

YOUR FIT LIFE

SUMMER RECIPES

Discover easy, healthy and tasty recipes this summer



Summer, Sorted

Lighter days call for lighter plates: salads with substance, smoothies that count as fuel, and grill-ready favourites with the nutrition already done.

Pick what fits the week, prep what you can, and enjoy the sunshine.

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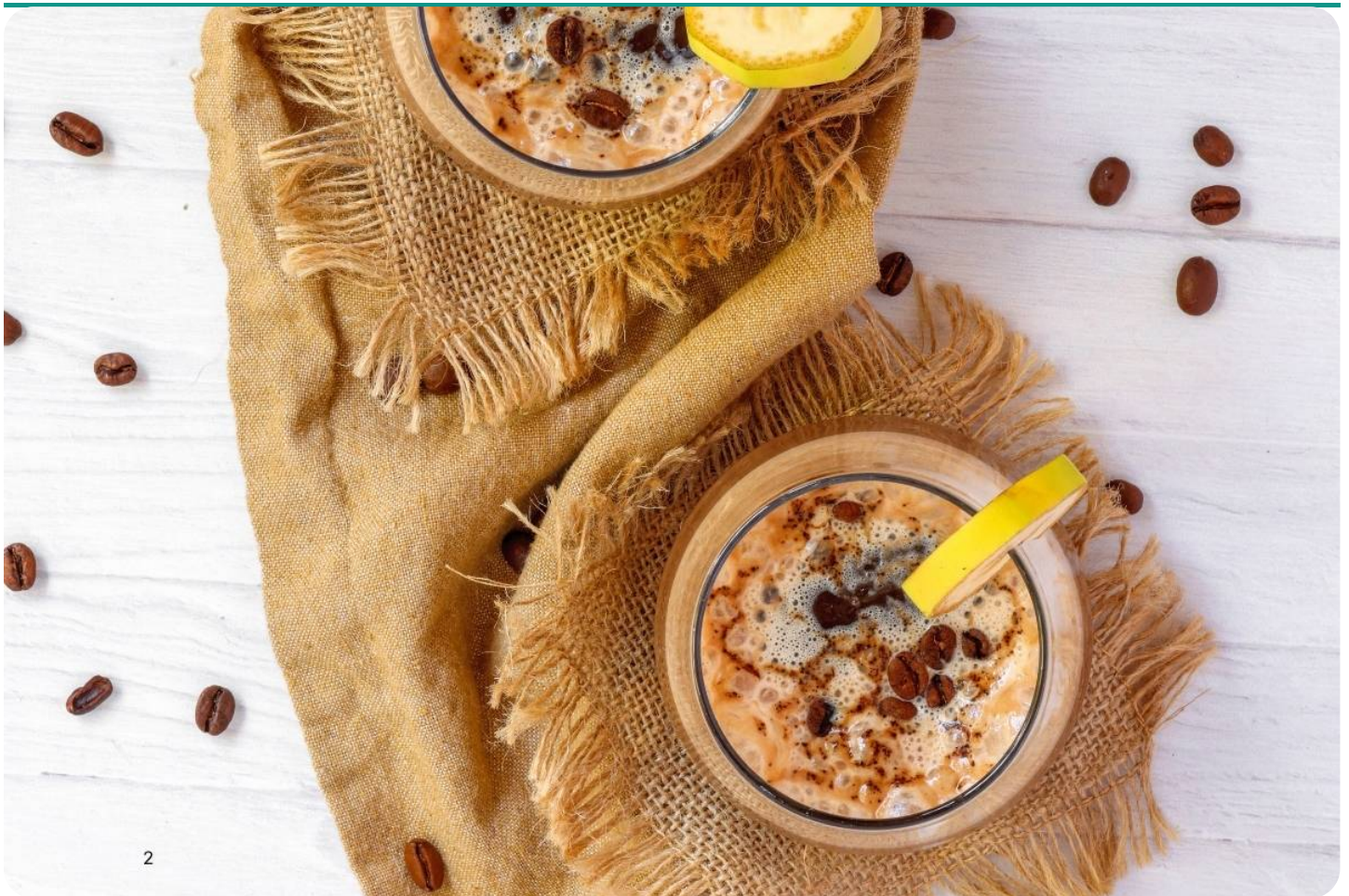
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Iced Coffee Protein Smoothie

BREAKFAST

Serves: 1



INGREDIENTS

- ½ banana ripe
- 1 oz. (30g) vanilla protein powder
- 4 fl oz. (120ml) almond milk, unsweetened
- 4 fl oz. (120ml) brewed coffee, cooled
- 1 tsp. maple syrup

INSTRUCTIONS

1. Place the banana, protein powder, almond milk and coffee into a high speed blender and blend until smooth. Add a handful of ice cubes and maple syrup, and blend again until creamy.

