



🕒 5 min / 1 serving

The Avocado Bananarama Smoothie

506
CALORIES

35g
PROTEIN

57g
CARBS

18g
FAT

Preparation

Ideally, use a chilled avocado and a chilled/frozen banana for this splendid mix of healthy fats and energy.

Step 1: Place all ingredients into that super blender and securely fasten the lid.

Step 2: Blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for that fresh serving of energy-boosting goodness!

Ingredients

- ☐ 1/2 whole avocado
=====
- ☐ 1 medium (7" to 7-7/8" long)
banana(s)
=====
- ☐ 300ml coconut milk drink (carton)
=====
- ☐ 40g vanilla whey protein (80%)
=====
- ☐ 3 tsp honey
=====



🕒 12 min / 1 serving

Tuna Pasta Pesto Salad

512
CALORIES

35g
PROTEIN

53g
CARBS

18g
FAT

Preparation

Protein and carb power that will keep you going for hours!

Step 1: First, set a saucepan of water to boil over a high heat.

Step 2: Once you have a rolling boil, add a pinch of salt to the water and then the pasta.

Step 3: While the pasta is cooking, drain the tuna and set aside.

Step 4: Halve your cherry tomatoes and set aside too!

Step 5: Once the pasta has cooked and is at a desired tenderness, drain and then place in a serving bowl. Mix in that pesto.

Step 6: Layer the tomatoes, rocket, and tuna on top.

Step 7: Drizzle with some olive oil and a little pepper and you're away!

Ingredients

- ☐ 100g fish, tuna, white, canned in water, without salt, drained solids
- ☐ 5 whole cherry tomatoes
- ☐ 2 tsp pesto
- ☐ 65g tagliatelle pasta
- ☐ 2 tsp olive oil
- ☐ 15g arugula (rocket)



🕒 20 min / 1 serving

HIT MY
MACROS

Grilled Power Turkey Burgers

502
CALORIES

39g
PROTEIN

43g
CARBS

21g
FAT

Preparation

Never has a burger recipe been so simple!

Step 1: Chop the chilli and the garlic into fine chunks.

Step 2: Mash the turkey mince, the chilli, the paprika, the cumin, a dash of salt and pepper, and the garlic clove in a medium- sized bowl.

Step 3: Give your hands a quick rinse before forming the mix into a burger patty. If you find the patty isn't sticky enough, add a small amount of egg white.

Step 4: Massage the newly-formed burger patty with the olive oil, and place under a medium-heat grill for 10 – 15 minutes (flipping the patty at the halfway point).

Step 5: Slice the tomato, onion, and avocado to slide into your burger.

Step 6: Once cooked through, begin to layer the lower bun in the following order: spinach, burger patty, onion, tomato and the cheeky avocado; slap the top section on and you're ready to go!

Step 7: Serve up like Federer.

Ingredients

- ☐ 120g ground turkey (fat free)
- ☐ 1 bun whole wheat burger bun
- ☐ 1 piece red chilli pepper
- ☐ 1/4 tsp paprika
- ☐ 1/4 tsp cumin powder
- ☐ 1 tsp olive oil
- ☐ 1 clove garlic
- ☐ 20g spinach
- ☐ 1/4 medium whole tomatoes, red, ripe
- ☐ 1/4 whole, medium red onion
- ☐ 1/2 whole avocado



🕒 5 min / 1 serving

HIT MY
MACROS

Crafty Spinach Peach Smoothie

147
CALORIES

4g
PROTEIN

31g
CARBS

2g
FAT

Preparation

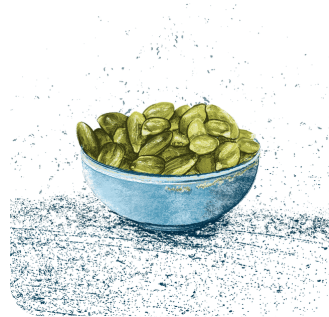
Step 1: Slice up the peach and don't forget to remove the stones!

Step 2: Combine all the ingredients in the blender along with a squeeze of lemon juice, and run it on a high speed! Wait until it gets frothy!

Step 3: Transfer to your glass and enjoy!

Ingredients

- ☐ 2 medium (2-2/3" dia) peach(es)
- ☐ 1 slices (1" dia) ginger
- ☐ 20g baby spinach
- ☐ 1 wedge lemon
- ☐ 150ml almond milk



 <1 min / 1 serving

Pumpkin Seed Snack

140
CALORIES

8g
PROTEIN

3g
CARBS

12g
FAT

Preparation

Pumpkin power!

Ingredients



25g pumpkin seeds

Ingredients Needed

Baked

☐ 1 Bun (60g) Whole Wheat Burger Bun

Beverages

☐ 300 ml (300g) Coconut Milk Drink (carton)

Fats and Oils

☐ 18g Olive Oil

Finfish and Shellfish

☐ 100g Fish, tuna, white, canned in water, without salt, drained solids

Fruits and Fruit Juices

☐ 150g Avocado

☐ 1 medium (7" to 7-7/8" long) (118g) Banana(s)

☐ 1 wedge (6g) Lemon

☐ 2 medium (2-2/3" dia) (300g) Peach(es)

Grains, Noodles and Pasta

☐ 65g Tagliatelle Pasta

Nuts and Seeds

☐ 150 ml (150g) Almond Milk

☐ 25g Pumpkin Seeds

Pastes, Sauces, and Gravies

☐ 2 tsp (10g) Pesto

Poultry

☐ 120g Ground Turkey (fat free)

Protein Powders

☐ 40g Vanilla Whey Protein (80%)

Spices and Herbs

☐ 1/4 tsp (1.25g) Cumin Powder

☐ 1 slices (1" dia) (2.2g) Ginger

☐ 1/4 tsp (0.575g) Paprika

Sweets

☐ 3 tsp (21g) Honey

Vegetables

☐ 15g Arugula (Rocket)

☐ 20g Baby Spinach

☐ 5 whole (85g) Cherry Tomatoes

☐ 1 clove (3g) Garlic

☐ 1 piece (45g) Red Chilli Pepper

☐ 1/4 whole, medium (27.5g) Red Onion

☐ 20g Spinach

☐ 1/4 medium whole (30.75g) Tomatoes, Red, Ripe