



🕒 20 min / 1 serving

Whole Wheat Protein Pancakes

467
CALORIES

30g
PROTEIN

55g
CARBS

16g
FAT

Ingredients

- ☐ 3 1/2 tbsp wheat flour, whole-grain, soft wheat
- ☐ 25g vanilla whey protein (80%)
- ☐ 1/2 tsp baking soda
- ☐ 1/4 tsp ground cinnamon
- ☐ 1 medium egg(s)
- ☐ 80ml almond milk
- ☐ 1 medium (7" to 7-7/8" long) banana(s)
- ☐ 2 tsp olive oil
- ☐ 4 medium (1-1/4" dia) strawberries

Preparation

Step 1: In a medium mixing bowl, combine the baking powder, protein powder, whole wheat flour, cinnamon, and mashed banana. Then lightly whisk it all together.

Step 2: Add the egg and almond milk. Whisk again until the mix starts to form a smooth batter. Get that whisk on!

Step 3: Using a small non-stick frying pan, place it over a low heat then add a little olive oil.

Step 4: Add about 2 heaped tablespoons of the

batter, smoothen it out to form a shape for your pancake. Let it cook for 1-2 minutes, flip to the other side and let it cook for another 1-2 minutes. You'll know it's ready to flip when little bubbles start to form on the top.

Step 5: Repeat the process with the remaining batter.

Step 6: Place the cooked pancakes onto a plate and serve with the strawberries on top!



🕒 5 min / 1 serving

Margherita Toast!

480	25g	56g	18g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- ☐ 4 slice regular whole grain bread
- ☐ 2 medium whole tomatoes, red, ripe
- ☐ 40g mozzarella cheese (whole milk)
- ☐ 1 tsp olive oil
- ☐ 6 leaf basil leaves

Preparation

When pizza doesn't hit your macros, or you simply don't have the time to bake up the Italian classic, this one is for you!

Step 1: Place your bread into a toaster and let things heat up while you slice the tomato and mozzarella into slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella and tomato on top.

Step 3: Scatter the basil leaves over your masterpiece, season with a little salt and pepper, and drizzle with the olive oil before crunching in.

Prego.



🕒 25 min / 1 serving

Garlicky Tofu Bites

582
CALORIES

29g
PROTEIN

68g
CARBS

24g
FAT

Ingredients

- ☐ 80g quinoa
- ☐ 120g tofu, firm, prepared with nigari
- ☐ 1/2 tbsp wheat flour, whole-grain, soft wheat
- ☐ 1/2 tbsp mixed herbs
- ☐ 2 clove garlic
- ☐ 2 tsp parsley
- ☐ 1/4 medium/whole courgette (zucchini)
- ☐ 1 1/2 tsp olive oil
- ☐ 1/4 whole, medium red onion
- ☐ 1/4 medium red bell pepper (capsicum)
- ☐ 1 wedge lemon

Preparation

Step 1: Place your quinoa in a medium-sized saucepan with enough water to cover the surface by about an inch. Heat over a medium heat and allow to cook on the side.

Step 2: Slice that tofu into even-sized chunks and place in a bowl.

Step 3: Season with a little salt and pepper, and then

lightly cover with the flour and mixed herbs. Coat evenly.

Are you ready for things to heat up?

Step 4: Take out your bestest frying pan, and heat half the olive oil over a medium heat and then add those tofu cubes allowing to cook evenly for around 5 minutes.

Step 5: Finely slice your garlic and parsley, and then chop all remaining vegetables into bite-size cubes.

Step 6: Add the garlic and parsley to the tofu pan and further cook for another 2 - 3 minutes. Add a little extra olive oil if necessary.

Step 7: In a side pan, heat the remaining olive oil over a medium heat and cook the chopped vegetables for 4 - 5 minutes until lightly browned and tender.

Step 8: Drizzle the tofu with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.



🕒 1 min / 1 serving

Pear and Sunflower Seed Power!

160

CALORIES

3g

PROTEIN

29g

CARBS

5g

FAT

Ingredients

☐

1 medium pear(s)

.....

☐

10g seeds, sunflower seed kernels, dried

Preparation

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

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



⌚ 2 min / 1 serving

Chocolate Protein Shake

130

CALORIES

21g

PROTEIN

4g

CARBS

3g

FAT

Ingredients

☐ 25g chocolate whey protein (80%)

☐ 200ml almond milk

Preparation

Step 1: Blend your protein powder and milk using a blender or shaker and serve on up! Add additional water if necessary.

Ingredients Needed

Baked

- ☐ 1/2 tsp (2.3g) Baking Soda
- ☐ 4 slice regular (120g) Whole Grain Bread

Dairy and Egg

- ☐ 1 medium (44g) Egg(s)
- ☐ 40g Mozzarella Cheese (whole milk)

Fats and Oils

- ☐ 27g Olive Oil

Fruits and Fruit Juices

- ☐ 1 medium (7" to 7-7/8" long) (118g) Banana(s)
- ☐ 1 wedge (6g) Lemon
- ☐ 1 medium (178g) Pear(s)
- ☐ 4 medium (1-1/4" dia) (48g) Strawberries

Grains, Noodles and Pasta

- ☐ 80g Quinoa
- ☐ 54g Wheat flour, whole-grain, soft wheat

Legumes

- ☐ 120g Tofu, firm, prepared with nigari

Nuts and Seeds

- ☐ 160g Almond Milk

☐ 10g Seeds, sunflower seed kernels, dried

Protein Powders

☐ 25g Chocolate Whey Protein (80%)

☐ 25g Vanilla Whey Protein (80%)

Spices and Herbs

☐ 6 Leaf (3g) Basil Leaves

☐ 1/4 tsp (0.65g) Ground Cinnamon

☐ 1/2 tbsp (1.35g) Mixed Herbs

Vegetables

☐ 1/4 Medium/whole (49g) Courgette (Zucchini)

☐ 2 clove (6g) Garlic

☐ 2 tsp (2.66g) Parsley

☐ 1/4 medium (29.75g) Red Bell Pepper
(capsicum)

☐ 1/4 whole, medium (27.5g) Red Onion

☐ 2 medium whole (246g) Tomatoes, Red, Ripe