

🕒 5 min / 1 serving

Power Chia Overnight Oats

750
CALORIES**47g**
PROTEIN**90g**
CARBS**25g**
FAT

Preparation

Step 1: In a sealable container, mix in the oats, almond milk, chia seeds, protein powder, raspberries, and honey.

Step 2: Place in one of your favourite refrigerators overnight.

Step 3: Serve up first thing in the morning!

Ingredients

- 375ml almond milk
- 75g oats
- 45g chia seeds
- 30g vanilla whey protein (80%)
- 60g raspberries
- 1 1/2 tsp honey



🕒 15 min / 1 serving

Simple Mustard, Chicken, and Avocado Sandwich

737
CALORIES

54g
PROTEIN

64g
CARBS

31g
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

- 160g chicken breast
- 4 slice regular whole grain bread
- 1 whole avocado
- 1 medium whole tomatoes, red, ripe
- 1 tsp dijon mustard (whole grain)
- 2 leaf, medium iceberg lettuce



🕒 40 min / 1 serving

Creamy Chicken and Mushroom Soup

704
CALORIES

50g
PROTEIN

53g
CARBS

34g
FAT

Preparation

Light and loaded with protein!

Step 1: Roughly slice the onion, being sure the onion doesn't bring you to tears (goggles help, seriously!)

Step 2: In a large pot or pan, heat half the olive oil over a medium temperature, and add the onion.

Step 3: Allow it to sauté for about 3 minutes. During this time, wash and roughly slice up the mushrooms, then add them to the pan.

Step 4: After about 8 minutes, roughly chop up the carrot and sweet potato into cubes and then add them to the party pan too.

Step 5: Pour in the chicken stock and bring to a nice simmer, then cover and allow things to mingle for about 15 minutes (until all vegetables are soft.)

Step 6: On the side, chop up the chicken into cubes and fry in a pan in the remaining olive oil until cooked through.

Step 7: Blend the vegetable mix with a hand blender, adding water if necessary, and then mix in the cheese and fried chicken.

Step 8: Season with salt and pepper to taste!

Ingredients

- 3 tsp olive oil
- 1 medium onion
- 150g white button mushrooms
- 3/4 medium sweet potato
- 50g parmesan cheese
- 250ml chicken stock
- 2 small carrot
- 75g chicken breast

🕒 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



🕒 5 min / 1 serving

Sweet Goat's Cheese and Mango on Toast

192
CALORIES

9g
PROTEIN

23g
CARBS

7g
FAT

Preparation

Something new that you'll definitely want to try again!

Step 1: Place your bread into a toaster and let things heat up while you slice the goat's cheese and mango on the side.

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

Step 3: Drizzle with honey and a small sprinkle of salt.

Get crunchy.

Ingredients

- 1 slice regular whole grain bread
- 20g goats cheese
- 30g mango
- 1 tsp honey
- 1 dash sea salt

Ingredients Needed

Baked

240g Whole Grain Bread

Dairy and Egg

25g Feta Cheese

20g Goats Cheese

50g Parmesan Cheese

Fats and Oils

28g Olive Oil

Fruits and Fruit Juices

1 whole (150g) Avocado

1 wedge (6g) Lemon

30g Mango

60g Raspberries

Grains, Noodles and Pasta

75g Oats

Nuts and Seeds

375 ml (375g) Almond Milk

45g Chia Seeds

Pastes, Sauces, and Gravies

250 ml (250g) Chicken Stock

Poultry

320g Chicken Breast

Protein Powders

30g Vanilla Whey Protein (80%)

Spices and Herbs

1 tsp (5.3g) Balsamic Vinegar

1 pinch (0.2g) Black Pepper

1 tsp (5g) Dijon Mustard (Whole Grain)

1 pinch (0.2g) Garlic Powder

1 dash (0.4g) Sea Salt

1 pinch (0.3g) Table Salt

Sweets

22g Honey

Vegetables

2 small (100g) Carrot

50g Cherry Tomatoes

100g Green Beans (snap beans)

2 leaf, medium (16g) Iceberg Lettuce

1 medium (110g) Onion

1/2 whole, medium (55g) Red Onion

3/4 medium (85.5g) Sweet Potato

1 medium whole (123g) Tomatoes, Red, Ripe

150g White Button Mushrooms