

Frozen Blueberry Breakfast Protein Bowl

335	i	23g	45g	9g	
CALOR	IES F	PROTEIN	CARBS	FAT	
Ingred	ients				
8	0g froz	en bluebe	erries		
8	80g frozen raspberries				
1	mediu	m kiwifrui	t		
1	20g gre	eek yogur	t (whole mi	lk)	
1	0g van	illa whey	protein (80	%)	
5	0ml alr	nond milk	:		
1	0g oats	5			

Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

Step 1: Take the frozen berries, the yogurt, the protein powder, and the milk, and let them get to know each other in a blender or food processor as you lightly pulse.

Step 2: Once you have a delicious purée, spoon it into a breakfast bowl.

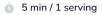
Step 3: Slice the kiwi and layer it on top with a couple of extra raspberries and a sprinkle of oats.

Step 4: Serve with a dash of cinnamon if you're

feeling spicy.







Hummus Bites Power Pack!

428	15g	62g	16g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

1/2 whole cucumber
75g hummus, commercial
1 pita, large (6-1/2" dia) whole wheat pita bread
12 whole cherry tomatoes
12 whole black olives

Preparation

Step 1: Slice the cucumber and place into the lunchbox.

Step 2: Slice the pita bread into bitesize triangles and place into the lunchbox along with the hummus (just let them chill together like buds).

Step 3: Add the tomatoes and olives to the lunchbox.

Step 4: Store, or eat right away!







Autumn Baked Cod with Garlic Squash

263	24g	21g	10g	
CALORIES	PROTEIN	CARBS	FAT	
Ingredien	ts			
1200	g atlantic cod			
50g	cherry tomate	oes		
150g	g butternut so	quash		
1 clo	ve garlic			
1 tsp	parsley			
2 tsp	olive oil			
1 we	dge lemon			

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</p>

Red Grapes

41	0g	11 g	0g
CALORIES	PROTEIN	CARBS	FAT

Ingredients



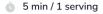
60g red grapes

Preparation

Not quite a glass of wine, but close!







Chocolate Protein and Refreshing Watermelon

174	20g	19g	3g
CALORIES	PROTEIN	CARBS	FAT

Ingredients

15g chocolate whey protein (80%)
200ml milk (1% fat)
90g watermelon

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the watermelon on the side!

This snack is one in a melon...





Ingredients Needed

Baked



1 pita, large (6-1/2" dia) (64g) Whole Wheat Pita Bread

Dairy and Egg

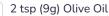


120g Greek Yogurt (whole milk)



200ml (208g) Milk (1% fat)

Fats and Oils



Finfish and Shellfish

120g Atlantic Cod

Fruits and Fruit Juices

12 whole (39.6g) Black Olives
80g Frozen Blueberries
80g Frozen Raspberries
1 medium (74g) Kiwifruit
1 wedge (6g) Lemon
60g Red Grapes
90g Watermelon

Grains, Noodles and Pasta

10g Oats

Legumes



75g Hummus, commercial

Nuts and Seeds

50ml (50g) Almond Milk

Protein Powders

15g Chocolate Whey Protein (80%)

10g Vanilla Whey Protein (80%)

Vegetables

