

🕒 10 min / 1 serving



# Frozen Blueberry and Matcha Overnight Oats

**800**  
CALORIES

**53g**  
PROTEIN

**109g**  
CARBS

**20g**  
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

- 80g frozen blueberries
- 80g frozen raspberries
- 1 medium kiwifruit
- 150g greek yogurt (whole milk)
- 300ml almond milk
- 60g oats
- 4 tsp honey
- 30g vanilla whey protein (80%)
- 2 tsp chia seeds
- 1 tsp matcha powder



🕒 45 min / 1 serving

# Protein Pea and Chicken Power Soup

842  
CALORIES

61g  
PROTEIN

83g  
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
- 2 stalk, medium (7-1/2" - 8" long) celery
- 2 medium carrot
- 1 medium onion
- 150g green peas
- 1 medium sweet potato
- 1 tsp garlic powder
- 1/2 tsp dried rosemary
- 1 leaf bay leaf
- 300ml chicken stock
- 1 pinch table salt
- 1 pinch black pepper



🕒 25 min / 1 serving

# Bossy Buffalo Chicken Wraps

790  
CALORIES

51g  
PROTEIN

64g  
CARBS

39g  
FAT

## Preparation

**Step 1:** First, dice the chicken and place in a bowl along with the olive oil, chili powder, and a little salt and pepper.

**Step 2:** Heat a frying pan over a medium heat and add the chicken mix

**Step 3:** While the chicken cooks into something special, slice your avocado, celery, and sun-dried tomatoes and set aside.

**Step 4:** Once the chicken has cooked through, layer on top of the tortillas along with the avocado and sun-dried tomatoes. Then do a little wrap.

**Step 5:** Serve with a dollop of Greek yogurt on the side!

## Ingredients

- 150g chicken breast
- 2 whole whole wheat tortillas
- 30g greek yogurt (whole milk)
- 1/2 tsp chili powder
- 30g sun-dried tomatoes
- 3 tsp olive oil
- 1 stalk, medium (7-1/2" - 8" long) celery
- 1/2 whole avocado



🕒 5 min / 1 serving

# Velvet Berry Smoothie

**303**  
CALORIES

**28g**  
PROTEIN

**41g**  
CARBS

**4g**  
FAT

## Preparation

Ideally, use a chilled or even a frozen banana and berries for this splendid mix of antioxidant-filled goodness.

**Step 1:** Place all ingredients into your blender of choice and take a look at what is about to become an absolute sensation.

**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 sensational smoothie treat that will occupy your dreams for weeks to come.

## Ingredients

- 50g frozen blueberries
- 1/2 medium (7" to 7-7/8" long) banana(s)
- 300ml milk (1% fat)
- 20g vanilla whey protein (80%)
- 1/2 tsp honey



🕒 5 min / 1 serving

# Peanut and Avocado Power Toast

**169**  
CALORIES

**6g**  
PROTEIN

**17g**  
CARBS

**9g**  
FAT

## Preparation

Loaded with healthy fats!

**Step 1:** Place your bread into a toaster and let things heat up while you mash your avocado on the side

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, spread the avocado on top

**Step 3:** Crush the peanuts and drop them on top and add the rocket along with a little salt and pepper

Hot sauce jazzes everything up!

## Ingredients

- 5g peanuts
- 1 slice regular whole grain bread
- 1/4 whole avocado
- 5g arugula (rocket)

# Ingredients Needed

## Baked

- 1 slice regular (30g) Whole Grain Bread
- 2 whole (82g) Whole Wheat Tortillas

## Dairy and Egg

- 300g Greek Yogurt (whole milk)
- 300 ml (312g) Milk (1% fat)

## Fats and Oils

- 40g Olive Oil

## Fruits and Fruit Juices

- 150g Avocado
- 1/2 medium (7" to 7-7/8" long) (59g) Banana(s)
- 160g Frozen Blueberries
- 80g Frozen Raspberries
- 1 medium (74g) Kiwifruit

## Grains, Noodles and Pasta

- 60g Oats

## Nuts and Seeds

- 300 ml (300g) Almond Milk
- 2 tsp (8g) Chia Seeds
- 5g Peanuts

## Pastes, Sauces, and Gravies

- 300 ml (300g) Chicken Stock

## Poultry

- 360g Chicken Breast

## Protein Powders

- 60g Vanilla Whey Protein (80%)

## Spices and Herbs

- 1 Leaf (1g) Bay Leaf
- 1 pinch (0.2g) Black Pepper
- 1/2 tsp (1.35g) Chili Powder
- 1/2 tsp (0.6g) Dried Rosemary
- 1 tsp (3.1g) Garlic Powder
- 1 tsp (2g) Matcha Powder
- 1 pinch (0.3g) Table Salt

## Sweets

- 56g Honey

## Vegetables

- 5g Arugula (Rocket)
- 2 medium (122g) Carrot
- 160g Celery
- 150g Green Peas
- 1 medium (110g) Onion
- 30g Sun-Dried Tomatoes
- 1 medium (114g) Sweet Potato