



TRAINING &
NUTRITION

AVPT RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

GF

Gluten Free

DF

Dairy Free

LC

Low Carb (under 20g serving)

MP

Meal Prep/Freezer Friendly

HP

High Protein (over 20g per serving)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts



SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Avocado, Scrambled Egg and Smoked Salmon Toast	BREAKFAST Avocado, Scrambled Egg and Smoked Salmon Toast	BREAKFAST Avocado, Mango and Matcha Smoothie	BREAKFAST Avocado, Mango and Matcha Smoothie	BREAKFAST Egg and Tuna Breakfast Salad	BREAKFAST Creamy Broccoli Salad with Bacon	BREAKFAST Creamy Broccoli Salad with Bacon
LUNCH Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw	LUNCH Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw	LUNCH Carrot and Ginger Soup	LUNCH Carrot and Ginger Soup	LUNCH Beef Lettuce Wraps	LUNCH Egg and Tuna Breakfast Salad	LUNCH Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw
SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie
DINNER Curried Cod in Tomato Sauce	DINNER Curried Cod in Tomato Sauce	DINNER Slow Cooked Honey Garlic Beef Bowl	DINNER Slow Cooker Honey Garlic Beef Bowl	DINNER Chicken and Bok Choy Stir Fry	DINNER Meal Out - Enjoy!	DINNER Chicken and Bok Choy Stir Fry

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

Fruits

- 1x apple
- 2x avocados
- 2x lemons
- 1x lime
- 1x mango
- 1x pomegranate

Vegetables

- bean sprouts
- 8oz. (230g) bok choy
- 1 head broccoli
- 2.2 lb. (1kg) carrots
- 2x cucumbers
- 2x bulbs garlic
- 2-3 green lettuce
- 7 oz. (200g) kale
- 2x leeks
- ½ purple cabbage
- 13x radishes
- 1x red onion
- 2x white onions
- 1x bell pepper

Dried

- 12x medjool dates
- raisins

Fresh Herbs

- parsley
- coriander

Frozen

- berries

MEAT, FISH AND CHEESE

Meats

- 12 oz. (340g) chicken breast
- 6x slices bacon
- 2.6 lb. (1.2kg) pork shoulder
- 3lb. (1.4kg) beef chuck roasting joint

Fish and Seafood

- 4x cod fillet (5oz. / 140g each)
- (3.5oz.) 100g smoked salmon

Cold

- cheddar cheese
- butter
- 12x eggs
- oat milk
- large Greek yogurt
- almond milk
- oat cooking cream

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SEEDS, BAKING AND SPICES

Grains

- basmati rice
- all-purpose flour (plain flour)

Nuts & Seeds

- desiccated coconut
- almonds
- chia seeds
- peanuts
- sesame seeds

Dried Herbs and Spices

- cayenne pepper
- chili flakes
- chili powder
- ground cinnamon
- ground cumin
- curry powder
- onion powder
- garlic powder
- paprika
- smoked paprika
- white pepper
- black pepper
- dried thyme

- _____
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CANS, CONDIMENTS & MISC

Oils

- olive oil
- sesame oil
- coconut oil

Sweeteners

- cane sugar
- coconut sugar
- honey

Boxed, Cans & Condiments

- tomato ketchup
- apple cider vinegar
- Chipotle chili paste
- Dijon mustard
- mayonnaise
- rice vinegar
- tamari or soy sauce
- 1x 14oz. (400g) can chickpeas
- 1x 14oz. (400g) can coconut milk
- 3x 14oz. (400g) can chopped tomatoes
- 1x 5oz. (150g) can tuna in brine
- vegetable stock
- beef stock
- Worcestershire sauce
- natural crunchy peanut butter

Other

- bread
- vanilla whey
- nutritional yeast
- instant yeast
- almond meal
- baking powder
- matcha powder
- vanilla extract

- _____

A photograph of an egg and tuna breakfast salad. The salad is served in a clear glass bowl, featuring chunks of hard-boiled egg, tuna, and a creamy dressing, garnished with fresh green herbs. In the background, there are fresh radishes and a wooden cutting board with two sandwiches made with the salad. The scene is set on a rustic, light-colored wooden surface.

