



🕒 5 min / 1 serving

Pineapple Punch Power Smoothie

424

CALORIES

40g

PROTEIN

53g

CARBS

8g

FAT

Ingredients

- 40g pineapple
- 1 1/2 medium (7" to 7-7/8" long) banana(s)
- 250ml almond milk
- 50g greek yogurt (whole milk)
- 40g vanilla whey protein (80%)

Preparation

Ideally, use chilled or even frozen pineapple and banana for this splendid tropical treat .

Step 1: Place all ingredients into that little beast of a blender and securely fasten the lid.

Step 2: 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 will take you on vacation!



🕒 10 min / 1 serving

Classy Caprese Salad

328
CALORIES

19g
PROTEIN

18g
CARBS

21g
FAT

Ingredients

- 1 tsp chopped parsley
- 1 tsp drained capers (canned)
- 1 clove garlic
- 1 tsp olive oil
- 1 1/2 medium whole tomatoes, red, ripe
- 70g mozzarella cheese (whole milk)
- 5g basil leaves
- 1 medium red bell pepper (capsicum)
- 1 dash dried oregano

Preparation

Step 1: The first thing you're going to do is slice that tomato, mozzarella, and the red pepper. Mince your garlic too!

Step 2: Finely slice your parsley and drain your capers.

Step 3: Take out a small bowl and mix the parsley, oregano, garlic, capers, and olive oil to create your dressing.

Step 4: You're now ready to get creative! Arrange the mozzarella slices and tomato in super stylish

presentation. Throw the basil leaves over the top like a Michelin star chef, with nothing but pure class.

Step 5: Finally, top everything off with the dressing, drizzled like a boss.



🕒 20 min / 1 serving

Mediterranean Burrito

387
CALORIES

20g
PROTEIN

30g
CARBS

21g
FAT

Ingredients

- 2 medium egg(s)
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- 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!



 <1 min / 1 serving

Watermelon

45

CALORIES

1g

PROTEIN

11g

CARBS

0g

FAT

Ingredients

150g watermelon

Preparation

Treat yourself to another slice, or two...



 <1 min / 1 serving

Walnut Snack

98
CALORIES

2g
PROTEIN

2g
CARBS

10g
FAT

Ingredients

15g walnuts

Preparation

For brain health!

Ingredients Needed

Baked

1 whole (41g) Whole Wheat Tortillas

Dairy and Egg

2 medium (88g) Egg(s)

15g Feta Cheese

50g Greek Yogurt (whole milk)

70g Mozzarella Cheese (whole milk)

Fats and Oils

10g Olive Oil

Fruits and Fruit Juices

1 1/2 medium (7" to 7-7/8" long) (177g)
Banana(s)

5g Black Olives

40g Pineapple

150g Watermelon

Legumes

20g Black beans (canned)

Nuts and Seeds

250ml (250g) Almond Milk

15g Walnuts

Protein Powders

40g Vanilla Whey Protein (80%)

Spices and Herbs

5g Basil Leaves

1 tsp drained (4g) Capers (canned)

1 dash (0.4g) Dried Oregano

Vegetables

10g Baby Spinach

1 clove (3g) Garlic

1 tsp chopped (1.25g) Parsley

1 medium (119g) Red Bell Pepper (capsicum)

10g Sun-Dried Tomatoes

1 1/2 medium whole (184.5g) Tomatoes, Red,
Ripe