



5 min / 1 serving

# Peanut Butter Power Smoothie

**351**  
CALORIES

**24g**  
PROTEIN

**34g**  
CARBS

**14g**  
FAT

## Ingredients

- 1/2 medium (7" to 7-7/8" long) banana(s)
- 20g oats
- 20g peanut butter, smooth style, without salt
- 200ml almond milk
- 20g vanilla vegan protein blend (70%)

## Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of peanutty protein power.

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

**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 muscle-building goodness.



🕒 20 min / 1 serving

# Simple Seitan, Broccoli, and Rice Meal Prep!

455

CALORIES

37g

PROTEIN

53g

CARBS

12g

FAT

## Ingredients

- 50g brown rice (medium-grain)
- 120g seitan
- 1/4 tsp brown sugar
- 1/4 tsp paprika
- 1/2 tsp cumin powder
- 1/2 tsp garlic powder
- 2 tsp olive oil
- 100g broccoli

## Preparation

Simply multiply all ingredients if you wish to bulk cook!

**Step 1:** Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice to 2 parts water.

**Step 2:** Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

**Step 3:** In the meantime, take out a bowl and combine the seitan with the brown sugar, paprika, cumin, garlic powder, salt, and pepper.

**Step 4:** Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

**Step 5:** Add the olive oil and then the seitan to this desirable pan and cook for around 3 minutes per side.

**Step 6:** Once the seitan has developed a nice browning colour on both sides, turn off the heat and allow it to rest for a further 5 minutes.

**Step 7:** While the seitan is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute.

**Step 8:** Slice the seitan into bite-size pieces and then (if meal prepping) pull out your meal prep containers. Divide the portions evenly among your meal prep containers.

**Step 9:** If meal prepping- cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!



🕒 15 min / 1 serving

# Ultimate Strength Salad

<b>459</b>	<b>36g</b>	<b>39g</b>	<b>20g</b>
CALORIES	PROTEIN	CARBS	FAT

## Ingredients

- 50g mixed salad leaves
- 1 1/2 tsp brown sugar
- 30g sun-dried tomatoes
- 4 tsp olive oil
- 1 tsp dijon mustard (whole grain)
- 120g seitan
- 1 1/2 medium carrot

## Preparation

**Step 1:** Slice your seitan and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

**Step 2:** Whisk the sugar, mustard, and remaining olive oil to create a nice dressing.

**Step 3:** Toss the mixed leaves in a bowl with the sweet mustard dressing and place into a bowl

**Step 4:** Layer the seitan, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

**Step 5:** Serve up!



🕒 5 min / 1 serving

# Rad Avocado Toast

141

CALORIES

5g

PROTEIN

16g

CARBS

7g

FAT

## Ingredients

- 1/4 whole avocado
- 1 slice regular whole grain bread
- 1 sprinkle sea salt
- 1 dash black pepper

## Preparation

This one will ignite your taste buds more than expected!

**Step 1:** Place your bread into a toaster and let things heat up while you scoop out the avocado and chop it into thin slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, layer the avocado on top.

**Step 3:** Sprinkle with some watercress and a little sliced radish if you have it! Get crunching.



🕒 1 min / 1 serving

## Orange and Walnut Power!

127

CALORIES

3g

PROTEIN

17g

CARBS

7g

FAT

### Ingredients

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

10g walnuts

### Preparation

**Step 1:** Eat the orange and the walnuts. All of them.

Get nutty!

# Ingredients Needed

## Baked

1 slice regular (30g) Whole Grain Bread

## Fats and Oils

18g Olive Oil

## Fruits and Fruit Juices

1/4 whole (37.5g) Avocado

1/2 medium (7" to 7-7/8" long) (59g) Banana(s)

1 fruit (2-5/8" dia) (131g) Oranges

## Grains, Noodles and Pasta

50g Brown Rice (medium-grain)

20g Oats

240g Seitan

## Legumes

20g Peanut butter, smooth style, without salt

## Nuts and Seeds

200ml (200g) Almond Milk

10g Walnuts

## Protein Powders

20g Vanilla Vegan Protein Blend (70%)

## Spices and Herbs

- 1 dash (0.4g) Black Pepper
- 1/2 tsp (2.5g) Cumin Powder
- 1 tsp (5g) Dijon Mustard (Whole Grain)
- 1/2 tsp (1.55g) Garlic Powder
- 1/4 tsp (0.575g) Paprika
- 1 sprinkle (0.4g) Sea Salt

### Sweets

- 2g Brown Sugar

### Vegetables

- 100g Broccoli
- 1 1/2 medium (91.5g) Carrot
- 50g Mixed Salad Leaves
- 30g Sun-Dried Tomatoes