EGG AND TUNA BREAKFAST SALAD

EGG AND TUNA BREAKFAST SALAD



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
218 kcal
16g Fats
2g Carbs
17g Protein
0g Fiber



GF

DF

LC

MP

Q

WHAT YOU NEED

- 4 hard boiled eggs, peeled and chopped
- 1 can tuna in brine (about 5 oz./150g), drained
- 5 radishes, diced
- 3 tbsp. mayonnaise
- 2 tbsp. tomato ketchup
- 2 tsp. Dijon mustard
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Mix all the ingredients in a bowl and season with a little salt and pepper to taste. Serve with bread or mixed salad.



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**AVOCADO, SCRAMBLED EGG
AND SMOKED SALMON TOAST**

AVOCADO, SCRAMBLED EGG AND SMOKED SALMON TOAST



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
305 kcal
19g Fats
18g Carbs
17g Protein
5g Fiber



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WHAT YOU NEED

- 6 eggs
- 2 tbsp. oat cream
- 1 tbsp. coconut oil
- 4 slices bread, toasted
- 1 avocado, halved and pitted
- 1 tbsp. lemon juice
- 3.5 oz. (100g) smoked salmon
- bean sprouts, to garnish
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl whisk together the eggs and oat cream, season to taste with salt and pepper.

Heat the coconut oil in a non-stick frying pan over a medium-low heat. Add the egg mixture and cook, occasionally scraping the bottom of the pan with a spatula, until the egg is just barely set, approximately 3-4 minutes. Set aside.

Scoop the avocado into a bowl, mash with a fork, and drizzle with lemon juice. Season with salt and pepper to taste.

Spread the avocado over the slices of toast and top with the cooked eggs. Arrange the salmon slices over the top. Garnish with bean sprouts, and season to taste with pepper.





**CREAMY BROCCOLI
SALAD WITH BACON**

CREAMY BROCCOLI SALAD WITH BACON



Serves: 6
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
267 kcal
16g Fats
20g Carbs
13g Protein
6g Fiber



GF

LC

MP

Q

N



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WHAT YOU NEED

For the salad dressing:

- 1 cup (285g) Greek yogurt
- 4 tbsp. apple cider vinegar
- 1 clove garlic, minced
- salt and pepper

For the salad:

- 1 broccoli head, cut into bite-size florets
- 1 pomegranate, seeded
- 1/3 cup (50g) almonds, chopped
- 1/2 small red onion, diced
- 6 bacon rashers

WHAT YOU NEED TO DO

Place all the ingredients for the salad dressing into a medium sized bowl. Season to taste with salt and pepper, give a good stir to combine and set aside until needed.

Bring a pot of water to the boil and cook the broccoli florets for 3-4 minutes, until just tender, then rinse in cold water, drain and place in a serving bowl.

Cook the bacon on a dry, non-stick pan over medium heat until brown and crispy. Set aside to cool, then break into smaller pieces.

Add the pomegranate seeds, almonds, onion and crispy bacon to the serving bowl. Drizzle with the salad dressing and mix until well combined. To serve, season with freshly ground black pepper.





**AVOCADO, MANGO AND
MATCHA SMOOTHIE**

AVOCADO, MANGO AND MATCHA SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
246 kcal
12g Fats
33g Carbs
4g Protein
8g Fiber



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WHAT YOU NEED

- 1 mango, peeled, flesh only
- ½ avocado
- ½ tsp. vanilla extract
- 1 tbsp. chia seeds
- 2 cups (240ml) almond milk
- 1 tsp. matcha powder

WHAT YOU NEED TO DO

Place all the ingredients into a blender and blend together until really smooth. Serve immediately.





BEEF LETTUCE WRAPS

BEEF LETTUCE WRAPS



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
243 kcal
9g Fats
17g Carbs
24g Protein
2g Fiber



GF

DF

LC

MP

HP



01476255

WHAT YOU NEED

- 4 servings Slow Cooker Honey Garlic Beef (see separate recipe card in pack)
- 1 cucumber, cut into matchsticks
- 2 carrots, cut into matchsticks
- 8 radishes, sliced
- 16 lettuce leaves
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Gently reheat the honey garlic beef in a frying pan, over medium heat, until warmed through.

Assemble the wraps by topping the lettuce leaves with beef, cucumber, carrots and radishes and sprinkle with sesame seeds to serve.

