



🕒 5 min / 1 serving

# Chocolate Peanut Butter Delight Smoothie

**601**  
CALORIES

**50g**  
PROTEIN

**57g**  
CARBS

**25g**  
FAT

## Preparation

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

**Step 1:** Place all ingredients into your blender companion 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 a treat that ignites your taste buds and boosts your health!

## Ingredients

- 1 1/2 medium (7" to 7-7/8" long) banana(s)  
.....
- 1 tbsp cocoa, dry powder, unsweetened  
.....
- 35g peanut butter, smooth style, without salt  
.....
- 300ml almond milk  
.....
- 45g chocolate whey protein (80%)  
.....

🕒 20 min / 1 serving



# VIP Club Sandwich

598  
CALORIES

47g  
PROTEIN

64g  
CARBS

17g  
FAT

## Preparation

Pretty super, and pretty simple!

**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:** Place a saucepan of water on to boil. Carefully add your egg to the saucepan and allow it to dance for about 6 minutes. Then, remove from the heat and run under cold water (to cool and stop the cooking process).

**Step 3:** Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

**Step 4:** Slice the tomato into sandwich slices! Then, do the same with the chicken and egg.

**Step 5:** For the sandwiches, spread the mustard on one slice of toast. Then layer all ingredients in whatever order you see fit. We personally went with bread, half the arugula, chicken, tomato, egg, the other half of the arugula, a drizzle of olive oil, and a pinch of salt and pepper. Then top off with the mustard spread slice!

## Ingredients

- 100g chicken breast
- 4 slice regular whole grain bread
- 1 handful arugula (rocket)
- 2 medium whole tomatoes, red, ripe
- 1 medium egg(s)
- 1 pinch table salt
- 1 tsp olive oil
- 1 pinch black pepper
- 2 tsp dijon mustard (whole grain)



🕒 35 min / 1 serving

# Mediterranean Shrimp Delight

569  
CALORIES

41g  
PROTEIN

60g  
CARBS

19g  
FAT

## Preparation

**Step 1:** Take out a bowl and mix shrimps with  $\frac{1}{2}$  the olive oil, the dried herbs, and a little salt and pepper.

**Step 2:** Place your quinoa in a pot with twice the amount of water, and heat over a medium temperature to cook.

**Step 3:** Chop the garlic and set it aside. Then, slice the bell pepper into thin slices and heat the remaining olive oil in a pan next to the cooking quinoa.

**Step 4:** Lightly fry the bell pepper for about 4 minutes, or until the sides are slightly browned. Then, remove from the pan and set aside.

**Step 5:** In the same pan, over the same heat, cook the shrimp mix for 3-4 minutes, stirring frequently until cooked through.

**Step 6:** Add the cooked quinoa to the shrimp pan, along with the garlic, and allow all to get toasty for about 1 minute.

**Step 7:** Pour in the chicken stock and bring that delightful mix to a simmer for about 6 minutes.

**Step 8:** Add in the bell pepper, a little lemon zest, a squeeze of lemon juice, and bring to cook for another 3 - 5 minutes.

**Step 9:** Garnish with the fresh basil leaves and serve up!

## Ingredients

- 150g prawns (cooked)
- 3 tsp olive oil
- 3/4 tsp, ground dried oregano
- 3/4 tsp dried parsley
- 1 medium yellow bell pepper (capsicum)
- 60g quinoa
- 1 medium red bell pepper (capsicum)
- 2 clove garlic
- 90ml chicken stock
- 1 wedge lemon
- 5 leaf basil leaves



🕒 5 min / 1 serving

# Strawberry Banana Green Smoothie

**163**  
CALORIES

**7g**  
PROTEIN

**24g**  
CARBS

**6g**  
FAT

## Preparation

**Step 1:** Put the sliced banana and strawberries first in an upright blender, and run at a medium speed. Wait until it gets that smooth texture.

**Step 2:** Add the rest of the ingredients to the blender and run again at a medium speed until it mixes well.

**Step 3:** Serve up in your favourite glass and enjoy!

## Ingredients

- 1/2 medium (7" to 7-7/8" long) banana(s)
- 15g baby spinach
- 45g greek yogurt (whole milk)
- 100ml almond milk
- 1/2 tbsp chia seeds
- 5 medium (1-1/4" dia) frozen strawberries

🕒 5 min / 1 serving

# Cream Cheese and Peach Toast

**177**  
CALORIES**6g**  
PROTEIN**21g**  
CARBS**9g**  
FAT

## Preparation

You may wish to repeat this one!

**Step 1:** Place your bread into a toaster and let things heat up while you chop your peach into bite-size slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and peach on top.

**Step 3:** Sprinkle with the cashews and get tucked in!

## Ingredients

- 1 slice regular whole grain bread
- 15g cream cheese
- 1/2 medium (2-2/3" dia) peach(es)
- 5g cashew nuts

# Ingredients Needed

## Baked

240g Whole Grain Bread

## Dairy and Egg

15g Cream Cheese

1 medium (44g) Egg(s)

45g Greek Yogurt (whole milk)

## Fats and Oils

10g Olive Oil

## Finfish and Shellfish

150g Prawns (cooked)

## Fruits and Fruit Juices

354g Banana(s)

5 medium (1-1/4" dia) (60g) Frozen Strawberries

1 wedge (6g) Lemon

1/2 medium (2-2/3" dia) (75g) Peach(es)

## Grains, Noodles and Pasta

60g Quinoa

## Legumes

35g Peanut butter, smooth style, without salt

## Nuts and Seeds

600g Almond Milk

5g Cashew Nuts

1/2 tbsp (6g) Chia Seeds

## Pastes, Sauces, and Gravies

90 ml (90g) Chicken Stock

## Poultry

100g Chicken Breast

## Protein Powders

45g Chocolate Whey Protein (80%)

## Spices and Herbs

5 Leaf (2.5g) Basil Leaves

1 pinch (0.2g) Black Pepper

2 tsp (10g) Dijon Mustard (Whole Grain)

3/4 tsp, ground (1.35g) Dried Oregano

3/4 tsp (0.375g) Dried Parsley

1 pinch (0.3g) Table Salt

## Sweets

1 tbsp (5.4g) Cocoa, dry powder, unsweetened

## Vegetables

1 handful (10g) Arugula (Rocket)

15g Baby Spinach

2 clove (6g) Garlic

1 medium (119g) Red Bell Pepper (capsicum)

2 medium whole (246g) Tomatoes, Red,  
Ripe

1 medium (119g) Yellow Bell Pepper  
(capsicum)