

495

CALORIES

The Avocado Bananarama Smoothie

39g

PROTEIN

Ingredients		
	1/2 whole avocado	
	1 medium (7" to 7-7/8" long) banana(s)	
	250ml coconut milk drink (carton)	
	45g vanilla whey protein (80%)	
	2 tsp honey	

51g

CARBS

18g

FAT

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!





5 min / 1 serving

Sweet Goat's Cheese and Mango on Toast

525	25g	57g	22g	
CALORIES	PROTEIN	CARBS	FAT	
Ingredien	ts			
3 slic	e regular wh	ole grain b	read	
60g	goats cheese			
60g i	mango			
1 1/2	! tsp honey			
1 das	sh sea salt			
Preparation	on			
Something again!	g new that yo	ou'll definite	ely want to try	
-	hile you slice		aster and let th cheese and ma	_
transform:		crunchy cou	the wonderful ınterpart, layer	the
Step 3: Dr salt.	izzle with ho	ney and a s	mall sprinkle c	of
Get crunch	ηy.			



582

CALORIES



24g

FAT

25 min / 1 serving

Garlicky Tofu Bites

29g

PROTEIN

Ingr	edients
	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.



3g

PROTEIN





Orange and Pistachio Power!

Ingr	edients			
	1 fruit	(2-5/8" dia) d	oranges	
	10g pis	stachio nuts		

18g

CARBS

5g

FAT

Preparation

118

CALORIES

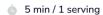
Step 1: Eat the orange and the pistachios. All of them.

Why not burn some extra calories by cracking them open between your knees?



175





Hummus Bites Power Pack!

6g

28g

6g

CAL	ORIES	PROTEIN	CARBS	FAT	
Ingre	edients				
	1/4 wh	nole cucumi	per		
	25g hu	ımmus, con	nmercial		
	1/2 pit bread	a, large (6-	1/2" dia) wh	ole wheat pita	
	4 whol	le cherry to	matoes		
	4 whol	le black oliv	es/es		
Prep	aration	1			
•	1: Slice	e the cucum	nber and pla	ice into the	
place	e into th		along with	esize triangles a the hummus (ju	

Step 3: Add the tomatoes and olives to the lunchbox.

Step 4: Store, or eat right away!



Ingredients Needed

Bake	ed
	3 slice regular (90g) Whole Grain Bread
	1/2 pita, large (6-1/2" dia) (32g) Whole Wheat Pita Bread
Beve	erages
	250ml (250g) Coconut Milk Drink (carton)
Dair	y and Egg
	60g Goats Cheese
Fats	and Oils
	1 1/2 tsp (6.75g) Olive Oil
Fruit	s and Fruit Juices
	1/2 whole (75g) Avocado
	1 medium (7" to 7-7/8" long) (118g) Banana(s)
	4 whole (13.2g) Black Olives
	1 wedge (6g) Lemon
	60g Mango
	1 fruit (2-5/8" dia) (131g) Oranges
Grai	ns, Noodles and Pasta
	80g Quinoa
	1/2 tbsp (3.9g) Wheat flour, whole-grain, soft wheat

	25g Hummus, commercial
	120g Tofu, firm, prepared with nigari
Nuts	and Seeds
	10g Pistachio Nuts
Prot	ein Powders
	45g Vanilla Whey Protein (80%)
Spic	es and Herbs
	1/2 tbsp (1.35g) Mixed Herbs
	1 dash (0.4g) Sea Salt
Swe	ets
	28g Honey
Veg	etables
	4 whole (68g) Cherry Tomatoes
	1/4 Medium/whole (49g) Courgette (Zucchini)
	1/4 whole (75.25g) Cucumber
	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

Legumes