



🕒 20 min / 1 serving

Mediterranean Beefy Burrito

989
CALORIES

52g
PROTEIN

89g
CARBS

48g
FAT

Preparation

Loaded with protein and Mediterranean power!

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 egg in the pan for about 5 minutes, or until the majority of the liquid becomes solid, slice up sun-dried tomatoes and spinach on the side

Step 4: Throw the spinach, tomatoes, and beef into the pan along with the egg and toss together

Step 5: After about 2 minutes of cooking, add the mozzarella cheese to the party

Step 6: Once the cheese has melted a little and the beef is cooked through, 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)

Perfecto!

Ingredients

- 2 medium egg(s)
- 2 tsp olive oil
- 20g baby spinach
- 50g ground beef (5% fat)
- 20g sun-dried tomatoes
- 4 whole whole wheat tortillas
- 50g mozzarella cheese (whole milk)



🕒 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

🕒 25 min / 1 serving

Garlicky Tofu Bites

1,115
CALORIES

50g
PROTEIN

133g
CARBS

46g
FAT

Preparation

Step 1: Place your quinoa in a medium-sized saucepan with enough water to cover the surface by about an inch. Heat over a medium heat and allow to cook on the side.

Step 2: Slice that tofu into even-sized chunks and place in a bowl.

Step 3: Season with a little salt and pepper, and then lightly cover with the flour and mixed herbs. Coat evenly.

Are you ready for things to heat up?

Step 4: Take out your bestest frying pan, and heat half the olive oil over a medium heat and then add those tofu cubes allowing to cook evenly for around 5 minutes.

Step 5: Finely slice your garlic and parsley, and then chop all remaining vegetables into bite-size cubes.

Step 6: Add the garlic and parsley to the tofu pan and further cook for another 2 - 3 minutes. Add a little extra olive oil if necessary.

Step 7: In a side pan, heat the remaining olive oil over a medium heat and cook the chopped vegetables for 4 - 5 minutes until lightly browned and tender.

Step 8: Drizzle the tofu with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.

Ingredients

- 160g quinoa
- 180g tofu, firm, prepared with nigari
- 1 tbsp wheat flour, whole-grain, soft wheat
- 1 tbsp mixed herbs
- 4 tsp olive oil
- 4 clove garlic
- 4 tsp parsley
- 1/2 medium/whole courgette (zucchini)
- 1/2 whole, medium red onion
- 1/2 medium red bell pepper (capsicum)
- 2 wedge lemon



🕒 5 min / 1 serving

Feta Cheese and Apricot Toast

289
CALORIES

14g
PROTEIN

31g
CARBS

13g
FAT

Preparation

You may wish to repeat this one!

Step 1: Place your bread into a toaster and let things heat up while you chop your apricot into bite-size slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and apricot on top.

Step 3: Sprinkle with the cashews and get tucked in!

Ingredients

- 2 slice regular whole grain bread
- 30g feta cheese
- 1 apricot apricot(s)
- 10g cashew nuts

🕒 5 min / 1 serving



Chocolate Protein and Almond Power

584
CALORIES

45g
PROTEIN

27g
CARBS

36g
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 almonds on the side!

That's it in a nutshell...

Ingredients

- 30g chocolate whey protein (80%)
- 200ml milk (1% fat)
- 65g almonds

Ingredients Needed

Baked

- 2 slice regular (60g) Whole Grain Bread
- 4 whole (164g) Whole Wheat Tortillas

Beef

- 50g Ground Beef (5% fat)

Dairy and Egg

- 2 medium (88g) Egg(s)
- 30g Feta Cheese
- 200 ml (208g) Milk (1% fat)
- 50g Mozzarella Cheese (whole milk)

Fats and Oils

- 27g Olive Oil

Finfish and Shellfish

- 225g Atlantic Salmon (farmed)

Fruits and Fruit Juices

- 1 apricot (35g) Apricot(s)
- 24g Lemon

Grains, Noodles and Pasta

- 160g Quinoa
- 1 tbsp (7.8g) Wheat flour, whole-grain, soft wheat

Legumes

- 180g Tofu, firm, prepared with nigari

Nuts and Seeds

- 65g Almonds

- 10g Cashew Nuts

Protein Powders

- 30g Chocolate Whey Protein (80%)

Spices and Herbs

- 1 tsp, leaves (1g) Dried Oregano
- 1 tbsp (2.7g) Mixed Herbs
- 1 tsp (2.3g) Paprika
- 2 pinch (0.6g) Table Salt

Vegetables

- 20g Baby Spinach
- 1/2 Medium/whole (98g) Courgette (Zucchini)
- 4 clove (12g) Garlic
- 4 tsp (5.32g) Parsley
- 358g Red Bell Pepper (capsicum)
- 1/2 whole, medium (55g) Red Onion
- 20g Sun-Dried Tomatoes
- 350g Sweet Potato