Note:

- Nutrition for 1 portion of Slow Cooker Honey Garlic Beef
- Nutrition for 1 portion of Salad Wrap



CARROT AND GINGER SOUP



CARROT AND GINGER SOUP



Serves: 6
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
187 kcal
13g Fats
18g Carbs
2g Protein
1g Fiber



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WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tbsp. ginger, grated
- 23 oz. (650g) carrots, peeled, chopped
- 4 cups (960ml) vegetable stock
- 1 tsp. salt
- ½ tsp. white pepper
- 1 tsp. thyme leaves, dried
- 14 oz. (400ml) can coconut milk, full fat
- ½ lime, juice

WHAT YOU NEED TO DO

Heat the olive oil in a large pan, over a medium heat. Cook the onion for 5-6 minutes, until soft. Add the garlic and ginger, and cook for a further 1-2 minutes.

Add the carrots, vegetable stock, salt, pepper and dried thyme, and stir well to combine. Simmer for 20-30 minutes, until the carrots have softened.

Allow to cool slightly and blend until smooth using either a hand blender or a food processor.

Finally, stir in coconut milk and lime juice, and serve.

This soup can be stored in an air tight container in the fridge for up to 4 days.





**SUPERCHARGED
COLESLAW**

SUPERCHARGED COLESLAW



Serves: 6
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
191 kcal
14g Fats
13g Carbs
6g Protein
3g Fiber



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WHAT YOU NEED

- 3 carrots, peeled and grated
- ½ medium red cabbage, shredded
- ¼ tsp. coconut sugar
- 2 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 4 tbsp. mayonnaise
- 1 apple, peeled, cored and grated
- 1 cup (115g) cheddar, grated
- salt and pepper

WHAT YOU NEED TO DO

Coarsely grate the carrots and finely shred the cabbage and transfer into a large bowl. Season with salt, then add the sugar and vinegar and mix everything together. Leave to stand for 20 minutes.

Add in the grated apple and cheese. Then stir in the mustard and mayonnaise mixing well until combined. Season to taste with salt and pepper and serve immediately.





**HOMEMADE
BURGER BUNS**

HOMEMADE BURGER BUNS



Makes: 10
Prep: 115 mins
Cook: 15 mins



Nutrition per
serving:
249 kcal
6g Fats
45g Carbs
4g Protein
8g Fiber



MP

V



07288395

WHAT YOU NEED

- 4 cups (500g) all-purpose flour
- 1 tsp. salt
- 1 sachet (0.25 oz.) (7g) instant yeast
- 2 tbsp. sugar
- 1 ¼ cup (300ml) oat milk
- 1.7 oz. (50g) butter
- 1 egg
- 1 tbsp. sesame seeds

Egg wash:

- 1 egg yolk
- 1 tbsp. oat milk

WHAT YOU NEED TO DO

Sift the flour into a large bowl, add salt and combine.

Place the yeast and one teaspoon of sugar in a cup. Pour in half a glass of warm milk, add a teaspoon of flour and mix thoroughly. Place the mug into a pot with very warm water and leave to rise for about 7 minutes, until the mixture fills the cup.

Once it has risen, pour it into the bowl with the flour and start mixing gently with a spoon. Gradually pour in the remaining warm milk, stirring constantly with a spoon.

Add the remaining sugar, egg and continue mixing the ingredients together. When the dough starts to firm up, add in the melted butter. Knead the dough using your hands, until elastic for approx. 10-15 minutes. At the end of this time you should have a smooth ball of dough.

Place the dough into a bowl and cover with a clean tea towel. Set the dough aside in a warm place to rise for about 1 hour.

After this time, place the dough on a floured surface and give it a gentle knead. Divide the dough into 10 equal portions and form 10 balls. Place the balls of dough onto a large baking tray covered with baking paper. Allow space between each ball for the dough to rise and cover with some oiled cling film to stop the dough from drying out. Set aside again to rise for a further 30-40 minutes. Preheat the oven to 410°F (210°C).

Brush the bread rolls with the egg yolk and oat milk wash and sprinkle each roll with some sesame seeds. Place the buns in the oven and bake for 15 minutes until golden brown. Remove from the oven and cool.



