



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



Turkey Salad Wraps

Lunch

Serves: 4



Shopping & Ingredients List:

- 2 tbsp reduced-fat **Mayonnaise**
- 2 tbsp **Pesto**
- handful **Lettuce Leaves**, shredded
- 4 flour **Tortillas**
- 250g **cooked Turkey**, shredded
- 6 **Spring Onions**, shredded
- 12cm of **Cucumber**, shredded

Method

1. Mix together the mayonnaise & pesto. Divide the lettuce leaves, turkey, spring onions & cucumber between the tortillas.
2. Drizzle over the pesto dressing, roll up. Can be used for packed lunches.

Macro info per serving

Protein
24g

Carbs
25g

Fat
9g

Energy
267kcal



Chicken Fried Rice

Main Meal

Serves: 4

Shopping & Ingredients List:

- 400g **Long Grain Rice**
- 450g **Chicken Breast**, thickly sliced
- 1 **Carrot**, finely diced
- 60g **Frozen Peas**
- ½ **Red Pepper**, diced
- 2 large **Eggs**, beaten
- 225g tin **Bamboo Shoots**, drained
- 80g **Bean Sprouts**
- 1 tbsp **Toasted Sesame Oil**
- 60ml **Soy-Sauce** *
- 4 tsp **Olive Oil**
- 1½ tsp **Chinese 5 Spice**
- ½ tsp **Ground Cumin**
- 1 heaped tsp **Ginger**, grated

**gluten free*



Method

1. Cook rice according to instructions until just tender. Drain. Chill quickly by plunging into ice cold water. Chill overnight.
2. Heat olive oil in large wok over a medium heat. Add the 5 spice, cumin, ginger & cook until fragrant. Add chicken & stir-fry for 5-6 mins.
3. Add carrot, peas, red pepper, bamboo shoots, bean sprouts & toss to combine. Make a well, pour in eggs & stir the eggs until just cooked.
4. Continue to cook until pepper & carrot is tender, then add the rice & toss to combine.
5. Just before serving stir in soy-sauce & sesame oil.

Macro info per serving

Protein
40g

Carbs
84g

Fat
13g

Energy
625kcal

Italian Mozzarella Salad

Side

Serves: 6



Shopping & Ingredients List:

325g **Rocket**
125g **Mozzarella**, cut into pieces
225g **Tomatoes**, quartered
2 tbsp **Olive Oil**
2 tsp **Balsamic Vinegar**



Method

1. In a large bowl mix together the rocket, mozzarella, tomatoes, olive oil & balsamic vinegar.
2. Chill in fridge for a minimum of 30 mins & serve as a side salad.

Macro info per serving

Protein

3g

Carbs

4.5g

Fat

9.5g

Energy

116kcal



Vietnamese Spring Rolls

Lunch

Serves: 4



Shopping & Ingredients List:

- 8 Rice-Roll Wrappers
- 12oz Pork Mince
- 2 tbsp Oyster Sauce
- 1 tbsp Olive Oil
- 2-3 Spring Onions, finely diced
- Salt & Pepper

Method

1. Heat oil in large non-stick frying pan & add the pork mince. Fry for 2 mins then add chopped spring onions. Fry for a further 5 mins until meat is browned.
2. Stir in oyster sauce & season well. Remove from heat & allow to cool.
3. Lay out rice wrappers, place pork mixture in each one & roll up, tucking in ends as you roll.
4. Suitable for packed lunches & picnics.

Macro info per serving

Protein
17.7g

Carbs
15.7g

Fat
11.7g

Energy
240kcal