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# CHERRY RIPE SMOOTHIE

 5 MINUTES

 1



CALS  
407



PROTEIN  
25



CARBS  
34



FAT  
19



FIBRE  
4

SERVES 1 | TOTAL TIME: 5 MINUTES

### INGREDIENTS

250ml coconut milk  
1 scoop chocolate protein powder (vegan if required)  
140g cherries, pits removed  
1 tbsp of walnuts  
1 tbsp desiccated coconut  
1 tbsp cacao nibs

### INSTRUCTIONS

Add all ingredients to the blender, except the cacao nibs, and blitz until smooth. Transfer to a tall glass and top with cacao nibs and a couple of extra cherries.



## CHERRY RIPE SMOOTHIE

407  
CALORIES

25  
PROTEIN

34  
CARBS

19  
FATS

4  
FIBRE



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## BERRY BOWL

 10 MINUTES

 2



CALS  
506



PROTEIN  
37



CARBS  
49



FAT  
18



FIBRE  
16

**SERVES 2 | TOTAL TIME: 10 MINUTES**

# BERRY BOWL

## INGREDIENTS

300g frozen mixed berries  
2 frozen banana  
250ml almond milk  
2 scoops vanilla protein powder  
(vegan if required)  
2 tbsp ground flax  
1 tbsp black chia seeds  
2 tbsp almonds, chopped

## INSTRUCTIONS

Reserve a handful of berries for serving.

Add the remaining berries, banana, almond milk, protein powder and ground flax to the blender and blitz until smooth.

Transfer to two serving bowls, top with reserved berries, chia seeds and almonds.

**506**  
CALORIES

**37**  
PROTEIN

**49**  
CARBS


**18**  
FATS

**16**  
FIBRE



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# EGGS WITH HOLLANDAISE

 15 MINUTES

 2



CALS  
528



PROTEIN  
36



CARBS  
33



FAT  
28



FIBRE  
2

SERVES 2 | TOTAL TIME: 15 MINUTES

## INGREDIENTS

4 eggs  
60ml milk  
2 tsp butter  
2 Scones, halved (gluten-free if required), toasted  
200g shaved ham  
2 tbsp hollandaise sauce

## INSTRUCTIONS

Start by whisking the eggs and the milk together.

Next, melt the butter in a medium-sized frying pan. Add the eggs and cook on a low-medium heat, gently moving stirring the eggs. Remove from the heat just before they're fully cooked.

Top the toasted scones with egg, ham and hollandaise sauce. Season with salt & cracked pepper.

# EGGS WITH HOLLANDAISE

528  
CALORIES

36  
PROTEIN

33  
CARBS

28  
FATS

2  
FIBRE



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# CHOC CHERRY OVERNIGHT OATS

 5 HOURS 10 MINUTES  2



CALS  
467



PROTEIN  
17



CARBS  
75



FAT  
11



FIBRE  
18

**SERVES 2 | TOTAL TIME: 5 HOURS 10 MINUTES**

## INGREDIENTS

375ml unsweetened, plain almond milk  
or your favorite non-dairy milk  
90g rolled oats  
3 tbsp raw cacao or cocoa powder  
2 tbsp maple syrup  
1 teaspoon vanilla extract  
230g cherries, pitted, plus a few extra for serving (optional)  
1 tbsp cacao nibs or dairy-free chocolate chips for serving

## INSTRUCTIONS

Place the almond milk, oats, cacao powder, maple syrup, and vanilla extract in a jar or container with a lid.

Shake until everything is mixed together.

Place in your fridge for at least 5 hours.

Just before serving, fold in the pitted cherries.

Spoon into two bowls and top with the cacao nibs or chocolate chips and extra cherries, if using.