SLOW COOKER PULLED PORK



SLOW COOKER PULLED PORK



Serves: 12
Prep: 10 mins
Cook: 8 hrs



Nutrition per serving:
166 kcal
4g Fats
9g Carbs
23g Protein
0g Fiber



09870277

WHAT YOU NEED

- 14 oz. (400g) can diced tomatoes
- 1 tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. chipotle chili paste
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ⅓ cup (80ml) apple cider vinegar
- ⅓ cup (113g) honey
- 2.6 lb. (1.2kg) pork shoulder

WHAT YOU NEED TO DO

Place all ingredients except the pork into the base of your slow cooker and stir until well combined. Add in the pork shoulder and turn a few times to coat the pork thoroughly in the sauce. Cook on the low setting of your slow cooker for 8 hours.

Once cooked, place pork shoulder in a bowl. Remove and discard the fat using tongs, then shred the meat using two forks.

Add cooking juices to the shredded pork, according to preference. Or simply return the pork to the slow cooker and mix well.

Once cooled the pork can be stored in an airtight container in the fridge for up to 4 days.





**CURRIED COD IN
TOMATO SAUCE**

CURRIED COD IN TOMATO SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
303 kcal
6g Fats
30g Carbs
32g Protein
9g Fiber



00782330

WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 tbsp. curry powder
- 2 tbsp. ginger, finely grated
- 3 garlic cloves, crushed
- 2 x 14oz. (400g) cans diced tomatoes
- 1 x 14 oz. (400g) can chickpeas, drained
- 4 cod fillets (5 oz./140g each)
- zest 1 lemon, then cut into wedges
- handful fresh coriander, to serve
- salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil over a high heat in a large pan. Use a pan that has a lid!

Cook the onion for 5 minutes, then stir in the curry powder, ginger and garlic. Cook for another 1-2 minutes until fragrant. Now, add in the tomatoes, chickpeas and season with salt and pepper.

Cook for 8-10 minutes until the sauce has thickened. Add in the cod fillets and cover them with the sauce. Cover the pan with a lid and cook for 5-10 minutes until the fish is cooked through.

Once cooked, sprinkle over the grated lemon zest and chopped coriander. Serve immediately with lemon wedges.

Serving suggestions:

- Rice
- Boiled potatoes





**CHICKEN AND BOK
CHOY STIR FRY**

CHICKEN AND BOK CHOY STIR FRY



Serves: 4
Prep: 20 mins
Cook: 5 mins



Nutrition per
serving:
288 kcal
18g Fats
11g Carbs
22g Protein
2g Fiber



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WHAT YOU NEED

- 2 tbsp. tamari or soy sauce
- 2 tbsp. rice wine vinegar
- 1 ½ tbsp. sesame oil
- 2 tsp. coconut sugar
- 12 oz. (340g) chicken breast, cut into strips
- 2 tbsp. ginger, finely chopped
- 2 cloves garlic, finely chopped
- 3 tbsp. olive oil
- 8 oz. (230g) bok choy, trimmed and sliced
- 2 leeks, halved lengthwise and thinly sliced
- 1 cup (30g) bean sprouts
- ¼ tsp. chili flakes
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl, whisk together the soy sauce, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let the chicken sit for 20 minutes to marinate.

Heat a large pan over high heat, add 1 teaspoon of olive oil to the pan and add the chicken. Cook, stirring constantly, for about 3 minutes, then remove the chicken from the pan and transfer onto a plate. Set aside.

Add the remaining olive oil to the pan. Add the bok choy and cook 1 minute. Then add in the leeks, bean sprouts and chili flakes. Cook, for a further minute until the bok choy and leeks are tender.

Stir in the rest of the marinade and season with salt. Move the vegetables to one side of the pan. Add the remaining ginger and garlic to the centre of the pan and cook for 30 seconds, until fragrant.

Return the chicken to the pan and combine with the rest of the ingredients. Heat for 1 furthermore minute and then take off the heat. Serve immediately.

Serving suggestion:

- White rice





**SLOW COOKER HONEY
GARLIC BEEF BOWL**

SLOW COOKER HONEY GARLIC BEEF BOWL



Serves: 4
Prep: 10 mins
Cook: 8 hrs



Nutrition per serving:
622 kcal
9g Fats
38g Carbs
26g Protein
2g Fiber



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WHAT YOU NEED

For the beef (serves 12):

- 1 cup (240ml) beef stock
- 4 tbsp. honey
- 4 tbsp. coconut sugar
- 2 tbsp. tamari sauce
- 1 tsp. Worcestershire sauce
- 6 cloves garlic, minced
- 3 lbs. (1.3kg) beef chuck roast

Rice salad to serve (serves 4):

- 4.2 oz. (120g) basmati rice, raw
- 2 carrots, peeled, julienned
- 1 cucumber, julienned
- 1 bell pepper, julienned
- 1 tbsp. sesame seeds, to garnish

WHAT YOU NEED TO DO

Firstly, prepare and cook the beef.