NUTRITION
PER SERVE

KCAL
242

FATS
2g

CARBS
31g

PROTEIN
25g

Berry Protein Smoothie Bowl

BREAKFAST

Serves: 1



INGREDIENTS

- 3.5 oz. (150g) frozen red berries
- 1 small banana, frozen
- 4 tbsp. plain coconut milk, from carton
- 1 oz. (30g) vanilla vegan protein powder

INSTRUCTIONS

1. Blend the frozen berries and banana on low for 30 seconds.
2. Add the coconut milk and protein powder, then blend until smooth, scraping the sides as needed.
3. Adjust the milk to reach your desired consistency.
4. Transfer to a bowl and garnish with your favorite toppings.

NUTRITION
PER SERVE

KCAL
326

FATS
2g

CARBS
57g

PROTEIN
20g

Summer Protein Smoothie Bowl

BREAKFAST

Serves: 2



INGREDIENTS

- 2 medium peaches, chopped & frozen
- 1 medium banana, sliced & frozen
- 6 oz. (170g) natural yogurt
- 4 oz. (120ml) coconut water
- 1 oz. (28g) vanilla protein powder
- fresh berries (Optional Topping)
- goji berries (Optional Topping)
- walnuts (Optional Topping)
- chia seeds (Optional Topping)
- muesli (Optional Topping)

INSTRUCTIONS

1. Place all ingredients in a high-speed blender.
2. Blend until smooth.
3. Pour the smoothie into a bowl.
4. Add your favorite toppings. (Optional toppings aren't included in the macro information.)
5. Serve immediately.

NUTRITION PER SERVE	KCAL 263	FATS 3g	CARBS 36g	PROTEIN 23g
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Egg Salad on Rice Cakes

BREAKFAST

Serves: 2 Time: 20 mins



INGREDIENTS

- 6 eggs
- 0.7 oz. (20g) fresh dill, chopped
- 2 green onions, sliced
- Juice of 1 lemon
- 2.1 oz. (60g) Greek yogurt, 2% fat
- 1 tsp. Dijon mustard
- salt
- pepper
- 6 rice cakes
- 1 tomato, sliced

INSTRUCTIONS

1. Boil the eggs for 7 minutes, then rinse with cold water and drain.
2. Peel the eggs and mash in a bowl with a fork.
3. Mix in the dill, green onions, lemon juice, Greek yogurt, mustard, and season with salt and pepper.
4. Spoon the egg salad onto the rice cakes, top with sliced tomato, garnish with extra dill, and season with pepper.

NUTRITION
PER SERVE

KCAL
348

FATS
16g

CARBS
27g

PROTEIN
24g

Breakfast Tacos

BREAKFAST

Serves: 4 Time: 20 Minutes



INGREDIENTS

- 8 oz. (225g) tomatoes, quartered
- 4 tbsp. jalapeños pepper, drained
- 8 small corn tortillas
- 6 oz. (170g) cheddar cheese, grated, divided
- 8 large eggs
- 4 tbsp. cilantro
- 2 tbsp. lime juice
- 4 bacon, cooked, sliced & chopped

INSTRUCTIONS

1. Arrange one oven rack 6" (15cm) from broiler and another below that, about 12" (30cm) from broiler. Heat the broiler.
2. On a large rimmed baking sheet, toss the tomatoes and jalapeños with 1 tbsp olive oil and pinch of sea salt. Broil on top rack until tender and charred in spots, around 8-10 minutes. Transfer to blender.
3. Meanwhile, place the corn tortillas on a second rimmed baking sheet. Top each tortilla with 4 tbsp cheese, leaving a slight well in the center.
4. Add a little extra oil to a skillet and fry the eggs until almost done then add an egg on top of each tortilla.
5. Place the baking sheet under the broiler on the middle rack until done, around 2-3 minutes.
6. Now add the cilantro, lime juice and ¼ teaspoon of salt to the vegetables in the blender and puree until smooth.
7. Serve the salsa on top of the tacos and add some of the chopped bacon.

