



🕒 5 min / 1 serving

The Just-Right Raspberry Smoothie

298
CALORIES

27g
PROTEIN

39g
CARBS

5g
FAT

Ingredients

45g raspberries

25g oats

175ml milk (1% fat)

20g vanilla whey protein (80%)

1 tsp honey

Preparation

Ideally, use chilled or even frozen raspberries for this splendid mix of sensational satisfaction.

Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

Step 2: Securely fasten the lid and blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a smoothie that feels just right.



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Sweet Goat's Cheese and Mango on Toast

362
CALORIES

17g
PROTEIN

41g
CARBS

15g
FAT

Ingredients

- 2 slice regular whole grain bread
- 40g goats cheese
- 60g mango
- 1 tsp honey
- 1 dash sea salt

Preparation

Something new that you'll definitely want to try again!

Step 1: Place your bread into a toaster and let things heat up while you slice the goat's cheese and mango on the side.

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

Step 3: Drizzle with honey and a small sprinkle of salt.

Get crunchy.



🕒 5 min / 1 serving

Chickpea Asparagus Super Salad

333
CALORIES

16g
PROTEIN

47g
CARBS

12g
FAT

Ingredients

- 80g chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained
- 20g feta cheese
- 45g sun-dried tomatoes
- 1 tsp olive oil
- 4 spear, medium (5-1/4" to 7" long) asparagus
- 1 wedge lemon

Preparation

Step 1: First, set a saucepan of water to boil over a high heat.

Step 2: Drain your chickpeas and sun-dried tomatoes, season with a little salt and pepper, and set aside.

Step 3: Roughly chop your asparagus spears and add them to a saucepan and bring down to a simmer for about 5 minutes.

Step 4: Drain away any excess water and allow to cool.

Step 5: Roughly chop your sun-dried tomatoes.

Step 6: Once cooled, mix the asparagus, chickpeas, and tomatoes in a serving bowl and crumble the feta on top along with the olive oil, a drizzle of lemon juice, and a touch of salt and pepper.

Step 7: Add any additional herbs and spices that you deem worthy and serve!



🕒 1 min / 1 serving

Orange and Walnut Power!

127

CALORIES

3g

PROTEIN

17g

CARBS

7g

FAT

Ingredients

1 fruit (2-5/8" dia) oranges

10g walnuts

Preparation

Step 1: Eat the orange and the walnuts. All of them.

Get nutty!



 <1 min / 1 serving

Strawberries

24
CALORIES

1g
PROTEIN

6g
CARBS

0g
FAT

Ingredients

75g strawberries

Preparation

Is it a fruit? Is it a berry? Who cares.

Ingredients Needed

Baked

2 slice regular (60g) Whole Grain Bread

Dairy and Egg

20g Feta Cheese

40g Goats Cheese

175ml (182g) Milk (1% fat)

Fats and Oils

1 tsp (4.5g) Olive Oil

Fruits and Fruit Juices

1 wedge (6g) Lemon

60g Mango

1 fruit (2-5/8" dia) (131g) Oranges

45g Raspberries

75g Strawberries

Grains, Noodles and Pasta

25g Oats

Legumes

80g Chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained

Nuts and Seeds

10g Walnuts

Protein Powders

20g Vanilla Whey Protein (80%)

Spices and Herbs

1 dash (0.4g) Sea Salt

Sweets

14g Honey

Vegetables

4 spear, medium (5-1/4" to 7" long) (64g)
Asparagus

45g Sun-Dried Tomatoes