



🕒 5 min / 1 serving

Chocolate Peanut Butter Delight Smoothie

525

CALORIES

37g

PROTEIN

56g

CARBS

22g

FAT

Ingredients

- 1 1/2 medium (7" to 7-7/8" long) banana(s)
- 1 1/2 tbsp cocoa, dry powder, unsweetened
- 30g peanut butter, smooth style, without salt
- 350ml almond milk
- 30g chocolate whey protein (80%)

Preparation

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

Step 1: Place all ingredients into your blender companion 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 a treat that ignites your taste buds and boosts your health!



🕒 10 min / 1 serving

Start-Up Power Salad Bowl

513
CALORIES

23g
PROTEIN

47g
CARBS

28g
FAT

Ingredients

- 2 slice regular whole grain bread
- 50g mixed salad leaves
- 50g cucumber
- 20g pumpkin seeds
- 1 tsp olive oil
- 50g feta cheese
- 50g blueberries
- 1 tsp honey
- 1 wedge lemon

Preparation

That power you need to start your day!

Step 1: Lightly toast the bread before tearing it into bite-size pieces.

Step 2: Slice the cucumber and then create a bed of leaves in a bowl.

Step 3: Layer the cucumber on the leaves before crumbling the feta cheese on top followed by the bread and a sprinkle of pumpkin seeds and blueberries.

Step 4: Finally, drizzle with a little olive oil, honey, and a touch of lemon juice before tucking in!



🕒 35 min / 1 serving

Roasted Butternut Squash and Tofu Salad

503

CALORIES

26g

PROTEIN

33g

CARBS

34g

FAT

Ingredients

- 120g butternut squash
- 120g tofu, firm, prepared with nigari
- 2 tsp olive oil
- 1/2 tsp, ground dried oregano
- 1/2 tsp dried rosemary
- 1/2 tsp garlic powder
- 1/4 tsp cumin powder
- 80g mixed salad leaves
- 1 wedge lemon
- 5 whole black olives
- 4 piece sun-dried tomatoes
- 1 tsp balsamic vinegar
- 20g 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 $\frac{1}{2}$ 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!



 <1 min / 1 serving

Almond Snack

116

CALORIES

4g

PROTEIN

4g

CARBS

10g

FAT

Ingredients

20g almonds

Preparation

Serve on the side, plant protein power!



🕒 1 min / 1 serving

Orange and Cashew Power!

172

CALORIES

5g

PROTEIN

21g

CARBS

9g

FAT

Ingredients

1 fruit (2-5/8" dia) oranges

20g cashew nuts

Preparation

Step 1: Eat the orange and the cashew nuts. All of them.

Did you know that Spain has over 35 million orange trees? Imagine all those oranges!

Ingredients Needed

Baked

2 slice regular (60g) Whole Grain Bread

Dairy and Egg

50g Feta Cheese

Fats and Oils

10g Olive Oil

Fruits and Fruit Juices

1 1/2 medium (7" to 7-7/8" long) (177g)
Banana(s)

5 whole (16.5g) Black Olives

50g Blueberries

12g Lemon

1 fruit (2-5/8" dia) (131g) Oranges

Legumes

30g Peanut butter, smooth style, without salt

120g Tofu, firm, prepared with nigari

Nuts and Seeds

350ml (350g) Almond Milk

20g Almonds

20g Cashew Nuts

40g Pumpkin Seeds

Protein Powders

30g Chocolate Whey Protein (80%)

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

1 1/2 tbsp (8.1g) Cocoa, dry powder,
unsweetened

1 tsp (7g) Honey

Vegetables

120g Butternut Squash

50g Cucumber

100g Mixed Salad Leaves

4 piece (8g) Sun-Dried Tomatoes