

🕒 20 min / 1 serving

Mediterranean Burrito

875
CALORIES

43g
PROTEIN

74g
CARBS

46g
FAT

Preparation

Loaded with protein and Mediterranean flavour!

Step 1: Heat your oil in a non-stick pan over a medium temperature

Step 2: Whisk the egg in a bowl on the side while things heat up!

Step 3: Scramble the eggs in the pan for about 5 minutes, or until the majority of liquid becomes solid, slice up your black olives, sun-dried tomatoes, and spinach on the side

Step 4: Throw the olives, spinach, tomatoes, and beans into the pan along with the egg and toss together

Step 5: After about 2 minutes of cooking, add the feta cheese to the party

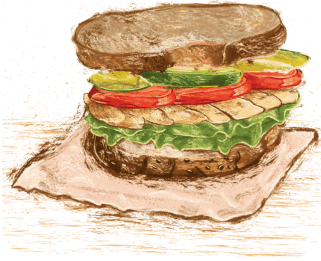
Step 6: Once the cheese has melted a little, lay out your tortilla and evenly spread the mixture onto each

Step 7: Roll up and serve with a little hot sauce on the side (because you're damn spicy)

Et Voilà!

Ingredients

- 4 medium egg(s)
- 2 tsp olive oil
- 3 whole whole wheat tortillas
- 20g baby spinach
- 20g sun-dried tomatoes
- 30g feta cheese
- 5g black olives
- 20g black beans (canned)



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



🕒 35 min / 1 serving

Salmon with Roasted Sweet Potatoes and Pepper

1,015
CALORIES

54g
PROTEIN

84g
CARBS

52g
FAT

Preparation

Step 1: Preheat the oven to 200c (400f). Then place some parchment paper onto a baking tray.

Step 2: Slice the bell pepper and sweet potato and then lay them onto the paper. Drizzle with half the olive oil, the paprika, and half the salt then toss to coat. Spread out into an even layer. Put the sheet pan inside the oven and let her roast for 10 minutes!

Step 3: On the second sheet pan, place the salmon and coat evenly with the remaining olive oil. Drizzle the salmon with a little lemon juice and then pat with a little salt and oregano!

Step 4: After the pepper and sweet potato is nicely cooked, remove the baking sheet, place the 2nd baking sheet inside the oven then set the timer for 10 minutes.

Step 5: Serve up! Or, if meal prepping, portion the sweet potatoes into your food containers then put even portions of salmon into each. Cover and refrigerate for up to 3 days.

Ingredients

- 1 1/2 medium red bell pepper (capsicum)
- 350g sweet potato
- 1 1/2 tbsp olive oil
- 2 pinch table salt
- 225g atlantic salmon (farmed)
- 2 wedge lemon
- 1 tsp, leaves dried oregano
- 1 tsp paprika

🕒 5 min / 1 serving

Spicy Feta Toast!

163
CALORIES

7g
PROTEIN

19g
CARBS

7g
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

- 1 slice regular whole grain bread
- 1 medium whole tomatoes, red, ripe
- 15g feta cheese
- 1 sprinkle sea salt
- 1/2 tsp olive oil
- 1 tsp fresh coriander (cilantro)
- 1 dash black pepper
- 1 pinch red pepper flakes (chili flakes)



🕒 5 min / 1 serving

Frozen Watermelon Rosemary Smoothie

279
CALORIES

30g
PROTEIN

33g
CARBS

5g
FAT

Preparation

This one's pretty refreshing!

Step 1: To start, chop the seedless watermelon first then set it aside. Grate the zest of the lemon.

Step 2: Combine all of the ingredients in the blender and place on high for 30 seconds, or until you achieve an even consistency.

Step 3: Pour into your glass and garnish with rosemary and a slice of lemon according to your liking! Enjoy!

Ingredients

- 225g watermelon
- 1 wedge lemon
- 45g strawberries
- 1/4 tsp dried rosemary
- 30g vanilla whey protein (80%)
- 175ml soy milk

Ingredients Needed

Baked

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

Dairy and Egg

- 4 medium (176g) Egg(s)
- 60g Feta Cheese

Fats and Oils

- 36g Olive Oil

Finfish and Shellfish

- 225g Atlantic Salmon (farmed)

Fruits and Fruit Juices

- 1 whole (150g) Avocado
- 5g Black Olives
- 24g Lemon
- 45g Strawberries
- 225g Watermelon

Legumes

- 20g Black beans (canned)
- 175 ml (175g) Soy Milk

Poultry

- 150g Chicken Breast

Protein Powders

- 30g Vanilla Whey Protein (80%)

Spices and Herbs

- 2g Black Pepper

- 1/2 tsp (2.5g) Cumin Powder
- 1 tsp, leaves (1g) Dried Oregano
- 1/4 tsp (0.3g) Dried Rosemary
- 1 tsp (0.6g) Fresh Coriander (cilantro)
- 1/2 tsp (1.55g) Garlic Powder
- 2g Paprika
- 2g Red Pepper Flakes (Chili Flakes)
- 4g Sea Salt
- 2 pinch (0.6g) Table Salt

Vegetables

- 20g Baby Spinach
- 1 1/2 medium (178.5g) Red Bell Pepper (capsicum)
- 1/4 whole, medium (27.5g) Red Onion
- 4 leaf inner (24g) Romaine Lettuce
- 20g Sun-Dried Tomatoes
- 350g Sweet Potato
- 246g Tomatoes, Red, Ripe