



5 min / 1 serving

Strawberry Banana Green Smoothie

555

CALORIES

23g

PROTEIN

82g

CARBS

19g

FAT

Ingredients

- ☐ 2 medium (7" to 7-7/8" long) banana(s)
- ☐ 30g baby spinach
- ☐ 150g greek yogurt (whole milk)
- ☐ 250ml almond milk
- ☐ 2 tbsp chia seeds
- ☐ 10 medium (1-1/4" dia) frozen strawberries

Preparation

Step 1: Put the sliced banana and strawberries first in an upright blender, and run at a medium speed. Wait until it gets that smooth texture.

Step 2: Add the rest of the ingredients to the blender and run again at a medium speed until it mixes well.

Step 3: Serve up in your favourite glass and enjoy!



5 min / 1 serving

Tangy Strawberry and Peanut Butter on Toast

601

CALORIES

27g

PROTEIN

63g

CARBS

30g

FAT

Ingredients

- ☐ 8 medium (1-1/4" dia) strawberries
- ☐ 50g peanut butter, smooth style, without salt
- ☐ 4 slice regular whole grain bread
- ☐ 1 dash ground cinnamon

Preparation

Something new that you'll definitely want to try again!

Step 1: Place your bread into a toaster and let things heat up while you slice your strawberries on the side.

Step 2: Once the bread has made the incredible transition into toast, spread the peanut butter nice and evenly before topping off with the sliced strawberries and a dash of cinnamon.

Let the crunch begin.



🕒 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

Chocolate Protein and Refreshing Watermelon

214

CALORIES

28g

PROTEIN

20g

CARBS

3g

FAT

Ingredients

☐

25g chocolate whey protein (80%)

☐

200ml milk (1% fat)

☐

90g 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

Almond Snack

145

CALORIES

5g

PROTEIN

5g

CARBS

12g

FAT

Ingredients

☐ 25g almonds

Preparation

Serve on the side, plant protein power!

Ingredients Needed

Baked

☐ 4 slice regular (120g) Whole Grain Bread

Dairy and Egg

☐ 2 medium (88g) Egg(s)

☐ 300g Greek Yogurt (whole milk)

☐ 200ml (208g) Milk (1% fat)

Fats and Oils

☐ 1 tbsp (13.5g) Olive Oil

Fruits and Fruit Juices

☐ 2 medium (7" to 7-7/8" long) (236g) Banana(s)

☐ 10 medium (1-1/4" dia) (120g) Frozen
Strawberries

☐ 8 medium (1-1/4" dia) (96g) Strawberries

☐ 90g Watermelon

Legumes

☐ 50g Peanut butter, smooth style, without salt

Nuts and Seeds

☐ 250ml (250g) Almond Milk

☐ 25g Almonds

☐ 2 tbsp (24g) Chia Seeds

Protein Powders

☐ 25g Chocolate Whey Protein (80%)

Spices and Herbs

☐ 1 Dash (0.4g) Ground Cinnamon

Sweets

☐ 1 tsp (3g) Brown Sugar

Vegetables

☐ 30g Baby Spinach

☐ 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