



5 min / 1 serving

The 'Have-Another' Avocado Lava Smoothie

281
CALORIES

27g
PROTEIN

25g
CARBS

9g
FAT

Ingredients

- 30g avocado
- 20g spinach
- 300ml almond milk
- 30g vanilla whey protein (80%)
- 2 cube ice
- 3 tsp honey

Preparation

Ideally, use a chilled avocado for this splendid mix of healthy fats.

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 green goodness!



🕒 10 min / 1 serving

The Greek Chicken Stack!

299
CALORIES

24g
PROTEIN

27g
CARBS

9g
FAT

Ingredients

- 75g chicken breast
- 2 slice gluten free multiseed bread
- 1/4 whole, medium red onion
- 2 piece sun-dried tomatoes
- 1 pinch black pepper
- 30g greek yogurt (whole milk)
- 1 leaf, medium iceberg lettuce
- 1 pinch table salt
- 1 pinch dried oregano

Preparation

Bring forth that Olympic power!

Step 1: Pre-grill your chicken and allow it to chill in the refrigerator before getting to work.

Step 2: Finely slice your red onion and place it into a bowl along with the Greek yogurt, salt, pepper, and oregano. Mix well.

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Spread the yogurt mix evenly over each side before layering your sandwich as follows: bottom slice, chicken, lettuce, sliced sun-dried tomato, top slice.

Step 4: Eat and enjoy!



🕒 35 min / 1 serving

Mediterranean Shrimp Delight

342
CALORIES

30g
PROTEIN

38g
CARBS

8g
FAT

Ingredients

- 120g prawns (cooked)
- 1 tsp olive oil
- 1/2 tsp, ground dried oregano
- 1/2 tsp dried parsley
- 1/2 medium yellow bell pepper (capsicum)
- 1/2 medium red bell pepper (capsicum)
- 40g quinoa
- 1 clove garlic
- 60ml chicken stock
- 1 wedge lemon
- 5 leaf basil leaves

Preparation

Step 1: Take out a bowl and mix shrimps with $\frac{1}{2}$ the olive oil, the dried herbs, and a little salt and pepper.

Step 2: Place your quinoa in a pot with twice the amount of water, and heat over a medium temperature to cook.

Step 3: Chop the garlic and set it aside. Then, slice the bell pepper into thin slices and heat the

remaining olive oil in a pan next to the cooking quinoa.

Step 4: Lightly fry the bell pepper for about 4 minutes, or until the sides are slightly browned. Then, remove from the pan and set aside.

Step 5: In the same pan, over the same heat, cook the shrimp mix for 3-4 minutes, stirring frequently until cooked through.

Step 6: Add the cooked quinoa to the shrimp pan, along with the garlic, and allow all to get toasty for about 1 minute.

Step 7: Pour in the chicken stock and bring that delightful mix to a simmer for about 6 minutes.

Step 8: Add in the bell pepper, a little lemon zest, a squeeze of lemon juice, and bring to cook for another 3 - 5 minutes.

Step 9: Garnish with the fresh basil leaves and serve up!



 <1 min / 1 serving

Pumpkin Seed Snack

112

CALORIES

6g

PROTEIN

2g

CARBS

10g

FAT

Ingredients

20g pumpkin seeds

Preparation

Pumpkin power!



 <1 min / 1 serving

Red Grapes

55
CALORIES

1g
PROTEIN

14g
CARBS

0g
FAT

Ingredients

80g red grapes

Preparation

Not quite a glass of wine, but close!

Ingredients Needed

Baked

2 slice (54g) Gluten Free Multiseed Bread

Beverages

2 cube (60g) Ice

Dairy and Egg

30g Greek Yogurt (whole milk)

Fats and Oils

1 tsp (4.5g) Olive Oil

Finfish and Shellfish

120g Prawns (cooked)

Fruits and Fruit Juices

30g Avocado

1 wedge (6g) Lemon

80g Red Grapes

Grains, Noodles and Pasta

40g Quinoa

Nuts and Seeds

300ml (300g) Almond Milk

20g Pumpkin Seeds

Pastes, Sauces, and Gravies

60ml (60g) Chicken Stock

Poultry

75g Chicken Breast

Protein Powders

30g Vanilla Whey Protein (80%)

Spices and Herbs

5 Leaf (2.5g) Basil Leaves

1 pinch (0.2g) Black Pepper

0g Dried Oregano

1/2 tsp (0.25g) Dried Parsley

1 pinch (0.3g) Table Salt

Sweets

3 tsp (21g) Honey

Vegetables

1 clove (3g) Garlic

1 leaf, medium (8g) Iceberg Lettuce

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

1/4 whole, medium (27.5g) Red Onion

20g Spinach

2 piece (4g) Sun-Dried Tomatoes

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