

🕒 5 min / 1 serving

# Coco Loco Nutty Smoothie

**388**  
CALORIES

**26g**  
PROTEIN

**41g**  
CARBS

**16g**  
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 medium (7" to 7-7/8" long) banana(s)
- 10g oats
- 40ml coconut milk drink (carton)
- 260ml almond milk
- 20g vanilla whey protein (80%)
- 20g peanut butter, smooth style, without salt



🕒 5 min / 1 serving

# Prawn Toast Delight!

**385**  
CALORIES

**24g**  
PROTEIN

**42g**  
CARBS

**13g**  
FAT

## Preparation

**Step 1:** Place your bread into a toaster and let things heat up... ohh yeah, let it get all toasty.

**Step 2:** Once the bread has made its sexy transformation, crumble the feta cheese on top

**Step 3:** Evenly layout your prawns and then sprinkle with a little parsley and mustard for the win!

## Ingredients

- 30g prawns (cooked) .....
- 3 slice regular whole grain bread .....
- 45g feta cheese .....
- 1 tsp parsley .....
- 1 tsp dijon mustard (whole grain) .....



🕒 25 min / 1 serving

# Garlicky Chicken Bites

**365**  
CALORIES

**22g**  
PROTEIN

**52g**  
CARBS

**8g**  
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.

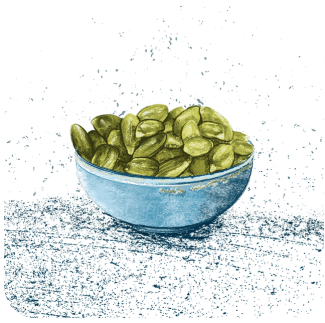
**Step 8:** Drizzle the chicken with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.

## Ingredients

- 65g quinoa
- 50g chicken breast
- 1/4 tbsp wheat flour, whole-grain, soft wheat
- 1/2 tbsp mixed herbs
- 1/2 tsp olive oil
- 2 tsp parsley
- 2 clove garlic
- 1/4 medium/whole courgette (zucchini)
- 1/4 whole, medium red onion
- 1/4 medium red bell pepper (capsicum)
- 1 wedge lemon

 <1 min / 1 serving



# Pumpkin Seed Snack

**84**  
CALORIES

**5g**  
PROTEIN

**2g**  
CARBS

**7g**  
FAT

## Preparation

Pumpkin power!

## Ingredients



15g pumpkin seeds

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 <1 min / 1 serving

# Banana

**105**  
CALORIES

**1g**  
PROTEIN

**27g**  
CARBS

**0g**  
FAT



## Preparation

The best of the best!

## Ingredients

- 1 medium (7" to 7-7/8" long) banana(s)
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# Ingredients Needed

## Baked

3 slice regular (90g) Whole Grain Bread

## Beverages

40 ml (40g) Coconut Milk Drink (carton)

## Dairy and Egg

45g Feta Cheese

## Fats and Oils

1/2 tsp (2.25g) Olive Oil

## Finfish and Shellfish

30g Prawns (cooked)

## Fruits and Fruit Juices

236g Banana(s)

1 wedge (6g) Lemon

## Grains, Noodles and Pasta

10g Oats

65g Quinoa

1/4 tbsp (1.95g) Wheat flour, whole-grain, soft wheat

## Legumes

20g Peanut butter, smooth style, without salt

## Nuts and Seeds

260 ml (260g) Almond Milk

15g Pumpkin Seeds

## Poultry

50g Chicken Breast

## Protein Powders

20g Vanilla Whey Protein (80%)

## Spices and Herbs

1 tsp (5g) Dijon Mustard (Whole Grain)

1/2 tbsp (1.35g) Mixed Herbs

## Vegetables

1/4 Medium/whole (49g) Courgette (Zucchini)

2 clove (6g) Garlic

2g Parsley

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

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