



🕒 5 min / 1 serving

Peanut Power Oatmeal!

426	37g	45g	12g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 10g peanut butter, smooth style, without salt
- 50g oats
- 30g vanilla whey protein (80%)
- 175ml almond milk
- 50g raspberries

Preparation

One of the simplest meals on Earth!

Step 1: Mash all ingredients together in a bowl except the raspberries

Step 2: Place the bowl in the microwave for 1 minute

Step 3: Serve with the raspberries on top!

Step 4: Get your feed on.



🕒 5 min / 1 serving

Sweet Goat's Cheese and Mango on Toast

387
CALORIES

19g
PROTEIN

49g
CARBS

13g
FAT

Ingredients

- 3 slice regular whole grain bread
- 30g goats cheese
- 30g 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.



🕒 20 min / 1 serving

Grilled Power Veggie Burgers

414
CALORIES

19g
PROTEIN

55g
CARBS

14g
FAT

Ingredients

- 40g canned lentils
- 40g chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained
- 1/2 piece red chilli pepper
- 1/2 tsp paprika
- 1 clove garlic
- 20g spinach
- 1/2 tsp olive oil
- 1/4 medium whole tomatoes, red, ripe
- 1/4 whole, medium red onion
- 1/4 whole avocado
- 1 bun whole wheat burger bun
- 1/2 tsp cumin powder
- 1/2 medium egg(s)

Preparation

This veggie burger will have you coming back for more!

Step 1: Chop the chilli and the garlic into fine

chunks.

Step 2: Drain the lentils and chickpeas before mashing (with a potato masher) in a bowl.

Step 3: When you have a nicely mashed mix, add the egg, the chilli, the paprika, the cumin, a dash of salt and pepper, and the garlic clove to the bowl. Mix it a little.

Step 4: Give your hands a quick rinse before forming the mix into a burger patty. If the mix is a little wet, add a very small amount of wholegrain flour!

Step 5: Massage the newly-formed burger patty with the olive oil, and place under a medium-heat grill for 10 – 15 minutes (flipping the patty at the halfway point).

Step 6: Slice the tomato, onion, and avocado to slide into your burger.

Step 7: Once cooked through, begin to layer the lower bun in the following order: spinach, burger patty, onion, tomato and the cheeky avocado; slap the top section on and you're ready to go!

Step 8: Serve up like Serena.



 <1 min / 1 serving

Red Grapes

69

CALORIES

1g

PROTEIN

18g

CARBS

0g

FAT

Ingredients

100g red grapes

Preparation

Not quite a glass of wine, but close!



🕒 1 min / 1 serving

Orange and Mixed Nuts Power!

122

CALORIES

3g

PROTEIN

18g

CARBS

6g

FAT

Ingredients

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

10g mixed nuts

Preparation

Step 1: Eat the orange and the mixed nuts. All of them.

Did you know that oranges are technically a berry!

Ingredients Needed

Baked

- 3 slice regular (90g) Whole Grain Bread
- 1 Bun (60g) Whole Wheat Burger Bun

Dairy and Egg

- 1/2 medium (22g) Egg(s)
- 30g Goats Cheese

Fats and Oils

- 1/2 tsp (2.25g) Olive Oil

Fruits and Fruit Juices

- 1/4 whole (37.5g) Avocado
- 30g Mango
- 1 fruit (2-5/8" dia) (131g) Oranges
- 50g Raspberries
- 100g Red Grapes

Grains, Noodles and Pasta

- 50g Oats

Legumes

- 40g Canned Lentils
- 40g Chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained
- 10g Peanut butter, smooth style, without salt

Nuts and Seeds

- 175ml (175g) Almond Milk
- 10g Mixed Nuts

Protein Powders

- 30g Vanilla Whey Protein (80%)

Spices and Herbs

- 1/2 tsp (2.5g) Cumin Powder
- 1/2 tsp (1.15g) Paprika
- 1 dash (0.4g) Sea Salt

Sweets

- 1 tsp (7g) Honey

Vegetables

- 1 clove (3g) Garlic
- 1/2 piece (22.5g) Red Chilli Pepper
- 1/4 whole, medium (27.5g) Red Onion
- 20g Spinach
- 1/4 medium whole (30.75g) Tomatoes, Red, Ripe