

CALORIES





# Chocolate Peanut Butter Delight Smoothie

37g

PROTEIN

Ingredients			
	1 1/2 medium (7" to 7-7/8" long) banana(s)		
	1 1/2 tbsp cocoa, dry powder, unsweetened		
	30g peanut butter, smooth style, without salt		
	350ml almond milk		
	30g chocolate whey protein (80%)		

56g

CARBS

22g

FAT

#### 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.
- **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!



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10 min / 1 serving

## Start-Up Power Salad Bowl

47a

CARBS

28g

FAT

23g

PROTEIN

Ingredients				
	2 slice regular whole grain bread			
	50g mixed salad leaves			
	50g cucumber			
	20g pumpkin seeds			
	1 tsp olive oil			
	50g feta cheese			
	50g blueberries			
	1 tsp honey			
	1 wedge lemon			

#### Preparation

That power you need to start your day!

**Step 1:** Lightly toast the bread before tearing it into bite-size pieces.

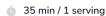
**Step 2:** Slice the cucumber and then create a bed of leaves in a bowl.

**Step 3:** Layer the cucumber on the leaves before crumbling the feta cheese on top followed by the bread and a sprinkle of pumpkin seeds and blueberries.

**Step 4:** Finally, drizzle with a little olive oil, honey, and a touch of lemon juice before tucking in!







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## Roasted Butternut Squash and Tofu Salad

33g

CARBS

34g

FAT

26g

PROTEIN

Ingredients			
	120g butternut squash		
	120g tofu, firm, prepared with nigari		
	2 tsp olive oil		
	1/2 tsp, ground dried oregano		
	1/2 tsp dried rosemary		
	1/2 tsp garlic powder		
	1/4 tsp cumin powder		
	80g mixed salad leaves		
	1 wedge lemon		
	5 whole black olives		
	4 piece sun-dried tomatoes		
	1 tsp balsamic vinegar		
	20g pumpkin seeds		

#### 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!





<1 min / 1 serving</p>

#### **Almond Snack**

116 4g 4g 10g CALORIES PROTEIN CARBS FAT

Ingredients

20g almonds

Preparation

Serve on the side, plant protein power!





1 min / 1 serving

## **Orange and Cashew Power!**

5g

CALURIES	PROTEIN	CARBS	FAI	
Ingredient	:s			
1 frui	t (2-5/8" dia	) oranges		
20g (	cashew nuts			

21g

#### Preparation

**Step 1:** Eat the orange and the cashew nuts. All of them.

Did you know that Spain has over 35 million orange trees? Imagine all those oranges!



## **Ingredients Needed**

Bake	ed	
	2 slice regular (60g) Whole Grain Bread	
Dair	y and Egg	
	50g Feta Cheese	
Fats	and Oils	
	10g Olive Oil	
Fruits and Fruit Juices		
	1 1/2 medium (7" to 7-7/8" long) (177g) Banana(s)	
	5 whole (16.5g) Black Olives	
	50g Blueberries	
	12g Lemon	
	1 fruit (2-5/8" dia) (131g) Oranges	
Legumes		
	30g Peanut butter, smooth style, without salt	
	120g Tofu, firm, prepared with nigari	
Nuts and Seeds		
	350ml (350g) Almond Milk	
	20g Almonds	
	20g Cashew Nuts	
	40a Pumpkin Seeds	

Protein Powders				
30g Chocolate Whey Protein (80%)				
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				
Sweets				
1 1/2 tbsp (8.1g) Cocoa, dry powder, unsweetened				
1 tsp (7g) Honey				
Vegetables				
120g Butternut Squash				
50g Cucumber				

4 piece (8g) Sun-Dried Tomatoes