



🕒 5 min / 1 serving

Chocolate Peanut Butter Delight Smoothie

690
CALORIES

49g
PROTEIN

74g
CARBS

29g
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

- 2 medium (7" to 7-7/8" long) banana(s)
.....
- 2 tbsp cocoa, dry powder, unsweetened
.....
- 40g peanut butter, smooth style, without salt
.....
- 400ml almond milk
.....
- 40g chocolate whey protein (80%)
.....

🕒 25 min / 1 serving

Simple Turkey Bolognese

609
CALORIES

44g
PROTEIN

84g
CARBS

15g
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

- 120g ground turkey (fat free)
- 80g wholegrain penne pasta
- 50g red onion
- 50g carrot
- 50g green bell pepper (capsicum)
- 1 piece red chilli pepper
- 1 clove garlic
- 2 tsp olive oil
- 1/2 tsp, ground dried oregano
- 240g chopped tomatoes (canned)

🕒 35 min / 1 serving

Spicy Crispy Chicken Burger

632
CALORIES

45g
PROTEIN

70g
CARBS

20g
FAT



Preparation

Step 1: Place your chicken breast onto a clean, flat surface, and cover with a sheet of cling film. Using a rolling pin, lightly pound/roll out the chicken breast until it reaches about a $\frac{3}{4}$ -inch thickness. Your ultimate goal is to reach this thickness while maintaining solid burger shape; trimming the edges of the chicken breast to achieve this is perfectly acceptable!

Step 2: In a medium-sized bowl, combine the juice from a wedge of lemon, milk, $\frac{1}{2}$ the paprika, onion powder, garlic powder, salt, and pepper.

Step 3: Place your chicken breast into the bowl and leave to marinate for up to 30 minutes (if stuck for time, 10 minutes will do!).

Step 4: While you wait, beat the egg in a small bowl and place the breadcrumbs on a plate next to the beaten egg bowl.

Step 5: In a separate bowl mix the flour with the remaining paprika, oregano, and chili powder.

Step 6: Remove the chicken breast from the milk marinade and coat with the flour mix ensuring that the breast is completely covered. Then, dip the chicken into the beaten egg, further ensuring the chicken is fully coated. Finally, lay the chicken breast onto the breadcrumbs and work them together to finalise the coating process.

Step 7: Heat the sunflower oil in a frying pan over a medium to high heat. Carefully place your coated chicken burger breast into the pan and fry for between 4 and 5 minutes per side.

Step 8: Slice your tomatoes and onion into burger slices.

Step 9: Once cooked through and golden brown on the outside, allow to rest on a wire rack above a paper towel for a minute or two in order to remove excess oil.

Step 10: Layer your burger in a lightly-toasted bun with sliced tomato and lettuce underneath, with the sliced red onion and additional herbs on top!

Step 11: Serve with a side of sugar-free ketchup or mustard!

Ingredients

- 100g chicken breast
- 1 bun whole wheat burger bun
- 1 medium egg(s)
- 1 1/2 tbsp bread crumbs
- 1 wedge lemon
- 74g milk (1% fat)
- 20g wheat flour, whole-grain, soft wheat
- 1 tsp paprika
- 1/2 tsp, ground dried oregano
- 1/2 tsp chili powder
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp table salt
- 1/4 tsp, ground black pepper
- 1/2 tbsp sunflower oil
- 1/2 medium whole tomatoes, red, ripe
- 1 1/2 leaf, medium iceberg lettuce

🕒 35 min / 1 serving

Balsamic Green Bean Salad

216
CALORIES

7g
PROTEIN

16g
CARBS

15g
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.

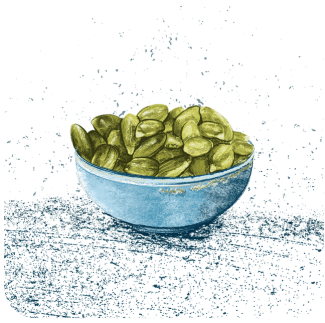
Step 4: In a small bowl, mix the lemon juice from the wedge, olive oil, salt, balsamic vinegar, pepper and garlic powder. Drizzle over the beans, add the thinly sliced onions, and toss to coat evenly.

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

Ingredients

- 100g green beans (snap beans)
- 1/2 whole, medium red onion
- 50g cherry tomatoes
- 25g feta cheese
- 1 tsp balsamic vinegar
- 1 pinch table salt
- 1 wedge lemon
- 2 tsp olive oil
- 1 pinch garlic powder
- 1 pinch black pepper

 <1 min / 1 serving



Pumpkin Seed Snack

168
CALORIES

9g
PROTEIN

3g
CARBS

15g
FAT

Preparation

Pumpkin power!

Ingredients



30g pumpkin seeds

Ingredients Needed

Baked

- 1 1/2 tbsp (22.5g) Bread Crumbs
- 1 Bun (60g) Whole Wheat Burger Bun

Dairy and Egg

- 1 medium (44g) Egg(s)
- 25g Feta Cheese
- 74g Milk (1% fat)

Fats and Oils

- 18g Olive Oil
- 1/2 tbsp (7g) Sunflower Oil

Fruits and Fruit Juices

- 2 medium (7" to 7-7/8" long) (236g) Banana(s)
- 12g Lemon

Grains, Noodles and Pasta

- 20g Wheat flour, whole-grain, soft wheat
- 80g Wholegrain Penne Pasta

Legumes

- 40g Peanut butter, smooth style, without salt

Nuts and Seeds

- 400 ml (400g) Almond Milk
- 30g Pumpkin Seeds

Poultry

- 100g Chicken Breast

- 120g Ground Turkey (fat free)

Protein Powders

- 40g Chocolate Whey Protein (80%)

Spices and Herbs

- 1 tsp (5.3g) Balsamic Vinegar
- 2g Black Pepper
- 1/2 tsp (1.35g) Chili Powder
- 2g Dried Oregano
- 4g Garlic Powder
- 1/2 tsp (1.2g) Onion Powder
- 1 tsp (2.3g) Paprika
- 4g Table Salt

Sweets

- 2 tbsp (10.8g) Cocoa, dry powder, unsweetened

Vegetables

- 50g Carrot
- 50g Cherry Tomatoes
- 240g Chopped Tomatoes (canned)
- 1 clove (3g) Garlic
- 100g Green Beans (snap beans)
- 50g Green Bell Pepper (capsicum)

- 1 1/2 leaf, medium (12g) Iceberg Lettuce
- 1 piece (45g) Red Chilli Pepper
- 100g Red Onion
- 1/2 medium whole (61.5g) Tomatoes,
Red, Ripe