

🕒 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

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

🕒 45 min / 1 serving

Cheesy Baked Beefy Meatballs

979
CALORIES

69g
PROTEIN

69g
CARBS

43g
FAT



Preparation

Step 1: Start off by finely slicing your onion and garlic. Then, chop your carrot and celery into 1-cm (ish) cubes.

Step 2: In a medium-sized mixing bowl, place the beef mince, half the sliced onion, egg, breadcrumbs, rosemary, half the garlic, and half the paprika.

Step 3: Mix with a spoon to combine well. Season a little with salt and pepper.

Step 4: Form the mince mixture into ping-pong-sized meatballs and lay them on a plate. Then, place them in the fridge to chill for around 10 minutes.

Step 5: Line a baking tray or oven-proof dish with half the olive oil and preheat your oven to 180°C.

Step 6: Heat the remaining oil in a large frying pan over medium-high heat.

Step 7: Add meatballs to the frying pan and cook for around 5 minutes ensuring they're browning evenly on each side. Once they're well browned, transfer to a plate on the side.

Step 8: Using the same pan throw in the remaining onion, carrot, celery, remaining garlic, and remaining paprika. Stir for around 5 mins or until the onion softens and becomes translucent.

Step 9: Add the wine and allow the mix to come to a nice simmer before adding the canned tomato, passata, and milk.

Step 10: Stir to ensure all is combined and bring to a gentle simmer. Once the liquid begins to reduce, remove from the heat, season, and add the spinach.

Step 11: Place the meatballs into the baking tray, and pour the tomato mix over the meatballs in the baking tray.

Step 12: Shred the mozzarella over the top and place it in the oven to bake for between 20 and 25 minutes.

Step 13: When the mozzarella has browned and the liquid has reduced to a creamy consistency, you're ready to roll!

Step 14: Serve up and enjoy!

Ingredients

- 200g ground beef (5% fat)
- 1 medium egg(s)
- 40g bread crumbs
- 1 medium onion
- 2 tsp sweet smoked paprika
- 4 tsp olive oil
- 1 medium carrot
- 4 clove garlic
- 1 tsp dried rosemary
- 2 stalk celery
- 50g red wine
- 180g chopped tomatoes (canned)
- 100g tomato passata
- 40ml milk (1% fat)
- 60g spinach
- 30g mozzarella cheese (whole milk)

🕒 5 min / 1 serving

Avocado Cashew!

322
CALORIES**10g**
PROTEIN**30g**
CARBS**19g**
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 cashews and get your munch on.

Ingredients

1 1/2 slice regular whole grain bread

1/2 whole avocado

15g cashew nuts

🕒 5 min / 1 serving



Chocolate Protein and Sunflower Power

295
CALORIES

34g
PROTEIN

16g
CARBS

11g
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 sunflower seeds on the side!

Here comes the sun, do, do, do, do...

Ingredients

- 30g chocolate whey protein (80%)
.....
- 200ml milk (1% fat)
.....
- 15g seeds, sunflower seed
kernels, dried
.....

Ingredients Needed

Alcohol

50g Red wine

Baked

40g Bread Crumbs

1 1/2 slice regular (45g) Whole Grain Bread

4 whole (164g) Whole Wheat Tortillas

Beef

200g Ground Beef (5% fat)

Dairy and Egg

352g Egg(s)

50g Feta Cheese

84g Milk (1% fat)

30g Mozzarella Cheese (whole milk)

Fats and Oils

27g Olive Oil

Finfish and Shellfish

225g Atlantic Salmon (farmed)

Fruits and Fruit Juices

1/2 whole (75g) Avocado

10g Black Olives

2 wedge (12g) Lemon

Legumes

50g Black beans (canned)

Nuts and Seeds

15g Cashew Nuts

15g Seeds, sunflower seed kernels, dried

Protein Powders

30g Chocolate Whey Protein (80%)

Spices and Herbs

1 tsp, leaves (1g) Dried Oregano

1 tsp (1.2g) Dried Rosemary

1 tsp (2.3g) Paprika

2 tsp (4.8g) Sweet Smoked Paprika

2 pinch (0.6g) Table Salt

Vegetables

20g Baby Spinach

1 medium (61g) Carrot

2 stalk (34g) Celery

180g Chopped Tomatoes (canned)

4 clove (12g) Garlic

1 medium (110g) Onion

1 1/2 medium (178.5g) Red Bell Pepper (capsicum)

60g Spinach

20g Sun-Dried Tomatoes

350g Sweet Potato

100g Tomato Passata