



🕒 5 min / 1 serving

Overnight Vanilla Yogurt Oats

506
CALORIES

33g
PROTEIN

56g
CARBS

18g
FAT

Ingredients

- ☐ 1/5 tsp vanilla extract
- ☐ 300g greek yogurt (whole milk)
- ☐ 2 tsp honey
- ☐ 2 medium (1-1/4" dia) strawberries
- ☐ 30g oats
- ☐ 1 dash ground cinnamon
- ☐ 1 medium kiwifruit

Preparation

Are you ready for something that will power you through until noon?

Step 1: As simple as it's going to get! In the evening, mix the yogurt, oats, and vanilla extract (just a few drops!) in a jar or tupperware.

Step 2: When the morning rolls round, simply mix in a little honey and cinnamon, and serve topped with your sliced kiwi and strawberries!

Step 3: Enjoy!

Note: If you feel the oats are a little dry, add in a tablespoon of milk!



🕒 5 min / 1 serving

Prawn Toast Delight!

506

CALORIES

34g

PROTEIN

56g

CARBS

16g

FAT

Ingredients

- ☐ 4 slice regular whole grain bread
- ☐ 60g prawns (cooked)
- ☐ 50g feta cheese
- ☐ 2 tsp parsley
- ☐ 2 tsp dijon mustard (whole grain)

Preparation

Step 1: Place your bread into a toaster and let things heat up... ohh yeah, let it get all toasty.

Step 2: Once the bread has made its sexy transformation, crumble the feta cheese on top

Step 3: Evenly layout your prawns and then sprinkle with a little parsley and mustard for the win!



🕒 35 min / 1 serving

Salmon with Roasted Sweet Potatoes and Pepper

438
CALORIES

24g
PROTEIN

34g
CARBS

23g
FAT

Ingredients

- ☐ 1 medium red bell pepper (capsicum)
- ☐ 125g sweet potato
- ☐ 2 tsp olive oil
- ☐ 1 pinch table salt
- ☐ 1/2 tsp, leaves dried oregano
- ☐ 100g atlantic salmon (farmed)
- ☐ 1 wedge lemon
- ☐ 1/2 tsp paprika

Preparation

Step 1: Preheat the oven to 200c (400f). Then place some parchment paper onto a baking tray.

Step 2: Slice the bell pepper and sweet potato and then lay them onto the paper. Drizzle with half the olive oil, the paprika, and half the salt then toss to coat. Spread out into an even layer. Put the sheet pan inside the oven and let her roast for 10 minutes!

Step 3: On the second sheet pan, place the salmon and coat evenly with the remaining olive oil. Drizzle the salmon with a little lemon juice and then pat with a little salt and oregano!

Step 4: After the pepper and sweet potato is nicely cooked, remove the baking sheet, place the 2nd baking sheet inside the oven then set the timer for 10 minutes.

Step 5: Serve up! Or, if meal prepping, portion the sweet potatoes into your food containers then put even portions of salmon into each. Cover and refrigerate for up to 3 days.



 <1 min / 1 serving

Cashew Snack

83

CALORIES

3g

PROTEIN

5g

CARBS

7g

FAT

Ingredients

☐ 15g cashew nuts

Preparation

A handful of health!



🕒 1 min / 1 serving

Apple and Mixed Nuts Power!

155

CALORIES

2g

PROTEIN

27g

CARBS

6g

FAT

Ingredients

☐

1 medium (3" dia) apple(s)

☐

10g mixed nuts

Preparation

Step 1: Eat the apple and the mixed nuts. All of them.

What do you prefer?

'An apple a day keeps the doctor away', or 'An apple a day keeps the doctor at bay'

Ingredients Needed

Baked

☐ 4 slice regular (120g) Whole Grain Bread

Dairy and Egg

☐ 50g Feta Cheese

☐ 300g Greek Yogurt (whole milk)

Fats and Oils

☐ 2 tsp (9g) Olive Oil

Finfish and Shellfish

☐ 100g Atlantic Salmon (farmed)

☐ 60g Prawns (cooked)

Fruits and Fruit Juices

☐ 1 medium (3" dia) (182g) Apple(s)

☐ 1 medium (74g) Kiwifruit

☐ 1 wedge (6g) Lemon

☐ 2 medium (1-1/4" dia) (24g) Strawberries

Grains, Noodles and Pasta

☐ 30g Oats

Nuts and Seeds

☐ 15g Cashew Nuts

☐ 10g Mixed Nuts

Spices and Herbs

- ☐ 2 tsp (10g) Dijon Mustard (Whole Grain).....
- ☐ 1/2 tsp, leaves (0.5g) Dried Oregano.....
- ☐ 1 Dash (0.4g) Ground Cinnamon.....
- ☐ 1/2 tsp (1.15g) Paprika.....
- ☐ 1 pinch (0.3g) Table Salt.....
- ☐ 1/5 tsp (0.84g) Vanilla Extract.....

Sweets

- ☐ 2 tsp (14g) Honey.....

Vegetables

- ☐ 2 tsp (2.66g) Parsley.....
- ☐ 1 medium (119g) Red Bell Pepper (capsicum).....
- ☐ 125g Sweet Potato.....