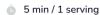


322

CALORIES





Power Chocolate Overnight Oats

28g

PROTEIN

Ingredients		
	220ml almond milk	
	35g oats	
	5g chia seeds	
	25g chocolate whey protein (80%)	
	5g dark chocolate chips (70%)	

32g

CARBS

10g

FAT

Preparation

Step 1: In a sealable container, mix in the oats, almond milk, chia seeds, protein powder, and chocolate chips.

Step 2: Place in one of your favourite refrigerators overnight.

Step 3: Serve up first thing in the morning!





10 min / 1 serving

297

Tuscan Tuna and White Bean Salad

25g

14g

21g

CAL	ORIES	PROTEIN	CARBS	FAT
Ingre	edients	5		
	20g ai	rugula (rock	et)	
	20g b	aby spinach		
	60g ca	annellini bea	ans (canned)
	•	sh, tuna, wh rained solid		in water, without
	8 who	le black oliv	/es	
	1 tsp	olive oil		
	1/4 w	hole, mediu	m red onion	
	8 who	le cherry to	matoes	
	1/2 w	hole lemon		
	15g fe	eta cheese		
Dron	aratio	_		

Preparation

Step 1: Rinse and dry the cannellini beans and then drain the tuna.

Step 2: Cut the cherry tomatoes and olives in halves and thinly slice the red onion.

Step 3: In a large mixing bowl, combine the white beans, rocket, spinach, red onion, tuna, olives, and

tomatoes.

Step 4: Drizzle the ingredients with olive oil and freshly squeezed lemon juice then toss to mix.

Step 5: Lay the crumbled feta on top and season to taste with some salt and black pepper.

You're now good to go!



287

CALORIES

side



20 min / 1 serving

Autumn Baked Cod with Garlic Squash

21g

CARBS

10g

FAT

29g

PROTEIN

Ingredients			
	150g atlantic cod		
	50g cherry tomatoes		
	150g butternut squash		
	1 clove garlic		
	1 wedge lemon		
	1 tsp parsley		
	2 tsp olive oil		
Prep	aration		
Step (230	1: Preheat your oven to 450 degrees Fahrenheir C).		
Step heat	2: Bring a small pot of water to boil over a high		
Step	3: Peel and cube your squash into 1-inch cubes		
Step	4: Parboil the squash for about 3 - 5 minutes		
•	5: In a solid baking dish, drizzle half the olive oil der to coat the bottom of the dish well		
Step	6: Drain the sweet squash, and place on the		

Step 7: Lay your cod in the dish and evenly scatter with the tomatoes, squash, 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</p>

Watermelon

60 1g 15g 0g CALORIES PROTEIN CARBS FAT

Ingredients

200g watermelon

Preparation

Treat yourself to another slice, or two...



130

CALORIES



2 min / 1 serving

Chocolate Vanilla Protein Shake

21g PROTEIN 4g

CARBS

3g

FAT

Ingredients		
	15g vanilla whey protein (80%)	
	10g chocolate whey protein (80%)	
	200ml almond milk	

Preparation

Step 1: Blend your protein powder and milk using a blender or shaker and serve on up!



Ingredients Needed

Dairy and Egg			
	15g Feta Cheese		
Fats	and Oils		
	10g Olive Oil		
Finfish and Shellfish			
	150g Atlantic Cod		
	50g Fish, tuna, white, canned in water, without salt, drained solids		
Fruits and Fruit Juices			
	8 whole (26.4g) Black Olives		
	84g Lemon		
	200g Watermelon		
Graii	ns, Noodles and Pasta		
	35g Oats		
Legu	ımes		
	60g Cannellini Beans (canned)		
Nuts and Seeds			
	440g Almond Milk		
	5g Chia Seeds		

Protein Powders

	50g Chocolate Whey Protein (80%)
	15g Vanilla Whey Protein (80%)
Swe	ets
	5g Dark Chocolate Chips (70%)
Vege	etables
	20g Arugula (Rocket)
	20g Baby Spinach
	150g Butternut Squash
	272g Cherry Tomatoes
	1 clove (3g) Garlic
	1 tsp (1.33g) Parsley
	1/4 whole, medium (27.5g) Red Onion