



🕒 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 .....

🕒 15 min / 1 serving

# Quinoa, Egg, and Smoked Salmon Salad



1,018  
CALORIES

45g  
PROTEIN

102g  
CARBS

49g  
FAT

## Preparation

**Step 1:** Bring the vegetable stock to boil in a sexy saucepan and then add your quinoa.

**Step 2:** Allow to cook for 10 - 12 minutes adding more water if when necessary to soften the quinoa.

**Step 3:** On the side, heat a small pan over a medium heat.

**Step 4:** Add half of the olive oil and lightly fry the egg to preferred doneness.

**Step 5:** While the egg's a fryin', cube the avocado and finely slice the parsley. Oh yeahhhhh.

**Step 6:** In a bowl, mix the cooked quinoa with the rocket, parsley, cubed avocado, and smoked salmon (just tear it apart with your hands when adding).

**Step 7:** Lay the egg on top, drizzle with some lemon juice, spice up with a little salt and pepper, and you're away!

## Ingredients

- 135g quinoa
- 300ml vegetable stock/broth
- 40g arugula (rocket)
- 3/4 whole avocado
- 1 1/2 tsp dried parsley
- 1 wedge lemon
- 3 tsp olive oil
- 60g smoked salmon
- 2 medium egg(s)



🕒 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.

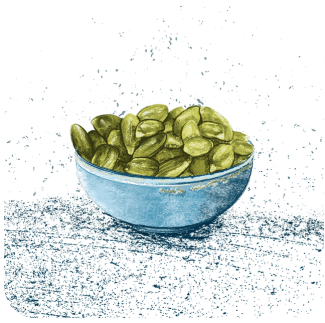
**Step 8:** While you wait, beat the finely-sliced garlic into the yogurt and season well.

**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)

 <1 min / 1 serving



# Pumpkin Seed Snack

**335**  
CALORIES

**18g**  
PROTEIN

**6g**  
CARBS

**29g**  
FAT

## Preparation

Pumpkin power!

## Ingredients



60g pumpkin seeds

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🕒 5 min / 1 serving

# Avocado Mozzarella Toast

**219**  
CALORIES

**7g**  
PROTEIN

**18g**  
CARBS

**14g**  
FAT

## Preparation

An unreal combo of flavour, you have been warned!

**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:** Lay the mozzarella over the avocado and you're ready to roll!

## Ingredients

- 1 slice regular whole grain bread
- 1/2 whole avocado
- 10g mozzarella cheese (whole milk)

# Ingredients Needed

## Baked

- 1 slice regular (30g) Whole Grain Bread
- 3 whole (123g) Whole Wheat Tortillas

## Dairy and Egg

- 528g Egg(s)
- 45g Feta Cheese
- 5 tbsp (75g) Greek Yogurt (whole milk)
- 10g Mozzarella Cheese (whole milk)

## Fats and Oils

- 21g Olive Oil

## Finfish and Shellfish

- 60g Smoked Salmon

## Fruits and Fruit Juices

- 225g Avocado
- 1 wedge (6g) Lemon

## Grains, Noodles and Pasta

- 135g Quinoa

## Nuts and Seeds

- 60g Pumpkin Seeds

## Pastes, Sauces, and Gravies

- 300 ml (300g) Vegetable stock/broth

## Spices and Herbs

- 1 1/2 tsp (0.75g) Dried Parsley

## Sweets

- 2 tsp (6g) Brown Sugar

## Vegetables

- 40g Arugula (Rocket)
- 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
- 8g Parsley
- 2 piece (90g) Red Chilli Pepper
- 30g Spinach
- 50g Sun-Dried Tomatoes