# CHOC CHERRY OVERNIGHT OATS

**467**  
CALORIES

**17**  
PROTEIN

**75**  
CARBS

**11**  
FATS

**18**  
FIBRE









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# BLUEBERRY HEMP PEAR PORRIDGE


 10 MINUTES


 1

  
CALS  
479

  
PROTEIN  
17

  
CARBS  
78

  
FAT  
11

  
FIBRE  
13

SERVES 1 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

250ml almond milk  
45g porridge oats  
50g blueberries  
½ medium pear, sliced  
½ tbsp hemp seeds

## INSTRUCTIONS

Add the almond milk and porridge oats to a saucepan, bring to the boil and simmer for 5 minutes.

Add the porridge to a bowl, garnish with the remaining ingredients and serve hot.

# BLUEBERRY HEMP PEAR PORRIDGE

479  
CALORIES

17  
PROTEIN

78  
CARBS

11  
FATS

13  
FIBRE



## SCRAMBLED EGGS WITH BASIL, SPINACH & TOMATOES

Serving Size: 2

Total Time: 10 Minutes

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<b>Calories</b>	<b>291</b>
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<b>Protein</b>	<b>20</b>
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<b>Carbohydrates</b>	<b>10</b>
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<b>Fat</b>	<b>19</b>
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<b>Fibre</b>	<b>2</b>
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**SERVES 2**

**TOTAL TIME: 10 Minutes**

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### **INGREDIENTS**

1 tbsp rapeseed oil, plus an extra 1 tsp  
3 tomatoes, halved  
4 large eggs  
4 tbsp natural yoghurt  
□ small pack basil, chopped  
175g baby spinach

### **INSTRUCTIONS**

Heat 1 tsp of the oil in a large non-stick frying pan, then add the tomatoes and cook, cut side down, over a medium heat. Meanwhile, beat the eggs together with the yoghurt, 2 tbsp water, lots of black pepper and the basil.

When cooked, transfer the tomatoes to serving plates and keep warm. Add the spinach to the same pan and allow to wilt gently.

Over a medium heat, warm the remaining oil in a non-stick pan and pour in the egg mixture and scramble until just set.

Spoon the spinach onto the plates, top with the scrambled eggs and serve immediately.

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**291**  
**CALORIES**

**20**  
**PROTEIN**

**10**  
**CARBS**

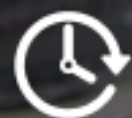
**19**  
**FATS**

**2**  
**FIBRE**



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# STRAWBERRY BANANA SMOOTHIE

 5 MINUTES

 2



CALS

294



PROTEIN

30



CARBS

37



FAT

4



FIBRE

6

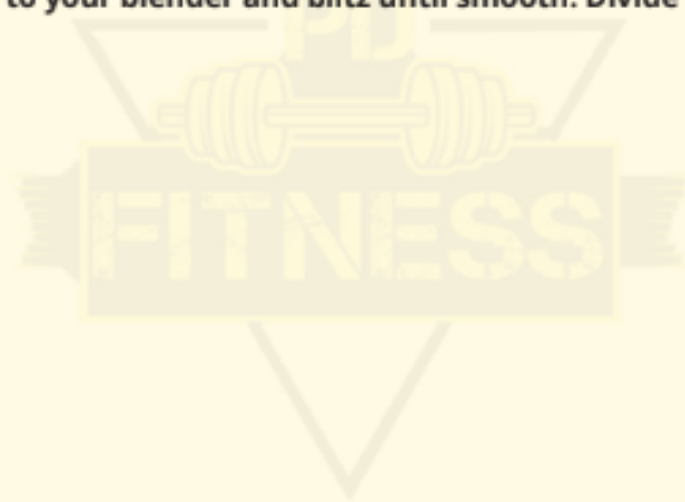
SERVES 2 | TOTAL TIME: 5 MINUTES

### INGREDIENTS

300g strawberries  
2 frozen bananas  
2 scoops vanilla protein  
powder (vegan if required)  
500ml almond milk

### INSTRUCTIONS

Add all ingredients to your blender and blitz until smooth. Divide between 2 tall glasses.



