



April Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

Developed by Phil Greening - philgreeningcoaching.com



Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> 1 apple 2 bananas 2 oranges 2 lemons 2 limes 2 avocados <p>Vegetables</p> <ul style="list-style-type: none"> 5 onions 1 red onion 1 shallot 2 bunches of green onions (spring onions) 2 bulbs of garlic root ginger stalk lemongrass birdseye chili bunch asparagus head of broccoli head of cauliflower pack spinach pack mixed salad leaves pack cherry tomatoes pack mixed tomatoes cucumber pack cremini mushrooms (chestnut mushrooms) pack wild mushrooms 1 zucchini (courgette) 1 eggplant (aubergine) edamame beans (or use frozen) snow peas (mangetout) 2 lbs. (900g) bag new/baby potatoes cooked beetroot <p>Fresh Herbs</p> <ul style="list-style-type: none"> basil Thai basil cilantro (coriander) parsley rosemary thyme <p>Frozen</p> <ul style="list-style-type: none"> mixed berries (blackberry & blueberry mix) 	<p>Meats</p> <ul style="list-style-type: none"> 1.5 lbs. (680g) boneless skinless chicken thighs 9.5 oz. (270g) boneless skinless chicken breast (2 filets) 1.1 lbs. (500g) ground chicken (chicken mince) 7.9 oz. (225g) lean filet steak 1.5 lbs. (680g) flank steak 1.1 lbs. (500g) lean pork filet (pork tenderloin) 1 lb. (450g) ground turkey (turkey mince) 4 slices turkey bacon pack cooked bacon pieces <p>Fish & Seafood</p> <ul style="list-style-type: none"> 1.5 lbs. (680g) boneless salmon filet 1.5 lbs. (680g) boneless cod filet <p>Cold</p> <ul style="list-style-type: none"> 15 eggs milk almond milk, unsweetened cream butter Greek yogurt ghee cottage cheese feta cheese 	<p>Grains</p> <ul style="list-style-type: none"> Basmati rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> almonds ground flaxseed (flaxmeal) sesame seeds <p>Baking</p> <ul style="list-style-type: none"> all purpose flour cornstarch (corn flour) baking powder cocoa powder dark chocolate chips vanilla extract <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper smoked paprika mild curry powder chili powder garlic powder onion powder dried thyme 	<p>Oils</p> <ul style="list-style-type: none"> coconut oil groundnut oil (peanut oil - or sub sunflower oil) olive oil sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> brown sugar palm sugar honey maple syrup sweetener of choice <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> 1x 14 oz. (400g) can plum tomatoes natural smooth peanut butter wholegrain mustard red wine vinegar rice wine vinegar tomato sauce chicken broth (stock) beef broth (stock) jar pesto tamari sauce sriracha sauce fish sauce jar sushi ginger (pickled ginger) pack wholegrain rice with seaweed white miso paste (or sub red miso) <p>Misc/Other</p> <ul style="list-style-type: none"> sea salt sliced whole wheat bread chocolate protein powder

Contents & Key

6	Asparagus Toast with Poached Eggs	GF	Gluten Free
8	Savory Cottage Cheese Toast	DF	Dairy Free
10	Easy Pesto Breakfast Muffins	LC	Low Carb (20g- serve)
12	Turkey & Apple Breakfast Meatballs	MP	Meal Prep/Freezer Friendly
14	Broccoli & Steak Protein Bowl	HP	High Protein (20g+ per serve)
16	Spicy Pork Stir Fry	V	Vegetarian
18	Miso & Green Onion Chicken	Q	Quick (under 30 mins)
20	Salmon Teriyaki Bowl	N	Contains Nuts
22	Garlic Butter Chicken & Potato Skillet		
24	Sheet Pan Fish & Vegetables		
26	Beef & Mushrooms with Cauliflower Mash		
28	Zesty Chicken Larb Salad		
30	Flourless Peanut Butter Protein Brownies		
32	Beet Blast Smoothie		
34	Peanut Butter Protein Pot		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Asparagus Toast with Poached Eggs	Broccoli & Steak Protein Bowl	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Beef & Mushrooms with Cauliflower Mash
Tue	Easy Pesto Breakfast Muffins	Broccoli & Steak Protein Bowl	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Zesty Chicken Larb Salad
Wed	Easy Pesto Breakfast Muffins	Spicy Pork Stir Fry	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Zesty Chicken Larb Salad
Thu	Turkey & Apple Breakfast Meatballs	Salmon Teriyaki Bowl	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Sheet Pan Fish & Vegetables
Fri	Turkey & Apple Breakfast Meatballs	Salmon Teriyaki Bowl	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Garlic Butter Chicken & Potato Skillet
Sat	Savory Cottage Cheese Toast	Miso & Green Onion Chicken	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Meal Out - Enjoy!
Sun	Beet Blast Smoothie	Miso & Green Onion Chicken	E.g. Flourless Peanut Butter Protein Brownies, Beet Blast Smoothie, Peanut Butter Protein Pot Easy Pesto Breakfast Muffins	Beef & Mushrooms with Cauliflower Mash



