

### **Peanut Power Oatmeal!**

59g

24g

44g

CALC	DRIES	PROTEIN	CARBS	FAT		
Ingredients						
	30g pe	anut butter,	smooth st	yle, without salt		
	60g oa	ts				
	30g vai	nilla whey p	•			
	225ml	almond milk	<			
	75g ras	spberries				
Preparation						
One of the simplest meals on Earth!						
<b>Step 1:</b> Mash all ingredients together in a bowl except the raspberries						
<b>Step 2:</b> Place the bowl in the microwave for 1 minute						
<b>Step 3:</b> Serve with the raspberries on top!						
Step 4: Get your feed on.						





CALORIES

15 min / 1 serving

# Quinoa, Egg, and Smoked Salmon Salad

31g

PROTEIN

Ingredients					
	75g quinoa				
	150ml vegetable stock/broth				
	30g arugula (rocket)				
	1/4 whole avocado				
	1 tsp dried parsley				
	70g smoked salmon				
	1 wedge lemon				
	1 tsp olive oil				
	1 medium egg(s)				

55g

CARBS

22g

FAT

#### Preparation

- **Step 1:** Bring the vegetable stock to boil in a sexy saucepan and then add your quinoa.
- **Step 2:** Allow to cook for 10 12 minutes adding more water if when necessary to soften the quinoa.
- **Step 3:** On the side, heat a small pan over a medium heat.
- **Step 4:** Add half of the olive oil and lightly fry the egg to preferred doneness.

**Step 5:** While the egg's a fryin', cube the avocado and finely slice the parsley. Oh yeahhhhh.

**Step 6:** In a bowl, mix the cooked quinoa with the rocket, parsley, cubed avocado, and smoked salmon (just tear it apart with your hands when adding).

**Step 7:** Lay the egg on top, drizzle with some lemon juice, spice up with a little salt and pepper, and you're away!



CALORIES



40 min / 1 serving

# Spiced Chicken with Quinoa Tabbouleh

51g

CARBS

21g

FAT

38g

PROTEIN

Ingredients				
	120g chicken breast			
	3 tsp olive oil			
	1/4 whole cucumber			
	1/2 medium red bell pepper (capsicum)			
	1/4 whole, medium red onion			
	4 whole cherry tomatoes			
	1 pinch chili powder			
	1 pinch cumin powder			
	1 pinch ground coriander (cilantro)			
	60g quinoa			
	110ml vegetable stock/broth			

## Preparation

**Step 1:** Preheat your oven to 200°C/fan180°C (390°F). It's gonna be hot in there!

**Step 2:** Let's get that chicken prepped! Give it a good pat dry with some kitchen paper.

**Step 3:** Time to get spicy! Mix all spices and half the olive oil in a bowl. Let the chicken take a dip in this

delicious marinade for 15 minutes. Let it soak up those flavors!

**Step 4:** While the chicken is getting cozy in its marinade, let's work on the quinoa. Cook it up in some vegetable stock according to the pack instructions. We're following the rules here!

**Step 5:** Once cooked, let the quinoa cool down a bit. We don't want it to be too hot to handle.

**Step 6:** Heat up the remaining oil in a frying pan. Let's give that chicken a nice sear, turning it around for about 5 minutes.

**Step 7:** Time to transfer that chicken to the big stage! Put it on a baking tray and let it cook through in the oven for 10-12 minutes.

**Step 8:** While the chicken is strutting its stuff in the oven, let's get back to the quinoa. In a large bowl, mix it up with some cucumber, tomato, chopped bell pepper and sliced red onion. Let's make it colorful and full of flavor! Remove the chicken from the oven and slice up!

**Step 9:** Plate up the quinoa mix and top it off with those juicy roasted chicken breast slices. Finish off with a dash of parsley if you have it!

Tuck in and enjoy!





<1 min / 1 serving</p>

### **Almond Snack**

174 6g 6g 15g CALORIES PROTEIN CARBS FAT

Ingredients

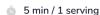
30g almonds

### Preparation

Serve on the side, plant protein power!







# Vanilla Protein and Sweet Strawberries

19g

CALORIES	PROTEIN	CARBS	FAT			
Ingredients						
15g vanilla whey protein (80%)						
200ml	milk (1% fat)	1				
30g str	awberries					
Preparation						
<b>Step 1:</b> 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...

**14**g

3g



# **Ingredients Needed**

Dairy and Egg					
	1 medium (44g) Egg(s)				
	200ml (208g) Milk (1% fat)				
Fats and Oils					
	10g Olive Oil				
Finfish and Shellfish					
	70g Smoked Salmon				
Fruits and Fruit Juices					
	1/4 whole (37.5g) Avocado				
	1 wedge (6g) Lemon				
	75g Raspberries				
	30g Strawberries				
Grains, Noodles and Pasta					
	60g Oats				
	150g Quinoa				
Legumes					
	30g Peanut butter, smooth style, without salt				
Nuts	and Seeds				
	225ml (225g) Almond Milk				
	30a Almonds				

1/4 whole, medium (27.5g) Red Onion