

Chocolate Peanut Butter Delight Smoothie

33g

CALORIES	PROTEIN	CARBS	FAT	
ngredien	ts			
1 me	dium (7" to 7	'-7/8" long)	banana(s)	
1 tbs	p cocoa, dry	powder, un	sweetened	
20g	oeanut butte	r, smooth st	yle, without sa	lt
250r	nl almond m	lk		

38g

15g

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.

30g chocolate whey protein (80%)

- **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!



CALORIES



5 min / 1 serving

Power Vege Toast!

24g

PROTEIN

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	

46a

CARBS

18a

FAT

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.



CALORIES



15 min / 1 serving

Rapid Sweet Tofu Stir Fry

33g

CARBS

17g

FAT

20g

PROTEIN

Ingre	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</p>

Banana

105 1g 27g 0g CALORIES PROTEIN CARBS FAT

Ingredients

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

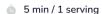
Preparation

The best of the best!



CALORIES





Rad Avocado Toast

5a

PROTEIN

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

16a

CARBS

7g

FAT

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
Swe	ets
	3 tsp (9g) Brown Sugar
	1 tbsp (5.4g) Cocoa, dry powder, unsweetened
Vege	etables
	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)