

5 min / 1 serving

Coco Loco Nutty Smoothie

627	40g	71g	24g
CALORIES	PROTEIN	CARBS	FAT

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

Step 2: Securely fasten the lid and 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 smoothie that will make you go a little nuts!

Ingredients

- [ ] 1 1/2 medium (7" to 7-7/8" long) banana(s)
- [ ] 30g oats
- [ ] 60ml coconut milk drink (carton)
- [ ] 300ml almond milk
- [ ] 30g vanilla whey protein (80%)
- [ ] 30g peanut butter, smooth style, without salt



20 min / 1 serving

Avocado Spice Chicken Sandwich

633	44g	67g	22g
CALORIES	PROTEIN	CARBS	FAT

Preparation

A taste of the east!

Step 1: First of all! Flatten your chicken breast and then marinate it in the olive oil and all spices for as long as possible (up to one hour). When ready to cook, place under a medium heat grill and allow to cook through!

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the red onion, tomato and, avocado and get them ready for action.

Step 4: As soon as your chicken is cooked through, layer all ingredients in whatever order you see fit. We personally went with lettuce, chicken, tomato, onion, avocado, with another lettuce leaf on top!

Ingredients

- [ ] 110g chicken breast
- [ ] 4 slice regular whole grain bread
- [ ] 1 medium whole tomatoes, red, ripe
- [ ] 1/2 whole avocado
- [ ] 1/2 tsp olive oil
- [ ] 1/2 tsp cumin powder
- [ ] 2 leaf inner romaine lettuce
- [ ] 1/2 tsp red pepper flakes (chili flakes)
- [ ] 1/4 tsp paprika
- [ ] 1/4 tsp garlic powder
- [ ] 1/4 tsp sea salt
- [ ] 1/4 tsp, ground black pepper
- [ ] 1/4 whole, medium red onion



25 min / 1 serving

Garlicky Chicken Bites

620	39g	75g	18g
CALORIES	PROTEIN	CARBS	FAT

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 chicken breast 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 chicken 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 chicken 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 chicken 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.

Ingredients

- [ ] 1/2 tbsp wheat flour, whole-grain, soft wheat
- [ ] 100g quinoa
- [ ] 100g chicken breast
- [ ] 1/2 tbsp mixed herbs
- [ ] 2 clove garlic
- [ ] 2 tsp olive oil
- [ ] 2 tsp parsley
- [ ] 1/4 medium/whole courgette (zucchini)
- [ ] 1/4 whole, medium red onion
- [ ] 1/4 medium red bell pepper (capsicum)
- [ ] 1 wedge lemon



Sunflower Seed Snack

146	5g	5g	13g
CALORIES	PROTEIN	CARBS	FAT

Preparation

Flower power, directly from the sun!

Ingredients

- [ ] 25g seeds, sunflower seed kernels, dried



5 min / 1 serving

HIT MY MACROS

Sweet Goat’s Cheese and Mango on Toast

181	9g	20g	7g
CALORIES	PROTEIN	CARBS	FAT

Preparation

Something new that you’ll definitely want to try again!

Step 1: Place your bread into a toaster and let things heat up while you slice the goat’s cheese and mango on the side.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, layer the cheese and mango on top.

Step 3: Drizzle with honey and a small sprinkle of salt.

Get crunchy.

Ingredients

- [ ] 1 slice regular whole grain bread
- [ ] 20g goats cheese
- [ ] 30g mango
- [ ] 1/2 tsp honey
- [ ] 1 dash sea salt

HIT MY MACROS

Ingredients Needed

Baked

- [ ] 240g Whole Grain Bread

Beverages

- [ ] 60 ml (60g) Coconut Milk Drink (carton)

Dairy and Egg

- [ ] 20g Goats Cheese

Fats and Oils

- [ ] 4g Olive Oil

Fruits and Fruit Juices

- [ ] 1/2 whole (75g) Avocado
- [ ] 1 1/2 medium (7" to 7-7/8" long) (177g) Banana(s)
- [ ] 1 wedge (6g) Lemon
- [ ] 30g Mango

Grains, Noodles and Pasta

- [ ] 30g Oats
- [ ] 100g Quinoa
- [ ] 1/2 tbsp (3.9g) Wheat flour, whole-grain, soft wheat

Legumes

- [ ] 30g Peanut butter, smooth style, without salt

Nuts and Seeds

- [ ] 300 ml (300g) Almond Milk
- [ ] 25g Seeds, sunflower seed kernels, dried

Poultry

- [ ] 220g Chicken Breast

Protein Powders

- [ ] 30g Vanilla Whey Protein (80%)

Spices and Herbs

- [ ] 1/4 tsp, ground (0.575g) Black Pepper
- [ ] 1/2 tsp (2.5g) Cumin Powder
- [ ] 1/4 tsp (0.775g) Garlic Powder
- [ ] 1/2 tbsp (1.35g) Mixed Herbs
- [ ] 1/4 tsp (0.575g) Paprika
- [ ] 1/2 tsp (1g) Red Pepper Flakes (Chili Flakes)
- [ ] 4g Sea Salt

Sweets

- [ ] 1/2 tsp (3.5g) Honey

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)
- [ ] 56g Red Onion
- [ ] 2 leaf inner (12g) Romaine Lettuce
- [ ] 1 medium whole (123g) Tomatoes, Red, Ripe