## STRAWBERRY BANANA SMOOTHIE

294  
CALORIES

30  
PROTEIN

37  
CARBS


4  
FATS


6  
FIBRE



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# BACON & SCRAMBLED CHEESY EGGS

 25 MINUTES

 4



CALS

444



PROTEIN

31



CARBS

1



FAT

35



FIBRE

0

SERVES 4 | TOTAL TIME: 25 MINUTES

## INGREDIENTS

8 rashers bacon  
8 eggs  
2 tbsp milk  
2 tsp butter  
120g cheddar cheese, grated  
2 tbsp chives

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6. Line a baking tray with baking paper and lightly grease with olive oil cooking spray. Place bacon on the tray and cook for 15-20 minutes or until crispy.

Meanwhile, whisk together the eggs, milk and cheese.

Add the butter to a large frying pan and bring to medium heat. Pour the eggs into the frying pan and gently fold them around the pan. Remove eggs when they're just slightly underdone.

Divide the eggs and bacon between 4 plates and sprinkle with chives.

# BACON & SCRAMBLED CHEESY EGGS

444  
CALORIES

31  
PROTEIN

1  
CARBS

35  
FATS

0  
FIBRE





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# BREAKFAST SANDWICH

 20 MINUTES

 1



CALS  
482



PROTEIN  
25



CARBS  
37



FAT  
26



FIBRE  
14

SERVES 1 | TOTAL TIME: 20 MINUTES

## INGREDIENTS

2 rashers bacon  
2 slices brown bread (gluten free if required)  
1/2 tomato, sliced  
1/2 avocado, sliced  
1 slice cheddar cheese  
2 tsp tomato sauce

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with baking paper. Lay bacon on the tray and cook for 15-20 minutes or until crispy.

Meanwhile, toast your bread and layer it with tomato, avocado, cheese and tomato sauce.

Top with bacon and eat it while it's hot!

# BREAKFAST SANDWICH

482  
CALORIES

25  
PROTEIN

37  
CARBS

26  
FATS

14  
FIBRE



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## BACON EGG ROLL

 25 MINUTES

 1



CALS  
345



PROTEIN  
21



CARBS  
9



FAT  
25



FIBRE  
3

SERVES 1 | TOTAL TIME: 25 MINUTES

## INGREDIENTS

2 rashers bacon  
2 eggs  
20ml skim milk  
1 tbsp tomato relish  
1/4 avocado, sliced

## INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and line a baking tray with baking paper. Cook bacon for 15-20 minutes or until nice and crispy.

Meanwhile, crack the eggs into a bowl, along with milk, salt & cracked pepper. Bring a frying pan to high heat, pour egg into the pan and swirl to coat the base (like a crêpe). Cook for 1 minute or until fully cooked.

Transfer to a plate and spread with relish. Top with bacon and avocado and roll like a burrito.

# BACON EGG ROLL

345  
CALORIES

21  
PROTEIN

9  
CARBS


25  
FATS

3  
FIBRE



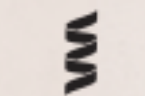
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# CHOCOLATE ALMOND LATTE SMOOTHIE


