5 min / 1 serving



# Frozen Blueberry Breakfast Protein Bowl

528 CALORIES PROTEIN

39g

67g CARBS 14g FAT

Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

Step 1: Take the frozen berries, the yogurt, the protein powder, and the milk, and let them get to know each other in a blender or food processor as you lightly pulse.

Step 2: Once you have a delicious purée, spoon it into a breakfast bowl.

Step 3: Slice the kiwi and layer it on top with a couple of extra raspberries and a sprinkle of oats.

Step 4: Serve with a dash of cinnamon if you're feeling spicy.

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Ina	red	ler	its

80g frozen blueberries
80g frozen raspberries
1 medium kiwifruit
150g greek yogurt (whole milk)
20g vanilla whey protein (80%)
100ml almond milk
40g oats





15 min / 1 serving

# Simple Mustard, Chicken, and Avocado Sandwich

545 39g CALORIES PROTEIN

58g CARBS **18g** FAT

Preparation

This one shouldn't be too complicated to make; we're sure you've heard of a sandwich, right?

**Step 1**: Pre-grill your sliced chicken breast until it is cooked all the way through and then 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 tomato and avocado and get them ready for action.

**Step 4:** Layer all ingredients in whatever order you see fit. We personally went with lettuce, chicken, tomato, avocado, then mustard on the top slice!

#### Ingredients

100g chicken breast
4 slice regular whole grain bread
1/2 whole avocado
1 medium whole tomatoes, red, ripe
2 leaf, medium iceberg lettuce
1 tsp dijon mustard (whole grain)





## **Bossy Buffalo Chicken Wraps**



648 CALORIES

38g PROTEIN

**61g** CARBS 30g FAT

#### Preparation

Step 1: First, dice the chicken and place in a bowl along with the olive oil, chili powder, and a little salt and pepper.

Step 2: Heat a frying pan over a medium heat and add the chicken mix

Step 3: While the chicken cooks into something special, slice your avocado, celery, and sun-dried tomatoes and set aside.

Step 4: Once the chicken has cooked through, layer on top of the tortillas along with the avocado and sun-dried tomatoes. Then do a little wrap.

Step 5: Serve with a dollop of Greek yogurt on the side!

Ing	redi	ents

100g chicken breast
2 whole whole wheat tortillas
20g greek yogurt (whole milk)
1/2 tsp chili powder
1 1/2 tsp olive oil
1 stalk, medium (7-1/2" - 8" long) celery
25g sun-dried tomatoes
1/2 whole avocado





<1 min / 1 serving</p>

## **Almond Snack**



**5g** PROTEIN 5g CARBS

Preparation

Serve on the side, plant protein power!

#### Ingredients

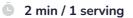
**12g** 

FAT



25g almonds







Vanilla Protein Shake



25g PROTEIN 4g CARBS

#### Preparation

#### Ingredients

4g

FAT

**Step 1:** Blend your protein powder and milk using a blender or shaker and serve on up!

30g vanilla whey protein (80%)
200ml almond milk



# **Ingredients Needed**

#### Baked

# 4 slice regular (120g) Whole Grain Bread 2 whole (82g) Whole Wheat Tortillas Dairy and Egg 300g Greek Yogurt (whole milk)

#### Fats and Oils



1 1/2 tsp (6.75g) Olive Oil

#### **Fruits and Fruit Juices**

150g Avocado
80g Frozen Blueberries
80g Frozen Raspberries
1 medium (74g) Kiwifruit

#### Grains, Noodles and Pasta

40g Oats

#### Nuts and Seeds

2

200g Almond Milk

25g Almonds

#### Poultry

200g Chicken Breast

#### **Protein Powders**



40g Vanilla Whey Protein (80%)

#### **Spices and Herbs**



1 tsp (5g) Dijon Mustard (Whole Grain)

#### Vegetables

1 stalk, medium (7-1/2" - 8" long) (40g) Celery
2 leaf, medium (16g) Iceberg Lettuce
25g Sun-Dried Tomatoes
1 medium whole (123g) Tomatoes, Red, Ripe