Asparagus Toast with Poached Eggs

Serves 4

1 bunch asparagus, trimmed & halved (125g/4.4 oz)
1 tsp. olive oil, for coating
salt & pepper, to taste
zest of a lemon
4 eggs
4 slices bread

For the bacon vinaigrette:

1 oz. (30g) diced shallot (or sub red onion)
3 tbsp. olive oil
2.5 oz. (75g) cooked bacon, crumbled
1 tsp. wholegrain mustard
splash of red wine vinegar

To serve:

hot sauce

What you need to do

Preheat the oven to 400°F (200°C).

Place the asparagus on a baking sheet and toss with olive oil, salt, pepper and lemon zest. Roast for 12-15 minutes in the hot oven.

To make the vinaigrette, sauté the shallot in olive oil until tender. Add the crumbled bacon, warm up for about 1 minute, then whisk in the mustard and red wine vinegar.

While the asparagus is roasting, poach the eggs and toast the bread.

When the asparagus is tender, assemble the toasts. Divide the asparagus equally between each slice of toast, top with a poached egg, drizzle with the vinaigrette and garnish with a little extra lemon zest and a dash of hot sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	220	12	16	12	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Savory Cottage Cheese Toast

Serves 1

2 slices bread
4 fl oz. (120ml) tomato sauce
1.4 oz. (40g) shredded zucchini
1.4 oz. (40g) spinach, chopped
4 oz. (115g) cottage cheese
1.4 oz. (40g) cherry tomatoes, halved
fresh basil, for garnish

What you need to do

Mix the tomato sauce and zucchini together and spread the mixture onto the slices of bread.

Top with spinach, cottage cheese and cherry tomatoes.

Place the bread into the air fryer and cook at 390°F (200°C) for about 8 minutes.

Garnish with fresh basil before serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
2 mins	8 mins	326	10	39	20	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Easy Pesto Breakfast Muffins

Makes 12 (Serves 4)

1 tbsp. butter
1 onion, diced
3.5 oz. (100g) diced cremini mushrooms
1 red bell pepper, diced
2.1 oz. (60g) spinach, chopped
8 large eggs
2 fl oz. (60ml) milk
3 tbsp. pesto
¾ tsp. sea salt
¼ tsp. black pepper
4.3 oz. (120g) crumbled feta cheese (reduced fat)

What you need to do

Preheat the oven to 350°F (180°C). Grease a 12 hole muffin pan, or use paper liners.

Add the butter to a skillet and sauté the onion, mushrooms and bell pepper until softened. Add the spinach and cook until wilted.

In a bowl, whisk together the eggs, milk, pesto, salt and pepper.

Divide the vegetables and feta equally between each muffin cup, and pour over the egg mixture.

Place the muffin tray into the hot oven and bake for 18 minutes until the eggs are set.

Once baked, set aside to cool slightly before serving.