 5 MINUTES

 1

  
CALS  
300

  
PROTEIN  
27

  
CARBS  
39

  
FAT  
4

  
FIBRE  
6

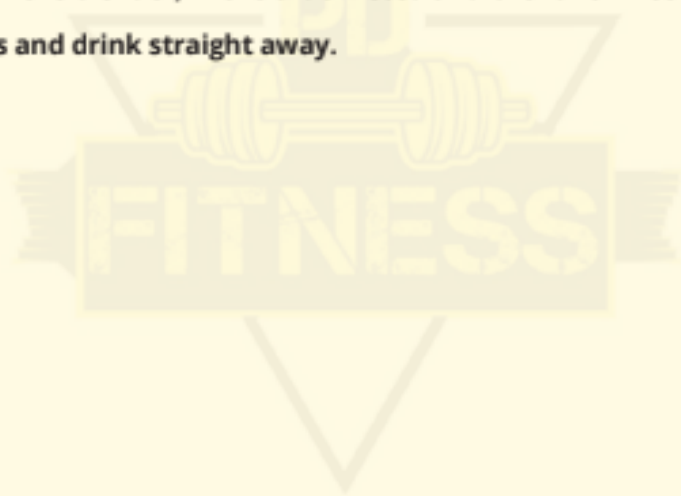
SERVES 1 | TOTAL TIME: 5 MINUTES

## INGREDIENTS

250ml almond milk  
1 shot espresso (or 1 tsp instant coffee)  
1 scoop chocolate protein powder (vegan if required)  
2 medjool dates, pitted  
10 ice cubes

## INSTRUCTIONS

Place all ingredients in the blender, in the order listed and blitz until nice and smooth.  
Pour into a large glass and drink straight away.



# CHOCOLATE ALMOND LATTE SMOOTHIE

300  
CALORIES

27  
PROTEIN

39  
CARBS


4  
FATS

6  
FIBRE



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## TURKISH EGGS

 15 MINUTES

 2



CALS  
475



PROTEIN  
24



CARBS  
52



FAT  
19



FIBRE  
1

SERVES 2 | TOTAL TIME: 15 MINUTES

## INGREDIENTS

4 eggs  
1 tsp vinegar  
65g Greek yoghurt  
1 clove garlic, minced  
1/2 tsp chilli flakes  
2 slices Turkish bread  
2 tsp olive oil  
2 handfuls rocket

## INSTRUCTIONS

Start by bringing a pot of water to boil. Once boiling, reduce to a gentle simmer and add a tsp of vinegar. Stir the water with a spoon to make a gentle whirlpool.

Crack 1 egg into the water and gently stir around it. Wait 20 seconds before cracking the remaining eggs. (you might want to do 2 at a time, depending on your pot).

Once cooked, remove the eggs with a slotted spoon. Place on some kitchen towel to absorb any excess water.

Meanwhile, mix together the Greek yoghurt, garlic and chilli flakes.

Once you've toasted your Turkish bread, brush with a little olive oil and top with rocket.

Place two eggs on each slice of bread and drizzle with yogurt sauce.

# TURKISH EGGS

475  
CALORIES

24  
PROTEIN

52  
CARBS

19  
FATS


1  
FIBRE






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# CHOC BANANA OATS

 10 MINUTES

 2



CALS  
390



PROTEIN  
24



CARBS  
42



FAT  
14



FIBRE  
9

**SERVES 2 | TOTAL TIME: 10 MINUTES**

### **INGREDIENTS**

90g old fashioned oats (gluten-free if required)  
250ml almond milk  
1 scoop vegan chocolate protein powder  
2 tbsp peanut butter  
1 banana, sliced

### **INSTRUCTIONS**

Add the oats and coconut milk to a small saucepan and bring to boil. Reduce to a simmer and stir frequently.

Add the protein powder, peanut butter and 3/4 of the banana, continuing to stir.

Once the milk has absorbed (about five minutes), transfer to a serving bowl.

Top with extra sliced banana.

## **CHOC BANANA OATS**

**390**  
CALORIES

**24**  
PROTEIN

**42**  
CARBS


**14**  
FATS

**9**  
FIBRE



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# BREAKFAST BURRITO

 25 MINUTES

 1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
498	24	38	29	3

# BREAKFAST BURRITO

SERVES 1 | TOTAL TIME: 25 MINUTES

## INGREDIENTS

1 slice bacon  
1 egg  
1/2 tbsp skim milk  
Salt & cracked pepper  
1 large tortilla (gluten free if required)  
30g tasty cheese, grated  
30g cherry tomatoes, sliced  
1/4 avocado, sliced  
1 tsp sriracha

## INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line a small baking tray with baking paper.

Lay bacon on the tray and cook for 10-15 minutes or until nice and crispy.

