and the balsamic vinegar

Step 7: Layer the squash on top along with the sundried tomatoes, olives, and sunflower seeds

Enjoy!





5 min / 1 serving

Chocolate Protein and Sweet Strawberries

20	02	27g	1 5g	4g		
CALC	DRIES	PROTEIN	CARBS	FAT		
Ingre	edients					
	30g chocolate vegan protein blend (70%)					
	200ml soy milk					
	20g stra	awberries				
Preparation						
Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.						

Step 2: Serve up with the strawberries on the side!

This one is berry berry good...





<1 min / 1 serving</p>

Pear

101 1g 27g 0g CALORIES PROTEIN CARBS FAT

Ingredients

1 medium pear(s)

Preparation

Fruity and juicy!



Ingredients Needed

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	3 slice regular (90g) Whole Grain Bread			
Beverages				
	250ml (250g) Coconut Milk Drink (carton)			
Fats and Oils				
	1 1/2 tsp (6.75g) Olive Oil			
Fruit	Fruits and Fruit Juices			
	1/2 whole (75g) Avocado			
	1 medium (7" to 7-7/8" long) (118g) Banana(s)			
	5 whole (16.5g) Black Olives			
	1 wedge (6g) Lemon			
	1 medium (178g) Pear(s)			
	144g Strawberries			
Legumes				
	45g Peanut butter, smooth style, without salt			
	200ml (200g) Soy Milk			
	120g Tofu, firm, prepared with nigari			
Nuts and Seeds				
	10g Pumpkin Seeds			

Protein Powders

	30g Chocolate Vegan Protein Blend (70%)		
	45g Vanilla Vegan Protein Blend (70%)		
Spices and Herbs			
	1 tsp (5.3g) Balsamic Vinegar		
	1/4 tsp (1.25g) Cumin Powder		
	1/2 tsp, ground (0.9g) Dried Oregano		
	1/2 tsp (0.6g) Dried Rosemary		
	1/2 tsp (1.55g) Garlic Powder		
Swe	ets		
	2g Brown Sugar		
Vegetables			
	120g Butternut Squash		
	80g Mixed Salad Leaves		
	4 piece (8g) Sun-Dried Tomatoes		