



🕒 15 min / 1 serving

HIT MY
MACROS

Egg and Tuna with Honey Mustard

817
CALORIES

66g
PROTEIN

78g
CARBS

26g
FAT

Preparation

Step 1: To start, boil the egg according to your preference.

Step 2: Toast the bread and spread with the butter.

Step 3: Layer the toast with rocket, tuna, and sliced eggs.

Step 4: In a small bowl, mix the honey and mustard, then drizzle over the egg.

Step 5: Top off with the onion. Don't forget to season with salt and pepper!

Ingredients

- ☐ 4 slice regular whole grain bread
- ☐ 2 tsp butter (unsalted)
- ☐ 20g arugula (rocket)
- ☐ 160g fish, tuna, white, canned in water, without salt, drained solids
- ☐ 2 tsp dijon mustard (whole grain)
- ☐ 1 tbsp honey
- ☐ 1/2 medium onion
- ☐ 2 medium egg(s)



⌚ 40 min / 1 serving

Creamy Salmon Pasta

1,160
CALORIES

52g
PROTEIN

111g
CARBS

58g
FAT

Preparation

Step 1: Heat the olive oil in a medium pot over medium heat.

Step 2: Chop the onion, add it to that lovely little pot, and let it cook for 3-4 minutes or until it has softened or becomes transparent.

Step 3: Chop the salmon into cubes and throw it in along with the onion to cook for about 5-8 minutes or until it's browned.

Step 4: While the party in the pot is going on, dice the tomatoes and then pour into the party pot with the milk, cream cheese, vegetable stock, oregano, garlic powder, salt and ground black pepper. Let it boil gently.

Step 5: Then, add the tagliatelle pasta and spinach. Let it cook for 5 - 10 minutes or until the spinach has wilted and the tagliatelle has cooked through, then remove from the heat, add the fresh basil and stir!

Step 6: Serve up with some fresh parsley and a smile!

Ingredients

- ☐ 4 tsp olive oil
- ☐ 1/2 whole, medium red onion
- ☐ 120g atlantic salmon (farmed)
- ☐ 300ml vegetable stock/broth
- ☐ 1 tsp garlic powder
- ☐ 100g tomatoes, red, ripe
- ☐ 40g spinach
- ☐ 1 tsp, leaves dried oregano
- ☐ 120g tagliatelle pasta
- ☐ 20g basil leaves
- ☐ 90ml milk (1% fat)
- ☐ 60g cream cheese



Quinoa, Egg, and Smoked Salmon Salad

1,197
CALORIES

51g
PROTEIN

115g
CARBS

61g
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

- ☐ 150g quinoa
- ☐ 300ml vegetable stock/broth
- ☐ 40g arugula (rocket)
- ☐ 1 whole avocado
- ☐ 80g smoked salmon
- ☐ 1 wedge lemon
- ☐ 2 tsp dried parsley
- ☐ 4 tsp olive oil
- ☐ 2 medium egg(s)

 <1 min / 1 serving

Pistachio Snack

169
CALORIES

6g
PROTEIN

8g
CARBS

14g
FAT

Preparation

Mini mean, green energy machines!

Ingredients



30g pistachio nuts



🕒 5 min / 1 serving

HIT MY
MACROS

Chocolate Protein and a Perfect Peach

246
CALORIES

28g
PROTEIN

27g
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 peach on the side!

You'll a-peach-iate this one...

Ingredients

- ☐ 200ml milk (1% fat)
.....
- ☐ 25g chocolate whey protein (80%)
.....
- ☐ 1 medium (2-2/3" dia) peach(es)
.....

Ingredients Needed

Baked

☐ 4 slice regular (120g) Whole Grain Bread

Dairy and Egg

☐ 2 tsp (9.46g) Butter (unsalted)

☐ 60g Cream Cheese

☐ 176g Egg(s)

☐ 188g Milk (1% fat)

Fats and Oils

☐ 36g Olive Oil

Finfish and Shellfish

☐ 120g Atlantic Salmon (farmed)

☐ 160g Fish, tuna, white, canned in water, without salt, drained solids

☐ 80g Smoked Salmon

Fruits and Fruit Juices

☐ 1 whole (150g) Avocado

☐ 1 wedge (6g) Lemon

☐ 1 medium (2-2/3" dia) (150g) Peach(es)

Grains, Noodles and Pasta

☐ 150g Quinoa

☐ 120g Tagliatelle Pasta

Nuts and Seeds

☐ 30g Pistachio Nuts

Pastes, Sauces, and Gravies

☐ 600g Vegetable stock/broth

Protein Powders

☐ 25g Chocolate Whey Protein (80%)

Spices and Herbs

☐ 20g Basil Leaves

☐ 2 tsp (10g) Dijon Mustard (Whole Grain)

☐ 1 tsp, leaves (1g) Dried Oregano

☐ 2 tsp (1g) Dried Parsley

☐ 1 tsp (3.1g) Garlic Powder

Sweets

☐ 1 tbsp (21g) Honey

Vegetables

☐ 40g Arugula (Rocket)

☐ 1/2 medium (55g) Onion

☐ 1/2 whole, medium (55g) Red Onion

☐ 40g Spinach

☐ 100g Tomatoes, Red, Ripe