NUTRITION
PER SERVE

KCAL
533

FATS
33g

CARBS
30g

PROTEIN
29g

Tex-Mex Breakfast Bowl

BREAKFAST

Serves: 4 Time: 15 Minutes



INGREDIENTS

- 3.2 oz. (90g) dry quinoa
- 1 lb. (450g) lean ground turkey
- 1 oz. (30g) taco seasoning
- 4 eggs
- 1 avocado, mashed
- 4 tbsp. salsa
- 1 green onion, sliced
- 1 tbsp. cilantro, chopped
- null lime wedges, to serve

INSTRUCTIONS

1. Cook the quinoa according to package instructions.
2. Heat 1 tsp olive oil in a non-stick skillet over medium heat and add the ground turkey and taco seasoning. Mix to combine and sauté until the turkey is cooked all the way through, then remove from the skillet and set aside.
3. In the same skillet, fry the eggs until done to your liking.
4. Assemble the breakfast bowls by dividing the cooked quinoa, turkey and mashed avocado equally between 4 bowls.
5. Top each bowl with a tbsp of salsa and a fried egg, then garnish with green onions and cilantro. Serve immediately with lime wedges.

STORAGE

The cooked turkey and quinoa can be stored in individual containers in the refrigerator until you are ready to assemble the bowls, making it perfect for meal prep.

NUTRITION
PER SERVE

KCAL
448

FATS
24g

CARBS
25g

PROTEIN
33g

Mediterranean Tuna Bean Salad

LUNCH

Serves: 4



INGREDIENTS

- 2 tbsp. red wine vinegar
- 1 tbsp. Dijon mustard
- ½ tbsp. lemon juice
- zest of 1 lemon
- 4 tbsp olive oil
- 14 oz. (400g) cannellini beans, canned, rinsed, drained
- 8.8 oz. (250g) tuna in spring water canned, drained
- 5.2 oz. (150g) cherry tomatoes, halved
- 4 tbsp. basil, chopped

INSTRUCTIONS

1. In a small bowl, whisk together all the dressing ingredients with 4 tbsp olive oil, salt, and black pepper.
2. In a large bowl, combine cannellini beans, tuna, tomatoes, and basil.
3. Pour dressing over the salad and toss to coat.
4. Cover and refrigerate until ready to serve.

STORAGE

Store leftovers in an airtight container in the refrigerator for up to 4 days.

NUTRITION
PER SERVE

KCAL
327

FATS
19g

CARBS
18g

PROTEIN
21g

Tuna & Quinoa Salad Bowl

LUNCH

Serves: 2 Time: 20 mins



INGREDIENTS

- 6.5 oz. (185g) cooked quinoa
- 4 tbsp. (50g) chickpeas, rinsed & drained
- ½ cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans (7 oz/200g each) tuna, drained
- 1 tbsp. olive oil (Dressing)
- 2 tsp. red wine vinegar (Dressing)
- 1 tsp. fresh lemon juice (Dressing)
- 1 tsp. Dijon mustard (Dressing)

INSTRUCTIONS

1. Cook the quinoa according to the package instructions.
2. Mix all the dressing ingredients together in a bowl.
3. In a separate bowl, combine all salad ingredients.
4. Drizzle the dressing over the salad and toss gently to coat.

NUTRITION
PER SERVE

KCAL
359

FATS
11g

CARBS
33g

PROTEIN
32g

Tuna Salad Lettuce Boats

LUNCH

Serves: 2



INGREDIENTS

- 10 oz. (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

INSTRUCTIONS

1. Combine the tuna and half of the oil from the can in a bowl with the tomato puree.
2. Finely chop the red onion and add it to the bowl.
3. Halve the apple, remove the core, and chop it into small cubes; add it to the bowl.
4. Mix all ingredients thoroughly.
5. Divide the tuna mixture evenly among the 8 lettuce leaves, spooning it into the center of each leaf.
6. Fold or wrap the leaves to enclose the filling and serve immediately.

