



🕒 5 min / 1 serving

Coco Loco Nutty Smoothie

555

CALORIES

37g

PROTEIN

58g

CARBS

22g

FAT

Ingredients

- 1 medium (7" to 7-7/8" long) banana(s)
.....
- 50ml coconut milk drink (carton)
.....
- 30g oats
.....
- 250ml almond milk
.....
- 30g vanilla vegan protein blend (70%)
.....
- 30g peanut butter, smooth style, without salt

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

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 a smoothie that will make you go a little nuts!



🕒 20 min / 1 serving

Simple Mustard, Seitan, and Avocado Sandwich

519

CALORIES

38g

PROTEIN

43g

CARBS

23g

FAT

Ingredients

- 110g seitan
- 2 slice regular whole grain bread
- 1/2 whole avocado
- 1/2 medium whole tomatoes, red, ripe
- 1 leaf, medium iceberg lettuce
- 2 tsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp dijon mustard (whole grain)
- 1/4 tsp chili powder

Preparation

This one shouldn't be too complicated to make; we're sure you've heard of a sandwich, right?

Step 1: Marinate your seitan slice in the olive oil, the chili powder, and the garlic powder for about 5 minutes

Step 2: Pre-grill your marinated seitan until it is cooked all the way through and then allow to chill in the refrigerator.

Step 3: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 4: Slice the tomato and avocado and get them ready for action.

Step 5: Layer all ingredients in whatever order you see fit. We personally went with lettuce, seitan, tomato, avocado, then mustard on the top slice!



🕒 15 min / 1 serving

Ultimate Strength Salad

459	36g	39g	20g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 50g mixed salad leaves
- 1 1/2 tsp brown sugar
- 30g sun-dried tomatoes
- 4 tsp olive oil
- 1 tsp dijon mustard (whole grain)
- 120g seitan
- 1 1/2 medium carrot

Preparation

Step 1: Slice your seitan and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

Step 2: Whisk the sugar, mustard, and remaining olive oil to create a nice dressing.

Step 3: Toss the mixed leaves in a bowl with the sweet mustard dressing and place into a bowl

Step 4: Layer the seitan, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

Step 5: Serve up!



 <1 min / 1 serving

Banana

105

CALORIES

1g

PROTEIN

27g

CARBS

0g

FAT

Ingredients

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

Preparation

The best of the best!



 <1 min / 1 serving

Cashew Snack

138

CALORIES

5g

PROTEIN

8g

CARBS

11g

FAT

Ingredients

25g cashew nuts

Preparation

A handful of health!

TUE

HIT MY
MACROS

Ingredients Needed

Baked

2 slice regular (60g) Whole Grain Bread

Beverages

50ml (50g) Coconut Milk Drink (carton)

Fats and Oils

18g Olive Oil

Fruits and Fruit Juices

1/2 whole (75g) Avocado

236g Banana(s)

Grains, Noodles and Pasta

30g Oats

220g Seitan

Legumes

30g Peanut butter, smooth style, without salt

Nuts and Seeds

250ml (250g) Almond Milk

25g Cashew Nuts

Protein Powders

30g Vanilla Vegan Protein Blend (70%)

Spices and Herbs

- 1/4 tsp (0.675g) Chili Powder
- 6g Dijon Mustard (Whole Grain)
- 1/2 tsp (1.55g) Garlic Powder

Sweets

- 1 1/2 tsp (4.5g) Brown Sugar

Vegetables

- 1 1/2 medium (91.5g) Carrot
- 1 leaf, medium (8g) Iceberg Lettuce
- 50g Mixed Salad Leaves
- 30g Sun-Dried Tomatoes
- 1/2 medium whole (61.5g) Tomatoes, Red, Ripe