



🕒 15 min / 1 serving

Apple and Pear Power Porridge

799
CALORIES

51g
PROTEIN

129g
CARBS

13g
FAT

Preparation

Step 1: Peel and roughly chop the apple and pear into bite-size cubes and place in a saucepan with a tablespoon of cold water and half the honey.

Step 2: Place on the hob over a medium heat and bring to heat for about 10 minutes allowing the fruit to get tender.

Step 3: In another pan, place the milk and bring to a simmer.

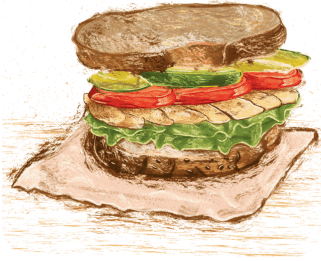
Step 4: Stir the oats, the protein powder, and a pinch of salt into the milk and allow to simmer until the oats have creamed up nicely (add water if necessary to bring to desired consistency). Then, stir in the yogurt.

Step 5: Bring the oats off the hob and stir in the remaining honey.

Step 6: Stir in 2/3 of the fruit mix and then serve in a bowl with the remaining fruit mix on top!

Ingredients

- 60g oats
- 40g vanilla whey protein (80%)
- 300ml almond milk
- 1 medium (3" dia) apple(s)
- 1 medium pear(s)
- 5 tsp honey
- 4 tbsp greek yogurt (whole milk)



Avocado Spice Chicken Sandwich

865
CALORIES

55g
PROTEIN

75g
CARBS

40g
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

- 150g chicken breast
- 4 slice regular whole grain bread
- 1 medium whole tomatoes, red, ripe
- 1 whole avocado
- 1/2 tsp red pepper flakes (chili flakes)
- 1/2 tsp cumin powder
- 2 tsp olive oil
- 4 leaf inner romaine lettuce
- 1/4 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp, ground black pepper
- 1/4 whole, medium red onion



🕒 25 min / 1 serving

Bossy Buffalo Chicken Wraps

883
CALORIES

56g
PROTEIN

88g
CARBS

37g
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
- 3 whole whole wheat tortillas
- 30g greek yogurt (whole milk)
- 1/2 tsp chili powder
- 1 1/2 tsp olive oil
- 1 stalk, medium (7-1/2" - 8" long) celery
- 40g sun-dried tomatoes
- 1/2 whole avocado



🕒 15 min / 1 serving

Egg and Tuna with Honey Mustard

267
CALORIES

20g
PROTEIN

23g
CARBS

11g
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

- 1 tsp butter (unsalted)
- 1 slice regular whole grain bread
- 10g arugula (rocket)
- 40g fish, tuna, white, canned in water, without salt, drained solids
- 1 tsp honey
- 1 tsp dijon mustard (whole grain)
- 1 medium egg(s)
- 1/4 medium onion



🕒 5 min / 1 serving

Vanilla Protein and Refreshing Watermelon

174
CALORIES

20g
PROTEIN

19g
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 watermelon on the side!

This snack is one in a melon...

Ingredients

- 15g vanilla whey protein (80%)
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- 200ml milk (1% fat)
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- 90g watermelon
.....

Ingredients Needed

Baked

- 240g Whole Grain Bread
- 3 whole (123g) Whole Wheat Tortillas

Dairy and Egg

- 1 tsp (4.73g) Butter (unsalted)
- 1 medium (44g) Egg(s)
- 30g Greek Yogurt (whole milk)
- 200 ml (208g) Milk (1% fat)

Fats and Oils

- 18g Olive Oil

Finfish and Shellfish

- 40g Fish, tuna, white, canned in water, without salt, drained solids

Fruits and Fruit Juices

- 300g Avocado
- 90g Watermelon

Poultry

- 300g Chicken Breast

Protein Powders

- 15g Vanilla Whey Protein (80%)

Spices and Herbs

- 1/4 tsp, ground (0.575g) Black Pepper
- 1/2 tsp (1.35g) Chili Powder
- 1/2 tsp (2.5g) Cumin Powder

- 1 tsp (5g) Dijon Mustard (Whole Grain)
- 1/2 tsp (1.55g) Garlic Powder
- 1/4 tsp (0.575g) Paprika
- 1/2 tsp (1g) Red Pepper Flakes (Chili Flakes)
- 1/4 tsp (1.5g) Sea Salt

Sweets

- 1 tsp (7g) Honey

Vegetables

- 10g Arugula (Rocket)
- 1 stalk, medium (7-1/2" - 8" long) (40g) Celery
- 1/4 medium (27.5g) Onion
- 1/4 whole, medium (27.5g) Red Onion
- 4 leaf inner (24g) Romaine Lettuce
- 40g Sun-Dried Tomatoes
- 1 medium whole (123g) Tomatoes, Red, Ripe