



🕒 5 min / 1 serving

# Frozen Watermelon Rosemary Smoothie

**279**

CALORIES

**30g**

PROTEIN

**33g**

CARBS

**5g**

FAT

## Ingredients

- 225g watermelon
- 1 wedge lemon
- 45g strawberries
- 1/4 tsp dried rosemary
- 30g vanilla whey protein (80%)
- 175ml soy milk

## Preparation

This one's pretty refreshing!

**Step 1:** To start, chop the seedless watermelon first then set it aside. Grate the zest of the lemon.

**Step 2:** Combine all of the ingredients in the blender and place on high for 30 seconds, or until you achieve an even consistency.

**Step 3:** Pour into your glass and garnish with rosemary and a slice of lemon according to your liking! Enjoy!



🕒 5 min / 1 serving

# Margherita Toast!

<b>236</b>	<b>13g</b>	<b>22g</b>	<b>11g</b>
CALORIES	PROTEIN	CARBS	FAT

## Ingredients

- 1 1/2 slice regular whole grain bread
- 1 medium whole tomatoes, red, ripe
- 30g mozzarella cheese (whole milk)
- 1/2 tsp olive oil
- 2 leaf basil leaves

## Preparation

When pizza doesn't hit your macros, or you simply don't have the time to bake up the Italian classic, this one is for you!

**Step 1:** Place your bread into a toaster and let things heat up while you slice the tomato and mozzarella into slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella and tomato on top.

**Step 3:** Tear and scatter the basil leaves over your masterpiece, season with a little salt and pepper, and drizzle with the olive oil before crunching in.

Prego.



🕒 15 min / 1 serving

## Rapid Sweet Tofu Stir Fry

**342**  
CALORIES

**20g**  
PROTEIN

**33g**  
CARBS

**17g**  
FAT

### Ingredients

- 120g tofu, firm, prepared with nigari
- 40g asparagus
- 40g carrot
- 40g white button mushrooms
- 1/4 medium red bell pepper (capsicum)
- 40g broccoli
- 1/4 medium yellow bell pepper (capsicum)
- 2 clove garlic
- 3 tsp brown sugar
- 1/4 whole, medium red onion
- 1 tsp olive oil
- 1/4 tsp red pepper flakes (chili flakes)
- 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!



 <1 min / 1 serving

# Watermelon

60

CALORIES

1g

PROTEIN

15g

CARBS

0g

FAT

## Ingredients

200g watermelon

## Preparation

Treat yourself to another slice, or two...



 <1 min / 1 serving

## Cashew Snack

**83**  
CALORIES

**3g**  
PROTEIN

**5g**  
CARBS

**7g**  
FAT

### Ingredients

15g cashew nuts

### Preparation

A handful of health!

# Ingredients Needed

## Baked

1 1/2 slice regular (45g) Whole Grain Bread

## Dairy and Egg

30g Mozzarella Cheese (whole milk)

## Fats and Oils

4g Olive Oil

## Fruits and Fruit Juices

1 wedge (6g) Lemon

45g Strawberries

450g Watermelon

## Legumes

175ml (175g) Soy Milk

120g Tofu, firm, prepared with nigari

## Nuts and Seeds

15g Cashew Nuts

## Pastes, Sauces, and Gravies

75ml (75g) Vegetable stock/broth

## Protein Powders

30g Vanilla Whey Protein (80%)

## Spices and Herbs

- 2 Leaf (1g) Basil Leaves
- 1/4 tsp (0.3g) Dried Rosemary
- 1/2 tsp (1.55g) Garlic Powder
- 1/4 tsp (0.5g) Red Pepper Flakes (Chili Flakes)

## Sweets

- 3 tsp (9g) Brown Sugar

## Vegetables

- 40g Asparagus
- 40g Broccoli
- 40g Carrot
- 2 clove (6g) Garlic
- 1/4 medium (29.75g) Red Bell Pepper (capsicum)
- 1/4 whole, medium (27.5g) Red Onion
- 1 medium whole (123g) Tomatoes, Red, Ripe
- 40g White Button Mushrooms
- 1/4 medium (29.75g) Yellow Bell Pepper (capsicum)