



🕒 5 min / 1 serving

Power Morning Egg on Toast

532

CALORIES

35g

PROTEIN

43g

CARBS

26g

FAT

Ingredients

- ☐ 3 medium egg(s)
- ☐ 3 slice regular whole grain bread
- ☐ 2 tsp olive oil
- ☐ 3 medium white button mushrooms
- ☐ 1/2g dried parsley

Preparation

A simple, yet effective start to the day!

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

Step 2: Slice the mushrooms.

Step 3: Once the oil runs smoothly over the pan, crack the egg into the center and add the mushrooms around the sides.

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

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

Step 6: Serve the egg on toast with the mushrooms and parsley scattered on top.

Step 7: Season with a little salt and pepper and tuck in!



🕒 15 min / 1 serving

Quinoa, Egg, and Smoked Salmon Salad

537

CALORIES

31g

PROTEIN

55g

CARBS

22g

FAT

Ingredients

- ☐ 75g quinoa
- ☐ 150ml vegetable stock/broth
- ☐ 30g arugula (rocket)
- ☐ 1/4 whole avocado
- ☐ 1 tsp dried parsley
- ☐ 70g smoked salmon
- ☐ 1 wedge lemon
- ☐ 1 tsp olive oil
- ☐ 1 medium egg(s)

Preparation

Step 1: Bring the vegetable stock to boil in a sexy saucepan and then add your quinoa.

Step 2: Allow to cook for 10 - 12 minutes adding more water if when necessary to soften the quinoa.

Step 3: On the side, heat a small pan over a medium heat.

Step 4: Add half of the olive oil and lightly fry the egg to preferred doneness.

Step 5: While the egg's a fryin', cube the avocado and finely slice the parsley. Oh yeahhhhh.

Step 6: In a bowl, mix the cooked quinoa with the rocket, parsley, cubed avocado, and smoked salmon (just tear it apart with your hands when adding).

Step 7: Lay the egg on top, drizzle with some lemon juice, spice up with a little salt and pepper, and you're away!



⌚ 35 min / 1 serving

Classic Turkish One-Pan Menemen

523

CALORIES

26g

PROTEIN

55g

CARBS

26g

FAT

Ingredients

- ☐ 1 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
- ☐ 40g sun-dried tomatoes
- ☐ 1 tsp brown sugar
- ☐ 1 tbsp, chopped parsley
- ☐ 220g chopped tomatoes (canned)
- ☐ 3 tbsp greek yogurt (whole milk)
- ☐ 2 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

Vanilla Protein and Sweet Strawberries

157

CALORIES

19g

PROTEIN

14g

CARBS

3g

FAT

Ingredients

☐

15g vanilla whey protein (80%)

☐

200ml milk (1% fat)

☐

30g strawberries

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 strawberries on the side!

This one is berry berry good...



🕒 5 min / 1 serving

Feta Cheese and Apricot Toast

145
CALORIES

7g
PROTEIN

15g
CARBS

7g
FAT

Ingredients

- ☐ 1 slice regular whole grain bread
- ☐ 15g feta cheese
- ☐ 1/2 apricot apricot(s)
- ☐ 5g cashew nuts

Preparation

You may wish to repeat this one!

Step 1: Place your bread into a toaster and let things heat up while you chop your apricot into bite-size slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and apricot on top.

Step 3: Sprinkle with the cashews and get tucked in!

TUE

Ingredients Needed

Baked

☐ 180g Whole Grain Bread

Dairy and Egg

☐ 396g Egg(s)

☐ 15g Feta Cheese

☐ 3 tbsp (45g) Greek Yogurt (whole milk)

☐ 200ml (208g) Milk (1% fat)

Fats and Oils

☐ 27g Olive Oil

Finfish and Shellfish

☐ 70g Smoked Salmon

Fruits and Fruit Juices

☐ 1/2 apricot (17.5g) Apricot(s)

☐ 1/4 whole (37.5g) Avocado

☐ 1 wedge (6g) Lemon

☐ 30g Strawberries

Grains, Noodles and Pasta

☐ 75g Quinoa

Nuts and Seeds

☐ 5g Cashew Nuts

Pastes, Sauces, and Gravies

☐ 150ml (150g) Vegetable stock/broth

Protein Powders

☐ 15g Vanilla Whey Protein (80%)

Spices and Herbs

☐ 2g Dried Parsley

Sweets

☐ 1 tsp (3g) Brown Sugar

Vegetables

☐ 30g Arugula (Rocket)

☐ 220g Chopped Tomatoes (canned)

☐ 2 clove (6g) Garlic

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

☐ 1 medium (110g) Onion

☐ 1 tbsp, chopped (3.8g) Parsley

☐ 1 piece (45g) Red Chilli Pepper

☐ 40g Sun-Dried Tomatoes

☐ 3 Medium (252g) White Button Mushrooms