

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Frozen Blueberry and Matcha Overnight Oats 	Overnight Vanilla Yogurt Oats 	Matcha Chia Overnight Oats 	Coco Loco Nutty Smoothie 	Chocolate Peanut Butter Delight Smoothie 	Peanut Power Oatmeal! 	Power Chia Overnight Oats 
LUNCH	Simple Chicken and Quinoa Bake 	Avocado Spice Chicken Sandwich 	Spicy Turkey and Avocado Sandwich 	Egg and Tuna with Honey Mustard 	Garlicky Chicken Bites 	Simple Chicken, Broccoli, and Rice Meal Prep! 	Simple Mustard, Chicken, and Avocado Sandwich 
DINNER	One-Pot Chicken, Quinoa, Vege Success 	Creamy Chicken Pasta 	Tuna Pasta Pesto Salad 	Spicy Crispy Chicken Burger 	Protein Pea and Chicken Power Soup 	Simple Turkey Bolognese 	Mediterranean Shrimp Delight 
SNACK 1	Sweet Goat's Cheese and Mango on Toast 	Cashew Snack 	Walnut Snack 	Chocolate Protein and Cashew Supreme 	Chocolate Protein and Pistachio 	Cream Cheese and Peach Toast 	Chocolate Protein and Sweet Strawberries 
SNACK 2	Creamy Citrusy Toast! 	Vanilla Protein and Mixed Nut Power 	Vanilla Protein and Refreshing Watermelon 	Pistachio Snack 	Mixed Nuts Snack 	Cream Cheese and Peach Toast 	Chocolate Protein and Great Grapes 

Ingredients Needed

Baked

- 1 1/2 tbsp (22.5g) Bread Crumbs
- 240g Whole Grain Bread
- 1 Bun (60g) Whole Wheat Burger Bun

Beverages

- 60 ml (60g) Coconut Milk Drink (carton)

Dairy and Egg

- 1 1/2 tsp (7.095g) Butter (unsalted)
- 60g Cream Cheese
- 176g Egg(s)
- 20g Goats Cheese
- 450g Greek Yogurt (whole milk)
- 336g Milk (1% fat)

Fats and Oils

- 99g Olive Oil
- 1/2 tbsp (7g) Sunflower Oil

Finfish and Shellfish

- 300g Fish, tuna, white, canned in water, without salt, drained solids
- 200g Prawns (cooked)

Fruits and Fruit Juices

- 225g Avocado
- 354g Banana(s)
- 60g Frozen Blueberries

- 60g Frozen Raspberries
- 222g Kiwifruit
- 24g Lemon
- 30g Mango
- 150g Peach(es)
- 150g Raspberries
- 30g Red Grapes
- 144g Strawberries
- 1/2 medium (2-1/2" dia) (44g) Tangerines (mandarin)
- 90g Watermelon

Grains, Noodles and Pasta

- 100g Brown Rice (medium-grain)
- 270g Oats
- 400g Quinoa
- 100g Tagliatelle Pasta
- 40g Wheat flour, whole-grain, soft wheat
- 80g Wholegrain Penne Pasta

Legumes

- 90g Peanut butter, smooth style, without salt

Nuts and Seeds

- 1350g Almond Milk

<input type="checkbox"/> 140g Cashew Nuts	<input type="checkbox"/> 6g Cumin Powder
<input type="checkbox"/> 18g Chia Seeds	<input type="checkbox"/> 20g Dijon Mustard (Whole Grain)
<input type="checkbox"/> 20g Mixed Nuts	<input type="checkbox"/> 4g Dried Oregano
<input type="checkbox"/> 70g Pistachio Nuts	<input type="checkbox"/> 1 tsp (0.5g) Dried Parsley
<input type="checkbox"/> 30g Walnuts	<input type="checkbox"/> 0g Dried Rosemary

