



🕒 10 min / 1 serving

Matcha Chia Overnight Oats

438
CALORIES

39g
PROTEIN

48g
CARBS

12g
FAT

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!



🕒 10 min / 1 serving

The Greek Chicken Stack!

299
CALORIES

24g
PROTEIN

27g
CARBS

9g
FAT

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

Preparation

Bring forth that Olympic power!

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!



40 min / 1 serving

One-Pot Chicken, Quinoa, Vege Success

459

CALORIES

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

Walnut Snack

98
CALORIES

2g
PROTEIN

2g
CARBS

10g
FAT

Ingredients

15g walnuts

Preparation

For brain health!



5 min / 1 serving

Frozen Watermelon Rosemary Smoothie

131 CALORIES **12g** PROTEIN **18g** CARBS **2g** FAT

Ingredients

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

Preparation

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

Dairy and Egg

160g Greek Yogurt (whole milk)

Fats and Oils

2 tsp (9g) Olive Oil

Fruits and Fruit Juices

1 medium (74g) Kiwifruit

1 wedge (6g) Lemon

24g Strawberries

125g Watermelon

Grains, Noodles and Pasta

30g Oats

50g Quinoa

Legumes

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

Sweets

1 tsp (7g) Honey

Vegetables

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