



🕒 5 min / 1 serving

Pineapple Punch Power Smoothie

351	32g	44g	7g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

- 80g pineapple
- 1 medium (7" to 7-7/8" long) banana(s)
- 250ml almond milk
- 50g greek yogurt (whole milk)
- 30g vanilla whey protein (80%)

Preparation

Ideally, use chilled or even frozen pineapple and banana for this splendid tropical treat .

Step 1: Place all ingredients into that little beast of a 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 a smoothie that will take you on vacation!



🕒 20 min / 1 serving

Simple Chicken, Broccoli, and Rice Meal Prep!

384
CALORIES

31g
PROTEIN

44g
CARBS

9g
FAT

Ingredients

- 50g brown rice (medium-grain)
- 110g 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
- 70g 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!



🕒 25 min / 1 serving

Citrus Chicken Lettuce Wraps

282
CALORIES

22g
PROTEIN

23g
CARBS

12g
FAT

Ingredients

- 80g chicken breast
- 1 tsp olive oil
- 1/4 whole avocado
- 1/2 fruit (2-5/8" dia) oranges
- 4 whole cherry tomatoes
- 1/2 piece red chilli pepper
- 1/4 whole, medium red onion
- 50g cucumber
- 1/4 whole lime
- 50g iceberg lettuce
- 1/4 tsp ground cinnamon
- 1/4 tsp cumin powder

Preparation

Step 1: Slice those chicken breasts into even strips and place in a mixing bowl.

Step 2: Add the olive oil, cinnamon, cumin, and a little salt and pepper.

Step 3: Heat a pan over and medium to high

temperature and cook the chicken through for about 3 - 4 minutes. Then, place on a plate to the side to cool.

Step 4: Chop the avocado, cucumber, and peeled orange into bite-size chunks and place in another bowl.

Step 5: Halve the cherry tomatoes, finely slice the onion and chili and add to that same bowl.

Step 6: Drizzle with a little lime juice.

Step 7: It's time to layer the chicken and citrus mix onto those lettuce leaves!

You are ready, partner.



 <1 min / 1 serving

Pumpkin Seed Snack

140

CALORIES

8g

PROTEIN

3g

CARBS

12g

FAT

Ingredients

25g pumpkin seeds

Preparation

Pumpkin power!



 <1 min / 1 serving

Red Grapes

62
CALORIES

1g
PROTEIN

16g
CARBS

0g
FAT

Ingredients

90g red grapes

Preparation

Not quite a glass of wine, but close!

Ingredients Needed

Dairy and Egg

50g Greek Yogurt (whole milk)

Fats and Oils

10g Olive Oil

Fruits and Fruit Juices

1/4 whole (37.5g) Avocado

1 medium (7" to 7-7/8" long) (118g) Banana(s)

1/4 whole (16.75g) Lime

1/2 fruit (2-5/8" dia) (65.5g) Oranges

80g Pineapple

90g Red Grapes

Grains, Noodles and Pasta

50g Brown Rice (medium-grain)

Nuts and Seeds

250ml (250g) Almond Milk

25g Pumpkin Seeds

Poultry

220g Chicken Breast

Protein Powders

30g Vanilla Whey Protein (80%)

Spices and Herbs

- 2g Cumin Powder
- 1/4 tsp (0.775g) Garlic Powder
- 1/4 tsp (0.65g) Ground Cinnamon
- 1/4 tsp (0.575g) Paprika

Sweets

- 1/4 tsp (0.75g) Brown Sugar

Vegetables

- 70g Broccoli
- 4 whole (68g) Cherry Tomatoes
- 50g Cucumber
- 50g Iceberg Lettuce
- 1/2 piece (22.5g) Red Chilli Pepper
- 1/4 whole, medium (27.5g) Red Onion