



🕒 5 min / 1 serving

## Power Chia Overnight Oats

438

CALORIES

35g

PROTEIN

44g

CARBS

15g

FAT

### Ingredients

- 220ml almond milk
- 25g oats
- 30g chia seeds
- 40g raspberries
- 30g vanilla whey protein (80%)
- 1 tsp honey

### Preparation

**Step 1:** In a sealable container, mix in the oats, almond milk, chia seeds, protein powder, raspberries, and honey.

**Step 2:** Place in one of your favourite refrigerators overnight.

**Step 3:** Serve up first thing in the morning!



🕒 30 min / 1 serving

# Simple Chicken and Quinoa Bake

444

CALORIES

32g

PROTEIN

46g

CARBS

14g

FAT

## Ingredients

- 90g chicken breast
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 1 1/2 tsp olive oil
- 130ml chicken stock
- 60g quinoa
- 1 clove garlic
- 1 wedge lemon

## Preparation

**Step 1:** First of all, preheat your oven to 400 F (200 C)

**Step 2:** Finely chop your garlic

**Step 3:** In a small bowl, mix the garlic powder, paprika, a little salt and pepper. Then, sprinkle this over your chicken breast

**Step 4:** Heat half the olive oil in a medium-large frying pan or skillet over a medium heat and then add the chicken.

**Step 5:** Cook evenly until the chicken is golden

brown (about 3 minutes per side) and then remove the chicken from the pan and set aside.

**Step 6:** In the same pan, add the remaining olive oil, chopped garlic, and quinoa. Lightly cook/toast for about 2 - 3 minutes and then add the chicken broth and bring to a light simmer.

**Step 7:** Once the quinoa thickens up, either transfer to a baking dish along with the chicken, or place the oven skillet directly into the oven with the chicken laid on top. If the quinoa is a little crunchy, continue adding small amounts of water until it cooks to your preference.

**Step 8:** Bake for around 15 minutes until the chicken is cooked through and serve with a squeeze of lemon!



🕒 25 min / 1 serving

# Classic Salmon Papillote

**445**  
CALORIES

**35g**  
PROTEIN

**40g**  
CARBS

**17g**  
FAT

## Ingredients

- 150g smoked salmon
- 1 medium/whole courgette (zucchini)
- 1 medium onion
- 2 medium carrot
- 2 tsp olive oil
- 10g parsley
- 1 medium red bell pepper (capsicum)
- 4 spear, medium (5-1/4" to 7" long) asparagus
- 2 clove garlic

## Preparation

**Step 1:** Preheat that gorgeous oven to 450°F (200°C).

**Step 2:** Finely chop your garlic and parsley.

**Step 3:** Slice the carrot, bell pepper, zucchini, and onion into finger-width strips.

**Step 4:** In a bowl, add the garlic, parsley, olive oil, and a little salt and pepper.

Are you ready for things to get heated?

**Step 5:** Lay out a piece of tin foil or baking paper and place the sliced vegetables and asparagus spears in the centre.

**Step 6:** Place the salmon on top and then cover with the garlicky, parsley mix.

**Step 7:** Wrap the sides of the tin foil or baking paper around the vegetables and salmon; creating a little delightful pouch of nutrition.

**Step 8:** Place this little pouch on a baking tray and bake for 10-12 minutes.

**Step 9:** Remove from the oven, carefully unwrap, and serve up!



 <1 min / 1 serving

## Almond Snack

**116**

CALORIES

**4g**

PROTEIN

**4g**

CARBS

**10g**

FAT

### Ingredients

20g almonds

### Preparation

Serve on the side, plant protein power!



🕒 1 min / 1 serving

## Orange and Walnut Power!

167

CALORIES

2g

PROTEIN

28g

CARBS

7g

FAT

### Ingredients

1 medium pear(s)

10g walnuts

### Preparation

**Step 1:** Eat the pear and the walnuts. All of them.

Get nutty!

# Ingredients Needed

## Fats and Oils

14g Olive Oil

## Finfish and Shellfish

150g Smoked Salmon

## Fruits and Fruit Juices

1 wedge (6g) Lemon

1 medium (178g) Pear(s)

40g Raspberries

## Grains, Noodles and Pasta

25g Oats

60g Quinoa

## Nuts and Seeds

220ml (220g) Almond Milk

20g Almonds

30g Chia Seeds

10g Walnuts

## Pastes, Sauces, and Gravies

130ml (130g) Chicken Stock

## Poultry

90g Chicken Breast



## Protein Powders

30g Vanilla Whey Protein (80%)

## Spices and Herbs

1/4 tsp (0.775g) Garlic Powder

1/4 tsp (0.575g) Paprika

## Sweets

1 tsp (7g) Honey

## Vegetables

4 spear, medium (5-1/4" to 7" long) (64g)  
Asparagus

2 medium (122g) Carrot

1 Medium/whole (196g) Courgette (Zucchini)

6g Garlic

1 medium (110g) Onion

10g Parsley

1 medium (119g) Red Bell Pepper (capsicum)