



🕒 5 min / 1 serving

Peanut Butter Power Smoothie

490
CALORIES

34g
PROTEIN

59g
CARBS

15g
FAT

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.



🕒 5 min / 1 serving

The Cottage Sandwich

421	21g	59g	12g
CALORIES	PROTEIN	CARBS	FAT

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

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!



🕒 35 min / 1 serving

Classic Turkish One-Pan Menemen

523

CALORIES

26g

PROTEIN

55g

CARBS

26g

FAT

Ingredients

- 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. 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 Mixed Nuts Power!

166

CALORIES

3g

PROTEIN

29g

CARBS

6g

FAT

Ingredients

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

10g mixed 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!



🕒 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.

TUE

Ingredients Needed

Baked

240g Whole Grain Bread

Dairy 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

Fruits and Fruit Juices

90g Avocado

236g Banana(s)

Grains, Noodles and Pasta

20g Oats

Legumes

20g Peanut butter, smooth style, without salt

Nuts and Seeds

10g Mixed Nuts

Protein Powders

20g Vanilla Whey Protein (80%)

Spices and Herbs

- 2g Black Pepper
- 1 sprinkle (0.4g) Sea Salt

Sweets

- 1 tsp (3g) Brown Sugar

Vegetables

- 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