



🕒 5 min / 1 serving

# The Berry Good Wake-Up Smoothie

**339**  
CALORIES

**39g**  
PROTEIN

**33g**  
CARBS

**7g**  
FAT

## Ingredients

- 45g raspberries
- 45g blueberries
- 45g strawberries
- 350ml almond milk
- 2 tsp honey
- 45g vanilla whey protein (80%)

## Preparation

Ideally, use chilled or even frozen berries for this splendid mix of berry delight.

**Step 1:** Place all ingredients into a solid 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 that antioxidant power house.



🕒 5 min / 1 serving

# Margherita Toast!

<b>450</b>	<b>25g</b>	<b>42g</b>	<b>20g</b>
CALORIES	PROTEIN	CARBS	FAT

## Ingredients

- 3 slice regular whole grain bread
- 1 1/2 medium whole tomatoes, red, ripe
- 60g mozzarella cheese (whole milk)
- 3/4 tsp olive oil
- 4 leaf basil leaves

## Preparation

When pizza doesn't hit your macros, or you simply don't have the time to bake up the Italian classic, this one is for you!

**Step 1:** Place your bread into a toaster and let things heat up while you slice the tomato and mozzarella into slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella and tomato on top.

**Step 3:** Scatter the basil leaves over your masterpiece, season with a little salt and pepper, and drizzle with the olive oil before crunching in.

Prego.



🕒 35 min / 1 serving

# Classic Turkish One-Pan Menemen

**398**  
CALORIES

**21g**  
PROTEIN

**36g**  
CARBS

**21g**  
FAT

## Ingredients

- 3/4 tbsp olive oil
- 1/2 medium onion
- 1/2 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- 1 piece red chilli pepper
- 25g sun-dried tomatoes
- 125g chopped tomatoes (canned)
- 1 tbsp, chopped parsley
- 1 tsp brown sugar
- 2 tbsp greek yogurt (whole milk)
- 1 clove garlic
- 2 medium egg(s)

## Preparation

**Step 1:** Chop the onion and bell pepper into bite-size slices and set aside.

**Step 2:** Finely slice the garlic and chilli and set to the other side.

**Step 3:** Heat the oil in a heavy-based frying pan over a medium temperature.

**Step 4:** Stir in the onions, bell pepper, and chilies and allow them all to become very well acquainted in the pan for about 3 minutes. Season with a little salt and pepper here too!

**Step 5:** Add the canned tomatoes and the sugar and bring to a light simmer to reduce the liquid. Then, add the sun-dried tomatoes and stir.

**Step 6:** Using a wooden spoon, create pockets that will hold the eggs.

**Step 7:** Crack an egg into each pocket, reduce the heat to low, and cover the pan. Allow the eggs to set.

**Step 8:** While you wait, beat the finely-sliced garlic into the yogurt and season well.

**Step 9:** Serve the menemen with some parsley sprinkled over the top and a dollop of the garlicky yogurt on the side.



🕒 1 min / 1 serving

## Banana and Cashew Power!

160

CALORIES

3g

PROTEIN

30g

CARBS

5g

FAT

### Ingredients

1 medium (7" to 7-7/8" long) banana(s)

10g cashew nuts

### Preparation

**Step 1:** Eat the banana and the cashew nuts. All of them.

Did you know that bananas float in water because they are less dense in comparison.



 <1 min / 1 serving

## Pistachio Snack

**112**

CALORIES

**4g**

PROTEIN

**6g**

CARBS

**9g**

FAT

### Ingredients

20g pistachio nuts

### Preparation

Mini mean, green energy machines!

# Ingredients Needed

## Baked

3 slice regular (90g) Whole Grain Bread

## Dairy and Egg

2 medium (88g) Egg(s)

2 tbsp (30g) Greek Yogurt (whole milk)

60g Mozzarella Cheese (whole milk)

## Fats and Oils

6g Olive Oil

## Fruits and Fruit Juices

1 medium (7" to 7-7/8" long) (118g) Banana(s)

45g Blueberries

45g Raspberries

45g Strawberries

## Nuts and Seeds

350ml (350g) Almond Milk

10g Cashew Nuts

20g Pistachio Nuts

## Protein Powders

45g Vanilla Whey Protein (80%)

## Spices and Herbs

4 Leaf (2g) Basil Leaves

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## Sweets

1 tsp (3g) Brown Sugar

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2 tsp (14g) Honey

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## Vegetables

125g Chopped Tomatoes (canned)

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1 clove (3g) Garlic

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1/2 medium (approx 2-3/4" long, 2-1/2" dia)  
(59.5g) Green Bell Pepper (capsicum)

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1/2 medium (55g) Onion

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1 tbsp, chopped (3.8g) Parsley

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1 piece (45g) Red Chilli Pepper

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25g Sun-Dried Tomatoes

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

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