This recipe makes 12 muffins and serves 4 portions, giving 3 muffins per serving. Nutritional breakdown is per 3 muffins.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	300	20	9	21	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Turkey & Apple Breakfast Meatballs

Serves 4 (Makes 24 meatballs)

1 lb. (450g) lean ground turkey
0.4 oz. (10g) fresh rosemary, finely chopped
2.1 oz. (60g) apple, diced
1 tbsp. olive oil
4 slices turkey bacon, cooked & chopped
1.4 oz. (40g) onion, finely chopped
1 tsp. sea salt
1 tsp. black pepper
½ tsp. garlic powder
½ tsp. chili powder
½ tsp. dried thyme
2 tbsp. tamari
1 egg

What you need to do

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Add all the ingredients in a bowl and mix until well combined.

Form the mixture into 24 even sized meatballs and place on the baking sheet.

Bake the meatballs in the hot oven for 15-20 minutes, or until cooked through.

This recipe makes 24 meatballs and serves 4, giving 6 meatballs per serving. Nutritional breakdown is per 6 meatballs.

GF DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	288	16	10	26	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Broccoli & Steak Protein Bowl

Serves 2

2 tbsp. sushi ginger, chopped
4 green onions, chopped,
green & white parts separated
5.6 oz. (160g) broccoli florets
8.8 oz. (250g) cooked brown
rice
1 tbsp. nori, chopped
7.9 oz. (225g) lean filet steak

What you need to do

Stir the ginger, green part of the onions and broccoli into the rice and microwave for 5 minutes.

Add the filet steak to a hot skillet and sear for 2 minutes on each side. Remove from the skillet and set aside to rest for 5 minutes before slicing.

Add the green onion whites to the pan to char slightly.

Mix rice with nori and divide the mixture into 2 bowls, top with the sliced steak and charred onions.

Seal the bowls until ready to eat.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	9 mins	367	11	37	30	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Spicy Pork Stir Fry

Serves 4

1½ tbsp. olive oil
2 onions, sliced
1 small eggplant (about 9 oz./250g), diced
1.1 lbs. (500g) lean pork filet, sliced
2 red bell peppers, seeded & cut into strips
2-3 tbsp. mild curry powder
14 oz. (400g) can plum tomatoes
5 fl oz. (150ml) water
salt & pepper
1.3 lbs. (600g) cooked basmati rice, to serve
cilantro, chopped, to serve

What you need to do

Heat the olive oil in a large non-stick skillet, add the onions and eggplant and cook for 8 minutes until soft.

Add the pork and sauté for 5 minutes until starting to brown. Then stir in the bell peppers and cook for 3 minutes until soft.

Now sprinkle over the curry powder and stir for a minute. Pour in the tomatoes and water, stir together then cover and simmer gently for 5 minutes.

Season with salt and pepper and serve with basmati rice, topped with chopped cilantro.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	517	9	73	36	12

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Miso & Green Onion Chicken

Serves 2

2 boneless skinless chicken breasts (total weight roughly 9.5 oz./270g)
sea salt & black pepper
1 oz. (30g) all purpose flour
1 tbsp. olive oil
2 tbsp. butter, divided
3 cloves garlic, minced
6 fl oz. (180ml) chicken broth
2 tsp. white miso paste (or sub red miso)
3 green onions, sliced
sesame seeds, for serving
rice, for serving (optional, not included in nutritional breakdown)

What you need to do

Season the chicken breasts with salt and pepper, and coat in flour.

Heat the olive oil and 1 tablespoon of butter in a skillet. Add the chicken and cook for 4-5 minutes on each side until golden brown and cooked through. Remove the chicken from the skillet and cover with foil.

Add the remaining butter to the skillet and sauté the garlic until golden.

Now add the chicken broth and miso paste to the skillet, whisking until the miso dissolves. Continue to cook until the sauce thickens slightly, then stir in the green onions.

Spoon the sauce over the chicken, sprinkle with sesame seeds and serve with your favorite rice.



