

15 min / 1 serving

Classic Sun-dried Tomato Tuna Omelet

328 31g CALORIES PROTEIN 17g CARBS **16g** FAT

Preparation

A true taste of the Med!

Step 1: Slice your sun-dried tomatoes into half-centimeter strips.

Step 2: Take out a bowl and mix in those tomatoes, the drained tuna, and the crumbled cheese. Set aside.

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

Step 4: Heat a the olive oil in a frying pan over a medium to high temperature.

Step 5: Pour the eggs 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: Use a spoon to add the tuna-tomato mix to one side of the omelet and then fold the other half over the top.

Step 7: Season with a little pepper and allow to cook for another minute or so before serving up with a sprinkle of chili flakes on top!

Et Voilà!

Ingredients

2 medium egg(s)
1 tsp olive oil
30g sun-dried tomatoes
65g fish, tuna, white, canned in water, without salt, drained solids
1/2 tbsp feta cheese
1 pinch red pepper flakes (chili flakes)





Mozzarella Strength Salad Bowl



17g PROTEIN 36g CARBS 24g

FAT

Ingredients

Preparation

That strength you need to start your day!

Step 1: Lightly toast the bread before tearing it into bite-size pieces.

Step 2: Slice the cucumber and then create a bed of leaves in a bowl.

Step 3: Layer the cucumber on the leaves before tearing up the mozzarella cheese on top followed by the bread and a sprinkle of crushed walnuts and blueberries.

Step 4: Finally, drizzle with a little olive oil and honey.

1 1/2 slice regular whole grain bread
35g mixed salad leaves
35g cucumber
15g walnuts
35g blueberries
1 tsp olive oil
1 tsp honey
35g mozzarella cheese (whole milk)

ΗΙΤ ΜΥ



Mediterranean Shrimp Delight

418 CALORIES

44g CARBS

32g

PROTEIN

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13g FAT

Preparation

Step 1: Take out a bowl and mix shrimps with $\frac{1}{2}$ the olive oil, the dried herbs, and a little salt and pepper.

Step 2: Place your quinoa in a pot with twice the amount of water, and heat over a medium temperature to cook.

Step 3: Chop the garlic and set it aside. Then, slice the bell pepper into thin slices and heat the remaining olive oil in a pan next to the cooking quinoa.

Step 4: Lightly fry the bell pepper for about 4 minutes, or until the sides are slightly browned. Then, remove from the pan and set aside.

Step 5: In the same pan, over the same heat, cook the shrimp mix for 3-4 minutes, stirring frequently until cooked through.

Step 6: Add the cooked quinoa to the shrimp pan, along with the garlic, and allow all to get toasty for about 1 minute.

Step 7: Pour in the chicken stock and bring that delightful mix to a simmer for about 6 minutes.

Step 8: Add in the bell pepper, a little lemon zest, a squeeze of lemon juice, and bring to cook for another 3 - 5 minutes.

Step 9: Garnish with the fresh basil leaves and serve up!

Ingredients

120g prawns (cooked)
2 tsp olive oil
1/2 tsp, ground dried oregano
1/2 tsp dried parsley
1/2 medium red bell pepper (capsicum)
50g quinoa
1 clove garlic
1/2 medium yellow bell pepper (capsicum)
60ml chicken stock
1 wedge lemon
5 leaf basil leaves

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MACR



Creamy Citrusy Toast!



5g PROTEIN 20g CARBS

Preparation

A sweet way to treat yourself today.

Step 1: Place your bread into a toaster and let things heat up.

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

Step 3: Sprinkle with a dash of cinnamon and serve up.

For an additional nutrition hit, layer spinach under the cream cheese (you'll barely notice it's there!).

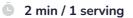
Ingredients	
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5g

FAT

1 slice regular whole grain bread
10g cream cheese
1/2 medium (2-1/2" dia) tangerines (mandarin)
1 dash ground cinnamon

HIT MY





Chocolate Vanilla Protein Shake

110 CALORIES

17g PROTEIN 3g CARBS

Preparation

Ingredients

3g

FAT

Step 1: Blend your protein powder and milk using a blender or shaker and serve on up!

10g vanilla whey protein (80%)
10g chocolate whey protein (80%)
200ml almond milk

HIT MY

Ingredients Needed

Baked

90g Whole Grain Bread

Dairy and Egg

10g Cream Cheese
2 medium (88g) Egg(s)
1/2 tbsp (0.625g) Feta Cheese
35g Mozzarella Cheese (whole milk)

Fats and Oils

15g Olive Oil

Finfish and Shellfish

65g Fish, tuna, white, canned in water, without salt, drained solids

120g Prawns (cooked)

Fruits and Fruit Juices



35g Blueberries

1 wedge (6g) Lemon

1/2 medium (2-1/2" dia) (44g) Tangerines (mandarin)

Grains, Noodles and Pasta



50g Quinoa

Nuts and Seeds



200 ml (200g) Almond Milk

15g Walnuts

Pastes, Sauces, and Gravies



60 ml (60g) Chicken Stock

Protein Powders

	10g Chocolate Whey Protein (80%)
	10g Vanilla Whey Protein (80%)
pice	es and Herbs

Sp

5 Leaf (2.5g) Basil Leaves

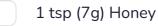
1/2 tsp, ground (0.9g) Dried Oregano

1/2 tsp (0.25g) Dried Parsley

1 Dash (0.4g) Ground Cinnamon

1 pinch (0.2g) Red Pepper Flakes (Chili Flakes)

Sweets



Vegetables

35g Cucumber
1 clove (3g) Garlic
35g Mixed Salad Leaves
1/2 medium (59.5g) Red Bell Pepper (capsicum)
30g Sun-Dried Tomatoes
1/2 medium (59.5g) Yellow Bell Pepper (capsicum)

