



🕒 10 min / 1 serving

# Herb Omelet with Spinach Leaves

**464**  
CALORIES

**34g**  
PROTEIN

**3g**  
CARBS

**34g**  
FAT

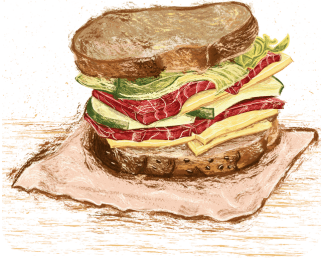
## Preparation

- Step 1:** Heat your oil in a non-stick pan over a medium temperature.
- Step 2:** Finely chop the herbs and grate your cheesy cheese.
- Step 3:** Whisk the eggs along with your herbs in a bowl with the parmesan cheese and a pinch of salt
- Step 4:** Pour the whisked eggs into the pan and reduce the heat a little
- Step 5:** Allow the omelet to cook through until the edges are sealed
- Step 6:** Using a spatula or a plate, flip the omelet and cook for 1 – 2 minutes on the other side
- Step 7:** Serve with a sprinkle of black pepper!

## Ingredients

- 4 medium egg(s) .....
- 2 tsp olive oil .....
- 5g parsley .....
- 5g chives .....
- 30g parmesan cheese .....

🕒 15 min / 1 serving



# Tuna Steak Supreme Sandwich

**453**  
CALORIES

**38g**  
PROTEIN

**47g**  
CARBS

**13g**  
FAT

## Preparation

**Step 1:** Pre-grill your sliced tuna steak and allow to chill in the refrigerator.

**Step 2:** Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

**Step 3:** Slice the cheddar and avocado and get them ready for action. Then, spread that pesto over the top toast.

**Step 4:** Layer all ingredients in whatever order you see fit. We personally went with cheddar, tuna, avocado, cheddar, tuna, lettuce!

## Ingredients

- 20g cheddar cheese
- 4 slice regular whole grain bread
- 75g tuna steak
- 1/2 tsp pesto
- 30g romaine lettuce



🕒 30 min / 1 serving

# Simple Chicken and Quinoa Bake

**444**  
CALORIES

**32g**  
PROTEIN

**46g**  
CARBS

**14g**  
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 chicken breast

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

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

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

**Step 7:** Once the quinoa thickens up, either transfer to a baking dish along with the chicken, or place the oven skillet directly into the oven with the chicken laid on top. If the quinoa is a little crunchy, continue adding small amounts of water until it cooks to your preference.

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

## Ingredients

- 90g chicken breast
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1 1/2 tsp olive oil
- 130ml chicken stock
- 60g quinoa
- 1 clove garlic
- 1 wedge lemon



🕒 5 min / 1 serving

# Frozen Watermelon Rosemary Smoothie

131  
CALORIES

12g  
PROTEIN

18g  
CARBS

2g  
FAT

## Preparation

This one's pretty refreshing!

**Step 1:** To start, chop the seedless watermelon first then set it aside. Grate the zest of the lemon.

**Step 2:** Combine all of the ingredients in the blender and place on high for 30 seconds, or until you achieve an even consistency.

**Step 3:** Pour into your glass and garnish with rosemary and a slice of lemon according to your liking! Enjoy!

## Ingredients

- 125g watermelon
- 1 wedge lemon
- 25g strawberries
- 100ml soy milk
- 1/4 tsp dried rosemary
- 10g vanilla whey protein (80%)

 <1 min / 1 serving



# Blueberries

**23**  
CALORIES

**0g**  
PROTEIN

**6g**  
CARBS

**0g**  
FAT

## Preparation

The berry best of the berry world!

## Ingredients



40g blueberries

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# Ingredients Needed

## Baked

4 slice regular (120g) Whole Grain Bread

## Dairy and Egg

20g Cheddar Cheese

4 medium (176g) Egg(s)

30g Parmesan Cheese

## Fats and Oils

18g Olive Oil

## Finfish and Shellfish

75g Tuna Steak

## Fruits and Fruit Juices

40g Blueberries

12g Lemon

25g Strawberries

125g Watermelon

## Grains, Noodles and Pasta

60g Quinoa

## Legumes

100 ml (100g) Soy Milk

## Pastes, Sauces, and Gravies

130 ml (130g) Chicken Stock

1/2 tsp (2.5g) Pesto

## Poultry

90g Chicken Breast

## Protein Powders

10g Vanilla Whey Protein (80%)

## Spices and Herbs

1/4 tsp (0.3g) Dried Rosemary

1/4 tsp (0.775g) Garlic Powder

1/4 tsp (0.575g) Paprika

## Vegetables

5g Chives

1 clove (3g) Garlic

5g Parsley

30g Romaine Lettuce