



🕒 5 min / 1 serving

## Coco Loco Nutty Smoothie

**505**  
CALORIES

**31g**  
PROTEIN

**61g**  
CARBS

**18g**  
FAT

### Ingredients

- 1 medium (7" to 7-7/8" long) banana(s)  
.....
- 40g oats  
.....
- 40ml coconut milk drink (carton)  
.....
- 260ml almond milk  
.....
- 20g peanut butter, smooth style, without salt  
.....
- 20g vanilla whey protein (80%)  
.....

### Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

**Step 1:** Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

**Step 2:** Securely fasten the lid and 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 smoothie that will make you go a little nuts!



🕒 10 min / 1 serving

# The Greek Chicken Stack!

517

CALORIES

35g

PROTEIN

53g

CARBS

17g

FAT

## Ingredients

- 100g chicken breast
- 4 slice gluten free multiseed bread
- 1/2 whole, medium red onion
- 40g greek yogurt (whole milk)
- 4 piece sun-dried tomatoes
- 2 leaf, medium iceberg lettuce
- 1 pinch table salt
- 1 pinch black pepper
- 1 pinch dried oregano

## Preparation

Bring forth that Olympic power!

**Step 1:** Pre-grill your chicken and allow it to chill in the refrigerator before getting to work.

**Step 2:** Finely slice your red onion and place it into a bowl along with the Greek yogurt, salt, pepper, and oregano. 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, chicken, lettuce, sliced sun-dried tomato, top slice.

**Step 4:** Eat and enjoy!



🕒 20 min / 1 serving

# Simple Chicken, Broccoli, and Rice Meal Prep!

500  
CALORIES

31g  
PROTEIN

67g  
CARBS

12g  
FAT

## Ingredients

- 80g brown rice (medium-grain)
- 100g chicken breast
- 1/4 tsp brown sugar
- 1/4 tsp paprika
- 1/4 tsp cumin powder
- 1 1/2 tsp olive oil
- 70g broccoli
- 1/4 tsp garlic powder

## Preparation

Simply multiply all ingredients if you wish to bulk cook!

**Step 1:** Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice to 2 parts water.

**Step 2:** Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

**Step 3:** In the meantime, take out a bowl and combine the chicken breast with the brown sugar, paprika, cumin, garlic powder, salt, and pepper.

**Step 4:** Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

**Step 5:** Add the olive oil and then the chicken to this desirable pan and cook for around 5 minutes per side.

**Step 6:** Once the chicken has developed a nice browning colour on both sides, turn off the heat and allow the chicken to rest for a further 5 minutes.

**Step 7:** While the chicken is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute.

**Step 8:** Slice the chicken into bite size pieces and then (if meal prepping) pull out your meal prep containers. Divide the portions evenly among your meal prep containers.

**Step 9:** If meal prepping- cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!



🕒 5 min / 1 serving

# Vanilla Protein and Refreshing Watermelon

156

CALORIES

19g

PROTEIN

14g

CARBS

3g

FAT

## Ingredients

200ml milk (1% fat)

15g vanilla whey protein (80%)

30g watermelon

## Preparation

**Step 1:** Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

**Step 2:** Serve up with the watermelon on the side!

This snack is one in a melon...



 <1 min / 1 serving

## Walnut Snack

**131**

CALORIES

**3g**

PROTEIN

**3g**

CARBS

**13g**

FAT

### Ingredients

20g walnuts

### Preparation

For brain health!

# Ingredients Needed

## Baked

4 slice (108g) Gluten Free Multiseed Bread

## Beverages

40ml (40g) Coconut Milk Drink (carton)

## Dairy and Egg

40g Greek Yogurt (whole milk)

200ml (208g) Milk (1% fat)

## Fats and Oils

1 1/2 tsp (6.75g) Olive Oil

## Fruits and Fruit Juices

1 medium (7" to 7-7/8" long) (118g) Banana(s)

30g Watermelon

## Grains, Noodles and Pasta

80g Brown Rice (medium-grain)

40g Oats

## Legumes

20g Peanut butter, smooth style, without salt

## Nuts and Seeds

260ml (260g) Almond Milk



20g Walnuts

## Poultry

200g Chicken Breast

## Protein Powders

40g Vanilla Whey Protein (80%)

## Spices and Herbs

1 pinch (0.2g) Black Pepper

1/4 tsp (1.25g) Cumin Powder

1 Pinch (0.2g) Dried Oregano

1/4 tsp (0.775g) Garlic Powder

1/4 tsp (0.575g) Paprika

1 pinch (0.3g) Table Salt

## Sweets

1/4 tsp (0.75g) Brown Sugar

## Vegetables

70g Broccoli

2 leaf, medium (16g) Iceberg Lettuce

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

4 piece (8g) Sun-Dried Tomatoes