



🕒 5 min / 1 serving

Peanut Power Oatmeal!

603

CALORIES

44g

PROTEIN

59g

CARBS

24g

FAT

Ingredients

- ☐ 30g peanut butter, smooth style, without salt
- ☐ 60g oats
- ☐ 30g vanilla whey protein (80%)
- ☐ 225ml almond milk
- ☐ 75g raspberries

Preparation

One of the simplest meals on Earth!

Step 1: Mash all ingredients together in a bowl except the raspberries

Step 2: Place the bowl in the microwave for 1 minute

Step 3: Serve with the raspberries on top!

Step 4: Get your feed on.



⌚ 15 min / 1 serving

Quinoa, Egg, and Smoked Salmon Salad

537

CALORIES

31g

PROTEIN

55g

CARBS

22g

FAT

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)

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!



⌚ 40 min / 1 serving

Spiced Chicken with Quinoa Tabbouleh

545

CALORIES

38g

PROTEIN

51g

CARBS

21g

FAT

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

Almond Snack

174

CALORIES

6g

PROTEIN

6g

CARBS

15g

FAT

Ingredients

☐ 30g almonds

Preparation

Serve on the side, plant protein power!



🕒 5 min / 1 serving

Vanilla Protein and Sweet Strawberries

157

CALORIES

19g

PROTEIN

14g

CARBS

3g

FAT

Ingredients

☐

15g vanilla whey protein (80%)

☐

200ml milk (1% fat)

☐

30g strawberries

Preparation

Step 1: 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...

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.....
- ☐ 30g Almonds

Pastes, Sauces, and Gravies

☐ 300g Vegetable stock/broth

Poultry

☐ 120g Chicken Breast

Protein Powders

☐ 60g Vanilla Whey Protein (80%)

Spices and Herbs

☐ 1 pinch (0.2g) Chili Powder

☐ 1 Pinch (0.2g) Cumin Powder

☐ 1 tsp (0.5g) Dried Parsley

☐ 1 pinch (0.2g) Ground Coriander (cilantro)

Vegetables

☐ 30g Arugula (Rocket)

☐ 4 whole (68g) Cherry Tomatoes

☐ 1/4 whole (75.25g) Cucumber

☐ 1/2 medium (59.5g) Red Bell Pepper (capsicum)

☐ 1/4 whole, medium (27.5g) Red Onion