

⌚ 5 min / 1 serving

Coco Loco Nutty Smoothie

**565**
CALORIES**39g**
PROTEIN**58g**
CARBS**23g**
FAT

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

Step 2: Securely fasten the lid and blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a smoothie that will make you go a little nuts!

Ingredients

- ☐ 1 medium (7" to 7-7/8" long) banana(s)
- ☐ 50ml coconut milk drink (carton)
- ☐ 30g oats
- ☐ 250ml almond milk
- ☐ 30g peanut butter, smooth style, without salt
- ☐ 30g vanilla whey protein (80%)



Sautéed Garlicky Chicken and Mushroom Power

469
CALORIES

52g
PROTEIN

25g
CARBS

19g
FAT

Preparation

Are you ready for something delicious that's going to fill you up for hours to come?

Step 1: The first thing you're going to do is chop up the chicken breast, the onion, the bell pepper, and the mushroom into bite-size cubes.

Step 2: Then, finely chop the garlic and parsley.

Step 3: Heat that olive oil in a medium-sized pan over a medium to high heat.

Step 4: Once heated, add the chicken and allow to lightly brown before adding the oregano, garlic powder, onion powder and paprika. Allow all spices to evenly coat the chicken before seasoning with a little salt and pepper.

Step 5: After about 5 minutes, when the chicken is cooked through, place in a bowl and set aside.

Step 6: Using the same hot pan, add the butter, onion, and garlic allowing those wonderful fragrances to fill the kitchen.

Step 7: After about 3 minutes of taking in that smell of deliciousness, add the mushrooms and bell pepper to the pan. Allow to soften over the course of another 3 - 4 minutes and then add the chicken back to the mix.

Step 8: Give these ingredients about 2 minutes of care before serving in your favourite bowl with a sprinkle of parsley on top.

Ingredients

- ☐ 1 1/2 tsp olive oil
- ☐ 200g chicken breast
- ☐ 3/4 tsp, leaves dried oregano
- ☐ 1/2 tsp garlic powder
- ☐ 1/2 tsp paprika
- ☐ 1 1/2 tsp butter (unsalted)
- ☐ 1/2 tsp onion powder
- ☐ 1 medium onion
- ☐ 2 clove garlic
- ☐ 1 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- ☐ 120g white button mushrooms
- ☐ 1 1/2 tsp parsley



🕒 25 min / 1 serving

Simple Turkey Bolognese

580
CALORIES

39g
PROTEIN

82g
CARBS

14g
FAT

Preparation

Don't worry about fixing your apron too well, this one is going to be quick.

Step 1: Chop the onion, carrot, bell pepper, chili, garlic clove, and keep separated on the side.

Step 2: Heat a medium-sized pan over a low heat and add the olive oil.

Step 3: The moment that olive oil becomes hot (check the speed it moves over the pan!) carefully add the onion and carrot and sauté until soft.

Step 4: Then, add the turkey mince and stir until all mince has browned over evenly.

This is where things get spicy...

Step 5: Add the chili, garlic, and bell pepper and cook for a further 5 minutes.

Ready for things to get... saucy?

Step 6: Add the canned tomato, oregano, and additional water if necessary.

Step 7: Allow to simmer over a low heat, tasting every now and again while adding salt and pepper to taste to your preference.

Step 8: This is the perfect time to bring some water to boil on a separate hob.

Step 9: Once the water is boiling, add a little salt and then your pasta.

Step 10: Boil that pasta to preferred readiness, stirring regularly.

Step 11: Serve either all mixed together, or layered with the bolognese on top of the pasta.

Step 12: Season with additional oregano if necessary.

Prego.

Ingredients

- ☐ 100g ground turkey (fat free)
- ☐ 80g wholegrain penne pasta
- ☐ 50g red onion
- ☐ 50g carrot
- ☐ 50g green bell pepper (capsicum)
- ☐ 1 clove garlic
- ☐ 1 piece red chilli pepper
- ☐ 2 tsp olive oil
- ☐ 1/2 tsp, ground dried oregano
- ☐ 200g chopped tomatoes (canned)



🕒 5 min / 1 serving

Strawberry Smoothie with Greek Yogurt

150
CALORIES

7g
PROTEIN

25g
CARBS

4g
FAT

Preparation

Step 1: Slice the bananas accordingly.

