



🕒 5 min / 1 serving

Peanut Power Oatmeal!

373
CALORIES

28g
PROTEIN

35g
CARBS

15g
FAT

Preparation

One of the simplest meals on Earth!

Step 1: Mash all ingredients together in a bowl except the raspberries

Step 2: Place the bowl in the microwave for 1 minute

Step 3: Serve with the raspberries on top!

Step 4: Get your feed on.

Ingredients

- ☐ 20g peanut butter, smooth style, without salt
- ☐ 35g oats
- ☐ 20g vanilla whey protein (80%)
- ☐ 125ml almond milk
- ☐ 40g raspberries



🕒 25 min / 1 serving

Citrus Chicken Lettuce Wraps

559
CALORIES

43g
PROTEIN

46g
CARBS

25g
FAT

Preparation

Step 1: Slice those chicken breasts into even strips and place in a mixing bowl.

Step 2: Add the olive oil, cinnamon, cumin, and a little salt and pepper.

Step 3: Heat a pan over and medium to high temperature and cook the chicken through for about 3 - 4 minutes. Then, place on a plate to the side to cool.

Step 4: Chop the avocado, cucumber, and peeled orange into bite-size chunks and place in another bowl.

Step 5: Halve the cherry tomatoes, finely slice the onion and chili and add to that same bowl.

Step 6: Drizzle with a little lime juice.

Step 7: It's time to layer the chicken and citrus mix onto those lettuce leaves!

You are ready, partner.

Ingredients

- ☐ 160g chicken breast
- ☐ 2 tsp olive oil
- ☐ 1/2 whole avocado
- ☐ 1 fruit (2-5/8" dia) oranges
- ☐ 1 piece red chilli pepper
- ☐ 1/2 whole, medium red onion
- ☐ 80g cucumber
- ☐ 8 whole cherry tomatoes
- ☐ 1/2 whole lime
- ☐ 80g iceberg lettuce
- ☐ 1/2 tsp ground cinnamon
- ☐ 1/2 tsp cumin powder



🕒 35 min / 1 serving

Spicy Crispy Chicken Burger

560
CALORIES

37g
PROTEIN

63g
CARBS

18g
FAT

Preparation

Step 1: Place your chicken breast onto a clean, flat surface, and cover with a sheet of cling film. Using a rolling pin, lightly pound/roll out the chicken breast until it reaches about a $\frac{3}{4}$ -inch thickness. Your ultimate goal is to reach this thickness while maintaining solid burger shape; trimming the edges of the chicken breast to achieve this is perfectly acceptable!

Step 2: In a medium-sized bowl, combine the juice from a wedge of lemon, milk, $\frac{1}{2}$ the paprika, onion powder, garlic powder, salt, and pepper.

Step 3: Place your chicken breast into the bowl and leave to marinate for up to 30 minutes (if stuck for time, 10 minutes will do!).

Step 4: While you wait, beat the egg in a small bowl and place the breadcrumbs on a plate next to the beaten egg bowl.

Step 5: In a separate bowl mix the flour with the remaining paprika, oregano, and chili powder.

Step 6: Remove the chicken breast from the milk marinade and coat with the flour mix ensuring that the breast is completely covered. Then, dip the chicken into the beaten egg, further ensuring the chicken is fully coated. Finally, lay the chicken breast onto the breadcrumbs and work them together to finalise the coating process.

Step 7: Heat the sunflower oil in a frying pan over a medium to high heat. Carefully place your coated chicken burger breast into the pan and fry for between 4 and 5 minutes per side.

Step 8: Slice your tomatoes and onion into burger slices.

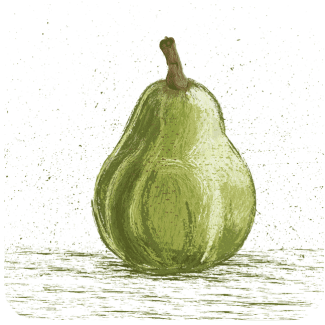
Step 9: Once cooked through and golden brown on the outside, allow to rest on a wire rack above a paper towel for a minute or two in order to remove excess oil.

