



🕒 5 min / 1 serving

Frozen Blueberry Breakfast Protein Bowl

528
CALORIES

39g
PROTEIN

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.

Ingredients

- 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
CALORIES

39g
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)



🕒 25 min / 1 serving

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!

Ingredients

- 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



Almond Snack

145
CALORIES

5g
PROTEIN

5g
CARBS

12g
FAT

Preparation

Serve on the side, plant protein power!

Ingredients



25g almonds

 2 min / 1 serving

Vanilla Protein Shake

150
CALORIES**25g**
PROTEIN**4g**
CARBS**4g**
FAT

Preparation

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

Ingredients

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

- 200g Almond Milk
- 25g Almonds

Poultry

- 200g Chicken Breast

Protein Powders

- 40g Vanilla Whey Protein (80%)

Spices and Herbs

- 1/2 tsp (1.35g) Chili Powder
- 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