



🕒 5 min / 1 serving

Velvet Berry Smoothie

390
CALORIES

35g
PROTEIN

57g
CARBS

5g
FAT

Ingredients

- 60g frozen blueberries
- 1 medium (7" to 7-7/8" long) banana(s)
- 250ml milk (1% fat)
- 30g vanilla whey protein (80%)
- 1 tsp honey

Preparation

Ideally, use a chilled or even a frozen banana and berries for this splendid mix of antioxidant-filled goodness.

Step 1: Place all ingredients into your blender of choice and take a look at what is about to become an absolute sensation.

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 that sensational smoothie treat that will occupy your dreams for weeks to come.



🕒 20 min / 1 serving

Mediterranean Burrito

387
CALORIES

20g
PROTEIN

30g
CARBS

21g
FAT

Ingredients

- 2 medium egg(s)
.....
- 1 tsp olive oil
.....
- 1 whole whole wheat tortillas
.....
- 10g baby spinach
.....
- 5g black olives
.....
- 10g sun-dried tomatoes
.....
- 15g feta cheese
.....
- 20g black beans (canned)

Preparation

Loaded with protein and Mediterranean flavour!

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

Step 4: Throw the olives, spinach, tomatoes, and beans into the pan along with the egg and toss

together

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

Step 6: Once the cheese has melted a little, 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)

Et Voilà!



🕒 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

Strawberries

26
CALORIES

1g
PROTEIN

6g
CARBS

0g
FAT

Ingredients

80g strawberries

Preparation

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



 <1 min / 1 serving

Cherries

54
CALORIES

1g
PROTEIN

14g
CARBS

0g
FAT

Ingredients

85g sweet cherries

Preparation

Nobody's getting tired of these!

Ingredients Needed

Baked

1 whole (41g) Whole Wheat Tortillas

Dairy and Egg

2 medium (88g) Egg(s)

30g Feta Cheese

250ml (260g) Milk (1% fat)

Fats and Oils

10g Olive Oil

Fruits and Fruit Juices

1 medium (7" to 7-7/8" long) (118g) Banana(s)

5g Black Olives

60g Frozen Blueberries

1 wedge (6g) Lemon

80g Strawberries

85g Sweet Cherries

Legumes

20g Black beans (canned)

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

Protein Powders

30g Vanilla Whey Protein (80%)

Sweets

1 tsp (7g) Honey

Vegetables

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

10g Baby Spinach

20g Sun-Dried Tomatoes