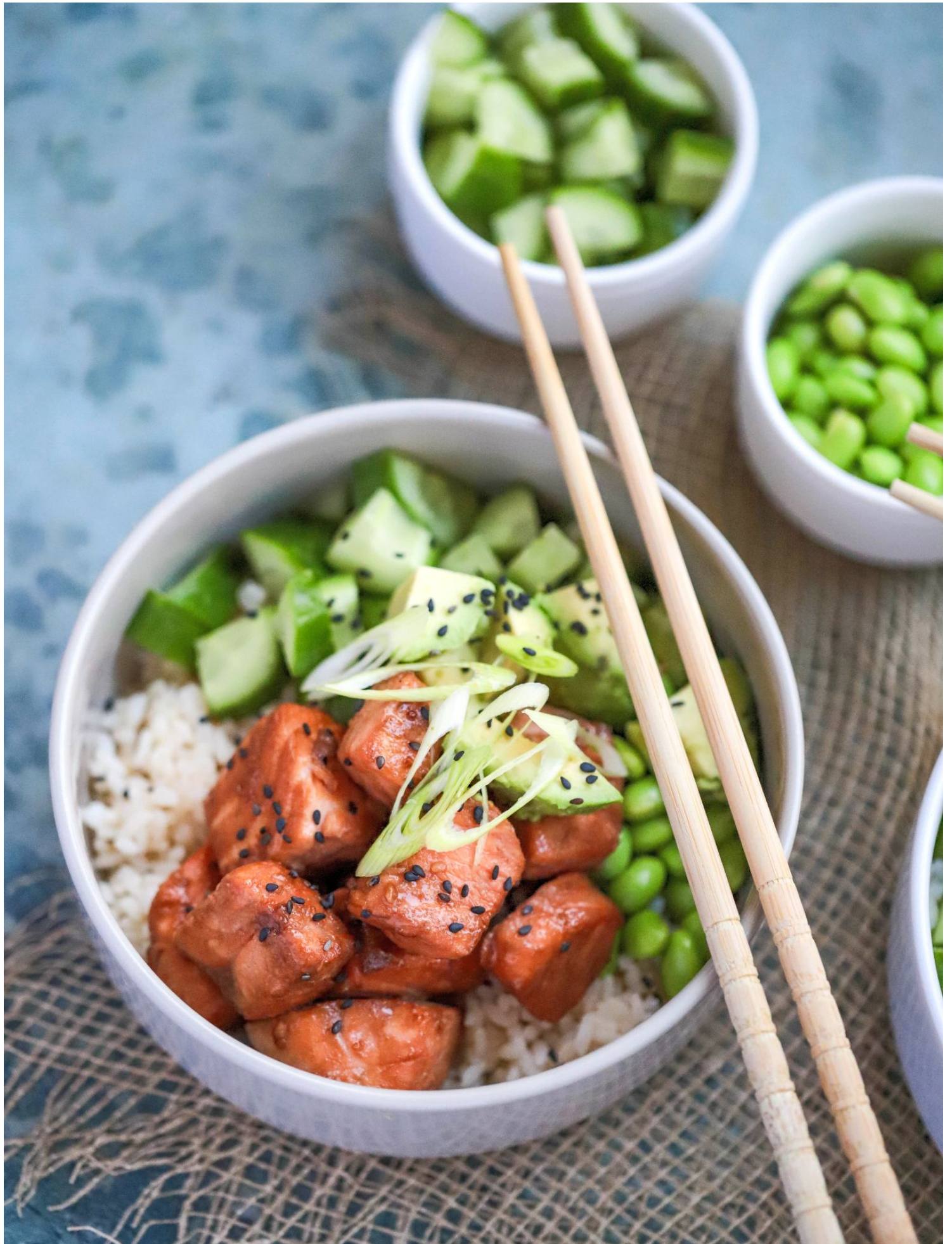
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	407	23	17	33	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Salmon Teriyaki Bowl

Serves 4

12.7 oz. (360g) cooked white rice
6 tbsp. rice wine vinegar
2 tbsp. maple syrup
1 tsp. sea salt
2 tbsp. black sesame seeds + extra to serve
1 tbsp. tamari sauce
2 tsp. sesame oil
1 tbsp. sriracha sauce
½ tsp. fresh ginger, grated
½ tsp. fresh garlic, grated
1 tbsp. olive oil
1½ lbs. (680g) salmon filet, skinned
5.6 oz. (160g) edamame beans
5.3 oz. (150g) cucumber, sliced
2 avocados, sliced
1 oz. (30g) green onions, minced

What you need to do

Place the cooked rice into a large bowl and stir through the rice wine vinegar, maple syrup, salt and sesame seeds.

