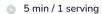


297





Peanut Power Oatmeal!

30g

11g

FAT

21g

CALORIES PROTEIN CARBS

Ingredients		
15g peanut butter, smooth style, without salt		
30g oats		
15g vanilla vegan protein blend (70%)		
110ml almond milk		
40g raspberries		
Preparation		
One of the simplest meals on Earth!		
Step 1: Mash all ingredients together in a bowl except the raspberries		
Step 2: Place the bowl in the microwave for 1 minute		
Step 3: Serve with the raspberries on top!		
Step 4: Get your feed on.		



338

CALORIES



15 min / 1 serving

The Superman Sandwich

23a

PROTEIN

Ingredients			
	60g seitan		
	40g tomatoes, red, ripe		
	30g red onion		
	30g vegan cheddar cheese		
	2 slice regular whole grain bread		

39a

CARBS

9a

FAT

Preparation

Pretty super, and pretty simple!

Step 1: Pre-grill your sliced seitan until it is cooked all the way through and then allow to chill in the refrigerator. Drizzle with a little soy sauce to absorb some extra flavour!

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the tomato and onion and get them ready for action.

Step 4: Layer all ingredients in whatever order you see fit. We personally went with bread, lettuce, seitan, tomato, onion, then the cheddar on top with the second slice of bread to finish!



323

CALORIES



15 min / 1 serving

Ultimate Strength Salad

24g

PROTEIN

Ingredients		
	50g mixed salad leaves	
	1 tsp brown sugar	
	20g sun-dried tomatoes	
	1/2 tsp dijon mustard (whole grain)	
	1 medium carrot	
	3 tsp olive oil	
	80g seitan	

26a

CARBS

15g

FAT

Preparation

Step 1: Slice your seitan and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

Step 2: Whisk the sugar, mustard, and remaining olive oil to create a nice dressing.

Step 3: Toss the mixed leaves in a bowl with the sweet mustard dressing and place into a bowl

Step 4: Layer the seitan, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

Step 5: Serve up!





<1 min / 1 serving</p>

Almond Snack

87 3g 3g 7g
CALORIES PROTEIN CARBS FAT

Ingredients

15g almonds

Preparation

Serve on the side, plant protein power!





<1 min / 1 serving</p>

Watermelon

60 1g 15g 0g CALORIES PROTEIN CARBS FAT

Ingredients

200g watermelon

Preparation

Treat yourself to another slice, or two...



Ingredients Needed

Bake	ed	
	2 slice regular (60g) Whole Grain Bread	
Dair	y and Egg	
	30g Vegan Cheddar Cheese	
Fats	and Oils	
	3 tsp (13.5g) Olive Oil	
Fruit	s and Fruit Juices	
	40g Raspberries	
	200g Watermelon	
Grains, Noodles and Pasta		
	30g Oats	
	120g Seitan	
Legu	ımes	
	15g Peanut butter, smooth style, without salt	
Nuts	and Seeds	
	110ml (110g) Almond Milk	
	15g Almonds	
Protein Powders		
	15g Vanilla Vegan Protein Blend (70%)	

	1/2 tsp (2.5g) Dijon Mustard (Whole Grain)		
Sweets			
	1 tsp (3g) Brown Sugar		
Veg	etables		
	1 medium (61g) Carrot		
	50g Mixed Salad Leaves		
	30g Red Onion		
	20g Sun-Dried Tomatoes		

40g Tomatoes, Red, Ripe

Spices and Herbs