Whisk the egg, milk, salt & pepper together in a small bowl.

Bring a medium-sized fry pan to medium-high heat. Spray with a little olive oil spray. Pour egg mix in, stirring gently and constantly, until just under done.

Transfer eggs on to the tortilla.

Next, add cooked bacon, cheese, tomatoes, avocado and sriracha.

Roll the burrito up very tightly, making sure the ends are enclosed.

Bring a fry pan to medium-high heat and spray it lightly with olive oil spray.

Place burrito in the pan (seam side down) and cook for about 3 minutes on each side or until nice and toasted.

498  
CALORIES

24  
PROTEIN

38  
CARBS

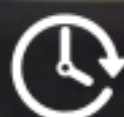
29  
FATS

3  
FIBRE




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# KIWI SMOOTHIE BOWL


 10 MINUTES


 1

  
CALS  
438

  
PROTEIN  
30

  
CARBS  
64

  
FAT  
10

  
FIBRE  
10

SERVES 1 | TOTAL TIME: 10 MINUTES

## INGREDIENTS

120g frozen kiwi fruit  
1 medium frozen banana  
2-3 tbsp light coconut milk (more if needed)  
1 scoop protein powder (vegan if required)  
2 tsp shredded coconut  
Handful blueberries

## INSTRUCTIONS

Add frozen kiwi fruit and banana to a blender and blend on low for about 30 seconds.

Next, start adding the coconut milk and protein powder in increments. Blending each time you add more and scraping down the sides as you go. Once you have a smooth and thick consistency, transfer to a bowl. Top with shredded coconut and blueberries.

# KIWI SMOOTHIE BOWL

**438**  
CALORIES

**30**  
PROTEIN

**64**  
CARBS

**10**  
FATS

**10**  
FIBRE



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# GINGERBREAD OVERNIGHT OATS



5 MINUTES (PLUS 8+)



1



CALS

334



PROTEIN

19



CARBS

51



FAT

6



FIBRE

4

SERVES 1 | TOTAL TIME: 5 MINUTES (PLUS 8+ HOURS)

## INGREDIENTS

25g quinoa flakes  
15g vanilla protein powder  
1/2 tsp ground ginger  
1/2 tsp ground cinnamon  
95ml milk  
2 tsp maple syrup  
To serve:  
1/2 large banana, sliced  
1/2 tbsp pecans, chopped

## INSTRUCTIONS

In a bowl or jar, mix together all ingredients (except the banana and pecans).

Cover the bowl with cling wrap, or fasten the lid on the jar and place in the fridge overnight.

Serve with sliced banana and pecans.

# GINGERBREAD OVERNIGHT OATS

334  
CALORIES

19  
PROTEIN

51  
CARBS

6  
FATS

4  
FIBRE







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# CHOCOHOLIC OVERNIGHT OATS



5 MINUTES (PLUS 8 HOURS  
REFRIGERATION)



1



CALS  
497



PROTEIN  
34



CARBS  
61



FAT  
13



FIBRE  
6

SERVES 1 | TOTAL TIME: 5 MINUTES (PLUS 8 HOURS REFRIGERATION)

## INGREDIENTS

1/2 cup rolled oats (gluten-free if required)  
160ml almond milk  
1 tbsp chocolate protein powder  
1 tbsp cacao  
1 tbsp maple syrup  
1 tbsp cacao nibs

## INSTRUCTIONS

Place the oats, almond milk, protein powder, cacao and maple syrup in a glass jar or breakfast bowl. Stir well to combine, cover and place in the fridge overnight.

Top with cacao nibs before serving.

# CHOCOHOLIC OVERNIGHT OATS

497  
CALORIES

34  
PROTEIN

61  
CARBS

13  
FATS

6  
FIBRE

