

CALORIES



20 min / 1 serving

30a

PROTEIN

### Whole Wheat Protein Pancakes

55a

CARBS

16a

FAT

Ingredients		
3 1/2	tbsp wheat flour, whole-grain, soft wheat	
25g va	anilla whey protein (80%)	
1/2 ts	p baking soda	
1/4 ts	p ground cinnamon	
1 med	lium egg(s)	
80ml	almond milk	
1 med	lium (7" to 7-7/8" long) banana(s)	
2 tsp o	olive oil	
4 med	dium (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.

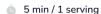
Step 5: Repeat the process with the remaining batter.

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



CALORIES





# Margherita Toast!

25a

PROTEIN

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

56a

CARBS

18a

FAT

#### 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.



CALORIES



**24g** 

FAT

#### 25 min / 1 serving

## **Garlicky Tofu Bites**

29g

PROTEIN

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		

68g CARBS

# 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!

3g

ngredients		
	1 medium pear(s)	
	10a seeds, sunflower seed kernels, dried	

29g

CARBS

5g

FAT

#### Preparation

160

CALORIES PROTEIN

 $\mbox{\bf Step 1:}$  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...



CALORIES



3g

FAT

2 min / 1 serving

## **Chocolate Protein Shake**

21g

PROTEIN

Ingredients		
	25g chocolate whey protein (80%)	
	200ml almond milk	

4g

CARBS

#### 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	
Grai	ns, Noodles and Pasta	
	80g Quinoa	
	54g Wheat flour, whole-grain, soft wheat	
Legu	ımes	
	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	