

🕒 10 min / 1 serving

Mediterranean Omelet

288
CALORIES

19g
PROTEIN

9g
CARBS

19g
FAT



Preparation

A true taste of the Med!

Step 1: Heat your oil in a non-stick pan over a medium temperature.

Step 2: Chop the bell pepper into medium chunks and lightly fry for about 2 - 3 minutes until softened

Step 3: In another bowl, whisk the eggs with a little salt and the parsley

Step 4: Quarter the cherry tomatoes and get ready for action

Step 5: Pour the eggs and cherry tomatoes into the pan and, using a spatula, drag the sides of the eggs back to the centre. Then, give the pan a little shake to spread out the eggs again. It's all about redistribution! Repeat this process until the eggs are almost set.

Step 6: Add the spinach to the top of the omelet and allow to cook for a further 1 - 2 minutes

Step 7: Season with a little pepper and serve up!

Et Voilà!

Ingredients

- 3 medium egg(s)
- 1 1/2 tsp olive oil
- 1/2 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- 6 whole cherry tomatoes
- 1 pinch parsley
- 1 handful baby spinach



🕒 20 min / 1 serving

Baked Lemony Cod with Garlic Sweet Potatoes

324
CALORIES

25g
PROTEIN

34g
CARBS

10g
FAT

Preparation

Step 1: Preheat your oven to 450 degrees Fahrenheit (230 C).

Step 2: Bring a small pot of water to boil over a high heat

Step 3: Peel and halve your sweet potatoes before roughly chopping them into 1-inch cubes

Step 4: Parboil the potatoes for about 5 - 7 minutes

Step 5: In a solid baking dish, drizzle half the olive oil in order to coat the bottom of the dish well

Step 6: Drain the sweet potatoes, and place on the side

Step 7: Lay your cod in the dish and evenly scatter with the tomatoes, sweet potato, and garlic. Then drizzle everything with the remaining olive oil!

Step 8: Give a cheeky little season with salt and pepper!

Step 9: Bake for around 10 - 12 minutes before serving up with a light squeeze of lemon juice and some fresh parsley!

Ingredients

- 120g atlantic cod
- 50g cherry tomatoes
- 150g sweet potato
- 1 clove garlic
- 1 tsp parsley
- 2 tsp olive oil
- 1 wedge lemon



🕒 15 min / 1 serving

Rapid Honey Chicken Stir Fry

290
CALORIES

23g
PROTEIN

31g
CARBS

10g
FAT

Preparation

Step 1: Slice up your bell peppers, green beans, carrots, broccoli, onion, and mushrooms into thin, bite-size slices. Chop the chicken into cubes and finely slice your garlic too!

Step 2: In a wok or large frying pan add the olive oil and bring up to a medium-high heat.

Step 3: Add all veggies (except the garlic) and chicken to the now hot pan and sauté for around 2-3 minutes until veggies are almost tender.

Step 4: In a small bowl, whisk together the garlic, honey, garlic powder, chili flakes, and vegetable stock with a little salt and pepper.

Step 5: Pour this evenly over the stir fry and allow the sauce to thicken.

Step 6: Once the chicken is cooked through, serve up!

Ingredients

- 80g chicken breast
- 40g green beans (snap beans)
- 40g carrot
- 1/4 medium red bell pepper (capsicum)
- 1/4 medium yellow bell pepper (capsicum)
- 40g white button mushrooms
- 40g broccoli
- 1 clove garlic
- 2 tsp honey
- 1/4 whole, medium red onion
- 1 1/2 tsp olive oil
- 1/4 tsp red pepper flakes (chili flakes)
- 1/2 tsp garlic powder
- 50ml vegetable stock/broth

 <1 min / 1 serving



Cashew Snack

138
CALORIES

5g
PROTEIN

8g
CARBS

11g
FAT

Preparation

A handful of health!

Ingredients



25g cashew nuts

 <1 min / 1 serving



Red Grapes

69
CALORIES

1g
PROTEIN

18g
CARBS

0g
FAT

Preparation

Not quite a glass of wine, but close!

Ingredients



100g red grapes

Ingredients Needed

Dairy and Egg

3 medium (132g) Egg(s)

Fats and Oils

21g Olive Oil

Finfish and Shellfish

120g Atlantic Cod

Fruits and Fruit Juices

1 wedge (6g) Lemon

100g Red Grapes

Nuts and Seeds

25g Cashew Nuts

Pastes, Sauces, and Gravies

50 ml (50g) Vegetable stock/broth

Poultry

80g Chicken Breast

Spices and Herbs

1/2 tsp (1.55g) Garlic Powder

1/4 tsp (0.5g) Red Pepper Flakes (Chili Flakes)

Sweets

2 tsp (14g) Honey

Vegetables

1 handful (20g) Baby Spinach

40g Broccoli

40g Carrot

204g Cherry Tomatoes

6g Garlic

40g Green Beans (snap beans)

1/2 medium (approx 2-3/4" long, 2-1/2" dia) (59.5g) Green Bell Pepper (capsicum)

2g Parsley

1/4 medium (29.75g) Red Bell Pepper (capsicum)

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

150g Sweet Potato

40g White Button Mushrooms

1/4 medium (29.75g) Yellow Bell Pepper (capsicum)