NUTRITION
PER SERVE

KCAL
295

FATS
11g

CARBS
10g

PROTEIN
39g

Green Bean Chicken & Grapefruit Salad

LUNCH

Serves: 2 Time: 12 mins



INGREDIENTS

- 9 oz. (250g) chicken breast
- 7.7 oz. (220g) green beans, trimmed
- 1 grapefruit
- 1 head green lettuce
- 1 tbsp. olive oil

INSTRUCTIONS

1. Season the chicken with a pinch of salt and black pepper. Heat 1 tbsp olive oil in a pan over medium-high heat. Fry the chicken for 5-6 minutes per side until cooked and browned.
2. Cook green beans in salted water until crisp-tender. Drain and rinse with cold water.
3. Peel the grapefruit and segment it, reserving the juice.
4. To serve, place lettuce on plates. Top with green beans, grapefruit segments, and chicken. Drizzle with grapefruit juice and season with salt and pepper.

NUTRITION
PER SERVE

KCAL
349

FATS
17g

CARBS
18g

PROTEIN
31g

Crushed Cucumber & Salmon Salad

LUNCH

Serves: 2



INGREDIENTS

- 1 red bell pepper, chopped
- 1 cucumber, crushed & chopped
- 1 garlic clove, thinly sliced
- handful fresh coriander, to taste, chopped
- 6 oz. (170g) hot smoked salmon filets
- juice of 1 lime
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

INSTRUCTIONS

1. Combine chopped red bell pepper, crushed cucumber, sliced garlic, and chopped coriander in a large bowl.
2. Whisk all dressing ingredients in a bowl.
3. Drizzle dressing over the vegetables and toss to coat.
4. Divide the salad between two plates.
5. Flake salmon and arrange on top.
6. Season with black pepper and serve immediately.

NUTRITION
PER SERVE

KCAL
351

FATS
23g

CARBS
13g

PROTEIN
23g

Crunchy Waldorf Chicken Salad

LUNCH

Serves: 2



INGREDIENTS

- 3.5 oz. (100g) chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- 4 tbsp. raisins
- 4 tbsp. walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

INSTRUCTIONS

1. Place the chicken, chopped celery, apple, raisins, and walnuts in a bowl.
2. Add the mayonnaise, yogurt, and lemon juice.
3. Season with salt and pepper, and mix well.
4. Divide the salad leaves between bowls and top with the filling.
5. Serve with freshly ground black pepper.

NUTRITION
PER SERVE

KCAL
373

FATS
17g

CARBS
34g

PROTEIN
21g

Tropical Grilled Chicken Salad

LUNCH

Serves: 2 Time: 23 mins



INGREDIENTS

- 7 oz. (200g) chicken breast
- 4 slices canned pineapple
- 2 oz. (60g) salad leaves
- 5 tbsp. mint leaves
- ½ small onion, finely chopped
- 2 tbsp. olive oil (Dressing)
- 1 tsp. grated ginger (Dressing)
- 1 clove garlic, minced (Dressing)
- 1 lime, juiced (Dressing)
- 1 tsp. honey (Dressing)

INSTRUCTIONS

1. Prepare the dressing in a large salad bowl by mixing olive oil, grated ginger, minced garlic, lime juice, and honey.
2. Season with salt.
3. Add the salad and mint leaves to the dressing and set aside to marinate.
4. Slice the chicken breast horizontally to create four fillets.
5. Heat a grill pan over medium heat and grill the chicken fillets topped with a pineapple slice each.
6. Season with black pepper.
7. Grill for 6-8 minutes, then flip and grill for another 5 minutes.
8. Remove the pineapple and let it grill separately.
9. Remove the chicken from the grill and let it rest for 3 minutes.
10. Then, cut the chicken into strips.
11. Add the chicken, pineapple, and finely chopped onion to the salad.
12. Toss well before serving.

NUTRITION
PER SERVE

KCAL
321

FATS
17g

CARBS
18g

PROTEIN
24g

Pineapple-Glazed Pork Chops

DINNER

Serves: 5 Time: 15 mins



INGREDIENTS

- 6 fl oz. (180ml) tamari sauce
- 4 tbsp. water
- 1 tbsp. sesame oil
- 4 tbsp. coconut sugar
- ¼ tsp. ground ginger
- ½ tsp. red pepper flakes
- 3 garlic cloves, minced
- 2 tbsp. tomato ketchup
- 14 oz. (400g) canned pineapple rings, with reserved pineapple juice
- 2 lbs. (900g) boneless pork chops
- 2 tbsp. cornstarch
- 4 tbsp. green onions, chopped (for garnish)

