



🕒 5 min / 1 serving

Peanut Power Oatmeal!

473	39g	53g	13g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 10g peanut butter, smooth style, without salt
- 60g oats
- 30g vanilla whey protein (80%)
- 200ml almond milk
- 60g 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

Feta Cheese and Apricot Toast

425

CALORIES

20g

PROTEIN

44g

CARBS

20g

FAT

Ingredients

3 slice regular whole grain bread

45g feta cheese

1 apricot apricot(s)

15g cashew nuts

Preparation

You may wish to repeat this one!

Step 1: Place your bread into a toaster and let things heat up while you chop your apricot into bite-size slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and apricot on top.

Step 3: Sprinkle with the cashews and get tucked in!



🕒 20 min / 1 serving

Grilled Power Veggie Burgers

441

CALORIES

21g

PROTEIN

61g

CARBS

14g

FAT

Ingredients

- 45g canned lentils
- 45g chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained
- 1 piece red chilli pepper
- 1/2 tsp paprika
- 1/2 tsp olive oil
- 1 clove garlic
- 20g spinach
- 1/2 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

Pear

101

CALORIES

1g

PROTEIN

27g

CARBS

0g

FAT

Ingredients

1 medium pear(s)

Preparation

Fruity and juicy!



🕒 1 min / 1 serving

Apple and Sunflower Seed Power!

153

CALORIES

3g

PROTEIN

27g

CARBS

5g

FAT

Ingredients

- 1 medium (3" dia) apple(s)
- 10g seeds, sunflower seed kernels, dried

Preparation

Step 1: Eat the apple and the sunflower seeds. All of them.

Ideally, find the sunflower seeds without the hull, if not you'll be here for hours...

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)

45g Feta Cheese

Fats and Oils

1/2 tsp (2.25g) Olive Oil

Fruits and Fruit Juices

1 medium (3" dia) (182g) Apple(s)

1 apricot (35g) Apricot(s)

1/4 whole (37.5g) Avocado

1 medium (178g) Pear(s)

60g Raspberries

Grains, Noodles and Pasta

60g Oats

Legumes

45g Canned Lentils

45g Chickpeas (garbanzo beans, bengal gram),
canned, rinsed in tap water, drained

10g Peanut butter, smooth style, without salt

Nuts and Seeds

- 200ml (200g) Almond Milk
- 15g Cashew Nuts
- 10g Seeds, sunflower seed kernels, dried

Protein Powders

- 30g Vanilla Whey Protein (80%)

Spices and Herbs

- 1/2 tsp (2.5g) Cumin Powder
- 1/2 tsp (1.15g) Paprika

Vegetables

- 1 clove (3g) Garlic
- 1 piece (45g) Red Chilli Pepper
- 1/4 whole, medium (27.5g) Red Onion
- 20g Spinach
- 1/2 medium whole (61.5g) Tomatoes, Red, Ripe