



🕒 5 min / 1 serving

Frozen Strawberry Breakfast Protein Bowl

369
CALORIES

31g
PROTEIN

45g
CARBS

9g
FAT

Ingredients

- 40g frozen strawberries
- 1/2 medium (7" to 7-7/8" long) frozen banana
- 30g frozen raspberries
- 1 medium kiwifruit
- 20g vanilla whey protein (80%)
- 50ml almond milk
- 120g greek yogurt (whole 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 strawberries, the frozen banana, the yogurt, the protein powder, and the almond 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 raspberries and a sprinkle of oats.

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



15 min / 1 serving

Ultimate Strength Salad

359
CALORIES

29g
PROTEIN

36g
CARBS

13g
FAT

Ingredients

- 2 tsp honey
- 50g mixed salad leaves
- 30g sun-dried tomatoes
- 1/2 tsp dijon mustard (whole grain)
- 1 medium carrot
- 2 tsp olive oil
- 100g chicken breast

Preparation

Step 1: Slice your chicken and lightly fry in 1/2 the olive oil. Peel and shred that carrot on the side.

Step 2: Whisk the honey, mustard, and remaining olive oil to create a nice dressing.

Step 3: Toss the mixed leaves in a bowl with the honey mustard dressing and place into a bowl

Step 4: Layer the chicken, sun-dried tomatoes, and carrots on top and refrigerate for a few minutes to cool.

Step 5: Serve up!



40 min / 1 serving

Spiced Chicken with Quinoa Tabbouleh

361
CALORIES

28g
PROTEIN

35g
CARBS

12g
FAT

Ingredients

- 90g chicken breast
- 1 1/2 tsp olive oil
- 1/4 whole cucumber
- 1/4 medium red bell pepper (capsicum)
- 1/4 whole, medium red onion
- 3 whole cherry tomatoes
- 1 pinch chili powder
- 1 pinch cumin powder
- 1 pinch ground coriander (cilantro)
- 40g quinoa
- 70ml vegetable stock/broth

Preparation

Step 1: Preheat your oven to 200°C/fan180°C (390°F). It's gonna be hot in there!

Step 2: Let's get that chicken prepped! Give it a good pat dry with some kitchen paper.

Step 3: Time to get spicy! Mix all spices and half the olive oil in a bowl. Let the chicken take a dip in this

delicious marinade for 15 minutes. Let it soak up those flavors!

Step 4: While the chicken is getting cozy in its marinade, let's work on the quinoa. Cook it up in some vegetable stock according to the pack instructions. We're following the rules here!

Step 5: Once cooked, let the quinoa cool down a bit. We don't want it to be too hot to handle.

Step 6: Heat up the remaining oil in a frying pan. Let's give that chicken a nice sear, turning it around for about 5 minutes.

Step 7: Time to transfer that chicken to the big stage! Put it on a baking tray and let it cook through in the oven for 10-12 minutes.

Step 8: While the chicken is strutting its stuff in the oven, let's get back to the quinoa. In a large bowl, mix it up with some cucumber, tomato, chopped bell pepper and sliced red onion. Let's make it colorful and full of flavor! Remove the chicken from the oven and slice up!

Step 9: Plate up the quinoa mix and top it off with those juicy roasted chicken breast slices. Finish off with a dash of parsley if you have it!

Tuck in and enjoy!



 <1 min / 1 serving

Walnut Snack

131

CALORIES

3g

PROTEIN

3g

CARBS

13g

FAT

Ingredients

20g walnuts

Preparation

For brain health!



 <1 min / 1 serving

Sunflower Seed Snack

88

CALORIES

3g

PROTEIN

3g

CARBS

8g

FAT

Ingredients

15g seeds, sunflower seed kernels, dried

Preparation

Flower power, directly from the sun!

TUE

Ingredients Needed

Dairy and Egg

 120g Greek Yogurt (whole milk)

Fats and Oils

 18g Olive Oil

Fruits and Fruit Juices

 1/2 medium (7" to 7-7/8" long) (59g) Frozen
Banana 30g Frozen Raspberries 40g Frozen Strawberries 1 medium (74g) Kiwifruit

Grains, Noodles and Pasta

 10g Oats 40g Quinoa

Nuts and Seeds

 50ml (50g) Almond Milk 15g Seeds, sunflower seed kernels, dried 20g Walnuts

Pastes, Sauces, and Gravies

 70ml (70g) Vegetable stock/broth

Poultry

200g Chicken Breast

Protein Powders

20g Vanilla Whey Protein (80%)

Spices and Herbs

1 pinch (0.2g) Chili Powder

1 Pinch (0.2g) Cumin Powder

1/2 tsp (2.5g) Dijon Mustard (Whole Grain)

1 pinch (0.2g) Ground Coriander (cilantro)

Sweets

2 tsp (14g) Honey

Vegetables

1 medium (61g) Carrot

3 whole (51g) Cherry Tomatoes

1/4 whole (75.25g) Cucumber

50g Mixed Salad Leaves

1/4 medium (29.75g) Red Bell Pepper
(capsicum)

1/4 whole, medium (27.5g) Red Onion

30g Sun-Dried Tomatoes