Prepare a sauce by combining the maple syrup, tamari sauce, sesame oil, sriracha, ginger and garlic.

Add the olive oil to a hot non-stick skillet and sear the salmon until golden brown. Now add the sauce and stir to warm through.

Divide the rice equally between 4 bowls and top with edamame beans, cucumber, avocado and salmon.

Pour extra sauce over the bowls, sprinkle with green onions and extra sesame seeds. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	591	23	48	48	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Garlic Butter Chicken & Potato Skillet

Serves 4

1½ lbs. (680g) baby potatoes, quartered
2 tbsp. ghee
4 cloves garlic, minced
2 tsp. fresh rosemary, minced
1 tsp. fresh thyme leaves + extra to garnish
2 tbsp. parsley, minced + extra to garnish
1½ lbs. (680g) boneless skinless chicken thighs, cut into pieces
sea salt & black pepper
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. smoked paprika
1 lb. (450g) green beans, cooked, to serve

What you need to do

Microwave the potatoes for 6-8 minutes until barely fork-tender.

Next, melt 1 tablespoon of ghee in a large skillet and sauté the potatoes until golden brown. Now add the garlic and herbs, and cook until fragrant. Remove from the skillet and set aside.

Season the chicken with salt, pepper and spices. Add the remaining ghee to the skillet and cook the chicken until golden brown.

Return the potatoes to the skillet and toss with the chicken.

Serve the chicken and potatoes garnished with fresh herbs, and alongside cooked green beans.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	425	13	38	39	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Sheet Pan Fish & Vegetables

Serves 4

2 medium zucchinis, sliced thin
2.1 oz. (60g) baby spinach
2-3 baby potatoes, sliced thin
5.6 oz. (160g) flat green beans or snow peas
2 tbsp. olive oil
sea salt & black pepper
1.5 lbs. (680g) boneless, skin-on cod filet
juice of ½ lemon
2 tsp. lemon zest
1 large clove garlic, minced
1 tbsp. flat-leaf parsley, chopped
4-5 sprigs fresh thyme

What you need to do

Preheat the oven to 425°F (220°C). Lightly grease a roasting pan with olive oil.

Arrange the vegetables on a roasting pan, drizzle with 1 tablespoon of olive oil, salt and pepper, and toss to combine.

Place the cod filet on top, drizzle with the remaining olive oil and lemon juice.

Sprinkle over the lemon zest, garlic, parsley, thyme, and season with a little more salt and pepper.

Bake the cod in the hot oven for 20-25 minutes until the fish flakes easily.

Remove from the oven, divide the vegetables and cod filet equally between 4 dishes. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	277	9	26	23	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Beef & Mushrooms with Cauliflower Mash

Serves 4

1½ lbs. (680g) flank steak, thinly sliced
sea salt & black pepper to taste
1 tbsp. cornstarch
2 tbsp. olive oil
1 onion, diced
8 oz. (225g) wild mushrooms, sliced
8 fl oz. (240ml) beef broth
4 sprigs of fresh thyme

For the cauliflower mash:

1 head of cauliflower, cut into florets
2 tbsp. butter or ghee
2 tbsp. cream
sea salt & black pepper to taste

What you need to do

Season the sliced flank steak with salt and pepper. Toss in cornstarch until well coated.

Heat the olive oil in a large skillet over medium heat. Cook the sliced steak for 5 minutes, or until golden brown. Remove from the pan and set aside.

In the skillet, add the onion, mushrooms and a splash of beef broth. Cook for about 5 minutes until the mushrooms are tender.

Return the steak to the pan, pour in the remaining beef broth and add the thyme sprigs. Simmer for 5 minutes.

Meanwhile, steam the cauliflower florets for 10 minutes, until very tender.