INSTRUCTIONS

1. In a bowl, whisk together tamari, water, sesame oil, coconut sugar, ground ginger, red pepper flakes, garlic, tomato ketchup, and pineapple juice until well combined.
2. Place the pork chops in a large dish. Pour the marinade over the pork chops, cover, and set aside to marinate for at least 10 minutes or overnight.
3. Preheat the grill to medium-high and spray with cooking spray. Grill the pork chops and pineapple rings for 4-5 minutes on each side, reserving the marinade.
4. Remove the pork chops and pineapple from the grill. Cover with foil and let rest for 4 minutes.
5. Whisk the cornstarch into the reserved marinade and strain into a saucepan. Cook over medium heat until boiling, then reduce to low and cook for a few more minutes until thickened.
6. Drizzle the sauce over the pork chops and pineapple. Garnish with chopped green onions and serve immediately.

NUTRITION
PER SERVE

KCAL
435

FATS
19g

CARBS
24g

PROTEIN
42g

Baked Salmon & Warm Quinoa Salad

DINNER

Serves: 4 Time: 15 mins



INGREDIENTS

- 1 red bell pepper
- 1 tbsp. olive oil
- 1.1 lbs. (520g) salmon fillets
- 1 tsp. mixed spices for salmon
- 7 oz. (200g) sugar snap peas
- 2.1 pt. (1L) boiling water
- 8.8 oz. (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Cut the red bell pepper into strips. Heat olive oil over medium heat and stir-fry the peppers for 5 minutes.
3. Place the salmon fillets on a baking tray lined with paper. Season and bake for 10 minutes.
4. Blanch sugar snap peas with boiling water. Add peas and quinoa to the peppers. Heat for 4 minutes, stirring occasionally.
5. Chop parsley and chives, then mix into the quinoa.
6. Serve the quinoa salad with the baked salmon.

NUTRITION
PER SERVE

KCAL
307

FATS
11g

CARBS
19g

PROTEIN
33g

Asian Sweet & Sour Pork Stir-Fry

DINNER

Serves: 4 Time: 25 mins



INGREDIENTS

- 7 oz. (200g) basmati rice
- 10 oz. (300g) pork loin, sliced
- 2 garlic cloves, finely chopped
- 4 spring onions, sliced diagonally
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 juice of lime
- 7 oz. (200g) sugar snap peas
- 8.8 oz. (250g) cherry tomatoes
- 8.8 oz. (250g) pineapple, canned or fresh, chopped

INSTRUCTIONS

1. Cook the rice according to the package instructions.
2. While the rice cooks, heat coconut oil in a wok over high heat.
3. Add sliced pork, chopped garlic, ginger syrup, lime juice, and a pinch of salt.
4. Stir-fry for 2 minutes.
5. Reduce the heat to low.
6. Add sugar and snap peas, and stir-fry for another 4 minutes.
7. Add cherry tomatoes and pineapple.
8. Stir-fry for 4 more minutes, then remove from heat.
9. Mix in the spring onions.
10. Serve the stir-fry over the cooked rice, divided evenly among 4 plates.

NUTRITION
PER SERVE

KCAL
429

FATS
13g

CARBS
56g

PROTEIN
22g

Peachy Salmon Salad

DINNER

Serves: 2 Time: 30 mins



INGREDIENTS

- 2 (5 oz./140g each) salmon filets
- 1 cob of corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar
- 2 tbsp. apple cider vinegar (Marinade)
- 1 tbsp. olive oil (Marinade)
- 1 tbsp. tamari (Marinade)
- 1 tsp. maple syrup (Marinade)
- ½ tsp. ground black pepper (Marinade)

INSTRUCTIONS

1. Mix the marinade ingredients in a bowl.
2. Put the salmon filets, skinless side down, in a dish.
3. Pour the marinade over the salmon.
4. Refrigerate and marinate for 20-30 minutes.
5. While the salmon marinades, grill the corn in the oven or on a grill pan until charred.
6. Let it cool, then slice off the kernels.
7. Set aside.
8. Preheat the oven to 400°F (200°C).
9. Place the marinated salmon on a baking tray.
10. Bake for 8-10 minutes, or until fully cooked.
11. Divide the salad leaves between two bowls.
12. Top with sliced peach, halved tomatoes, and grilled corn kernels.
13. Place a cooked salmon filet on each salad.
14. Drizzle each serving with balsamic vinegar.
15. Season with salt and black pepper to taste.

