



🕒 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)



🕒 30 min / 1 serving

# Grilled Salmon and Egg Salad Meal Prep!

937  
CALORIES

55g  
PROTEIN

53g  
CARBS

57g  
FAT

## Preparation

**Step 1:** Preheat your grill to a medium-high heat and place 2 pots of water on 2 stovetops to boil.

**Step 2:** In the meantime, take out a bowl and combine the salmon fillet and green beans with the paprika, garlic powder, ½ the olive oil and a little salt and pepper.

**Step 3:** On a sheet of baking paper, place your salmon fillet and green beans under the grill and let cook for around 6 minutes per side. Allow your salmon to cook evenly by flipping once or twice to cook through.

**Step 4:** While the salmon cooks, cube the sweet potatoes and place in one pot of boiling water. Gently lower your egg into the second pot of boiling water.

**Step 5:** After about 6 minutes, drain your potatoes and bring a frying pan to a medium-high heat on the now vacant stove.

**Step 6:** Add the remaining olive oil and the potatoes to the hot pan and cook to crisp evenly around the edges.

**Step 7:** Take the salmon out, it should be close to finished now, and allow to cool on a plate.

**Step 8:** Remove your egg (using a spoon) from the boiling water and transfer to a bowl. Place the bowl under a cool tap and allow the cold water to cool the egg (this prevents the yolk from turning grey, and stops the cooking process).

**Step 9:** Once the potatoes have crispened a little, remove from the heat and allow everything to cool. Patience is a virtue.

**Step 10:** Layer the lettuce in a meal prep container, followed by the salmon, the egg (halved), the sweet potatoes, the green beans and top off with some almonds and a drizzle of lemon juice.

Yum!

## Ingredients

- 160g atlantic salmon (farmed)
- 75g mixed salad leaves
- 100g green beans (snap beans)
- 2 medium egg(s)
- 1 1/2 medium sweet potato
- 1 tsp paprika
- 15 almond almonds
- 1 tsp garlic powder
- 4 tsp olive oil
- 2 wedge lemon



🕒 5 min / 1 serving

# Smoked Salmon, Avocado Toast Delight

266  
CALORIES

12g  
PROTEIN

25g  
CARBS

14g  
FAT

## Preparation

Your toasty companion that will keep powering through the day, just like a salmon.

**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 and finely slice the red onion on the side.

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

**Step 4:** Layer the red onion and smoked salmon on top with a squeeze of lemon and voilà!

## Ingredients

1 1/2 slice regular whole grain bread

1/2 whole avocado

30g smoked salmon

20g red onion



🕒 10 min / 1 serving

# Banana Peanut Butter Greek Yogurt Bowl

333  
CALORIES

16g  
PROTEIN

39g  
CARBS

15g  
FAT

## Preparation

**Step 1:** Put the Greek Yogurt in a small mixing or serving bowl, and top with sliced banana.

**Step 2:** Melt the peanut butter in the microwave for 30-40 seconds and drizzle on top of the bananas.

**Step 3:** Lastly, sprinkle with chia seeds and nutmeg. Now you're ready to enjoy!

## Ingredients

- 110g greek yogurt (whole milk)
- 1 medium (7" to 7-7/8" long) banana(s)
- 15g chia seeds
- 1 pinch ground nutmeg
- 1/2 tbsp peanut butter, smooth style, without salt

# Ingredients Needed

## Baked

- 1 1/2 slice regular (45g) Whole Grain Bread
- 3 whole (123g) Whole Wheat Tortillas

## Dairy and Egg

- 528g Egg(s)
- 45g Feta Cheese
- 110g Greek Yogurt (whole milk)

## Fats and Oils

- 21g Olive Oil

## Finfish and Shellfish

- 160g Atlantic Salmon (farmed)
- 120g Smoked Salmon

## Fruits and Fruit Juices

- 225g Avocado
- 1 medium (7" to 7-7/8" long) (118g) Banana(s)
- 12g Lemon

## Grains, Noodles and Pasta

- 135g Quinoa

## Legumes

- 1/2 tbsp (8g) Peanut butter, smooth style, without salt

## Nuts and Seeds

- 15 almond (18g) Almonds

- 15g Chia Seeds

## Pastes, Sauces, and Gravies

- 300 ml (300g) Vegetable stock/broth

## Spices and Herbs

- 1 1/2 tsp (0.75g) Dried Parsley
- 1 tsp (3.1g) Garlic Powder
- 1 pinch (0.2g) Ground Nutmeg
- 1 tsp (2.3g) Paprika

## Vegetables

- 40g Arugula (Rocket)
- 100g Green Beans (snap beans)
- 75g Mixed Salad Leaves
- 1 tbsp (4g) Parsley
- 20g Red Onion
- 30g Spinach
- 1 1/2 medium (171g) Sweet Potato