

CALORIES



19g

FAT

5 min / 1 serving

Strawberry Banana Green Smoothie

23g

PROTEIN

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	

82g CARBS

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!







CALORIES

Tangy Strawberry and Peanut Butter on Toast

27g

PROTEIN

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			

63g

CARBS

30a

FAT

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.



CALORIES



35 min / 1 serving

Classic Turkish One-Pan Menemen

55g

CARBS

26g

FAT

26g

PROTEIN

ngredients		
	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

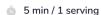
Step 1: Chop the onion and bell pepper into bite-size slices and set aside.

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.







Chocolate Protein and Refreshing Watermelon

28a

	209	209	29	
CALORIES	PROTEIN	CARBS	FAT	
Ingredients	5			
25g cl	nocolate wh	iey protein (80%)	
200m	l milk (1% f	at)		
90g w	/atermelon			
Preparatio	n			
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...

20a

30





<1 min / 1 serving</p>

Almond Snack

1455g5g12gCALORIESPROTEINCARBSFAT

Ingredients

25g almonds

Preparation

Serve on the side, plant protein power!



Ingredients Needed

Dake	eu	
	4 slice regular (120g) Whole Grain Bread	
Dair	y 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	
Fruit	s 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	
Legu	umes	
	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	
Swe	ets	
	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