



🕒 5 min / 1 serving

Power Chocolate Overnight Oats

322

CALORIES

28g

PROTEIN

32g

CARBS

10g

FAT

Ingredients

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

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

Tuscan Tuna and White Bean Salad

297

CALORIES

21g

PROTEIN

25g

CARBS

14g

FAT

Ingredients

- ☐ 20g arugula (rocket)
- ☐ 20g baby spinach
- ☐ 60g cannellini beans (canned)
- ☐ 50g fish, tuna, white, canned in water, without salt, drained solids
- ☐ 8 whole black olives
- ☐ 1 tsp olive oil
- ☐ 1/4 whole, medium red onion
- ☐ 8 whole cherry tomatoes
- ☐ 1/2 whole lemon
- ☐ 15g feta cheese

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!



⌚ 20 min / 1 serving

Autumn Baked Cod with Garlic Squash

287

CALORIES

29g

PROTEIN

21g

CARBS

10g

FAT

Ingredients

- ☐ 150g atlantic cod
- ☐ 50g cherry tomatoes
- ☐ 150g butternut squash
- ☐ 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 cube your squash into 1-inch cubes

Step 4: Parboil the squash for about 3 - 5 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 squash, and place on the side

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

Watermelon

60

CALORIES

1g

PROTEIN

15g

CARBS

0g

FAT

Ingredients

☐ 200g watermelon

Preparation

Treat yourself to another slice, or two...



🕒 2 min / 1 serving

Chocolate Vanilla Protein Shake

130

CALORIES

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

Grains, Noodles and Pasta

☐ 35g Oats

Legumes

☐ 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%)

Sweets

- ☐ 5g Dark Chocolate Chips (70%)

Vegetables

- ☐ 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