



🕒 15 min / 1 serving

Avocado and Spinach Quesadillas

940
CALORIES

43g
PROTEIN

67g
CARBS

56g
FAT

Preparation

Step 1: Slice the avocado and cherry tomatoes

Step 2: Heat your pan over a medium temperature and add the olive oil.

Step 3: Scramble your eggs in a small frying pan and set aside

Step 4: Place 1 tortilla in another small frying pan and on one half, lay the crumbled cheese, scrambled egg, a few avocado slices, fresh spinach and top with more cheese

Step 5: Fold over the tortilla and flip when the bottom is brown. Use a spatula to press down to get the cheese to stick together

Step 6: Remove from pan and repeat with the other tortilla. Slice when ready to eat, YUM!

Ingredients

- ☐ 4 medium egg(s)
- ☐ 1/2 whole avocado
- ☐ 45g feta cheese
- ☐ 30g spinach
- ☐ 3 whole whole wheat tortillas
- ☐ 1 1/2 tsp olive oil
- ☐ 1 tbsp parsley



🕒 25 min / 1 serving

Garlicky Chicken Bites

834
CALORIES

54g
PROTEIN

97g
CARBS

25g
FAT

Preparation

Step 1: Place your quinoa in a medium-sized saucepan with enough water to cover the surface by about an inch. Heat over a medium heat and allow to cook on the side.

Step 2: Slice that chicken breast into even-sized chunks and place in a bowl.

Step 3: Season with a little salt and pepper, and then lightly cover with the flour and mixed herbs. Coat evenly.

Are you ready for things to heat up?

Step 4: Take out your bestest frying pan, and heat half the olive oil over a medium heat and then add those chicken cubes allowing to cook evenly for around 5 minutes.

Step 5: Finely slice your garlic and parsley, and then chop all remaining vegetables into bite-size cubes.

Step 6: Add the garlic and parsley to the chicken pan and further cook for another 2 - 3 minutes. Add a little extra olive oil if necessary.

Step 7: In a side pan, heat the remaining olive oil over a medium heat and cook the chopped vegetables for 4 - 5 minutes until lightly browned and tender.

Step 8: Drizzle the chicken with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.

Ingredients

- ☐ 120g quinoa
- ☐ 150g chicken breast
- ☐ 3/4 tbsp wheat flour, whole-grain, soft wheat
- ☐ 3 clove garlic
- ☐ 3/4 tbsp mixed herbs
- ☐ 3 tsp olive oil
- ☐ 3 tsp parsley
- ☐ 1/2 medium/whole courgette (zucchini)
- ☐ 1/2 whole, medium red onion
- ☐ 1/2 medium red bell pepper (capsicum)
- ☐ 2 wedge lemon



🕒 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

Spicy Feta Toast!

269
CALORIES

13g
PROTEIN

32g
CARBS

10g
FAT

Preparation

Step 1: Place your bread into a toaster and let things heat up while you slice the tomato on the side.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, crumble the feta and lay tomato on top.

Step 3: Scatter the fresh coriander leaves over your masterpiece, season with a little salt and pepper, and drizzle with the olive oil and a dash of chili.

Delish.

Ingredients

- ☐ 2 slice regular whole grain bread
- ☐ 1 medium whole tomatoes, red, ripe
- ☐ 25g feta cheese
- ☐ 1/2 tsp olive oil
- ☐ 1 tsp fresh coriander (cilantro)
- ☐ 1 dash black pepper
- ☐ 1 sprinkle sea salt
- ☐ 1 pinch red pepper flakes (chili flakes)



🕒 5 min / 1 serving

Vanilla Protein and Plump Plum

238
CALORIES

31g
PROTEIN

21g
CARBS

4g
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 plum on the side!

We're almost plum out of puns...(almost)

Ingredients

- ☐ 30g vanilla whey protein (80%)
.....
- ☐ 200ml milk (1% fat)
.....
- ☐ 1 whole plum(s)
.....

Ingredients Needed

Baked

- ☐ 2 tbsp (30g) Bread Crumbs
- ☐ 2 slice regular (60g) Whole Grain Bread
- ☐ 1 Bun (60g) Whole Wheat Burger Bun
- ☐ 3 whole (123g) Whole Wheat Tortillas

Dairy and Egg

- ☐ 352g Egg(s)
- ☐ 90g Feta Cheese
- ☐ 240g Milk (1% fat)

Fats and Oils

- ☐ 21g Olive Oil
- ☐ 1 tbsp (14g) Sunflower Oil

Fruits and Fruit Juices

- ☐ 1/2 whole (75g) Avocado
- ☐ 24g Lemon
- ☐ 1 whole (66g) Plum(s)

Grains, Noodles and Pasta

- ☐ 120g Quinoa
- ☐ 12g Wheat flour, whole-grain, soft wheat

Poultry

- ☐ 300g Chicken Breast

Protein Powders

- ☐ 30g Vanilla Whey Protein (80%)

Spices and Herbs

- ☐ 2g Black Pepper

- ☐ 1/2 tsp (1.35g) Chili Powder
- ☐ 1/2 tsp, ground (0.9g) Dried Oregano
- ☐ 1 tsp (0.6g) Fresh Coriander (cilantro)
- ☐ 1/2 tsp (1.55g) Garlic Powder
- ☐ 3/4 tbsp (2.025g) Mixed Herbs
- ☐ 1/2 tsp (1.2g) Onion Powder
- ☐ 1 tsp (2.3g) Paprika
- ☐ 1 pinch (0.2g) Red Pepper Flakes (Chili Flakes)
- ☐ 1 sprinkle (0.4g) Sea Salt
- ☐ 1/4 tsp (1.5g) Table Salt

Vegetables

- ☐ 1/2 Medium/whole (98g) Courgette (Zucchini)
- ☐ 3 clove (9g) Garlic
- ☐ 2 leaf, medium (16g) Iceberg Lettuce
- ☐ 8g Parsley
- ☐ 1/2 medium (59.5g) Red Bell Pepper (capsicum)
- ☐ 1/2 whole, medium (55g) Red Onion
- ☐ 30g Spinach
- ☐ 62g Tomatoes, Red, Ripe