Drain the cauliflower well, before mashing with the butter, cream, salt, and pepper until smooth.

Serve the beef and mushrooms over the cauliflower mash.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	480	28	15	42	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Zesty Chicken Larb Salad

Serves 4

2 tbsp. groundnut oil (or sub sunflower oil)
1.1 lbs. (500g) ground chicken
1 red onion, sliced
2 cloves garlic, crushed
1 lemongrass stalk, grated
1 bunch cilantro, separate leaves from stems/roots
2 tbsp. tamari
bunch Thai basil, leaves picked
5.3 oz. (150g) mixed salad leaves
8.8 oz. (250g) mixed tomatoes, halved
1.9 oz. (55g) toasted almonds, chopped

For the lime dressing:

juice of 2 limes
2 tbsp. fish sauce
1 birdseye chili, finely sliced
½ tsp. palm sugar

What you need to do

Heat the groundnut oil in a large skillet over high heat. Add the ground chicken and cook for 6-8 minutes until golden brown.

Add the onion, garlic, lemongrass and cilantro stems and roots and cook for 2-3 minutes.

Stir in the tamari and cook for an additional 2-3 minutes, then remove from the heat.

To make the lime dressing, place all the ingredients into a small bowl, stir to combine and set aside.

In a large salad bowl, combine the cilantro leaves, Thai basil, salad leaves and tomatoes.

To serve, divide the salad equally between 4 bowls, top with the chicken, almonds, and drizzle over the lime dressing.

GF	DF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	385	25	12	28	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Flourless Peanut Butter Protein Brownies

Serves 12

Dry ingredients:

- 1.8 oz. (50g) cocoa powder
- 1 oz. (30g) chocolate whey protein powder
- 1 tsp. baking powder
- 1 tsp. sea salt
- 2.3 oz. (65g) dark chocolate chips + extra for topping

Wet ingredients:

- 8.8 oz. (250g) unsalted smooth peanut butter
- 4 fl oz. (120ml) maple syrup
- 3 tbsp. packed brown sugar
- 1 tsp. vanilla extract
- 2 large eggs
- 4 fl oz. (120ml) unsweetened almond milk
- 3 tbsp. coconut oil, melted
- 2.3 oz. (65g) chocolate chips, melted

What you need to do

Preheat the oven to 350°F (180°C). Line an 8×8” (20x20cm) pan with baking paper.

Place all the dry ingredients into a mixing bowl, stir to combine and set aside.

In another bowl, mix the peanut butter, maple syrup, brown sugar and vanilla extract together, until smooth. Add the eggs and almond milk to the mixture and stir again.

Combine the dry and wet ingredients, then add the melted coconut oil and mix to combine. Gently fold in the melted chocolate.

Transfer the brownie batter to the lined pan and top with extra chocolate chips if desired.

Place the pan into the hot oven and bake for 35-40 minutes, until the mixture is almost cooked in the center.

Remove from the oven and cool for 3-5 minutes, then transfer to a wire cooling rack.

Cut into 12 even-sized brownies and serve warm or cooled.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	40 mins	316	20	24	10	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Beet Blast Smoothie

Serves 1

1 cooked beet, peeled & sliced
2.6 oz. (75g) frozen berries (blackberry & blueberry blend)
½ small frozen banana
5.3 oz. (150g) Greek yogurt
4 fl oz. (120ml) freshly squeezed orange juice
½ cup ice
1 tbsp. sweetener
1 tbsp. ground flaxseed

What you need to do

Place all ingredients into a high speed blender and blend until smooth. Pour the smoothie into a glass and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	398	6	67	19	5

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Peanut Butter Protein Pot

Serves 4

6.4 oz. (180g) Greek yogurt
2.8 oz. (80g) smooth peanut butter
1 tbsp. honey

For the topping:

1 banana, sliced
2 tbsp. chocolate chips
2 tbsp. peanut butter

What you need to do

In a bowl, mix together the yogurt, peanut butter and honey until smooth. Taste and adjust the sweetness if needed.

Divide the mixture into bowls, top with the banana, chocolate chips and peanut butter and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	254	14	22	10	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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