

🕒 5 min / 1 serving



Coco Loco Nutty Smoothie

829
CALORIES

53g
PROTEIN

95g
CARBS

31g
FAT

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

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 a smoothie that will make you go a little nuts!

Ingredients

- 2 medium (7" to 7-7/8" long) banana(s)
- 40g oats
- 80ml coconut milk drink (carton)
- 350ml almond milk
- 40g peanut butter, smooth style, without salt
- 40g vanilla whey protein (80%)

🕒 20 min / 1 serving

Mediterranean Burrito

1,090
CALORIES

52g
PROTEIN

99g
CARBS

55g
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
- 4 whole whole wheat tortillas
- 20g baby spinach
- 20g sun-dried tomatoes
- 10g black olives
- 50g feta cheese
- 50g black beans (canned)



🕒 35 min / 1 serving

Classic Turkish One-Pan Menemen

899
CALORIES

43g
PROTEIN

80g
CARBS

51g
FAT

Preparation

Step 1: Chop the onion and bell pepper into bite-size slices and set aside.

Step 2: Finely slice the garlic and chilli and set to the other side.

Step 3: Heat the oil in a heavy-based frying pan over a medium temperature.

Step 4: Stir in the onions, bell pepper, and chilies and allow them all to become very well acquainted in the pan for about 3 minutes. Season with a little salt and pepper here too!

Step 5: Add the canned tomatoes and the sugar and bring to a light simmer to reduce the liquid. Then, add the sun-dried tomatoes and stir.

Step 6: Using a wooden spoon, create pockets that will hold the eggs.

Step 7: Crack an egg into each pocket, reduce the heat to low, and cover the pan. Allowing the eggs to set.

Step 8: While you wait, beat the finely-sliced garlic into the yogurt and season well.

Step 9: Serve the menemen with some parsley sprinkled over the top and a dollop of the garlicky yogurt on the side.

Ingredients

- 2 tbsp olive oil
- 1 1/2 medium onion
- 1 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- 2 tsp brown sugar
- 300g chopped tomatoes (canned)
- 2 piece red chilli pepper
- 50g sun-dried tomatoes
- 1 tbsp, chopped parsley
- 5 tbsp greek yogurt (whole milk)
- 2 clove garlic
- 4 medium egg(s)



🕒 5 min / 1 serving

Mean, Green, Avocado Toast Machine

227
CALORIES

7g
PROTEIN

20g
CARBS

15g
FAT

Preparation

Your toasty companion that will keep you running all day!

Step 1: Place your bread into a toaster and let things heat up while you scoop out the avocado and mash it in a bowl using a fork.

Step 2: Season the avocado with a little salt and pepper.

Step 3: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the avocado on top.

Step 4: Sprinkle with the pumpkin seeds and get your munch on.

Ingredients

- 1 slice regular whole grain bread
- 1/2 whole avocado
- 5g pumpkin seeds

🕒 5 min / 1 serving

Chocolate Protein and Cashew Supreme



263
CALORIES

33g
PROTEIN

16g
CARBS

8g
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

- 30g chocolate whey protein (80%)
- 200ml milk (1% fat)
- 10g cashew nuts

Ingredients Needed

Baked

- 1 slice regular (30g) Whole Grain Bread
- 4 whole (164g) Whole Wheat Tortillas

Beverages

- 80 ml (80g) Coconut Milk Drink (carton)

Dairy and Egg

- 352g Egg(s)
- 50g Feta Cheese
- 5 tbsp (75g) Greek Yogurt (whole milk)
- 200 ml (208g) Milk (1% fat)

Fats and Oils

- 18g Olive Oil

Fruits and Fruit Juices

- 1/2 whole (75g) Avocado
- 2 medium (7" to 7-7/8" long) (236g) Banana(s)
- 10g Black Olives

Grains, Noodles and Pasta

- 40g Oats

Legumes

- 50g Black beans (canned)
- 40g Peanut butter, smooth style, without salt

Nuts and Seeds

- 350 ml (350g) Almond Milk

- 10g Cashew Nuts
- 5g Pumpkin Seeds

Protein Powders

- 30g Chocolate Whey Protein (80%)
- 40g Vanilla Whey Protein (80%)

Sweets

- 2 tsp (6g) Brown Sugar

Vegetables

- 20g Baby Spinach
- 300g Chopped Tomatoes (canned)
- 2 clove (6g) Garlic
- 1 medium (approx 2-3/4" long, 2-1/2" dia) (119g) Green Bell Pepper (capsicum)
- 1 1/2 medium (165g) Onion
- 1 tbsp, chopped (3.8g) Parsley
- 2 piece (90g) Red Chilli Pepper
- 40g Sun-Dried Tomatoes