



🕒 15 min / 1 serving

Classic Sun-dried Tomato Tuna Omelet

328
CALORIES

31g
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)



🕒 10 min / 1 serving

Mozzarella Strength Salad Bowl

417
CALORIES

17g
PROTEIN

36g
CARBS

24g
FAT

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.

Ingredients

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)



🕒 35 min / 1 serving

Mediterranean Shrimp Delight

418
CALORIES

32g
PROTEIN

44g
CARBS

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
- $\frac{1}{2}$ tsp, ground dried oregano
- $\frac{1}{2}$ tsp dried parsley
- $\frac{1}{2}$ medium red bell pepper (capsicum)
- 50g quinoa
- 1 clove garlic
- $\frac{1}{2}$ medium yellow bell pepper (capsicum)
- 60ml chicken stock
- 1 wedge lemon
- 5 leaf basil leaves

🕒 5 min / 1 serving

Creamy Citrusy Toast!

138
CALORIES**5g**
PROTEIN**20g**
CARBS**5g**
FAT

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

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

🕒 2 min / 1 serving



Chocolate Vanilla Protein Shake

110
CALORIES**17g**
PROTEIN**3g**
CARBS**3g**
FAT

Preparation

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

Ingredients

- 10g vanilla whey protein (80%)

- 10g chocolate whey protein (80%)

- 200ml almond milk

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%)

Spices and Herbs

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

1 tsp (7g) Honey

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)