Step 10: Layer your burger in a lightly-toasted bun with sliced tomato and lettuce underneath, with the sliced red onion and additional herbs on top!

Step 11: Serve with a side of sugar-free ketchup or mustard!

Ingredients

- ☐ 75g chicken breast
- ☐ 1 bun whole wheat burger bun
- ☐ 1 medium egg(s)
- ☐ 1 tbsp bread crumbs
- ☐ 1 wedge lemon
- ☐ 60g milk (1% fat)
- ☐ 1 tsp paprika
- ☐ 20g wheat flour, whole-grain, soft wheat
- ☐ $\frac{1}{2}$ tsp, ground dried oregano
- ☐ $\frac{1}{2}$ tsp chili powder
- ☐ $\frac{1}{2}$ tsp onion powder
- ☐ $\frac{1}{2}$ tsp garlic powder
- ☐ $\frac{1}{4}$ tsp table salt
- ☐ $\frac{1}{4}$ tsp, ground black pepper
- ☐ $\frac{1}{2}$ tbsp sunflower oil
- ☐ $\frac{1}{4}$ medium whole tomatoes, red, ripe
- ☐ 1 leaf, medium iceberg lettuce



 <1 min / 1 serving

Pear

101
CALORIES

1g
PROTEIN

27g
CARBS

0g
FAT

Preparation

Fruity and juicy!

Ingredients



1 medium pear(s)

 <1 min / 1 serving

Almond Snack

116
CALORIES

4g
PROTEIN

4g
CARBS

10g
FAT

Preparation

Serve on the side, plant protein power!

Ingredients



20g almonds

Ingredients Needed

Baked

- ☐ 1 tbsp (15g) Bread Crumbs
- ☐ 1 Bun (60g) Whole Wheat Burger Bun

Dairy and Egg

- ☐ 1 medium (44g) Egg(s)
- ☐ 60g Milk (1% fat)

Fats and Oils

- ☐ 2 tsp (9g) Olive Oil
- ☐ 1/2 tbsp (7g) Sunflower Oil

Fruits and Fruit Juices

- ☐ 1/2 whole (75g) Avocado
- ☐ 1 wedge (6g) Lemon
- ☐ 1/2 whole (33.5g) Lime
- ☐ 1 fruit (2-5/8" dia) (131g) Oranges
- ☐ 1 medium (178g) Pear(s)
- ☐ 40g Raspberries

Grains, Noodles and Pasta

- ☐ 35g Oats
- ☐ 20g Wheat flour, whole-grain, soft wheat

Legumes

- ☐ 20g Peanut butter, smooth style, without salt

Nuts and Seeds

- ☐ 125 ml (125g) Almond Milk

- ☐ 20g Almonds

Poultry

- ☐ 320g Chicken Breast

Protein Powders

- ☐ 20g Vanilla Whey Protein (80%)

Spices and Herbs

- ☐ 1/4 tsp, ground (0.575g) Black Pepper
- ☐ 1/2 tsp (1.35g) Chili Powder
- ☐ 1/2 tsp (2.5g) Cumin Powder
- ☐ 1/2 tsp, ground (0.9g) Dried Oregano
- ☐ 1/2 tsp (1.55g) Garlic Powder
- ☐ 1/2 tsp (1.3g) Ground Cinnamon
- ☐ 1/2 tsp (1.2g) Onion Powder
- ☐ 1 tsp (2.3g) Paprika
- ☐ 1/4 tsp (1.5g) Table Salt

Vegetables

- ☐ 8 whole (136g) Cherry Tomatoes
- ☐ 80g Cucumber
- ☐ 160g Iceberg Lettuce
- ☐ 1 piece (45g) Red Chilli Pepper
- ☐ 1/2 whole, medium (55g) Red Onion
- ☐ 1/4 medium whole (30.75g) Tomatoes, Red, Ripe