



🕒 5 min / 1 serving

The Power Load Toast Supreme

1,162
CALORIES

40g
PROTEIN

143g
CARBS

55g
FAT

Preparation

The true way to start your day!

Step 1: Place your bread into a toaster and let things heat up while you slice your banana on the side.

Step 2: Once the bread has made its transformation into toast, spread the peanut butter nice and evenly before topping off with the sliced banana the broken, crumbled dark chocolate, a drizzle of honey, and a dash of cinnamon.

How's that for ya?

Ingredients

- 2 medium (7" to 7-7/8" long) banana(s)
- 80g peanut butter, smooth style, without salt
- 4 slice regular whole grain bread
- 20g dark chocolate (80%)
- 2 tsp honey
- 1 dash ground cinnamon



🕒 25 min / 1 serving

Simple Quinoa Antioxidant Salad

1,074
CALORIES

39g
PROTEIN

182g
CARBS

24g
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: While the quinoa is cooking, drain the chickpeas, sweetcorn, and finely slice the cucumber, parsley, and onion.

Step 3: When cooked, add the cumin, and coriander to the quinoa and season with some salt and pepper.

Step 4: On a side plate, mix your chopped vegetables with the rocket, the honey, the olive oil, the parsley, and drizzle with the juice from the lemon.

Step 5: Mix in your power quinoa and chickpeas and serve up!

Ingredients

- 160g quinoa
- 1/2 tsp cumin powder
- 1/2g ground coriander (cilantro)
- 200ml vegetable stock/broth
- 100g tinned sweet corn
- 1/2 whole cucumber
- 160g chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained
- 1/2 whole, medium red onion
- 3 handful arugula (rocket)
- 2 tsp chopped parsley
- 1 wedge lemon
- 2 tsp honey
- 2 tsp olive oil

🕒 45 min / 1 serving

Cheesy Baked Turkey Meatballs

941
CALORIES

74g
PROTEIN

70g
CARBS

37g
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 turkey 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 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 turkey (fat free)
- 1 medium egg(s)
- 40g bread crumbs
- 1 medium onion
- 4 clove garlic
- 4 tsp olive oil
- 1 medium carrot
- 2 tsp sweet smoked paprika
- 1 tsp dried rosemary
- 2 stalk celery
- 60g red wine
- 200g chopped tomatoes (canned)
- 100g tomato passata
- 40ml milk (1% fat)
- 60g spinach
- 30g mozzarella cheese (whole milk)

🕒 5 min / 1 serving

Vanilla Protein and Sweet Strawberries

230
CALORIES**31g**
PROTEIN**19g**
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 strawberries on the side!

This one is berry berry good...

Ingredients

 30g vanilla whey protein (80%) 200ml milk (1% fat) 70g strawberries



🕒 15 min / 1 serving

Egg and Tuna with Honey Mustard

392
CALORIES

32g
PROTEIN

36g
CARBS

13g
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

- 1 tsp butter (unsalted)
- 2 slice regular whole grain bread
- 10g arugula (rocket)
- 75g fish, tuna, white, canned in water, without salt, drained solids
- 1 tsp honey
- 1 tsp dijon mustard (whole grain)
- 1 medium egg(s)
- 1/4 medium onion

Ingredients Needed

Alcohol

60g Red wine

Baked

40g Bread Crumbs

240g Whole Grain Bread

Dairy and Egg

1 tsp (4.73g) Butter (unsalted)

88g Egg(s)

84g Milk (1% fat)

30g Mozzarella Cheese (whole milk)

Fats and Oils

18g Olive Oil

Finfish and Shellfish

75g Fish, tuna, white, canned in water, without salt, drained solids

Fruits and Fruit Juices

2 medium (7" to 7-7/8" long) (236g) Banana(s)

1 wedge (6g) Lemon

70g Strawberries

Grains, Noodles and Pasta

160g Quinoa

Legumes

160g Chickpeas (garbanzo beans, bengal gram), canned, rinsed in tap water, drained

80g Peanut butter, smooth style, without salt

Pastes, Sauces, and Gravies

200 ml (200g) Vegetable stock/broth

Poultry

200g Ground Turkey (fat free)

Protein Powders

30g Vanilla Whey Protein (80%)

Spices and Herbs

1/2 tsp (2.5g) Cumin Powder

1 tsp (5g) Dijon Mustard (Whole Grain)

1 tsp (1.2g) Dried Rosemary

1 Dash (0.4g) Ground Cinnamon

1/2g Ground Coriander (cilantro)

2 tsp (4.8g) Sweet Smoked Paprika

Sweets

20g Dark Chocolate (80%)

42g Honey

Vegetables

60g Arugula (Rocket)

1 medium (61g) Carrot

- 2 stalk (34g) Celery
- 200g Chopped Tomatoes (canned)
- 1/2 whole (150.5g) Cucumber
- 4 clove (12g) Garlic
- 220g Onion
- 2 tsp chopped (2.5g) Parsley
- 1/2 whole, medium (55g) Red Onion
- 60g Spinach
- 100g Tinned Sweet Corn
- 100g Tomato Passata