



🕒 5 min / 1 serving

Frozen Strawberry Breakfast Protein Bowl

369
CALORIES

31g
PROTEIN

45g
CARBS

9g
FAT

Ingredients

- 40g frozen strawberries
- 1/2 medium (7" to 7-7/8" long) frozen banana
- 30g frozen raspberries
- 1 medium kiwifruit
- 20g vanilla whey protein (80%)
- 50ml almond milk
- 120g greek yogurt (whole milk)
- 10g oats

Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

Step 1: Take the frozen strawberries, the frozen banana, the yogurt, the protein powder, and the almond milk, and let them get to know each other in a blender or food processor as you lightly pulse.

Step 2: Once you have a delicious purée, spoon it into a breakfast bowl.

Step 3: Slice the kiwi and layer it on top with a couple of raspberries and a sprinkle of oats.

Step 4: Serve with a dash of cinnamon if you're feeling spicy.



🕒 20 min / 1 serving

Simple Chicken, Broccoli, and Rice Meal Prep!

287
CALORIES

22g
PROTEIN

32g
CARBS

8g
FAT

Ingredients

- 35g brown rice (medium-grain)
- 80g chicken breast
- 1/4 tsp brown sugar
- 1/4 tsp paprika
- 1/4 tsp cumin powder
- 1/4 tsp garlic powder
- 1 tsp olive oil
- 50g broccoli

Preparation

Simply multiply all ingredients if you wish to bulk cook!

Step 1: Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice to 2 parts water.

Step 2: Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

Step 3: In the meantime, take out a bowl and combine the chicken breast with the brown sugar, paprika, cumin, garlic powder, salt, and pepper.

Step 4: Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

Step 5: Add the olive oil and then the chicken to this desirable pan and cook for around 5 minutes per side.

Step 6: Once the chicken has developed a nice browning colour on both sides, turn off the heat and allow the chicken to rest for a further 5 minutes.

Step 7: While the chicken is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute.

Step 8: Slice the chicken into bite size pieces and then (if meal prepping) pull out your meal prep containers. Divide the portions evenly among your meal prep containers.

Step 9: If meal prepping- cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!



🕒 20 min / 1 serving

Baked Lemony Cod with Garlic Sweet Potatoes

287
CALORIES

25g
PROTEIN

23g
CARBS

10g
FAT

Ingredients

- 130g atlantic cod
- 40g cherry tomatoes
- 100g sweet potato
- 1 clove garlic
- 1 wedge lemon
- 1 tsp parsley
- 2 tsp olive oil

Preparation

Step 1: Preheat your oven to 450 degrees Fahrenheit (230 C).

Step 2: Bring a small pot of water to boil over a high heat

Step 3: Peel and halve your sweet potatoes before roughly chopping them into 1-inch cubes

Step 4: Parboil the potatoes for about 5 - 7 minutes

Step 5: In a solid baking dish, drizzle half the olive oil in order to coat the bottom of the dish well

Step 6: Drain the sweet potatoes, and place on the side

Step 7: Lay your cod in the dish and evenly scatter with the tomatoes, sweet potato, and garlic. Then drizzle everything with the remaining olive oil!

Step 8: Give a cheeky little season with salt and pepper!

Step 9: Bake for around 10 - 12 minutes before serving up with a light squeeze of lemon juice and some fresh parsley!



 <1 min / 1 serving

Pumpkin Seed Snack

84
CALORIES

5g
PROTEIN

2g
CARBS

7g
FAT

Ingredients

15g pumpkin seeds

Preparation

Pumpkin power!



 <1 min / 1 serving

Strawberries

26

CALORIES

1g

PROTEIN

6g

CARBS

0g

FAT

Ingredients

80g strawberries

Preparation

Is it a fruit? Is it a berry? Who cares.

Ingredients Needed

Dairy and Egg

120g Greek Yogurt (whole milk)

Fats and Oils

10g Olive Oil

Finfish and Shellfish

130g Atlantic Cod

Fruits and Fruit Juices

1/2 medium (7" to 7-7/8" long) (59g) Frozen
Banana

30g Frozen Raspberries

40g Frozen Strawberries

1 medium (74g) Kiwifruit

1 wedge (6g) Lemon

80g Strawberries

Grains, Noodles and Pasta

35g Brown Rice (medium-grain)

10g Oats

Nuts and Seeds

50ml (50g) Almond Milk

15g Pumpkin Seeds

Poultry

80g Chicken Breast

Protein Powders

20g Vanilla Whey Protein (80%)

Spices and Herbs

1/4 tsp (1.25g) Cumin Powder

1/4 tsp (0.775g) Garlic Powder

1/4 tsp (0.575g) Paprika

Sweets

1/4 tsp (0.75g) Brown Sugar

Vegetables

50g Broccoli

40g Cherry Tomatoes

1 clove (3g) Garlic

1 tsp (1.33g) Parsley

100g Sweet Potato