



Post-Work Out Strawberry Smoothie

Smoothie

Serves: 1



Shopping & Ingredients List:

- 8 Strawberries
- 100ml Water
- 50g low fat Natural Yogurt
- 2 medium ripe Bananas
- 1 wedge of Apple
- 1 scoop Strawberry Protein Powder
- few Ice Cubes

Method

1. Hull the strawberries. Peel and roughly chop bananas.
2. Place all the ingredients in high powered blender.
3. Blend until smooth. Serve immediately.

Macro info per serving

Protein
28g

Carbs
71g

Fat
2g

Energy
414kcal



Breakfast Shake

Breakfast

Serves: 1



Shopping & Ingredients List:

1 small carton **Low-Fat Yogurt**
30g **Porridge Oats***
1 tsp **Sunflower Seeds**
20g **Dried Apricots**, chopped
20g **Cashews**, chopped.

**can use gluten-free oats if required.*

Method

1. Place all the ingredients in a blender & add 100ml water. Blend until smooth & drink immediately.

Macro info per serving

Protein
14g

Carbs
42g

Fat
13g

Energy
341kcal



Kaffeine-Kicker Smoothie

Breakfast

Serves: 1



Shopping & Ingredients List:

- 1 small cup of strong **Black Coffee**
- 1 small peeled **Banana**
- 1 tbsp **Almond Butter**
- 1 tsp **Cocoa Powder**
- 1 tsp **Stevia**
- 1 scoop **Chocolate Whey**
- few Ice Cubes

Method

Place all the ingredients in a high powered blender and blend until smooth. Serve immediately.

Macro info per serving

Protein
31g

Carbs
52g

Fat
13g

Energy
449kcal