



🕒 5 min / 1 serving

Frozen Strawberry Breakfast Protein Bowl

291
CALORIES

20g
PROTEIN

43g
CARBS

6g
FAT

Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

Step 1: Take the frozen strawberries, the frozen banana, the yogurt, the protein powder, and the almond milk, and let them get to know each other in a blender or food processor as you lightly pulse.

Step 2: Once you have a delicious purée, spoon it into a breakfast bowl.

Step 3: Slice the kiwi and layer it on top with a couple of raspberries and a sprinkle of oats.

Step 4: Serve with a dash of cinnamon if you're feeling spicy.

Ingredients

- 80g frozen strawberries
- 50g frozen banana
- 30g frozen raspberries
- 1 medium kiwifruit
- 15g vanilla whey protein (80%)
- 150ml almond milk
- 40g greek yogurt (whole milk)
- 10g oats

🕒 5 min / 1 serving

Margherita Toast!

300
CALORIES

17g
PROTEIN

28g
CARBS

14g
FAT



Preparation

When pizza doesn't hit your macros, or you simply don't have the time to bake up the Italian classic, this one is for you!

Step 1: Place your bread into a toaster and let things heat up while you slice the tomato and mozzarella into slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella and tomato on top.

Step 3: Scatter the basil leaves over your masterpiece, season with a little salt and pepper, and drizzle with the olive oil before crunching in.

Prego.

Ingredients

- 2 slice regular whole grain bread

- 1 medium whole tomatoes, red, ripe

- 40g mozzarella cheese (whole milk)

- 1/2 tsp olive oil

- 3 leaf basil leaves



🕒 30 min / 1 serving

Simple Turkey and Chickpea Bake

315
CALORIES

27g
PROTEIN

28g
CARBS

11g
FAT

Preparation

Step 1: First of all, preheat your oven to 400 F (200 C)

Step 2: Finely chop your garlic

Step 3: In a small bowl, mix the garlic powder, paprika, a little salt and pepper. Then, sprinkle this over your turkey breast

Step 4: Heat half the olive oil in a medium-large frying pan or skillet over a medium heat and then add the turkey

Step 5: Cook evenly until the turkey is golden brown (about 3 minutes per side) and then remove the turkey from the pan and set aside

Step 6: In the same pan, add the remaining olive oil, chopped garlic, and chickpeas. Lightly cook/toast for about 2 - 3 minutes and then add the vegetable broth and bring to a light simmer.

Step 7: Once the mix thickens up, either transfer to a baking dish along with the turkey, or place the oven skillet directly into the oven with the turkey laid on top

Step 8: Bake for around 15 minutes until the turkey is cooked through and serve with a squeeze of lemon!

Ingredients

- 80g turkey breast
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1 1/2 tsp olive oil
- 110g chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained
- 50ml vegetable stock/broth
- 1 wedge lemon
- 1 clove garlic

 <1 min / 1 serving



Strawberries

14
CALORIES

0g
PROTEIN

3g
CARBS

0g
FAT

Preparation

Is it a fruit? Is it a berry? Who cares.

Ingredients



45g strawberries

🕒 2 min / 1 serving



Chocolate Protein Shake

90
CALORIES**13g**
PROTEIN**3g**
CARBS**3g**
FAT

Preparation

Step 1: Blend your protein powder and milk using a blender or shaker and serve on up! Add additional water if necessary.

Ingredients

- 15g chocolate whey protein (80%)
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- 200ml almond milk
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Ingredients Needed

Baked

- 2 slice regular (60g) Whole Grain Bread

Dairy and Egg

- 40g Greek Yogurt (whole milk)
- 40g Mozzarella Cheese (whole milk)

Fats and Oils

- 4g Olive Oil

Fruits and Fruit Juices

- 50g Frozen Banana
- 30g Frozen Raspberries
- 80g Frozen Strawberries
- 1 medium (74g) Kiwifruit
- 1 wedge (6g) Lemon
- 45g Strawberries

Grains, Noodles and Pasta

- 10g Oats

Legumes

- 110g Chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained

Nuts and Seeds

- 300g Almond Milk

Pastes, Sauces, and Gravies

- 50 ml (50g) Vegetable stock/broth

Poultry

- 80g Turkey Breast

Protein Powders

- 15g Chocolate Whey Protein (80%)
- 15g Vanilla Whey Protein (80%)

Spices and Herbs

- 3 Leaf (1.5g) Basil Leaves
- 1/4 tsp (0.775g) Garlic Powder
- 1/4 tsp (0.575g) Paprika

Vegetables

- 1 clove (3g) Garlic
- 1 medium whole (123g) Tomatoes, Red, Ripe