



5 min / 1 serving

# The Avocado Bananarama Smoothie

441

CALORIES

35g

PROTEIN

41g

CARBS

17g

FAT

## Ingredients

- 1/2 whole avocado
- 1 medium (7" to 7-7/8" long) banana(s)
- 250ml coconut milk drink (carton)
- 45g vanilla vegan protein blend (70%)
- 1g brown sugar

## Preparation

Ideally, use a chilled avocado and a chilled/frozen banana for this splendid mix of healthy fats and energy.

**Step 1:** Place all ingredients into that super 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 fresh serving of energy-boosting goodness!



🕒 5 min / 1 serving

# Sweet Strawberry and Peanut Butter on Toast

538

CALORIES

24g

PROTEIN

56g

CARBS

27g

FAT

## Ingredients

- 6 medium (1-1/4" dia) strawberries
- 45g peanut butter, smooth style, without salt
- 3 slice regular whole grain bread
- 1 tsp brown sugar

## 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 your strawberries on the side.

**Step 2:** Once the bread has made the incredible transition into toast, spread the peanut butter nice and evenly before topping off with the sliced strawberries and a sprinkle of sugar.

Let the crunch begin.



🕒 35 min / 1 serving

# Roasted Butternut Squash and Tofu Salad

428

CALORIES

23g

PROTEIN

32g

CARBS

27g

FAT

## Ingredients

- 120g butternut squash
- 120g tofu, firm, prepared with nigari
- 1 1/2 tsp olive oil
- 1/2 tsp, ground dried oregano
- 1/2 tsp garlic powder
- 1/4 tsp cumin powder
- 1/2 tsp dried rosemary
- 80g mixed salad leaves
- 1 wedge lemon
- 5 whole black olives
- 4 piece sun-dried tomatoes
- 1 tsp balsamic vinegar
- 10g pumpkin seeds

## Preparation

**Step 1:** Preheat that glorious oven to 180c (350f)

**Step 2:** Chop your butternut squash and tofu into 1-inch cubes

**Step 3:** Place those 1-inch cubes into a mixing bowl along with ½ the olive oil and all those fragrant herbs and spices, yummy. Season with a little salt and pepper and mix to coat.

**Step 4:** Spread the squash and tofu evenly on a baking tray and place into the oven for 25 - 30 minutes

**Step 5:** Chop your olives and sun-dried tomatoes into happy slices

**Step 6:** Place the salad leaves in a bowl and drizzle with the remaining olive oil, the juice from the lemon, and the balsamic vinegar

**Step 7:** Layer the squash on top along with the sun-dried tomatoes, olives, and sunflower seeds

Enjoy!



🕒 5 min / 1 serving

# Chocolate Protein and Sweet Strawberries

|            |            |            |           |
|------------|------------|------------|-----------|
| <b>202</b> | <b>27g</b> | <b>15g</b> | <b>4g</b> |
| CALORIES   | PROTEIN    | CARBS      | FAT       |

## Ingredients

- 30g chocolate vegan protein blend (70%)
- 200ml soy milk
- 20g strawberries

## Preparation

**Step 1:** Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

**Step 2:** Serve up with the strawberries on the side!

This one is berry berry good...



 <1 min / 1 serving

# Pear

**101**

CALORIES

**1g**

PROTEIN

**27g**

CARBS

**0g**

FAT

## Ingredients

1 medium pear(s)

## Preparation

Fruity and juicy!

# Ingredients Needed

## Baked

3 slice regular (90g) Whole Grain Bread

## Beverages

250ml (250g) Coconut Milk Drink (carton)

## Fats and Oils

1 1/2 tsp (6.75g) Olive Oil

## Fruits and Fruit Juices

1/2 whole (75g) Avocado

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

5 whole (16.5g) Black Olives

1 wedge (6g) Lemon

1 medium (178g) Pear(s)

144g Strawberries

## Legumes

45g Peanut butter, smooth style, without salt

200ml (200g) Soy Milk

120g Tofu, firm, prepared with nigari

## Nuts and Seeds

10g Pumpkin Seeds

## Protein Powders

30g Chocolate Vegan Protein Blend (70%)

45g Vanilla Vegan Protein Blend (70%)

### Spices and Herbs

1 tsp (5.3g) Balsamic Vinegar

1/4 tsp (1.25g) Cumin Powder

1/2 tsp, ground (0.9g) Dried Oregano

1/2 tsp (0.6g) Dried Rosemary

1/2 tsp (1.55g) Garlic Powder

### Sweets

2g Brown Sugar

### Vegetables

120g Butternut Squash

80g Mixed Salad Leaves

4 piece (8g) Sun-Dried Tomatoes