

EMPOWER

Coaching Collective

Blueberry & White Choc *Protein Pancakes*

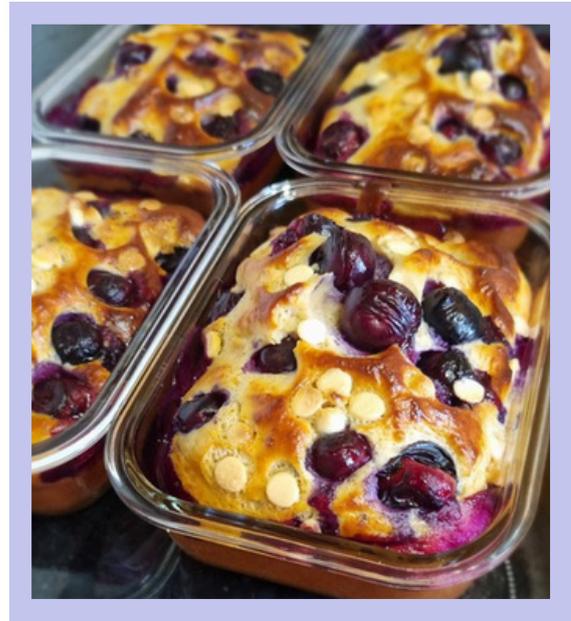
MACROS Per Portion

Calories: 445

Protein: 36.5g

Carbs: 53.2g

Fats: 11g



Ingredients: x4

- 4x eggs
- 200g fat free quark
- 280ml milk
- 100g protein powder (e.g. salted caramel, blonde, vanilla)
- 140g plain flour
- 2 tsp baking powder
- 250g blueberries
- 40g white chocolate chips

Method

Beat eggs in a large bowl and mix through quark

Add milk

Sieve protein powder, flour and baking powder into the bowl and beat

Pour into 4 individual or one large lined baking dishes

Top with blueberries and chocolate drops

Bake at 180 degrees for 18 minutes



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Baked Feta *Frittata*

MACROS Per Portion

Calories: 382

Protein: 28g

Carbs: 7g

Fats: 27g

Ingredients: x4

- 12x eggs
- 200g Feta Cheese
- 1 cup Chopped Spinach
- ½ bulb Bell Pepper
- 2 Stalk Spring Onion
- ½ tsp Olive Oil



Method

Lightly oil the baking dish/es with a basting brush. and preheat the oven to 200C/180C fan/gas 6

Beat the eggs and add to the baking dish/es

Top with the chopped veg and 200g of feta cheese.

Season with salt and pepper and bake for 20 minutes until golden brown. Cool and store extra portions in the fridge for up to 4 days



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Hot Apple Pie

Protein Porridge

MACROS Per Portion

Calories: 358

Protein: 30g

Carbs: 19g

Fats: 18g



Ingredients: x1

- 40g Oats
- 200ml Semi-Skimmed Milk
- 30g Vanilla Protein Powder
- 1 Apple
- ½ tsp Cinnamon
- 1 pinch Nutmeg
- 1 tsp Maple Syrup
- 1 tbsp light oil

Method

Spray a non-stick pan lightly with oil or add a splash of water. Add the diced apple, cinnamon, and nutmeg.

Cook over medium heat for 3–4 minutes until the apple softens and smells sweet and spiced.

Stir in the oats and milk. Bring to a gentle simmer, stirring often, until thick and creamy (around 4 minutes).

Remove from the heat, then stir in the protein powder until fully combined. Add a little extra milk if needed for your preferred texture.

Serve warm, topped with the softened apples and a drizzle of maple syrup or spoon of Greek yoghurt if you fancy.



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Strawberry Cheesecake *Weetabix*

MACROS Per Portion

Calories: 341

Protein: 29g

Carbs: 54g

Fats: 1g

Ingredients: x4

- 8pcs Weetabix
- 60g Whey
- 200ml Hot Water
- 600g Fat free Greek Yoghurt
- Strawberry Angel Delight
- 4tbsp Cold Water
- 200g Strawberries



Method

Crumble Weetabix, add 15g whey per dish, mix, and add hot water to press this into the base.

Combine Fage yoghurt, a packet of Strawberry Angel Delight and 4 tbsp cold water, then top over the biscuit base

Top with fresh strawberries

