

CALORIES



15_q

FAT

5 min / 1 serving

Peanut Butter Power Smoothie

59a

CARBS

34a

PROTEIN

Ingredients		
	1 medium (7" to 7-7/8" long) banana(s)	
	20g oats	
	20g peanut butter, smooth style, without salt	
	250ml milk (1% fat)	
	20g vanilla whey protein (80%)	

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.



CALORIES





The Cottage Sandwich

21q

PROTEIN

Ingredients	
	30g cottage cheese (1% fat)
	4 slice regular whole grain bread
	45g avocado
	30g cucumber
	1/4 tsp, ground black pepper
	20g romaine lettuce

59a

CARBS

12a

FAT

Preparation

Step 1: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 2: Slice your cucumber and avocado into sandwich-style slices.

Step 3: Place your lightly-toasted bread on a plate and layer all ingredients in the following order: lettuce, cottage cheese, avocado, cucumber, and then top it all off with a sprinkle of salt and pepper.

Step 4: Serve up and smile all day as a result.

*Watercress also works very well with this sandwich!



CALORIES



35 min / 1 serving

Classic Turkish One-Pan Menemen

55g

CARBS

26g

FAT

26g

PROTEIN

ngre	edients
	1 tbsp olive oil
	1 medium onion
	1/2 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
	1 piece red chilli pepper
	40g sun-dried tomatoes
	1 tsp brown sugar
	1 tbsp, chopped parsley
	220g chopped tomatoes (canned)
	3 tbsp greek yogurt (whole milk)
	2 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. Allowing 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.



CALORIES



1 min / 1 serving

3g

PROTEIN

Banana and Mixed Nuts Power!

29g

CARRS

6g

FΔT

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Ingre	edients				
	1 medi	um (7" to 7	7-7/8" long)	banana(s)	
	10g mi	xed nuts			

Preparation

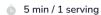
Step 1: Eat the banana and the mixed nuts. All of them.

Did you know that if you leave the banana skin in a glass of water overnight, you'll be left with a nutrient-rich liquid fit for feeding your plants!



CALORIES





Rad Avocado Toast

5a

PROTEIN

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

16a

CARBS

7g

FAT

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.



Ingredients Needed

Bake	ed
	240g Whole Grain Bread
Dair	y and Egg
	30g Cottage Cheese (1% fat)
	2 medium (88g) Egg(s)
	3 tbsp (45g) Greek Yogurt (whole milk)
	250ml (260g) Milk (1% fat)
Fats	and Oils
	1 tbsp (13.5g) Olive Oil
Fruit	s and Fruit Juices
	90g Avocado
	236g Banana(s)
Grai	ns, Noodles and Pasta
	20g Oats
Legu	ımes
	20g Peanut butter, smooth style, without salt
Nuts	and Seeds
	10g Mixed Nuts
Prot	ein Powders
	20g Vanilla Whey Protein (80%)

Spices and Herbs	
	2g Black Pepper
	1 sprinkle (0.4g) Sea Salt
Swe	ets
	1 tsp (3g) Brown Sugar
Veg	etables
	220g Chopped Tomatoes (canned)
	30g Cucumber
	2 clove (6g) Garlic
	1/2 medium (approx 2-3/4" long, 2-1/2" dia) (59.5g) Green Bell Pepper (capsicum)
	1 medium (110g) Onion
	1 tbsp, chopped (3.8g) Parsley
	1 piece (45g) Red Chilli Pepper
	20g Romaine Lettuce

40g Sun-Dried Tomatoes