NUTRITION
PER SERVE

KCAL
462

FATS
26g

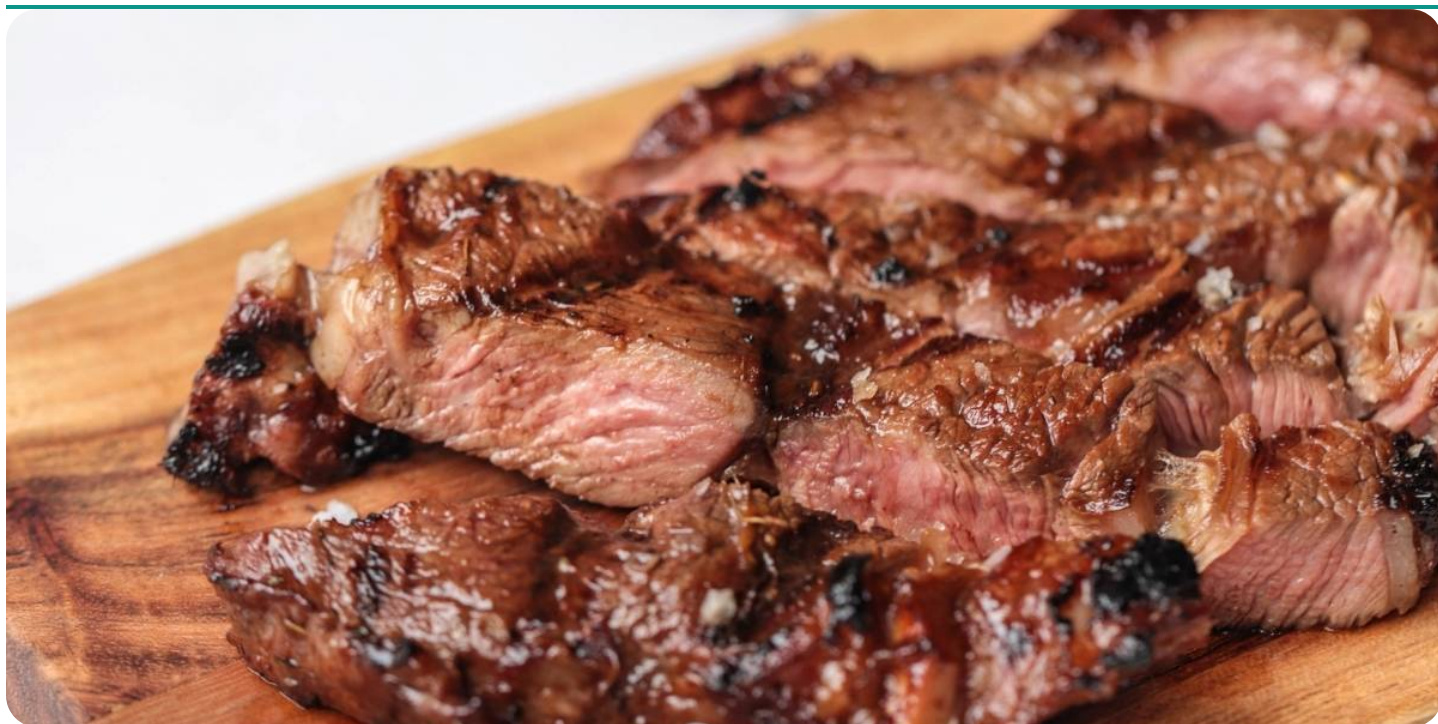
CARBS
24g

PROTEIN
33g

Perfect Soy-Grilled Steak

DINNER

Serves: 4



INGREDIENTS

- 2 fl oz. (60ml) tamari sauce
- 1 tsp. ginger, minced
- ½ tsp. garlic, minced
- 1 tbsp. hoisin sauce
- null Juice of half lime
- 1.5 lbs. (700g) skirt steak

INSTRUCTIONS

1. Preheat the broiler (grill) on high and position the rack no more than 4 inches from the heat source.
2. In a large bowl, mix the tamari, ginger, garlic, hoisin sauce, and lime juice. Season with salt and black pepper.
3. Add the steak to the marinade, turning to coat. Let sit while the grill heats.
4. Place the steak on the hot rack, spooning any remaining marinade over the top.
5. Broil for about 3 minutes per side for rare steak (adjust cooking time based on thickness and doneness preference).
6. Serve immediately.

