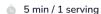


CALORIES





## Wake-Up Banana Power Smoothie

24g

PROTEIN

Ingredients			
	1 medium (7" to 7-7/8" long) banana(s)		
	40g oats		
	20g vanilla vegan protein blend (70%)		
	250ml almond milk		

57g

CARBS

6a

FAT

### Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutritional goodness.

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

**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 fresh serving of heaven.



CALORIES



20 min / 1 serving

## VIP Club Sandwich

18a

PROTEIN

Ingredients		
	40g tofu, firm, prepared with nigari	
	2 slice regular whole grain bread	
	1 handful arugula (rocket)	
	1/2 medium whole tomatoes, red, ripe	
	1 tsp olive oil	
	20g vegan parmesan cheese	
	1 pinch table salt	
	1 pinch black pepper	
	1 tsp dijon mustard (whole grain)	

37a

CARBS

19a

FAT

### Preparation

Pretty super, and pretty simple!

**Step 1**: Pre-grill your thinly sliced tofu until it is cooked all the way through and then allow to chill in the refrigerator, marinade with a little soy sauce if you like!

**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 into sandwich slices! Then, do the same with the cheese.

**Step 4:** Spread the mustard on one slice of toast. Then layer all ingredients in whatever order you see fit. We personally went with bread, half the arugula, tofu, tomato, cheese, the other half of the arugula, a drizzle of olive oil, and a pinch of salt and pepper. Then top off with the mustard spread slice!





35 min / 1 serving

CALORIES PROTEIN

# Roasted Butternut Squash and Tofu Salad

24g

CARBS

25g

FAT

17g

Ingredients		
	75g butternut squash	
	75g tofu, firm, prepared with nigari	
	1 1/2 tsp olive oil	
	1/2 tsp, ground dried oregano	
	1/4 tsp cumin powder	
	1/2 tsp dried rosemary	
	1/2 tsp garlic powder	
	50g mixed salad leaves	
	1 wedge lemon	
	5 whole black olives	
	3 piece sun-dried tomatoes	
	1 tsp balsamic vinegar	
	15g pumpkin seeds	

## Preparation

Step 1: Preheat that glorious oven to 180c (350f)

**Step 2:** Chop your butternut squash and tofu into 1-inch cubes

**Step 3:** Place those 1-inch cubes into a mixing bowl along with ½ the olive oil and all those fragrant herbs and spices, yummy. Season with a little salt and pepper and mix to coat.

**Step 4:** Spread the squash and tofu evenly on a baking tray and place into the oven for 25 - 30 minutes

**Step 5:** Chop your olives and sun-dried tomatoes into happy slices

**Step 6:** Place the salad leaves in a bowl and drizzle with the remaining olive oil, the juice from the lemon, and the balsamic vinegar

**Step 7:** Layer the squash on top along with the sundried tomatoes, olives, and sunflower seeds

Enjoy!







## **Chocolate Protein and** Refreshing Watermelon

23a

CALORIES	PROTEIN	CARBS	FAT		
Ingredient	ts				
25g d	chocolate ve	gan protein	blend (70%	)	
200n	nl soy milk				
30g v	watermelon				
Preparation					
<b>Step 1:</b> Thoroughly mix the protein powder with the					

15a

**4**g

Step 2: Serve up with the watermelon on the side!

This snack is one in a melon...





<1 min / 1 serving</p>

## **Peach**

59 1g 14g 0g CALORIES PROTEIN CARBS FAT

#### Ingredients

1 medium (2-2/3" dia) peach(es)

### Preparation

You could eat this for hours!



## **Ingredients Needed**

Bake	d		
	2 slice regular (60g) Whole Grain Bread		
Dairy and Egg			
	20g Vegan Parmesan Cheese		
Fats and Oils			
	10g Olive Oil		
Fruit	s and Fruit Juices		
	1 medium (7" to 7-7/8" long) (118g) Banana(s)		
	5 whole (16.5g) Black Olives		
	1 wedge (6g) Lemon		
	1 medium (2-2/3" dia) (150g) Peach(es)		
	30g Watermelon		
Grair	ns, Noodles and Pasta		
	40g Oats		
Legumes			
	200ml (200g) Soy Milk		
	80g Tofu, firm, prepared with nigari		
Nuts and Seeds			
	250ml (250g) Almond Milk		
	15g Pumpkin Seeds		

	25g Chocolate Vegan Protein Blend (70%)			
	20g Vanilla Vegan Protein Blend (70%)			
Spic	Spices and Herbs			
	1 tsp (5.3g) Balsamic Vinegar			
	1 pinch (0.2g) Black Pepper			
	1/4 tsp (1.25g) Cumin Powder			
	1 tsp (5g) Dijon Mustard (Whole Grain)			
	1/2 tsp, ground (0.9g) Dried Oregano			
	1/2 tsp (0.6g) Dried Rosemary			
	1/2 tsp (1.55g) Garlic Powder			
	1 pinch (0.3g) Table Salt			
Vegetables				
	1 handful (10g) Arugula (Rocket)			
	75g Butternut Squash			
	50g Mixed Salad Leaves			
	3 piece (6g) Sun-Dried Tomatoes			

1/2 medium whole (61.5g) Tomatoes, Red, Ripe

**Protein Powders**