

🕒 5 min / 1 serving

Overnight Vanilla Yogurt Oats

666
CALORIES

41g
PROTEIN

80g
CARBS

22g
FAT



Preparation

Are you ready for something that will power you through until noon?

Step 1: As simple as it's going to get! In the evening, mix the yogurt, oats, and vanilla extract (just a few drops!) in a jar or tupperware.

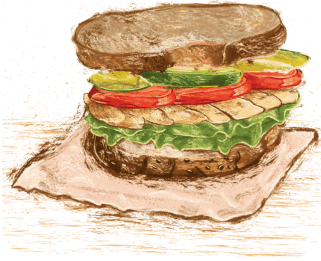
Step 2: When the morning rolls round, simply mix in a little honey and cinnamon, and serve topped with your sliced kiwi and strawberries!

Step 3: Enjoy!

Note: If you feel the oats are a little dry, add in a tablespoon of milk!

Ingredients

- 1/5 tsp vanilla extract
- 350g greek yogurt (whole milk)
- 3 tsp honey
- 5 medium (1-1/4" dia) strawberries
- 50g oats
- 1 dash ground cinnamon
- 1 medium kiwifruit



Avocado Spice Chicken Sandwich

741
CALORIES

47g
PROTEIN

70g
CARBS

32g
FAT

Preparation

A taste of the east!

Step 1: First of all! Flatten your chicken breast and then marinate it in the olive oil and all spices for as long as possible (up to one hour). When ready to cook, place under a medium heat grill and allow to cook through!

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 red onion, tomato and, avocado and get them ready for action.

Step 4: As soon as your chicken is cooked through, layer all ingredients in whatever order you see fit. We personally went with lettuce, chicken, tomato, onion, avocado, with another lettuce leaf on top!

Ingredients

- 120g chicken breast
- 4 slice regular whole grain bread
- 3/4 medium whole tomatoes, red, ripe
- 3/4 whole avocado
- 1 1/2 tsp olive oil
- 1/2 tsp cumin powder
- 4 leaf inner romaine lettuce
- 1/2 tsp red pepper flakes (chili flakes)
- 1/4 tsp sea salt
- 1/4 tsp, ground black pepper
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1/4 whole, medium red onion



🕒 35 min / 1 serving

Mediterranean Shrimp Delight

732
CALORIES

53g
PROTEIN

74g
CARBS

25g
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

- 200g prawns (cooked)
- 4 tsp olive oil
- 1 tsp, ground dried oregano
- 1 tsp dried parsley
- 1 medium yellow bell pepper (capsicum)
- 80g quinoa
- 2 clove garlic
- 1 medium red bell pepper (capsicum)
- 120ml chicken stock
- 1 wedge lemon
- 8 leaf basil leaves



🕒 5 min / 1 serving

Avocado Mozzarella Toast

219
CALORIES

7g
PROTEIN

18g
CARBS

14g
FAT

Preparation

An unreal combo of flavour, you have been warned!

Step 1: Place your bread into a toaster and let things heat up while you scoop out the avocado and mash it in a bowl using a fork.

Step 2: Season the avocado with a little salt and pepper.

Step 3: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the avocado on top.

Step 4: Lay the mozzarella over the avocado and you're ready to roll!

Ingredients

- 1 slice regular whole grain bread
- 1/2 whole avocado
- 10g mozzarella cheese (whole milk)



🕒 5 min / 1 serving

Frozen Watermelon Rosemary Smoothie

131
CALORIES

12g
PROTEIN

18g
CARBS

2g
FAT

Preparation

This one's pretty refreshing!

Step 1: To start, chop the seedless watermelon first then set it aside. Grate the zest of the lemon.

Step 2: Combine all of the ingredients in the blender and place on high for 30 seconds, or until you achieve an even consistency.

Step 3: Pour into your glass and garnish with rosemary and a slice of lemon according to your liking! Enjoy!

Ingredients

- 125g watermelon
- 1 wedge lemon
- 25g strawberries
- 100ml soy milk
- 1/4 tsp dried rosemary
- 10g vanilla whey protein (80%)

Ingredients Needed

Baked

240g Whole Grain Bread

Dairy and Egg

350g Greek Yogurt (whole milk)

10g Mozzarella Cheese (whole milk)

Fats and Oils

14g Olive Oil

Finfish and Shellfish

200g Prawns (cooked)

Fruits and Fruit Juices

226g Avocado

1 medium (74g) Kiwifruit

12g Lemon

120g Strawberries

125g Watermelon

Grains, Noodles and Pasta

50g Oats

80g Quinoa

Legumes

100 ml (100g) Soy Milk

Pastes, Sauces, and Gravies

120 ml (120g) Chicken Stock

Poultry

120g Chicken Breast

Protein Powders

10g Vanilla Whey Protein (80%)

Spices and Herbs

8 Leaf (4g) Basil Leaves

1/4 tsp, ground (0.575g) Black Pepper

1/2 tsp (2.5g) Cumin Powder

1 tsp, ground (1.8g) Dried Oregano

1 tsp (0.5g) Dried Parsley

1/4 tsp (0.3g) Dried Rosemary

1/4 tsp (0.775g) Garlic Powder

1 Dash (0.4g) Ground Cinnamon

1/4 tsp (0.575g) Paprika

1/2 tsp (1g) Red Pepper Flakes (Chili Flakes)

1/4 tsp (1.5g) Sea Salt

1/5 tsp (0.84g) Vanilla Extract

Sweets

3 tsp (21g) Honey

Vegetables

2 clove (6g) Garlic

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

1/4 whole, medium (27.5g) Red Onion

4 leaf inner (24g) Romaine Lettuce

3/4 medium whole (92.25g) Tomatoes,
Red, Ripe

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