



🕒 15 min / 1 serving

Egg and Tuna with Honey Mustard

817
CALORIES

66g
PROTEIN

78g
CARBS

26g
FAT

Preparation

Step 1: To start, boil the egg according to your preference.

Step 2: Toast the bread and spread with the butter.

Step 3: Layer the toast with rocket, tuna, and sliced eggs.

Step 4: In a small bowl, mix the honey and mustard, then drizzle over the egg.

Step 5: Top off with the onion. Don't forget to season with salt and pepper!

Ingredients

- 4 slice regular whole grain bread
- 2 tsp butter (unsalted)
- 20g arugula (rocket)
- 160g fish, tuna, white, canned in water, without salt, drained solids
- 2 tsp dijon mustard (whole grain)
- 1 tbsp honey
- 1/2 medium onion
- 2 medium egg(s)



🕒 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



🕒 45 min / 1 serving

Protein Pea and Chicken Power Soup

827
CALORIES

61g
PROTEIN

79g
CARBS

30g
FAT

Preparation

This one looks small, but packs a punch!

Step 1: Roughly chop the chicken, carrots, potatoes, celery, and onion into bite-size chunks.

Step 2: Heat the olive oil in a stockpot over medium to high heat. Once hot, add the chicken to the pot and cook until lightly brown (this should take about 8 minutes)

Step 3: Add the celery, onion, carrots, rosemary, salt, and pepper to the mix and then allow to cook for an additional 5 minutes.

Step 4: It's time to add those peas! Once mixed, throw in the bay leaf and the stock and bring to a boil. Then reduce heat to low and allow to simmer, partially covered for around 20 minutes. Taste soup and season accordingly before adding the potatoes.

Step 5: Add the potatoes and continue to simmer until potatoes are tender, this should take another 8-10 minutes. Stir in pressed garlic and chopped dill.

Step 6: Stir in the garlic, season with salt and pepper and then serve up!*

**Tip - If you prefer a smooth soup, remove the bay leaf and blend using a hand processor before serving*

Ingredients

- 1 1/2 tbsp olive oil
- 180g chicken breast
- 1 1/2 stalk, medium (7-1/2" - 8" long) celery
- 1 1/2 medium carrot
- 150g green peas
- 1 medium sweet potato
- 1 medium onion
- 1 tsp garlic powder
- 1/2 tsp dried rosemary
- 1 leaf bay leaf
- 300ml chicken stock
- 1 pinch table salt
- 1 pinch black pepper

 <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

🕒 5 min / 1 serving



Chocolate Protein and Cashew Supreme

223
CALORIES

25g
PROTEIN

15g
CARBS

7g
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 cashews on the side!

You're quite the health nut...

Ingredients

- 20g chocolate whey protein (80%)
.....
- 200ml milk (1% fat)
.....
- 10g cashew nuts
.....

Ingredients Needed

Baked

240g Whole Grain Bread

Dairy and Egg

2 tsp (9.46g) Butter (unsalted)

2 medium (88g) Egg(s)

200 ml (208g) Milk (1% fat)

Fats and Oils

1 1/2 tbsp (20.25g) Olive Oil

Finfish and Shellfish

160g Fish, tuna, white, canned in water, without salt, drained solids

Fruits and Fruit Juices

1 whole (150g) Avocado

Nuts and Seeds

10g Cashew Nuts

35g Mixed Nuts

Pastes, Sauces, and Gravies

300 ml (300g) Chicken Stock

Poultry

320g Chicken Breast

Protein Powders

20g Chocolate Whey Protein (80%)

Spices and Herbs

1 Leaf (1g) Bay Leaf

1 pinch (0.2g) Black Pepper

20g Dijon Mustard (Whole Grain)

1/2 tsp (0.6g) Dried Rosemary

1 tsp (3.1g) Garlic Powder

1 pinch (0.3g) Table Salt

Sweets

1 tbsp (21g) Honey

Vegetables

20g Arugula (Rocket)

1 1/2 medium (91.5g) Carrot

1 1/2 stalk, medium (7-1/2" - 8" long) (60g) Celery

150g Green Peas

2 leaf, medium (16g) Iceberg Lettuce

110g Onion

1 medium (114g) Sweet Potato

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