

CALORIES



12a

FAT

10 min / 1 serving

Matcha Chia Overnight Oats

48a

CARBS

39a

PROTEIN

Ingredients		
	1 medium kiwifruit	
	1 medium (1-1/4" dia) strawberries	
	80g greek yogurt (whole milk)	
	30g vanilla whey protein (80%)	
	100ml almond milk	
	30g oats	
	1 tsp honey	
	2 tsp chia seeds	
	1/2 tsp matcha powder	

Preparation

Prepare the night before and you'll wake up like it's Saturday morning, every day!

- **Step 1:** In a small bowl, whisk the matcha and warm water together until a smooth consistency is formed.
- **Step 2:** Take the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.
- **Step 3:** Once you have a delicious blend, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

Step 4: Slice the kiwi and strawberry and layer them on top. Store in the fridge overnight!



CALORIES



10 min / 1 serving

The Greek Chicken Stack!

24a

PROTEIN

Ingredients		
75g chicken breast		
2 slice gluten free multiseed bread		
1/4 whole, medium red onion		
2 piece sun-dried tomatoes		
1 pinch black pepper		
30g greek yogurt (whole milk)		
1 leaf, medium iceberg lettuce		
1 pinch table salt		
1 pinch dried oregano		

27g

CARBS

9g

FAT

Bring forth that Olympic power!

Preparation

Step 1: Pre-grill your chicken and allow it to chill in the refrigerator before getting to work.

Step 2: Finely slice your red onion and place it into a bowl along with the Greek yogurt, salt, pepper, and oregano. Mix well.

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Spread the yogurt mix evenly over each side before layering your sandwich as follows: bottom slice, chicken, lettuce, sliced sun-dried tomato, top slice.

Step 4: Eat and enjoy!



CALORIES



40 min / 1 serving

One-Pot Chicken, Quinoa, Vege Success

36g

PROTEIN

42g

CARBS

16g

FAT

Ingredients		
	120g chicken breast	
	2 tsp olive oil	
	1/4 medium/whole courgette (zucchini)	
	1/2 medium red bell pepper (capsicum)	
	1 pinch sweet smoked paprika	
	1/4 tsp dried rosemary	
	1/4 whole, medium red onion	
	50g quinoa	
	90ml vegetable stock/broth	
	2 clove garlic	
	1 pinch table salt	
	1 pinch black pepper	

Preparation

Step 1: Grab a medium bowl and toss in that chicken beast. Sprinkle on some rosemary, smoked paprika, salt, and pepper. Give it a good toss to coat the chicken in all those delicious flavors.

Step 2: Time to heat things up! Grab a large non-

stick skillet and heat up half the olive oil over medium-high heat. Add in the chicken and let it sizzle for 2 minutes on each side. Transfer those juicy chicken pieces to a plate and resist the urge to snack on them just yet!

Step 3: Don't stop the sizzle! Add the other half of olive oil to the skillet and throw in some roughly chopped onion, courgette, and red bell pepper. Let them get all tender and delicious for about 4 to 5 minutes. Then, toss in some sliced garlic and let it cook for 1 minute. Your kitchen will be smelling amazing by now!

Step 4: Time to add in the quinoa and broth. Stir it all into the veggie mix and bring it to a boil. Once it's bubbling, cover it up, reduce the heat, and let it simmer for 10 minutes.

Step 5: Nestle the chicken back into the quinoa party and let it cook (covered) for another 20 minutes until the liquid is absorbed and the chicken is cooked through.

Step 6: The chicken is ready to make its grand exit to a plate. But don't forget about the quinoa! Stir in some fresh spinach to add a pop of color and nutrition. Serve it all up with your chicken superstar and season to taste.





<1 min / 1 serving</p>

Walnut Snack

98 2g 2g 10g CALORIES PROTEIN CARBS FAT

Ingredients

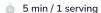
15g walnuts

Preparation

For brain health!







CALORIES

Frozen Watermelon Rosemary Smoothie

18g

CARBS

2g

FAT

12g

PROTEIN

Ingredients		
	125g watermelon	
	1 wedge lemon	
	25g strawberries	
	100ml soy milk	
	1/4 tsp dried rosemary	
	10g vanilla whey protein (80%)	
Preparation		

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This one's pretty refreshing!

- **Step 1**: To start, chop the seedless watermelon first then set it aside. Grate the zest of the lemon.
- **Step 2**: Combine all of the ingredients in the blender and place on high for 30 seconds, or until you achieve an even consistency.
- **Step 3**: Pour into your glass and garnish with rosemary and a slice of lemon according to your liking! Enjoy!



Ingredients Needed

Baked			
	2 slice (54g) Gluten Free Multiseed Bread		
Dair	y and Egg		
	160g Greek Yogurt (whole milk)		
Fats and Oils			
	2 tsp (9g) Olive Oil		
Fruit	s and Fruit Juices		
	1 medium (74g) Kiwifruit		
	1 wedge (6g) Lemon		
	24g Strawberries		
	125g Watermelon		
Grai	ns, Noodles and Pasta		
	30g Oats		
	50g Quinoa		
Legu	umes		
	100ml (100g) Soy Milk		
Nuts and Seeds			
	100ml (100g) Almond Milk		
	2 tsp (8g) Chia Seeds		
	15g Walnuts		

Pastes, Sauces, and Gravies		
	90ml (90g) Vegetable stock/broth	
Poultry		
	150g Chicken Breast	
Protein Powders		
	60g Vanilla Whey Protein (80%)	
Spices and Herbs		
	0g Black Pepper	
	1 Pinch (0.2g) Dried Oregano	
	0g Dried Rosemary	
	1/2 tsp (1g) Matcha Powder	
	1 Pinch (0.2g) Sweet Smoked Paprika	
	0g Table Salt	
Swe	ets	
	1 tsp (7g) Honey	
Vege	etables	
	1/4 Medium/whole (49g) Courgette (Zucchini)	
	2 clove (6g) Garlic	
	1 leaf, medium (8g) Iceberg Lettuce	
	1/2 medium (59.5g) Red Bell Pepper (capsicum)	
	56g Red Onion	
	2 piece (4g) Sun-Dried Tomatoes	