



🕒 5 min / 1 serving

# Chocolate Peanut Butter Delight Smoothie

**392**

CALORIES

**33g**

PROTEIN

**38g**

CARBS

**15g**

FAT

## Ingredients

- ☐ 1 medium (7" to 7-7/8" long) banana(s)  
.....
- ☐ 1 tbsp cocoa, dry powder, unsweetened  
.....
- ☐ 20g peanut butter, smooth style, without salt  
.....
- ☐ 250ml almond milk  
.....
- ☐ 30g chocolate whey protein (80%)  
.....

## Preparation

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

**Step 1:** Place all ingredients into your blender companion and securely fasten the lid.

**Step 2:** Blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

**Step 3:** Pour into a glass for a treat that ignites your taste buds and boosts your health!



🕒 5 min / 1 serving

# Power Vege Toast!

<b>435</b>	<b>24g</b>	<b>46g</b>	<b>18g</b>
CALORIES	PROTEIN	CARBS	FAT

## Ingredients

- ☐ 3 slice regular whole grain bread
- ☐ 1 medium whole tomatoes, red, ripe
- ☐ 50g mozzarella cheese (whole milk)
- ☐ 1/2 tsp olive oil
- ☐ 1 dash black pepper
- ☐ 20g cucumber
- ☐ 1 sprinkle sea salt

## Preparation

**Step 1:** Place your bread into a toaster and let things heat up while you slice the tomato and cucumber into finely-sliced slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, lay the mozzarella, tomato, and cucumber on top.

**Step 3:** Season with a little salt and pepper, and drizzle with the olive oil before crunching in.

What a delight.



⌚ 15 min / 1 serving

## Rapid Sweet Tofu Stir Fry

**342**  
CALORIES

**20g**  
PROTEIN

**33g**  
CARBS

**17g**  
FAT

### Ingredients

- ☐ 120g tofu, firm, prepared with nigari
- ☐ 40g asparagus
- ☐ 40g carrot
- ☐ 40g white button mushrooms
- ☐ 1/4 medium red bell pepper (capsicum)
- ☐ 40g broccoli
- ☐ 1/4 medium yellow bell pepper (capsicum)
- ☐ 2 clove garlic
- ☐ 3 tsp brown sugar
- ☐ 1/4 whole, medium red onion
- ☐ 1 tsp olive oil
- ☐ 1/4 tsp red pepper flakes (chili flakes)
- ☐ 1/2 tsp garlic powder
- ☐ 75ml vegetable stock/broth

### Preparation

**Step 1:** In a wok or large frying pan add the olive oil and bring up to a medium-high heat.

**Step 2:** Slice up your bell peppers, asparagus, carrots, broccoli, onion, and mushrooms into thin, bite-size slices. Chop the tofu into cubes and finely slice your garlic too!

**Step 3:** Add all veggies (except the garlic) and tofu to the now hot pan and sauté for around 2-3 minutes until veggies are almost tender.

**Step 4:** In a small bowl, whisk together the garlic, brown sugar, garlic powder, chili flakes and vegetable stock with a little salt and pepper.

**Step 5:** Pour this evenly over the stir fry and allow the sauce to thicken.

**Step 6:** Once all is cooked through, serve up!



 <1 min / 1 serving

# Banana

**105**

CALORIES

**1g**

PROTEIN

**27g**

CARBS

**0g**

FAT

## Ingredients



1 medium (7" to 7-7/8" long) banana(s)

## Preparation

The best of the best!



🕒 5 min / 1 serving

# Rad Avocado Toast

**141**

CALORIES

**5g**

PROTEIN

**16g**

CARBS

**7g**

FAT

## Ingredients

- ☐ 1/4 whole avocado
- ☐ 1 slice regular whole grain bread
- ☐ 1 sprinkle sea salt
- ☐ 1 dash black pepper

## Preparation

This one will ignite your taste buds more than expected!

**Step 1:** Place your bread into a toaster and let things heat up while you scoop out the avocado and chop it into thin slices.

**Step 2:** Once the bread has made the wonderful transformation into its crunchy counterpart, layer the avocado on top.

**Step 3:** Sprinkle with some watercress and a little sliced radish if you have it! Get crunching.

# Ingredients Needed

## Baked

☐ 180g Whole Grain Bread

## Dairy and Egg

☐ 50g Mozzarella Cheese (whole milk)

## Fats and Oils

☐ 4g Olive Oil

## Fruits and Fruit Juices

☐ 1/4 whole (37.5g) Avocado

☐ 236g Banana(s)

## Legumes

☐ 20g Peanut butter, smooth style, without salt

☐ 120g Tofu, firm, prepared with nigari

## Nuts and Seeds

☐ 250ml (250g) Almond Milk

## Pastes, Sauces, and Gravies

☐ 75ml (75g) Vegetable stock/broth

## Protein Powders

☐ 30g Chocolate Whey Protein (80%)

## Spices and Herbs

☐

- ☐ 0g Black Pepper
- ☐ 1/2 tsp (1.55g) Garlic Powder
- ☐ 1/4 tsp (0.5g) Red Pepper Flakes (Chili Flakes)
- ☐ 0g Sea Salt

**Sweets**

- ☐ 3 tsp (9g) Brown Sugar
- ☐ 1 tbsp (5.4g) Cocoa, dry powder, unsweetened

**Vegetables**

- ☐ 40g Asparagus
- ☐ 40g Broccoli
- ☐ 40g Carrot
- ☐ 20g Cucumber
- ☐ 2 clove (6g) Garlic
- ☐ 1/4 medium (29.75g) Red Bell Pepper (capsicum)
- ☐ 1/4 whole, medium (27.5g) Red Onion
- ☐ 1 medium whole (123g) Tomatoes, Red, Ripe
- ☐ 40g White Button Mushrooms
- ☐ 1/4 medium (29.75g) Yellow Bell Pepper (capsicum)