Step 2: Combine all the ingredients in an upright blender and whisk at a medium speed. Watch for that frothy consistency!

Step 3: Let it settle and transfer into your favourite glass. Enjoy!

Ingredients

- ☐ 1/2 medium (7" to 7-7/8" long) banana(s)
=====
- ☐ 30g frozen strawberries
=====
- ☐ 60g greek yogurt (whole milk)
=====
- ☐ 50ml almond milk
=====
- ☐ 1 pinch ground ginger
=====
- ☐ 1 tsp honey
=====
- ☐ 1 pinch ground turmeric
=====



🕒 35 min / 1 serving

Balsamic Green Bean Salad

137
CALORIES

3g
PROTEIN

11g
CARBS

9g
FAT

Preparation

Step 1: Trim the beans and cut them into 1-inch slices.

Step 2: To cook the beans, prepare a medium saucepan, add water then cover. Bring to a boil and add the beans. Cook covered for about 8-10 minutes or until tender with a bit of crisp. During this time, very finely slice the onion.

Step 3: Drain the beans immediately and place them into ice water for 3 minutes. Drain again and pat with kitchen towel/tissue to dry.

Step 4: In a small bowl, mix the lemon juice from the wedge, olive oil, salt, balsamic vinegar, pepper and garlic powder. Drizzle over the beans, add the thinly sliced onions, and toss to coat evenly.

Step 5: Stir in the halved cherry tomatoes and crumbled feta cheese. Serve!

Ingredients

- ☐ 45g green beans (snap beans)
- ☐ 1/2 whole, medium red onion
- ☐ 40g cherry tomatoes
- ☐ 10g feta cheese
- ☐ 1 wedge lemon
- ☐ 1 pinch table salt
- ☐ 1 tsp balsamic vinegar
- ☐ 1 1/2 tsp olive oil
- ☐ 1 pinch garlic powder
- ☐ 1 pinch black pepper

Ingredients Needed

Beverages

☐ 50 ml (50g) Coconut Milk Drink (carton)

Dairy and Egg

☐ 1 1/2 tsp (7.095g) Butter (unsalted)

☐ 10g Feta Cheese

☐ 60g Greek Yogurt (whole milk)

Fats and Oils

☐ 21g Olive Oil

Fruits and Fruit Juices

☐ 236g Banana(s)

☐ 30g Frozen Strawberries

☐ 1 wedge (6g) Lemon

Grains, Noodles and Pasta

☐ 30g Oats

☐ 80g Wholegrain Penne Pasta

Legumes

☐ 30g Peanut butter, smooth style, without salt

Nuts and Seeds

☐ 500g Almond Milk

Poultry

☐ 200g Chicken Breast

☐ 100g Ground Turkey (fat free)

Protein Powders

☐ 30g Vanilla Whey Protein (80%)

Spices and Herbs

☐ 1 tsp (5.3g) Balsamic Vinegar

☐ 1 pinch (0.2g) Black Pepper

☐ 2g Dried Oregano

☐ 4g Garlic Powder

☐ 1 Pinch (0.2g) Ground Ginger

☐ 1 pinch (0.2g) Ground Turmeric

☐ 1/2 tsp (1.2g) Onion Powder

☐ 1/2 tsp (1.15g) Paprika

☐ 1 pinch (0.3g) Table Salt

Sweets

☐ 1 tsp (7g) Honey

Vegetables

☐ 50g Carrot

☐ 40g Cherry Tomatoes

☐ 200g Chopped Tomatoes (canned)

☐ 12g Garlic

☐ 45g Green Beans (snap beans)

☐ 238g Green Bell Pepper (capsicum)

☐ 1 medium (110g) Onion

☐ 1 1/2 tsp (1.995g) Parsley

☐ 1 piece (45g) Red Chilli Pepper

☐ 100g Red Onion

☐ 120g White Button Mushrooms