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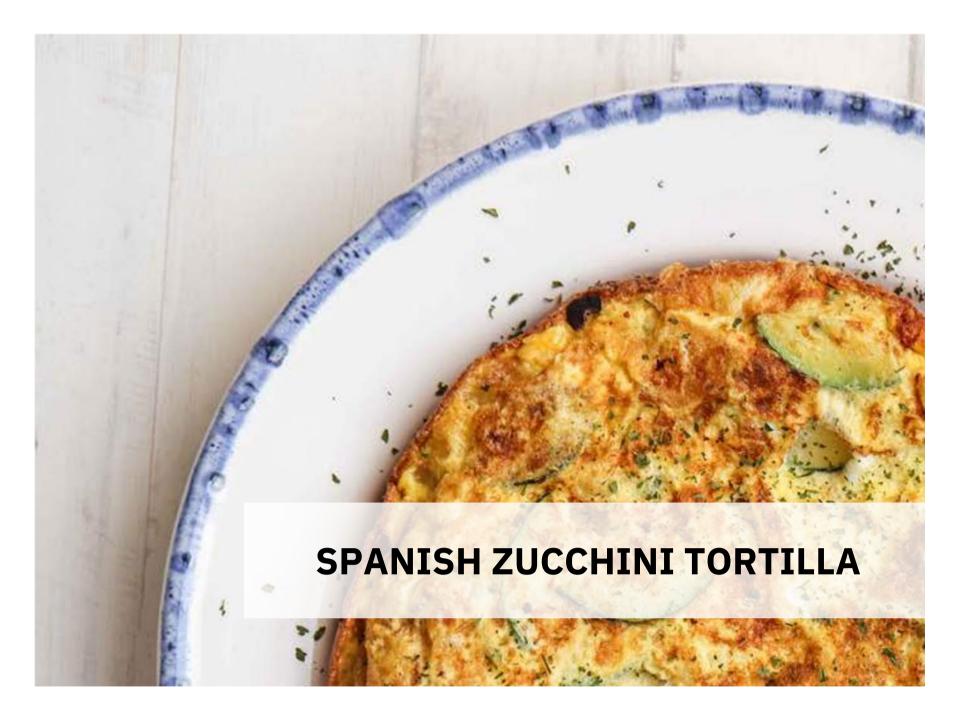
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SHOPPING LIST TEMPLATE

FRUIT & VEGETABLES	MEAT, DAIRY	SEEDS, BAKING & SPICES	CANS, CONDIMENTS & MISC



SPANISH ZUCCHINI TORTILLA





Serves: 2 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 377 kcal 22g Fats 22g Carbs 21g Protein





WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.





OMELET WRAPS





Serves: 4

Prep: 15 mins Cook: 10 mins



Nutrition per serv:

237 kcal 15g Fats 3g Carbs 20g Protein





WHAT YOU NEED

- 7 oz. (200g) cottage cheese
- 4 handfuls of watercress
- 1 lemon, peel only
- 6 eggs
- ½ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

WHAT YOU NEED TO DO

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl. Heat 1 tsp. of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelet from the pan and set it aside. Fry the other omelets with the rest of the oil.

To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelets in a wrap and cut in half.

HIGH PROTEIN BLUEBERRY PANCAKES



HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 257 kcal 5g Fats 18g Carbs 36g Protein





WHAT YOU NEED

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- . 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- ½ tsp. coconut oil

WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.





EGGS FRIED ON TOMATOES WITH TUNK



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 307 kcal 15g Fats 8g Carbs 32g Protein





WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 3 oz. (80g) tuna in brine
- · a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

WHAT YOU NEED TO DO

Peel the tomato and chop it into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

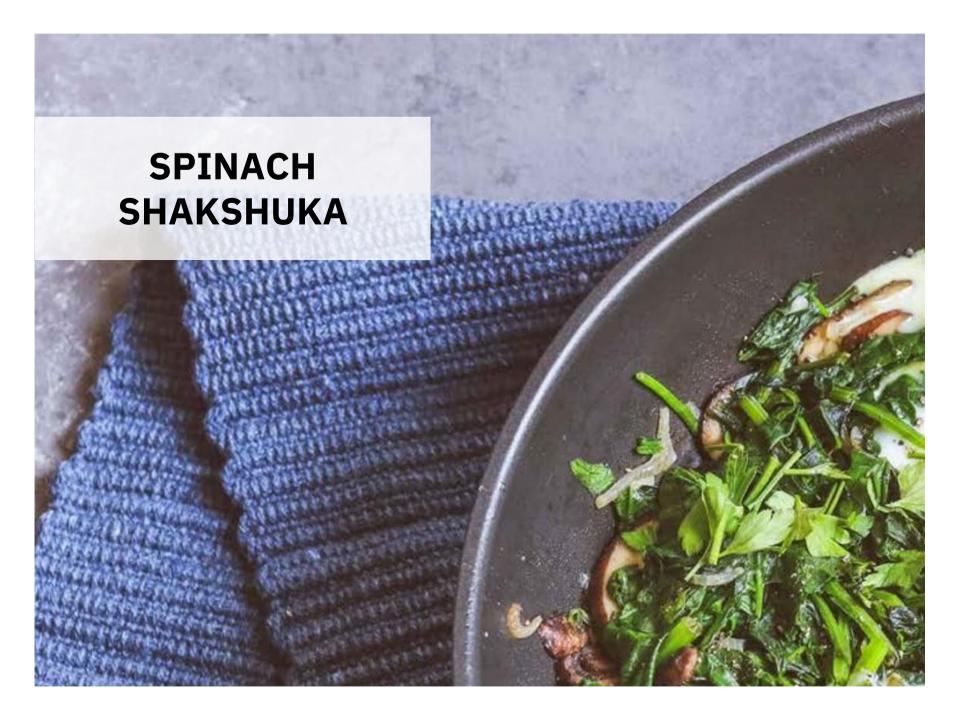
Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- •Replace tuna with feta or Gorgonzola cheese
- •For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option





SPINACH SHAKSHUKA





Serves: 2 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 321 kcal 22g Fats 19g Carbs 24g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft.

Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.





VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 174 kcal 6g Fats 4g Carbs 26g Protein











WHAT YOU NEED

- 1/4 cup (60ml) espresso
- 1 2/3 cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds

handful of ice

WHAT YOU NEED TO DO

Please all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.





CINNAMON ROLL PROTEIN SMOOTHLE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 162 kcal 3g Fats 15g Carbs 22g Protein





WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.



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