



🕒 5 min / 1 serving

# Moroccan Morning Egg on Toast

**487**

CALORIES

**29g**

PROTEIN

**40g**

CARBS

**23g**

FAT

## Ingredients

- ☐ 3 medium egg(s) .....
- ☐ 3 slice regular whole grain bread .....
- ☐ 1 1/2 tsp olive oil .....
- ☐ 1/4 tsp cumin powder .....

## Preparation

For a little bit of Northern Africa on your plate!

**Step 1:** Heat a frying pan over a medium heat before adding the olive oil.

**Step 2:** Once the oil runs smoothly over the pan, crack the egg into the center.

**Step 3:** Sprinkle the cumin over the top and further season with salt and pepper.

**Step 4:** Place the bread into captain toaster and let them do their thing while you monitor your egg.

**Step 5:** Catch the toast on a plate and then give your egg a quick, careful flip to seal the top.

**Step 6:** Serve the egg on toast for a perfect hit of morning protein!



🕒 10 min / 1 serving

## The SLT

**500**  
CALORIES

**38g**  
PROTEIN

**61g**  
CARBS

**11g**  
FAT

### Ingredients

- ☐ 100g smoked salmon
- ☐ 4 slice regular whole grain bread
- ☐ 1/2 whole, medium red onion
- ☐ 1/2 medium whole tomatoes, red, ripe
- ☐ 30g greek yogurt (whole milk)
- ☐ 1 pinch table salt
- ☐ 2 leaf, medium iceberg lettuce
- ☐ 1 pinch black pepper
- ☐ 1 pinch dried parsley

### Preparation

Something new that you'll repeat again and again!

**Step 1:** Finely slice your red onion and place it into a bowl along with the Greek yogurt, salt, pepper, and parsley. 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, salmon, lettuce, tomato, top slice.

**Step 4:** Eat and enjoy!



⌚ 35 min / 1 serving

# Classic Turkish One-Pan Menemen

**381**  
CALORIES

**21g**  
PROTEIN

**39g**  
CARBS

**18g**  
FAT

## Ingredients

- ☐ 1/2 tbsp olive oil
- ☐ 1 medium onion
- ☐ 1/2 medium (approx 2-3/4" long, 2-1/2" dia) green bell pepper (capsicum)
- ☐ 1 piece red chilli pepper
- ☐ 150g chopped tomatoes (canned)
- ☐ 20g sun-dried tomatoes
- ☐ 1 tsp brown sugar
- ☐ 1 tbsp, chopped parsley
- ☐ 2 tbsp greek yogurt (whole milk)
- ☐ 1 clove garlic
- ☐ 2 medium egg(s)

## Preparation

**Step 1:** Chop the onion and bell pepper into bite-size slices and set aside.

**Step 2:** Finely slice the garlic and chilli and set to the other side.

**Step 3:** Heat the oil in a heavy-based frying pan over a medium temperature.

**Step 4:** Stir in the onions, bell pepper, and chilies and allow them all to become very well acquainted in the pan for about 3 minutes. Season with a little salt and pepper here too!

**Step 5:** Add the canned tomatoes and the sugar and bring to a light simmer to reduce the liquid. Then, add the sun-dried tomatoes and stir.

**Step 6:** Using a wooden spoon, create pockets that will hold the eggs.

**Step 7:** Crack an egg into each pocket, reduce the heat to low, and cover the pan. Allowing the eggs to set.

**Step 8:** While you wait, beat the finely-sliced garlic into the yogurt and season well.

**Step 9:** Serve the menemen with some parsley sprinkled over the top and a dollop of the garlicky yogurt on the side.



🕒 5 min / 1 serving

# Banana, Strawberry Special Smoothie

**154**

CALORIES

**14g**

PROTEIN

**21g**

CARBS

**3g**

FAT

## Ingredients

- ☐ 25g strawberries
- ☐ 1/2 medium (7" to 7-7/8" long) banana(s)
- ☐ 150ml almond milk
- ☐ 15g vanilla whey protein (80%)
- ☐ 1/2 tsp honey

## Preparation

Ideally, use chilled or even frozen strawberries and banana for this splendid mix of special smoothie love.

**Step 1:** Place all ingredients into your favourite blender and securely fasten the lid (or blend with the lid off to cover everybody in smoothie goodness).

**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 that fruity passion.



 <1 min / 1 serving

## Cherries

**63**

CALORIES

**1g**

PROTEIN

**16g**

CARBS

**0g**

FAT

### Ingredients

☐ 100g sweet cherries

### Preparation

Nobody's getting tired of these!

# Ingredients Needed

## Baked

☐ 180g Whole Grain Bread

## Dairy and Egg

☐ 264g Egg(s)

☐ 60g Greek Yogurt (whole milk)

## Fats and Oils

☐ 14g Olive Oil

## Finfish and Shellfish

☐ 100g Smoked Salmon

## Fruits and Fruit Juices

☐ 1/2 medium (7" to 7-7/8" long) (59g) Banana(s)

☐ 25g Strawberries

☐ 100g Sweet Cherries

## Nuts and Seeds

☐ 150ml (150g) Almond Milk

## Protein Powders

☐ 15g Vanilla Whey Protein (80%)

## Spices and Herbs

☐ 1 pinch (0.2g) Black Pepper

☐ 1/4 tsp (1.25g) Cumin Powder

☐

1 pinch (0.1g) Dried Parsley

☐

1 pinch (0.3g) Table Salt

## Sweets

☐

1 tsp (3g) Brown Sugar

☐

1/2 tsp (3.5g) Honey

## Vegetables

☐

150g Chopped Tomatoes (canned)

☐

1 clove (3g) Garlic

☐

1/2 medium (approx 2-3/4" long, 2-1/2" dia)  
(59.5g) Green Bell Pepper (capsicum)

☐

2 leaf, medium (16g) Iceberg Lettuce

☐

1 medium (110g) Onion

☐

1 tbsp, chopped (3.8g) Parsley

☐

1 piece (45g) Red Chilli Pepper

☐

1/2 whole, medium (55g) Red Onion

☐

20g Sun-Dried Tomatoes

☐

1/2 medium whole (61.5g) Tomatoes, Red, Ripe