NUTRITION
PER SERVE

KCAL
354

FATS
22g

CARBS
3g

PROTEIN
36g

Turkey Meatballs with Couscous Salad

DINNER

Serves: 4 Time: 50 mins



INGREDIENTS

- 2 tbsp. coconut oil
- 1 onion, finely chopped
- ¼ tsp. chili flakes
- 3 garlic cloves, minced, keep separate
- 1 lb. (450g) turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 zest & juice of lemon
- 7 oz. (200g) 0% fat Greek yogurt
- 7 oz. (200g) couscous
- 8.4 fl.oz. (250ml) vegetable stock, from stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

INSTRUCTIONS

1. Heat 1 tbsp oil in a pan over medium heat.
2. Sauté onion for 5 minutes.
3. Add chili flakes and 2 minced garlic cloves; cook for 1 minute.
4. Cool in a bowl for 5 minutes.
5. Mix turkey mince, half the mint, half the lemon zest, salt, and pepper with the onion.
6. Shape into 16 golf ball-sized meatballs (use a ¼ cup measure).
7. Freeze for 15 minutes.
8. Pour hot stock over couscous with remaining lemon zest.
9. Cover and let stand for 15 minutes.
10. Blanch peas in boiling water for 2 minutes.
11. Drain and set aside.
12. Combine yogurt, 1 minced garlic clove, remaining mint, and half the lemon juice for the sauce.
13. Season.
14. Fluff couscous and stir in peas, radishes, and remaining lemon juice.
15. Season.
16. Heat the remaining oil in the pan over medium heat.
17. Fry the meatballs, turning until browned, about 10 minutes.
18. Reduce the heat, cover, and cook for 5 minutes.
19. Serve meatballs with couscous salad and yogurt sauce.

NUTRITION
PER SERVE

KCAL
488

FATS
12g

CARBS
54g

PROTEIN
41g

Peanut Chicken Skewers

DINNER

Serves: 8



INGREDIENTS

- 4.5 oz. (130g) natural peanut butter, creamy
- 4 cloves garlic, minced
- 2 tbsp. tamari sauce
- 2 tbsp. sesame oil, toasted
- 1 tbsp. white wine vinegar
- 4 green onions, minced, divided
- 4 tbsp. cilantro, minced
- 2 tsp. ground ginger
- 3 lbs. (1.3kg) chicken thighs, boneless, skinless, cut into 1 inch pieces
- 2.6 oz. (75g) peanuts, chopped, to serve
- to taste red pepper flakes, to garnish
- 1 cucumber, peeled & sliced, to garnish
- 12 metal skewers or soaked bamboo skewers

INSTRUCTIONS

- 1.** In a bowl, mix peanut butter, garlic, tamari, sesame oil, white wine vinegar, half the green onions, cilantro, ginger, and 1 tsp salt (optional).
- 2.** Add chicken, toss to coat, and marinate for at least 1 hour (or overnight).
- 3.** Preheat oven to 400°F (200°C). Place a wire rack over a baking sheet and lightly grease.
- 4.** Thread marinated chicken onto skewers and bake for 20-25 minutes until cooked through.
- 5.** Serve with cucumber slices, chopped peanuts, and red pepper flakes.

NUTRITION
PER SERVE

KCAL
400

FATS
24g

CARBS
7g

PROTEIN
39g

Zesty Chicken & Asparagus Salad

DINNER

Serves: 4 Time: 30 mins



INGREDIENTS

- 2 lemons
- 1 ½ tbsp. oregano
- 1 ½ tbsp. olive oil
- 2 tsp. minced garlic
- 1.3 lbs. (600g) boneless chicken breasts
- 8 oz. (225g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 ½ tbsp. white wine vinegar
- 4 oz. (120g) rocket (arugula)

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Grate 2 tbsp of lemon zest, then halve the lemons.
3. Mix lemon zest, oregano, olive oil, and garlic in a bowl. Add chicken, season with salt and pepper, and toss to coat.
4. Place chicken and lemon halves on a baking tray. Bake for 20-25 minutes until cooked and browned. Cool slightly, then chop.
5. Heat coconut oil in a skillet over medium heat. Cook asparagus and green onions for 3-4 minutes until tender, turning occasionally. Cut into 2-inch pieces.
6. Arrange the rocket on plates; top with asparagus and green onions. Drizzle with white wine vinegar, season with salt and pepper, and serve with chicken and roasted lemon halves.

