



🕒 5 min / 1 serving

# The Avocado Bananarama Smoothie

**495**

CALORIES

**39g**

PROTEIN

**51g**

CARBS

**18g**

FAT

## Ingredients

- 1/2 whole avocado
- 1 medium (7" to 7-7/8" long) banana(s)
- 250ml coconut milk drink (carton)
- 45g vanilla whey protein (80%)
- 2 tsp honey

## 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 Goat's Cheese and Mango on Toast

525  
CALORIES

25g  
PROTEIN

57g  
CARBS

22g  
FAT

## Ingredients

- 3 slice regular whole grain bread
- 60g goats cheese
- 60g mango
- 1 1/2 tsp honey
- 1 dash sea salt

## 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 the goat's cheese and mango on the side.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, layer the cheese and mango on top.

**Step 3:** Drizzle with honey and a small sprinkle of salt.

Get crunchy.



🕒 25 min / 1 serving

## Garlicky Tofu Bites

**582**  
CALORIES

**29g**  
PROTEIN

**68g**  
CARBS

**24g**  
FAT

### Ingredients

- 80g quinoa
- 120g tofu, firm, prepared with nigari
- 1/2 tbsp wheat flour, whole-grain, soft wheat
- 1/2 tbsp mixed herbs
- 2 clove garlic
- 2 tsp parsley
- 1/4 medium/whole courgette (zucchini)
- 1 1/2 tsp olive oil
- 1/4 whole, medium red onion
- 1/4 medium red bell pepper (capsicum)
- 1 wedge lemon

### Preparation

**Step 1:** Place your quinoa in a medium-sized saucepan with enough water to cover the surface by about an inch. Heat over a medium heat and allow to cook on the side.

**Step 2:** Slice that tofu into even-sized chunks and place in a bowl.

**Step 3:** Season with a little salt and pepper, and then

lightly cover with the flour and mixed herbs. Coat evenly.

Are you ready for things to heat up?

**Step 4:** Take out your bestest frying pan, and heat half the olive oil over a medium heat and then add those tofu cubes allowing to cook evenly for around 5 minutes.

**Step 5:** Finely slice your garlic and parsley, and then chop all remaining vegetables into bite-size cubes.

**Step 6:** Add the garlic and parsley to the tofu pan and further cook for another 2 - 3 minutes. Add a little extra olive oil if necessary.

**Step 7:** In a side pan, heat the remaining olive oil over a medium heat and cook the chopped vegetables for 4 - 5 minutes until lightly browned and tender.

**Step 8:** Drizzle the tofu with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.



🕒 1 min / 1 serving

## Orange and Pistachio Power!

118

CALORIES

3g

PROTEIN

18g

CARBS

5g

FAT

### Ingredients

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

10g pistachio nuts

### Preparation

**Step 1:** Eat the orange and the pistachios. All of them.

Why not burn some extra calories by cracking them open between your knees?



🕒 5 min / 1 serving

## Hummus Bites Power Pack!

175

CALORIES

6g

PROTEIN

28g

CARBS

6g

FAT

### Ingredients

- 1/4 whole cucumber
- 25g hummus, commercial
- 1/2 pita, large (6-1/2" dia) whole wheat pita bread
- 4 whole cherry tomatoes
- 4 whole black olives

### Preparation

**Step 1:** Slice the cucumber and place into the lunchbox.

**Step 2:** Slice the pita bread into bitesize triangles and place into the lunchbox along with the hummus (just let them chill together like buds).

**Step 3:** Add the tomatoes and olives to the lunchbox.

**Step 4:** Store, or eat right away!

# Ingredients Needed

## Baked

- 3 slice regular (90g) Whole Grain Bread
- 1/2 pita, large (6-1/2" dia) (32g) Whole Wheat Pita Bread

## Beverages

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

## Dairy and Egg

- 60g Goats Cheese

## 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)
- 4 whole (13.2g) Black Olives
- 1 wedge (6g) Lemon
- 60g Mango
- 1 fruit (2-5/8" dia) (131g) Oranges

## Grains, Noodles and Pasta

- 80g Quinoa
- 1/2 tbsp (3.9g) Wheat flour, whole-grain, soft wheat

## Legumes

- 25g Hummus, commercial
- 120g Tofu, firm, prepared with nigari

## Nuts and Seeds

- 10g Pistachio Nuts

## Protein Powders

- 45g Vanilla Whey Protein (80%)

## Spices and Herbs

- 1/2 tbsp (1.35g) Mixed Herbs
- 1 dash (0.4g) Sea Salt

## Sweets

- 28g Honey

## Vegetables

- 4 whole (68g) Cherry Tomatoes
- 1/4 Medium/whole (49g) Courgette (Zucchini)
- 1/4 whole (75.25g) Cucumber
- 2 clove (6g) Garlic
- 2 tsp (2.66g) Parsley
- 1/4 medium (29.75g) Red Bell Pepper (capsicum)
- 1/4 whole, medium (27.5g) Red Onion