In the bottom of a 5 or 6 quart (5-6 liters) slow cooker, combine the stock, honey, sugar, tamari, Worcestershire sauce and garlic. Mix until well combined.

Cut the beef in half lengthwise. Place in the slow cooker and turn to coat the beef with sauce on all sides. Place the lid on the pot and cook the beef on a low setting for 8 hours.

Once the beef has cooked, remove it from the slow cooker and place in a large bowl. Gently pull the beef apart using two forks, then return the beef back into the slow cooker and mix with the cooking juices.

Cook the rice according to instructions on packaging and prepare the vegetables. Assemble the bowls by dividing the rice, beef and vegetables between serving bowls. Sprinkle with sesame seeds to serve.

Once cooled you can store the beef in an air tight container in the fridge for up to 4 days. Alternatively you can freeze the beef for up to 3 months.

Note:

- *The slow cooker honey garlic beef recipe makes enough for 12 servings. The bowl ingredients are for 4 servings. Meaning that you can use the rest of the beef as you wish with other dishes, like the beef lettuce wraps.*
- *Nutrition for 1 portion of Honey Garlic Beef*
- *Nutrition for 1 portion of Rice Salad*



HONEY AND PEANUT BUTTER ENERGY BALLS



HONEY AND PEANUT BUTTER ENERGY BALLS



Makes: 20
Prep: 10 mins
Chill: 20 mins



Nutrition per
serving:
113 kcal
6g Fats
14g Carbs
3g Protein
2g Fiber



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04880561

WHAT YOU NEED

- 12 medjool dates, pitted (220g)
- 1 tbsp. honey
- 1 tsp. ground cinnamon
- ½ cup (130g) crunchy peanut butter, natural
- ½ cup (60g) almond meal
- ¼ cup (25g) desiccated coconut
- ¼ cup (37g) raisins
- ¼ cup (37g) peanuts, chopped

WHAT YOU NEED TO DO

Place the dates, honey, cinnamon, peanut butter, almond meal, coconut, raisins and peanuts in a food processor. Blitz until well combined, the mixture should be a thick paste-like consistency.

Roll level tablespoons of the mixture into balls and place on a plate. Refrigerate for 20 minutes to set or until firm.

Store the balls in an airtight container in the fridge for up to 1 week.



A wooden bowl filled with golden-brown, crispy kale leaves. The kale is coated in a dark, possibly cheesy or spicy sauce. In the background, there are fresh green kale leaves and a white and black striped cloth. The bowl is placed on a light-colored wooden surface.

**SPICY CHEESY
KALE CRISPS**

SPICY CHEESY KALE CRISPS



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
139 kcal
9g Fats
10g Carbs
7g Protein
7g Fiber



09970915

WHAT YOU NEED

- ½ bunch kale leaves (approx. 7 oz./200g)
- 1 tbsp. olive oil
- 1.5 tbsp. nutritional yeast
- 1 tsp. paprika
- ¾ tsp. chilli powder
- ½ tsp. onion powder
- ½ tsp. smoked paprika
- ¼ tsp. sea salt
- ⅛ tsp. cayenne pepper

WHAT YOU NEED TO DO

Preheat the oven to 300°F (150°C). Line a large baking tray with parchment paper.

Remove the leaves from the stems of the kale and roughly tear into large pieces, placing in a large bowl. Discard the stems

Massage the oil into the kale leaves with your hands then sprinkle with the spices/seasonings and toss to combine.

Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale every now and then to avoid it from burning.

Cool for 3 minutes and serve.





**BERRY
PROTEIN FLUFF**

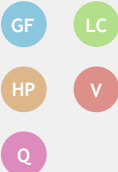
BERRY PROTEIN FLUFF



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
165 kcal
1g Fats
17g Carbs
24g Protein
5g Fiber



06643690

WHAT YOU NEED

- 1 cup (150g) frozen berries
- ¼ cup (25g) vanilla whey
- ¼ cup (60ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place all ingredients in a bowl and, using a hand blender, blend together until smooth.

Using an electric whisk, whisk the mixture for 5-8 minutes until it gains in volume.

Serve immediately.

