



**CHOCOLATE, OATY  
SMOOTHIE**

# CHOCOLATE, OATY SMOOTHIE



*Nutrition per  
serving:  
350 kcal  
11g Fats  
19g Carbs  
43g Protein*



## INGREDIENTS

- 250ml milk of your choice\*
- 40grams chocolate protein powder (I used My Protein Impact Whey Isolate chocolate brownie)
- 5grams cacao
- 10grams nut or seed butter\*\*
- 5grams flaxseed
- 10grams gluten free oats\*\*\*
- 2 lumps of frozen spinach approx. 60grams

## METHOD

1. *Place all the ingredients in smoothie maker and blend until smooth.*
2. *Ice cubes could be added if you like your smoothies particularly cold.*
3. *Liquid could be reduced or ½ tsp xanthan gum could also be added if you like your smoothies thick.*

\*Remove oats (starchy carbohydrates) if not consumed on a workout day.

\*\*Coconut or unsweetened almond milk are ideal choices.

\*\*\*Almond or pumpkin seed butter work well.

A close-up photograph of a bowl made from a coconut shell, filled with a creamy white substance, likely yogurt or ice cream. The bowl is topped with a variety of frozen fruits, including raspberries, blueberries, and blackberries, along with a dusting of golden-brown granola. The bowl is placed on a light-colored wooden surface. A semi-transparent white rectangular box is overlaid on the center of the bowl, containing the text "KEEPING IT SIMPLE" in a bold, black, sans-serif font.

**KEEPING IT SIMPLE**

# KEEPING IT SIMPLE



*Nutrition per  
serving:  
230 kcal  
0g Fats  
12g Carbs  
48g Protein*



## INGREDIENTS

- 250grams 0% total fage
- 25grams protein powder\*
- Optional fresh or frozen berries of your choices (add. kcal)\*\*
- Optional nuts/seeds of your choice (add. kcal)\*\*\*

## METHOD

1. *Spoon fage and protein powder into a bowl. Mix thoroughly and leave to stand for a couple of minutes. Repeat mixing again before adding fruits and/or nuts/seeds of your choice.*

\*Flavour of your choice. Chocolate brownie, strawberry, blueberry, chocolate caramel and salted caramel are some of my favourites

\*\*Personal favourites include frozen blueberries, frozen raspberries, strawberries, kiwi, kiwi berries and passion fruit.

\*\*\*Almonds and cashews have the lowest calorie content per gram.



**PERFECT WINTER  
WARMER**

# PERFECT WINTER WARMER



*Nutrition per  
serving:  
200 kcal  
2g Fats  
17g Carbs  
28g Protein*

## INGREDIENTS

- 250grams 0% total fage
- 50grams frozen blueberries
- 40grams frozen raspberries
- 5grams ground flaxseeds

## METHOD

1. *Add the frozen blueberries and raspberries to a bowl and microwave for 3 minutes. Pour on top of the fage and add the flaxseeds to finish\*\**



*\*\*Variations on this breakfast include any fruit (frozen or fresh) of your choice – berries have the lowest calorie per gram. You could include a sprinkling of protein powder and/or some nuts/seeds of your choice. Anything added will increase the calories stated above.*

A close-up photograph of a stack of protein pancakes. The stack is tall and sits on a white plate with a scalloped edge. The top of the stack is heavily decorated with dollops of white whipped cream, fresh raspberries, and blueberries. The pancakes themselves are golden-brown with some darker spots, suggesting they are cooked. The background is a plain, light-colored surface.

# PROTEIN PANCAKES

# PROTEIN PANCAKES



*Nutrition per  
serving:  
285 kcal  
8g Fats  
8g Carbs  
45g Protein*



## INGREDIENTS

- 2 whole medium eggs
- 25grams vanilla protein powder
- 80grams banana
- 1tsp cinnamon
- ½tsp nutmeg
- ¾tsp baking powder

## METHOD

1. *Place everything in your nutribullet (or equivalent) and blitz. Heat a non-stick pan thoroughly and pour mixture into desired sizes in the pan. Wait until almost cooked through before flipping. No oil is needed to make these pancakes on the condition that a decent non-stick pan is used.*
2. *Serve with 0% fage, berries (frozen or warmed in the microwave), chopped nuts, cacao nibs or anything of your choice. All additional toppings will add extra calories.*

A top-down view of a smoothie bowl. The bowl is filled with a thick, purple smoothie. On top of the smoothie, there are several fresh strawberries with green leaves, and a generous amount of golden-brown granola. The bowl itself is dark-colored with a textured rim. A semi-transparent white rectangular box is overlaid in the center of the bowl, containing the text 'SUPER STRAWBERRY SMOOTHIE BOWL' in a bold, black, sans-serif font.

**SUPER  
STRAWBERRY  
SMOOTHIE BOWL**

# SUPER STRAWBERRY SMOOTHIE BOWL



Nutrition per  
serving:  
290 kcal  
9g Fats  
19g Carbs  
37g Protein



## INGREDIENTS

- 250ml milk of your choice (coconut or unsweetened almond milk work well)
- 70grams frozen strawberries (or berries of your choice)
- 30grams frozen or fresh avocado
- ½ juice of a lemon
- 40grams vanilla protein powder
- Optional: ½ tsp xanthan gum

## METHOD

1. *Place all the ingredients into your smoothie maker and blitz. Add 4-5 ice cubes if you like your smoothies super cold. Add ½ tsp xanthan gum if you like your smoothies super thick. Variations on this smoothie include using frozen cherries or blueberries instead of strawberries.*



**VANILLA CHIA  
SEED PROTEIN  
PUDDING**

# VANILLA CHIA SEED PROTEIN PUDDING



*Nutrition per  
serving:  
270 kcal  
8g Fats  
8g Carbs  
45g Protein*



## INGREDIENTS

- 45grams vanilla protein (I used Vanilla My Protein Impact Whey Isolate)
- 20grams chia seeds
- 80ml milk of your choice (both coconut and almond milk work well)

## METHOD

1. *Add all the dry ingredients and then add the milk.*
2. *Whisk thoroughly and leave overnight to set in the fridge.*

*If your protein pudding isn't setting you need to reduce to liquid or add ½ tsp of xanthan gum which is a thickening agent.*

*Any toppings will add extra calories to this recipe.*