

🕒 10 min / 1 serving



Frozen Blueberry and Matcha Overnight Oats

658
CALORIES

45g
PROTEIN

86g
CARBS

17g
FAT

Preparation

Prepare the night before and you'll wake up like it's your birthday every day!

Step 1: In a small bowl, whisk the matcha and warm water (2 tbsp) together until a smooth consistency is formed.

Step 2: Take the frozen berries, the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

Step 3: Once you have a delicious purée, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

Step 4: Slice the kiwi and layer it on top with a couple of extra raspberries and store in the fridge overnight!

Ingredients

- 60g frozen blueberries
- 60g frozen raspberries
- 1 medium kiwifruit
- 150g greek yogurt (whole milk)
- 25g vanilla whey protein (80%)
- 225ml almond milk
- 45g oats
- 3 tsp honey
- 1 1/2 tsp chia seeds
- 1 tsp matcha powder



🕒 30 min / 1 serving

Grilled Salmon and Egg Salad Meal Prep!

735
CALORIES

45g
PROTEIN

38g
CARBS

46g
FAT

Preparation

Step 1: Preheat your grill to a medium-high heat and place 2 pots of water on 2 stovetops to boil.

Step 2: In the meantime, take out a bowl and combine the salmon fillet and green beans with the paprika, garlic powder, ½ the olive oil and a little salt and pepper.

Step 3: On a sheet of baking paper, place your salmon fillet and green beans under the grill and let cook for around 6 minutes per side. Allow your salmon to cook evenly by flipping once or twice to cook through.

Step 4: While the salmon cooks, cube the sweet potatoes and place in one pot of boiling water. Gently lower your egg into the second pot of boiling water.

Step 5: After about 6 minutes, drain your potatoes and bring a frying pan to a medium-high heat on the now vacant stove.

Step 6: Add the remaining olive oil and the potatoes to the hot pan and cook to crisp evenly around the edges.

Step 7: Take the salmon out, it should be close to finished now, and allow to cool on a plate.

Step 8: Remove your egg (using a spoon) from the boiling water and transfer to a bowl. Place the bowl under a cool tap and allow the cold water to cool the egg (this prevents the yolk from turning grey, and stops the cooking process).

Step 9: Once the potatoes have crispened a little, remove from the heat and allow everything to cool. Patience is a virtue.

Step 10: Layer the lettuce in a meal prep container, followed by the salmon, the egg (halved), the sweet potatoes, the green beans and top off with some almonds and a drizzle of lemon juice.

Yum!

Ingredients

- 150g atlantic salmon (farmed)
- 75g mixed salad leaves
- 75g green beans (snap beans)
- 1 medium egg(s)
- 12 almond almonds
- 1 medium sweet potato
- 1 tsp paprika
- 1 tsp garlic powder
- 3 tsp olive oil
- 1 wedge lemon

🕒 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



🕒 5 min / 1 serving

Coconut Chocolate Booster Smoothie

210
CALORIES

18g
PROTEIN

23g
CARBS

5g
FAT

Preparation

This one is as simple as they come (without sacrificing deliciousness).

Step 1: Place the oats and milk into your blender amigo 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 chocolatey, dessert-like smoothie treat!

Ingredients

- 1/4 tbsp cocoa, dry powder, unsweetened
- 30g oats
- 20ml coconut milk drink (carton)
- 175ml almond milk
- 15g chocolate whey protein (80%)



🕒 10 min / 1 serving

Blueberry Cream

175
CALORIES

5g
PROTEIN

21g
CARBS

8g
FAT

Preparation

Step 1: Place your bread into a toaster and let things heat up.

Step 2: Once the bread has made the incredible transition into toast, spread the cream cheese nice and evenly before topping off with the blueberries.

Step 3: Drizzle with some honey and you're away!

Ingredients

- 10g blueberries
- 20g cream cheese
- 1 slice regular whole grain bread
- 1 tsp honey

Ingredients Needed

Baked

- 1 1/2 tbsp (22.5g) Bread Crumbs
- 1 slice regular (30g) Whole Grain Bread
- 1 Bun (60g) Whole Wheat Burger Bun

Beverages

- 20 ml (20g) Coconut Milk Drink (carton)

Dairy and Egg

- 20g Cream Cheese
- 88g Egg(s)
- 150g Greek Yogurt (whole milk)
- 74g Milk (1% fat)

Fats and Oils

- 3 tsp (13.5g) Olive Oil
- 1/2 tbsp (7g) Sunflower Oil

Finfish and Shellfish

- 150g Atlantic Salmon (farmed)

Fruits and Fruit Juices

- 10g Blueberries
- 60g Frozen Blueberries
- 60g Frozen Raspberries
- 1 medium (74g) Kiwifruit
- 12g Lemon

Grains, Noodles and Pasta

- 90g Oats

- 20g Wheat flour, whole-grain, soft wheat

Nuts and Seeds

- 450g Almond Milk
- 12 almond (14.4g) Almonds
- 1 1/2 tsp (6g) Chia Seeds

Poultry

- 100g Chicken Breast

Protein Powders

- 15g Chocolate Whey Protein (80%)
- 25g Vanilla Whey Protein (80%)

Spices and Herbs

- 1/4 tsp, ground (0.575g) Black Pepper
- 1/2 tsp (1.35g) Chili Powder
- 1/2 tsp, ground (0.9g) Dried Oregano
- 6g Garlic Powder
- 1 tsp (2g) Matcha Powder
- 1/2 tsp (1.2g) Onion Powder
- 4g Paprika
- 1/4 tsp (1.5g) Table Salt

Sweets

- 1/4 tbsp (1.35g) Cocoa, dry powder, unsweetened
- 42g Honey

Vegetables

- 75g Green Beans (snap beans)

- 1 1/2 leaf, medium (12g) Iceberg Lettuce
- 75g Mixed Salad Leaves
- 1 medium (114g) Sweet Potato
- 1/2 medium whole (61.5g) Tomatoes,
Red, Ripe