



🕒 5 min / 1 serving

Frozen Strawberry Breakfast Protein Bowl

535

CALORIES

42g

PROTEIN

72g

CARBS

11g

FAT

Ingredients

- 40g frozen strawberries
- 1 medium (7" to 7-7/8" long) frozen banana
- 30g frozen raspberries
- 1 medium kiwifruit
- 100g greek yogurt (whole milk)
- 30g vanilla whey protein (80%)
- 150ml almond milk
- 30g oats

Preparation

Are you ready for a morning treat that rivals coffee? This one will have you ready for the day in a jiffy.

Step 1: Take the frozen strawberries, the frozen banana, the yogurt, the protein powder, and the almond milk, and let them get to know each other in a blender or food processor as you lightly pulse.

Step 2: Once you have a delicious purée, spoon it into a breakfast bowl.

Step 3: Slice the kiwi and layer it on top with a couple of raspberries and a sprinkle of oats.

Step 4: Serve with a dash of cinnamon if you're feeling spicy.



🕒 20 min / 1 serving

One-Pan Chicken And Brown Rice With Vegetables

512

CALORIES

38g

PROTEIN

50g

CARBS

19g

FAT

Ingredients

- 100g chicken breast
- 3 tsp olive oil
- 1/4 medium/whole courgette (zucchini)
- 3 medium white button mushrooms
- 4g cherry tomatoes
- 1/4 whole, medium red onion
- 1 clove garlic
- 40g brown rice (medium-grain)
- 80ml chicken stock
- 1/4 tsp garlic powder
- 1/4 tsp sweet smoked paprika
- 1/4 tsp dried parsley
- 1 pinch table salt
- 1 pinch black pepper
- 20g green peas

Preparation

Step 1: It's seasoning time! Get that chicken all spiced up with some salt, pepper, garlic powder, paprika, and dried parsley.

Step 2: Time to heat things up! Grab a skillet and heat up half the olive oil over medium heat. It's about to get sizzling!

Step 3: Sear the chicken for 3-4 minutes per side until it's no longer pink and almost cooked through. We're getting that beautiful golden crust!

Step 4: Transfer that tasty chicken to a plate.

Step 5: Add the remaining olive oil to the pan and toss in some chopped red onions, mushrooms, courgettes, tomatoes, and garlic. Let them dance around for 3-4 minutes until half of the liquid released from the mushrooms has evaporated.

Step 6: Time to bring in the rice (quinoa also works well) and chicken stock! Add them to the party in the pan. Bring it all to a boil, then reduce the heat to medium-low and cover it up. Let it simmer and work its flavor magic for 10-12 minutes, until most of the liquid has been absorbed.

Step 7: Let's add some color with peas! Stir them in and then bring back the chicken to the pan. Cover it up and let it cook for 4-5 more minutes on medium-low, making sure the chicken is fully cooked through.

Serve up and enjoy!



🕒 45 min / 1 serving

Cheesy Baked Beefy Meatballs

527
CALORIES

40g
PROTEIN

40g
CARBS

20g
FAT

Ingredients

- 100g ground beef (5% fat)
- 1 medium carrot
- 1 medium egg(s)
- 25g gluten free breadcrumbs
- 1/2 medium onion
- 1 tsp sweet smoked paprika
- 2 clove garlic
- 1 tsp olive oil
- 1/2 tsp dried rosemary
- 1 stalk celery
- 25g red wine
- 90g chopped tomatoes (canned)
- 50g tomato passata
- 20ml milk (1% fat)
- 30g spinach
- 20g mozzarella cheese (whole milk)

Preparation

Step 1: Start off by finely slicing your onion and garlic. Then, chop your carrot and celery into 1-cm (ish) cubes.

Step 2: In a medium-sized mixing bowl, place the beef mince, half the sliced onion, egg, breadcrumbs, rosemary, half the garlic, and half the paprika.

Step 3: Mix with a spoon to combine well. Season a little with salt and pepper.

Step 4: Form the mince mixture into ping-pong-sized meatballs and lay them on a plate. Then, place them in the fridge to chill for around 10 minutes.

Step 5: Line a baking tray or oven-proof dish with half the olive oil and preheat your oven to 180°C.

Step 6: Heat the remaining oil in a large frying pan over medium-high heat.

Step 7: Add meatballs to the frying pan and cook for around 5 minutes ensuring they're browning evenly on each side. Once they're well browned, transfer to a plate on the side.

Step 8: Using the same pan throw in the remaining onion, carrot, celery, remaining garlic, and remaining paprika. Stir for around 5 mins or until the onion softens and becomes translucent.

Step 9: Add the wine and allow the mix to come to a nice simmer before adding the canned tomato, passata, and milk.

Step 10: Stir to ensure all is combined and bring to a gentle simmer. Once the liquid begins to reduce, remove from the heat, season, and add the spinach.

Step 11: Place the meatballs into the baking tray, and pour the tomato mix over the meatballs in the baking tray.

Step 12: Shred the mozzarella over the top and place it in the oven to bake for between 20 and 25 minutes.

Step 13: When the mozzarella has browned and the liquid has reduced to a creamy consistency, you're ready

to roll!

Step 14: Serve up and enjoy!



🕒 1 min / 1 serving

Orange and Pumpkin Seed Power!

117

CALORIES

4g

PROTEIN

16g

CARBS

5g

FAT

Ingredients

1 fruit (2-5/8" dia) oranges

10g pumpkin seeds

Preparation

Step 1: Eat the orange and the pumpkin seeds. All of them.

Did you know that the yellow-orange flowers that bloom on a pumpkin vine are edible too?



 <1 min / 1 serving

Cashew Snack

221

CALORIES

7g

PROTEIN

12g

CARBS

18g

FAT

Ingredients

40g cashew nuts

Preparation

A handful of health!

Ingredients Needed

Alcohol

25g Red wine

Baked

25g Gluten Free Breadcrumbs

Beef

100g Ground Beef (5% fat)

Dairy and Egg

1 medium (44g) Egg(s)

100g Greek Yogurt (whole milk)

20ml (20.8g) Milk (1% fat)

20g Mozzarella Cheese (whole milk)

Fats and Oils

28g Olive Oil

Fruits and Fruit Juices

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

30g Frozen Raspberries

40g Frozen Strawberries

1 medium (74g) Kiwifruit

1 fruit (2-5/8" dia) (131g) Oranges

Grains, Noodles and Pasta

40g Brown Rice (medium-grain)

30g Oats

Nuts and Seeds

150ml (150g) Almond Milk

40g Cashew Nuts

10g Pumpkin Seeds

Pastes, Sauces, and Gravies

80ml (80g) Chicken Stock

Poultry

100g Chicken Breast

Protein Powders

30g Vanilla Whey Protein (80%)

Spices and Herbs

1 pinch (0.2g) Black Pepper

1/4 tsp (0.125g) Dried Parsley

1/2 tsp (0.6g) Dried Rosemary

1/4 tsp (0.775g) Garlic Powder

2g Sweet Smoked Paprika

1 pinch (0.3g) Table Salt

Vegetables

1 medium (61g) Carrot

- 1 stalk (17g) Celery
- 4g Cherry Tomatoes
- 90g Chopped Tomatoes (canned)
- 1/4 Medium/whole (49g) Courgette (Zucchini)
- 6g Garlic
- 20g Green Peas
- 1/2 medium (55g) Onion
- 1/4 whole, medium (27.5g) Red Onion
- 30g Spinach
- 50g Tomato Passata
- 3 Medium (252g) White Button Mushrooms