NUTRITION
PER SERVE

KCAL
275

FATS
11g

CARBS
8g

PROTEIN
36g

Ginger Beef Skewers

DINNER

Serves: 4



INGREDIENTS

- 4 tbsp. coconut sugar
- 4 tbsp. tamari sauce
- 4 tbsp. rice wine vinegar
- 2 tbsp. vegetable oil
- 2 cloves garlic, minced
- 1 tsp. fresh ginger, minced
- 1.5 lbs. (680g) top round steak, cut thin
- 2 green onions, sliced, to serve
- 4 tbsp. cilantro, to serve
- 1 red chili pepper, thinly sliced, to serve
- 1 tsp. sesame seeds, to serve

INSTRUCTIONS

1. In a large bowl, mix coconut sugar, tamari sauce, rice wine vinegar, vegetable oil, garlic, ginger, salt, and pepper. Add the steak and toss to coat. Cover and refrigerate for at least 2 hours.
2. If using wooden skewers, soak them in water for 20 minutes before assembling.
3. Preheat the broiler to medium-high. Thread the marinated beef onto the skewers.
4. Grill under the broiler for 3 minutes on each side, or until fully cooked.
5. Serve the skewers immediately, garnished with green onions, cilantro, chili pepper, sesame seeds, and any leftover marinade as a dipping sauce.

NUTRITION
PER SERVE

KCAL
410

FATS
22g

CARBS
14g

PROTEIN
39g

Tropical Mango Protein Mousse

SNACK

Serves: 2



6

INGREDIENTS

- 1 mango ripe, peeled, pitted
- 14 oz. (400g) silken tofu
- 2 tbsp. maple syrup
- ½ tsp. ground turmeric
- 1 tbsp. desiccated coconut

INSTRUCTIONS

1. Place the mango, silken tofu, maple syrup, and turmeric into a high-speed blender. Blend until smooth and creamy.
2. Divide the mixture evenly between 2 serving glasses or jars.
3. Refrigerate for 2–3 hours to chill and set.
4. Garnish with desiccated coconut just before serving.

NUTRITION
PER SERVE

KCAL
373

FATS
13g

CARBS
42g

PROTEIN
22g

Double Chocolate Mint Smoothie

SNACK

Serves: 1



INGREDIENTS

- 1 oz. (30g) chocolate protein powder
- 6 fl oz. (180ml) chocolate almond milk
- 1 tbsp. walnuts
- 2 tbsp. cocoa powder, unsweetened
- 1 tbsp. cacao nibs
- 2 fresh mint leaves

INSTRUCTIONS

1. Add all ingredients to a blender in the listed order. Add in 4 ice cubes and 4 tbsp water, then blend until smooth.
2. Serve immediately.

NUTRITION
PER SERVE

KCAL
264

FATS
12g

CARBS
11g

PROTEIN
28g

Mango Protein-Packed Fruit Bowl

SNACK

Serves: 2



INGREDIENTS

- 14 oz. (400g) natural quark, divided
- ¼ mango, chopped
- 2 tbsp. granola

INSTRUCTIONS

1. Divide the quark evenly between two bowls or glasses.
2. Garnish with chopped mango and 1 tablespoon of granola.
3. Serve immediately.

NUTRITION
PER SERVE

KCAL
223

FATS
3g

CARBS
24g

PROTEIN
25g

Post-Workout Loaded Choco Protein Smoothie

SNACK

Serves: 1



INGREDIENTS

- 1 banana
- ¼ avocado
- 1 tbsp. almond butter
- 1 tbsp. raw cacao powder
- 2 tbsp. vegan chocolate protein powder
- 8 oz. (240 ml) almond milk, unsweetened

INSTRUCTIONS

1. Blend all the ingredients in a blender until smooth.
2. Serve.

NUTRITION
PER SERVE

KCAL
413

FATS
21g

CARBS
39g

PROTEIN
17g

Blueberry Bliss Protein Smoothie

SNACK

Serves: 1



INGREDIENTS

- 4.2 oz. (125ml) coconut water
- 4.2 oz. (125ml) unsweetened almond milk
- 1 oz. (25g) vanilla whey protein
- 1.7 oz. (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

INSTRUCTIONS

1. Blend all ingredients in a high-speed blender until smooth.

NUTRITION
PER SERVE

KCAL
187

FATS
3g

CARBS
16g

PROTEIN
24g