



🕒 5 min / 1 serving

Wake-Up Banana Power Smoothie

371
CALORIES

24g
PROTEIN

57g
CARBS

6g
FAT

Ingredients

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

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.



🕒 20 min / 1 serving

VIP Club Sandwich

378	18g	37g	19g
CALORIES	PROTEIN	CARBS	FAT

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)

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

Roasted Butternut Squash and Tofu Salad

357
CALORIES

17g
PROTEIN

24g
CARBS

25g
FAT

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 sun-dried tomatoes, olives, and sunflower seeds

Enjoy!



5 min / 1 serving

Chocolate Protein and Refreshing Watermelon

187	23g	15g	4g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 25g chocolate vegan protein blend (70%)
- 200ml soy milk
- 30g watermelon

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 watermelon on the side!

This snack is one in a melon...



 <1 min / 1 serving

Peach

59
CALORIES

1g
PROTEIN

14g
CARBS

0g
FAT

Ingredients

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

Preparation

You could eat this for hours!

Ingredients Needed

Baked

2 slice regular (60g) Whole Grain Bread

Dairy and Egg

20g Vegan Parmesan Cheese

Fats and Oils

10g Olive Oil

Fruits 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

Grains, 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

Protein Powders

25g Chocolate Vegan Protein Blend (70%)

20g Vanilla Vegan Protein Blend (70%)

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