



🕒 5 min / 1 serving

## Coco Loco Nutty Smoothie

**627**

CALORIES

**40g**

PROTEIN

**71g**

CARBS

**24g**

FAT

### Ingredients

- 1 1/2 medium (7" to 7-7/8" long) banana(s)  
.....
- 30g oats  
.....
- 60ml coconut milk drink (carton)  
.....
- 300ml almond milk  
.....
- 30g vanilla whey protein (80%)  
.....
- 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!



🕒 10 min / 1 serving

## Start-Up Power Salad Bowl

**585**  
CALORIES

**26g**  
PROTEIN

**53g**  
CARBS

**33g**  
FAT

### Ingredients

- 2 slice regular whole grain bread
- 50g mixed salad leaves
- 50g cucumber
- 30g pumpkin seeds
- 50g feta cheese
- 40g blueberries
- 2 tsp honey
- 1 tsp olive oil
- 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!



🕒 15 min / 1 serving

# Rapid Sweet Tofu Stir Fry

471  
CALORIES

24g  
PROTEIN

36g  
CARBS

29g  
FAT

## Ingredients

- 150g tofu, firm, prepared with nigari
- 30g carrot
- 30g white button mushrooms
- 1/2 medium red bell pepper (capsicum)
- 30g broccoli
- 30g asparagus
- 1/2 medium yellow bell pepper (capsicum)
- 2 clove garlic
- 3 tsp brown sugar
- 1/4 whole, medium red onion
- 1/4 tsp red pepper flakes (chili flakes)
- 3 tsp olive oil
- 1/2 tsp garlic powder
- 75ml vegetable stock/broth

## Preparation

**Step 1:** In a wok or large frying pan add the olive oil and bring up to a medium-high heat.

**Step 2:** Slice up your bell peppers, asparagus, carrots, broccoli, onion, and mushrooms into thin, bite-size slices. Chop the tofu into cubes and finely slice your garlic too!

**Step 3:** Add all veggies (except the garlic) and tofu to the now hot pan and sauté for around 2-3 minutes until veggies are almost tender.

**Step 4:** In a small bowl, whisk together the garlic, brown sugar, garlic powder, chili flakes and vegetable stock with a little salt and pepper.

**Step 5:** Pour this evenly over the stir fry and allow the sauce to thicken.

**Step 6:** Once all is cooked through, serve up!



🕒 5 min / 1 serving

# Vanilla Protein and Refreshing Watermelon

236

CALORIES

35g

PROTEIN

16g

CARBS

4g

FAT

## Ingredients

- 200ml milk (1% fat) .....
- 30g watermelon .....
- 35g vanilla whey protein (80%)

## Preparation

**Step 1:** Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

**Step 2:** Serve up with the watermelon on the side!

This snack is one in a melon...



 <1 min / 1 serving

# Mandarin

**47**

CALORIES

**1g**

PROTEIN

**12g**

CARBS

**0g**

FAT

## Ingredients

1 medium (2-1/2" dia) tangerines (mandarin)

## Preparation

Peel and serve!

# Ingredients Needed

## Baked

2 slice regular (60g) Whole Grain Bread

## Beverages

60ml (60g) Coconut Milk Drink (carton)

## Dairy and Egg

50g Feta Cheese

200ml (208g) Milk (1% fat)

## Fats and Oils

10g Olive Oil

## Fruits and Fruit Juices

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

40g Blueberries

1 wedge (6g) Lemon

1 medium (2-1/2" dia) (88g) Tangerines  
(mandarin)

30g Watermelon

## Grains, Noodles and Pasta

30g Oats

## Legumes

30g Peanut butter, smooth style, without salt



150g Tofu, firm, prepared with nigari

### Nuts and Seeds

300ml (300g) Almond Milk

30g Pumpkin Seeds

### Pastes, Sauces, and Gravies

75ml (75g) Vegetable stock/broth

### Protein Powders

60g Vanilla Whey Protein (80%)

### Spices and Herbs

1/2 tsp (1.55g) Garlic Powder

1/4 tsp (0.5g) Red Pepper Flakes (Chili Flakes)

### Sweets

3 tsp (9g) Brown Sugar

2 tsp (14g) Honey

### Vegetables

30g Asparagus

30g Broccoli

30g Carrot

50g Cucumber

2 clove (6g) Garlic

50g Mixed Salad Leaves

1/2 medium (59.5g) Red Bell Pepper (capsicum)

- 1/4 whole, medium (27.5g) Red Onion
- 30g White Button Mushrooms
- 1/2 medium (59.5g) Yellow Bell Pepper (capsicum)