



🕒 5 min / 1 serving

Frozen Blueberry Breakfast Protein Bowl

335

CALORIES

23g

PROTEIN

45g

CARBS

9g

FAT

Ingredients

- ☐ 80g frozen blueberries
- ☐ 80g frozen raspberries
- ☐ 1 medium kiwifruit
- ☐ 120g greek yogurt (whole milk)
- ☐ 10g vanilla whey protein (80%)
- ☐ 50ml almond milk
- ☐ 10g oats

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.



🕒 5 min / 1 serving

Hummus Bites Power Pack!

428

CALORIES

15g

PROTEIN

62g

CARBS

16g

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!



🕒 20 min / 1 serving

Autumn Baked Cod with Garlic Squash

263

CALORIES

24g

PROTEIN

21g

CARBS

10g

FAT

Ingredients

- ☐ 120g atlantic cod
- ☐ 50g cherry tomatoes
- ☐ 150g butternut squash
- ☐ 1 clove garlic
- ☐ 1 tsp parsley
- ☐ 2 tsp olive oil
- ☐ 1 wedge 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

Red Grapes

41

CALORIES

0g

PROTEIN

11g

CARBS

0g

FAT

Ingredients

☐ 60g red grapes

Preparation

Not quite a glass of wine, but close!



🕒 5 min / 1 serving

Chocolate Protein and Refreshing Watermelon

174

CALORIES

20g

PROTEIN

19g

CARBS

3g

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

- ☐ 2 tsp (9g) Olive Oil

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

☐ 150g Butternut Squash

☐ 408g Cherry Tomatoes

☐ 1/2 whole (150.5g) Cucumber

☐ 1 clove (3g) Garlic

☐ 1 tsp (1.33g) Parsley