

🕒 10 min / 1 serving



Frozen Blueberry and Matcha Overnight Oats

800
CALORIES

53g
PROTEIN

109g
CARBS

20g
FAT

Preparation

Prepare the night before and you'll wake up like it's your birthday every day!

Step 1: In a small bowl, whisk the matcha and warm water (2 tbsp) together until a smooth consistency is formed.

Step 2: Take the frozen berries, the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

Step 3: Once you have a delicious purée, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

Step 4: Slice the kiwi and layer it on top with a couple of extra raspberries and store in the fridge overnight!

Ingredients

- 80g frozen blueberries
- 80g frozen raspberries
- 1 medium kiwifruit
- 150g greek yogurt (whole milk)
- 300ml almond milk
- 60g oats
- 4 tsp honey
- 30g vanilla whey protein (80%)
- 2 tsp chia seeds
- 1 tsp matcha powder



🕒 25 min / 1 serving

Bossy Buffalo Chicken Wraps

1,167
CALORIES

76g
PROTEIN

96g
CARBS

56g
FAT

Preparation

Step 1: First, dice the chicken and place in a bowl along with the olive oil, chili powder, and a little salt and pepper.

Step 2: Heat a frying pan over a medium heat and add the chicken mix

Step 3: While the chicken cooks into something special, slice your avocado, celery, and sun-dried tomatoes and set aside.

Step 4: Once the chicken has cooked through, layer on top of the tortillas along with the avocado and sun-dried tomatoes. Then do a little wrap.

Step 5: Serve with a dollop of Greek yogurt on the side!

Ingredients

- 225g chicken breast
- 3 whole whole wheat tortillas
- 45g greek yogurt (whole milk)
- 1/2 tsp chili powder
- 4 tsp olive oil
- 2 stalk, medium (7-1/2" - 8" long) celery
- 3/4 whole avocado
- 45g sun-dried tomatoes

🕒 35 min / 1 serving

Spicy Crispy Chicken Burger

1,223
CALORIES

82g
PROTEIN

132g
CARBS

41g
FAT



Preparation

Step 1: Place your chicken breast onto a clean, flat surface, and cover with a sheet of cling film. Using a rolling pin, lightly pound/roll out the chicken breast until it reaches about a $\frac{3}{4}$ -inch thickness. Your ultimate goal is to reach this thickness while maintaining solid burger shape; trimming the edges of the chicken breast to achieve this is perfectly acceptable!

Step 2: In a medium-sized bowl, combine the juice from a wedge of lemon, milk, $\frac{1}{2}$ the paprika, onion powder, garlic powder, salt, and pepper.

Step 3: Place your chicken breast into the bowl and leave to marinate for up to 30 minutes (if stuck for time, 10 minutes will do!).

Step 4: While you wait, beat the egg in a small bowl and place the breadcrumbs on a plate next to the beaten egg bowl.

Step 5: In a separate bowl mix the flour with the remaining paprika, oregano, and chili powder.

Step 6: Remove the chicken breast from the milk marinade and coat with the flour mix ensuring that the breast is completely covered. Then, dip the chicken into the beaten egg, further ensuring the chicken is fully coated. Finally, lay the chicken breast onto the breadcrumbs and work them together to finalise the coating process.

Step 7: Heat the sunflower oil in a frying pan over a medium to high heat. Carefully place your coated chicken burger breast into the pan and fry for between 4 and 5 minutes per side.

Step 8: Slice your tomatoes and onion into burger slices.

Step 9: Once cooked through and golden brown on the outside, allow to rest on a wire rack above a paper towel for a minute or two in order to remove excess oil.

Step 10: Layer your burger in a lightly-toasted bun with sliced tomato and lettuce underneath, with the sliced red onion and additional herbs on top!

Step 11: Serve with a side of sugar-free ketchup or mustard!

Ingredients

- 200g chicken breast
- 2 bun whole wheat burger bun
- 1 medium egg(s)
- 3 tbsp bread crumbs
- 1 wedge lemon
- 150g milk (1% fat)
- 35g wheat flour, whole-grain, soft wheat
- 1 $\frac{1}{2}$ tsp paprika
- $\frac{1}{2}$ tsp, ground dried oregano
- $\frac{1}{2}$ tsp chili powder
- 1 tsp onion powder
- 1 tsp garlic powder
- $\frac{1}{4}$ tsp table salt
- $\frac{1}{4}$ tsp, ground black pepper
- 1 $\frac{1}{2}$ tbsp sunflower oil
- $\frac{1}{2}$ medium whole tomatoes, red, ripe
- 3 leaf, medium iceberg lettuce

🕒 5 min / 1 serving

Sweet Power Pistachio!

385
CALORIES**13g**
PROTEIN**42g**
CARBS**20g**
FAT

Preparation

Your toasty companion that will keep that sweet tooth at bay!

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

Step 3: Sprinkle with the crushed pistachios (go on, give them a crush) and drizzle with the honey.

Ingredients

- 2 slice regular whole grain bread
- 1/2 whole avocado
- 15g pistachio nuts
- 1 tsp honey

🕒 5 min / 1 serving



Chocolate Protein and Mixed Nut Power

329
CALORIES

35g
PROTEIN

18g
CARBS

14g
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 mixed nuts on the side!

Go nuts...

Ingredients

- 30g chocolate whey protein (80%)
.....
- 200ml milk (1% fat)
.....
- 20g mixed nuts
.....

Ingredients Needed

Baked

- 3 tbsp (45g) Bread Crumbs
- 2 slice regular (60g) Whole Grain Bread
- 2 Bun (120g) Whole Wheat Burger Bun
- 3 whole (123g) Whole Wheat Tortillas

Dairy and Egg

- 1 medium (44g) Egg(s)
- 300g Greek Yogurt (whole milk)
- 300g Milk (1% fat)

Fats and Oils

- 4 tsp (18g) Olive Oil
- 1 1/2 tbsp (21g) Sunflower Oil

Fruits and Fruit Juices

- 226g Avocado
- 80g Frozen Blueberries
- 80g Frozen Raspberries
- 1 medium (74g) Kiwifruit
- 1 wedge (6g) Lemon

Grains, Noodles and Pasta

- 60g Oats
- 35g Wheat flour, whole-grain, soft wheat

Nuts and Seeds

- 300 ml (300g) Almond Milk
- 2 tsp (8g) Chia Seeds

- 20g Mixed Nuts
- 15g Pistachio Nuts

Poultry

- 450g Chicken Breast

Protein Powders

- 30g Chocolate Whey Protein (80%)
- 30g Vanilla Whey Protein (80%)

Spices and Herbs

- 1/4 tsp, ground (0.575g) Black Pepper
- 2g Chili Powder
- 1/2 tsp, ground (0.9g) Dried Oregano
- 1 tsp (3.1g) Garlic Powder
- 1 tsp (2g) Matcha Powder
- 1 tsp (2.4g) Onion Powder
- 1 1/2 tsp (3.45g) Paprika
- 1/4 tsp (1.5g) Table Salt

Sweets

- 56g Honey

Vegetables

- 2 stalk, medium (7-1/2" - 8" long) (80g) Celery
- 3 leaf, medium (24g) Iceberg Lettuce
- 45g Sun-Dried Tomatoes
- 1/2 medium whole (61.5g) Tomatoes, Red, Ripe