



🕒 5 min / 1 serving

Chocolate Peanut Butter Delight Smoothie

474

CALORIES

35g

PROTEIN

53g

CARBS

18g

FAT

Ingredients

- 1 1/2 medium (7" to 7-7/8" long) banana(s)
- 1 tbsp cocoa, dry powder, unsweetened
- 25g 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!



🕒 15 min / 1 serving

Tuna Steak Supreme Sandwich

491

CALORIES

31g

PROTEIN

43g

CARBS

20g

FAT

Ingredients

- 20g cheddar cheese
- 4 slice gluten free multiseed bread
- 75g tuna steak
- 1/2 tsp pesto
- 30g romaine lettuce

Preparation

Step 1: Pre-grill your sliced tuna steak and allow to chill in the refrigerator.

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the cheddar and avocado and get them ready for action. Then, spread that pesto over the top toast.

Step 4: Layer all ingredients in whatever order you see fit. We personally went with cheddar, tuna, avocado, cheddar, tuna, lettuce!



40 min / 1 serving

Spiced Chicken with Quinoa Tabbouleh

468

CALORIES

36g

PROTEIN

44g

CARBS

15g

FAT

Ingredients

- 120g chicken breast
- 2 tsp olive oil
- 1/4 whole cucumber
- 1/2 medium red bell pepper (capsicum)
- 1/4 whole, medium red onion
- 4 whole cherry tomatoes
- 1 pinch chili powder
- 1 pinch cumin powder
- 1 pinch ground coriander (cilantro)
- 50g quinoa
- 90ml vegetable stock/broth

Preparation

Step 1: Preheat your oven to 200°C/fan180°C (390°F). It's gonna be hot in there!

Step 2: Let's get that chicken prepped! Give it a good pat dry with some kitchen paper.

Step 3: Time to get spicy! Mix all spices and half the olive oil in a bowl. Let the chicken take a dip in this

delicious marinade for 15 minutes. Let it soak up those flavors!

Step 4: While the chicken is getting cozy in its marinade, let's work on the quinoa. Cook it up in some vegetable stock according to the pack instructions. We're following the rules here!

Step 5: Once cooked, let the quinoa cool down a bit. We don't want it to be too hot to handle.

Step 6: Heat up the remaining oil in a frying pan. Let's give that chicken a nice sear, turning it around for about 5 minutes.

Step 7: Time to transfer that chicken to the big stage! Put it on a baking tray and let it cook through in the oven for 10-12 minutes.

Step 8: While the chicken is strutting its stuff in the oven, let's get back to the quinoa. In a large bowl, mix it up with some cucumber, tomato, chopped bell pepper and sliced red onion. Let's make it colorful and full of flavor! Remove the chicken from the oven and slice up!

Step 9: Plate up the quinoa mix and top it off with those juicy roasted chicken breast slices. Finish off with a dash of parsley if you have it!

Tuck in and enjoy!



 <1 min / 1 serving

Sunflower Seed Snack

175

CALORIES

6g

PROTEIN

6g

CARBS

15g

FAT

Ingredients

30g seeds, sunflower seed kernels, dried

Preparation

Flower power, directly from the sun!



 <1 min / 1 serving

Cashew Snack

111

CALORIES

4g

PROTEIN

6g

CARBS

9g

FAT

Ingredients

20g cashew nuts

Preparation

A handful of health!

Ingredients Needed

Baked

4 slice (108g) Gluten Free Multiseed Bread

Dairy and Egg

20g Cheddar Cheese

Fats and Oils

2 tsp (9g) Olive Oil

Finfish and Shellfish

75g Tuna Steak

Fruits and Fruit Juices

1 1/2 medium (7" to 7-7/8" long) (177g)
Banana(s)

Grains, Noodles and Pasta

50g Quinoa

Legumes

25g Peanut butter, smooth style, without salt

Nuts and Seeds

250ml (250g) Almond Milk

20g Cashew Nuts

30g Seeds, sunflower seed kernels, dried

Pastes, Sauces, and Gravies

1/2 tsp (2.5g) Pesto

90ml (90g) Vegetable stock/broth

Poultry

120g Chicken Breast

Protein Powders

30g Chocolate Whey Protein (80%)

Spices and Herbs

1 pinch (0.2g) Chili Powder

1 Pinch (0.2g) Cumin Powder

1 pinch (0.2g) Ground Coriander (cilantro)

Sweets

1 tbsp (5.4g) Cocoa, dry powder, unsweetened

Vegetables

4 whole (68g) Cherry Tomatoes

1/4 whole (75.25g) Cucumber

1/2 medium (59.5g) Red Bell Pepper (capsicum)

1/4 whole, medium (27.5g) Red Onion

30g Romaine Lettuce