

🕒 5 min / 1 serving

# Peanut Butter Power Smoothie

**724**  
CALORIES

**51g**  
PROTEIN

**87g**  
CARBS

**23g**  
FAT



## Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of peanutty protein power.

**Step 1:** Place the oats and milk into your favourite blender 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 that fresh serving of muscle-building goodness.

## Ingredients

- 1 1/2 medium (7" to 7-7/8" long) banana(s)
- 30g oats
- 30g peanut butter, smooth style, without salt
- 30g vanilla whey protein (80%)
- 350ml milk (1% fat)



🕒 40 min / 1 serving

# Creamy Chicken Pasta

747  
CALORIES

43g  
PROTEIN

91g  
CARBS

26g  
FAT

## Preparation

**Step 1:** Heat the olive oil in a medium pot over medium heat.

**Step 2:** Chop the onion, add it to that lovely little pot, and let it cook for 3-4 minutes or until it has softened or becomes transparent.

**Step 3:** Chop the chicken into cubes and throw it in along with the onion to cook for about 5-8 minutes or until it's browned.

**Step 4:** While the party in the pot is going on, dice the tomatoes and then pour into the party pot with the milk, cream cheese, chicken stock, oregano, garlic powder, salt and ground black pepper. Let it boil gently.

**Step 5:** Then, add the tagliatelle pasta and spinach. Let it cook for 5 - 10 minutes or until the spinach has wilted and the tagliatelle has cooked through, then remove from the heat, add the fresh basil and stir!

**Step 6:** Serve up with some fresh parsley and a smile!

## Ingredients

- 2 tsp olive oil
- 1/2 whole, medium red onion
- 80g chicken breast
- 150ml chicken stock
- 50g sun-dried tomatoes
- 1/2 tsp, leaves dried oregano
- 1/2 tsp garlic powder
- 20g spinach
- 65g tagliatelle pasta
- 15g basil leaves
- 45ml milk (1% fat)
- 30g cream cheese

🕒 35 min / 1 serving

# Spicy Crispy Chicken Burger

**814**  
CALORIES

**59g**  
PROTEIN

**81g**  
CARBS

**29g**  
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

- 150g chicken breast
- 1 bun whole wheat burger bun
- 1 medium egg(s)
- 2 tbsp bread crumbs
- 25g wheat flour, whole-grain, soft wheat
- 1 wedge lemon
- 120g milk (1% fat)
- 1 tsp paprika
- $\frac{1}{2}$  tsp, ground dried oregano
- $\frac{1}{2}$  tsp chili powder
- $\frac{1}{2}$  tsp onion powder
- $\frac{1}{2}$  tsp garlic powder
- $\frac{1}{4}$  tsp table salt
- $\frac{1}{4}$  tsp, ground black pepper
- 1 tbsp sunflower oil
- $\frac{1}{4}$  medium whole tomatoes, red, ripe
- 2 leaf, medium iceberg lettuce

🕒 5 min / 1 serving

# Vanilla Protein and a Perfect Peach

**206**  
CALORIES**20g**  
PROTEIN**26g**  
CARBS**3g**  
FAT

## Preparation

**Step 1:** Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

**Step 2:** Serve up with the peach on the side!

You'll a-peach-iate this one...

## Ingredients

 15g vanilla whey protein (80%) 200ml milk (1% fat) 1 medium (2-2/3" dia) peach(es)

 <1 min / 1 serving



# Mixed Nuts Snack

**212**  
CALORIES

**7g**  
PROTEIN

**8g**  
CARBS

**19g**  
FAT

## Preparation

Mixing things up! A quick boost of fuel!

## Ingredients



35g mixed nuts

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# Ingredients Needed

## Baked

- 2 tbsp (30g) Bread Crumbs
- 1 Bun (60g) Whole Wheat Burger Bun

## Dairy and Egg

- 30g Cream Cheese
- 1 medium (44g) Egg(s)
- 1456g Milk (1% fat)

## Fats and Oils

- 2 tsp (9g) Olive Oil
- 1 tbsp (14g) Sunflower Oil

## Fruits and Fruit Juices

- 1 1/2 medium (7" to 7-7/8" long) (177g) Banana(s)
- 1 wedge (6g) Lemon
- 1 medium (2-2/3" dia) (150g) Peach(es)

## Grains, Noodles and Pasta

- 30g Oats
- 65g Tagliatelle Pasta
- 25g Wheat flour, whole-grain, soft wheat

## Legumes

- 30g Peanut butter, smooth style, without salt

## Nuts and Seeds

- 35g Mixed Nuts

## Pastes, Sauces, and Gravies

- 150 ml (150g) Chicken Stock

## Poultry

- 160g Chicken Breast

## Protein Powders

- 60g Vanilla Whey Protein (80%)

## Spices and Herbs

- 15g Basil Leaves
- 1/4 tsp, ground (0.575g) 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
- 1/4 tsp (1.5g) Table Salt

## Vegetables

- 2 leaf, medium (16g) Iceberg Lettuce
- 1/2 whole, medium (55g) Red Onion
- 20g Spinach
- 50g Sun-Dried Tomatoes
- 1/4 medium whole (30.75g) Tomatoes, Red, Ripe