

🕒 10 min / 1 serving

Matcha Chia Overnight Oats

485
CALORIES

34g
PROTEIN

63g
CARBS

12g
FAT

Preparation

Prepare the night before and you'll wake up like it's Saturday morning, every day!

Step 1: In a small bowl, whisk the matcha and warm water together until a smooth consistency is formed.

Step 2: Take the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

Step 3: Once you have a delicious blend, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

Step 4: Slice the kiwi and strawberry and layer them on top. Store in the fridge overnight!

Ingredients

- 1 medium kiwifruit
- 1 medium (1-1/4" dia) strawberries
- 75g greek yogurt (whole milk)
- 20g vanilla whey protein (80%)
- 120ml almond milk
- 50g oats
- 1 1/2 tsp honey
- 2 tsp chia seeds
- 1/2 tsp matcha powder





🕒 5 min / 1 serving

The Smoky and Spicy Salmon Sandwich of Success

488
CALORIES

31g
PROTEIN

54g
CARBS

16g
FAT

Preparation

Ready to get smokey?

Step 1: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of soggy sandwich!).

Step 2: Place your lightly-toasted bread (or lightly-breaded toast - whichever you prefer to call it) on a plate and layer all ingredients in the following order: crumbled feta cheese, rocket leaves, smoked salmon, and top off with some chili flakes and parsley.

Ingredients

- 50g smoked salmon
- 40g feta cheese
- 4 slice regular whole grain bread
- 20g arugula (rocket)
- 1 pinch red pepper flakes (chili flakes)
- 1 pinch dried parsley

🕒 45 min / 1 serving

Cheesy Baked Turkey Meatballs

401
CALORIES

28g
PROTEIN

33g
CARBS

16g
FAT



Preparation

Step 1: Start off by finely slicing your onion and garlic. Then, chop your carrot and celery into 1-cm (ish) cubes.

Step 2: In a medium-sized mixing bowl, place the turkey mince, half the sliced onion, egg, breadcrumbs, rosemary, half the garlic, and half the paprika.

Step 3: Mix with a spoon to combine well. Season a little with salt and pepper.

Step 4: Form the mince mixture into ping-pong-sized meatballs and lay them on a plate. Then, place them in the fridge to chill for around 10 minutes.

Step 5: Line a baking tray or oven-proof dish with half the olive oil and preheat your oven to 180°C.

Step 6: Heat the remaining oil in a large frying pan over medium-high heat.

Step 7: Add meatballs to the frying pan and cook for around 5 minutes ensuring they're browning evenly on each side. Once they're well browned, transfer to a plate on the side.

Step 8: Using the same pan throw in the remaining onion, carrot, celery, remaining garlic, and remaining paprika. Stir for around 5 mins or until the onion softens and becomes translucent.

Step 9: Add the wine and allow the mix to come to a nice simmer before adding the canned tomato, passata, and milk.

Step 10: Stir to ensure all is combined and bring to a gentle simmer. Once the liquid begins to reduce, remove from the heat, season, and add the spinach.

Step 11: Place the meatballs into the baking tray, and pour the tomato mix over the meatballs in the baking tray.

Step 12: Shred the mozzarella over the top and place in the oven to bake for between 20 and 25 minutes.

Step 13: When the mozzarella has browned and the liquid has reduced to a creamy consistency, you're ready to roll!

Step 14: Serve up and enjoy!

Ingredients

- 50g ground turkey (fat free)
- 1 medium egg(s)
- 25g bread crumbs
- 1/2 medium onion
- 1 clove garlic
- 1/2 medium carrot
- 1 tsp sweet smoked paprika
- 1 tsp olive oil
- 1/2 tsp dried rosemary
- 1 stalk celery
- 15g red wine
- 45g chopped tomatoes (canned)
- 30g tomato passata
- 10ml milk (1% fat)
- 20g spinach
- 20g mozzarella cheese (whole milk)

🕒 2 min / 1 serving



Chocolate Protein Shake

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

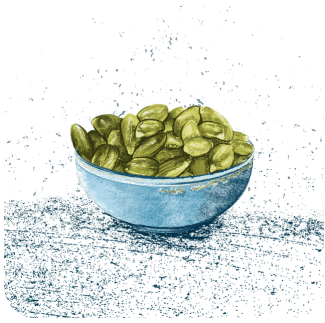
Preparation

Step 1: Blend your protein powder and milk using a blender or shaker and serve on up! Add additional water if necessary.

Ingredients

- 20g chocolate whey protein (80%)
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- 200ml almond milk
.....

 <1 min / 1 serving



Pumpkin Seed Snack

112
CALORIES

6g
PROTEIN

2g
CARBS

10g
FAT

Preparation

Pumpkin power!

Ingredients



20g pumpkin seeds

Ingredients Needed

Alcohol

15g Red wine

Baked

25g Bread Crumbs

4 slice regular (120g) Whole Grain Bread

Dairy and Egg

1 medium (44g) Egg(s)

40g Feta Cheese

75g Greek Yogurt (whole milk)

10 ml (10.4g) Milk (1% fat)

20g Mozzarella Cheese (whole milk)

Fats and Oils

1 tsp (4.5g) Olive Oil

Finfish and Shellfish

50g Smoked Salmon

Fruits and Fruit Juices

1 medium (74g) Kiwifruit

1 medium (1-1/4" dia) (12g) Strawberries

Grains, Noodles and Pasta

50g Oats

Nuts and Seeds

240g Almond Milk

2 tsp (8g) Chia Seeds

20g Pumpkin Seeds

Poultry

50g Ground Turkey (fat free)

Protein Powders

20g Chocolate Whey Protein (80%)

20g Vanilla Whey Protein (80%)

Spices and Herbs

1 pinch (0.1g) Dried Parsley

1/2 tsp (0.6g) Dried Rosemary

1/2 tsp (1g) Matcha Powder

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

1 tsp (2.4g) Sweet Smoked Paprika

Sweets

1 1/2 tsp (10.5g) Honey

Vegetables

20g Arugula (Rocket)

1/2 medium (30.5g) Carrot

1 stalk (17g) Celery

45g Chopped Tomatoes (canned)

1 clove (3g) Garlic

1/2 medium (55g) Onion

20g Spinach

30g Tomato Passata