

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.

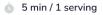
Step 3: Slice the kiwi and layer it on top with a couple of extra raspberries and a sprinkle of oats.

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.

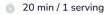
Step 2: Slice the pita bread into bitesize triangles and place into the lunchbox along with the hummus (just let them chill together like buds).

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



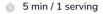
60g red grapes

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