Pastes, Sauces, and Gravies

<input type="checkbox"/> 880g Chicken Stock	<input type="checkbox"/> 6g Garlic Powder
<input type="checkbox"/> 3 tsp (15g) Pesto	<input type="checkbox"/> 0g Ground Cinnamon
<input type="checkbox"/> 140 ml (140g) Vegetable stock/broth	<input type="checkbox"/> 4g Matcha Powder

Poultry

<input type="checkbox"/> 900g Chicken Breast	<input type="checkbox"/> 1/2 tbsp (1.35g) Mixed Herbs
<input type="checkbox"/> 120g Ground Turkey (fat free)	<input type="checkbox"/> 1/2 tsp (1.2g) Onion Powder
<input type="checkbox"/> 150g Turkey Breast	<input type="checkbox"/> 4g Paprika
	<input type="checkbox"/> 2g Red Pepper Flakes (Chili Flakes)
	<input type="checkbox"/> 0g Sea Salt
	<input type="checkbox"/> 1 Pinch (0.2g) Sweet Smoked Paprika
	<input type="checkbox"/> 0g Table Salt
	<input type="checkbox"/> 3/10 tsp (1.26g) Vanilla Extract

Protein Powders

<input type="checkbox"/> 75g Chocolate Whey Protein (80%)	<input type="checkbox"/> 1 tsp (3g) Brown Sugar
<input type="checkbox"/> 175g Vanilla Whey Protein (80%)	<input type="checkbox"/> 2 tbsp (10.8g) Cocoa, dry powder, unsweetened

Spices and Herbs

<input type="checkbox"/> 30g Basil Leaves	<input type="checkbox"/> 126g Honey
<input type="checkbox"/> 1 Leaf (1g) Bay Leaf	
<input type="checkbox"/> 0g Black Pepper	
<input type="checkbox"/> 1/2 tsp (1.35g) Chili Powder	

Sweets

Vegetables

- 50g Arugula (Rocket)
- 140g Broccoli
- 122g Carrot
- 1 stalk, medium (7-1/2" - 8" long) (40g)
Celery
- 8 whole (136g) Cherry Tomatoes
- 240g Chopped Tomatoes (canned)
- 196g Courgette (Zucchini)
- 15g Garlic
- 50g Green Bell Pepper (capsicum)
- 100g Green Peas
- 48g Iceberg Lettuce
- 110g Onion
- 2 tsp (2.66g) Parsley
- 240g Red Bell Pepper (capsicum)
- 1 piece (45g) Red Chilli Pepper
- 140g Red Onion
- 2 leaf inner (12g) Romaine Lettuce
- 20g Spinach
- 50g Sun-Dried Tomatoes
- 1 medium (114g) Sweet Potato
- 369g Tomatoes, Red, Ripe
- 1 medium (119g) Yellow Bell Pepper
(capsicum)



10 min / 1 serving

Frozen Blueberry and Matcha Overnight Oats

658
CALORIES

45g
PROTEIN

86g
CARBS

17g
FAT

Preparation

Prepare the night before and you'll wake up like it's your birthday every day!

Step 1: In a small bowl, whisk the matcha and warm water (2 tbsp) together until a smooth consistency is formed.

Step 2: Take the frozen berries, the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

Step 3: Once you have a delicious purée, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

Step 4: Slice the kiwi and layer it on top with a couple of extra raspberries and store in the fridge overnight!

Ingredients

- 60g frozen blueberries
- 60g frozen raspberries
- 1 medium kiwifruit
- 150g greek yogurt (whole milk)
- 25g vanilla whey protein (80%)
- 225ml almond milk
- 45g oats
- 3 tsp honey
- 1 1/2 tsp chia seeds
- 1 tsp matcha powder



🕒 30 min / 1 serving



HOLISTIC HABITS
COACHING

Simple Chicken and Quinoa Bake

654
CALORIES

42g
PROTEIN

74g
CARBS

20g
FAT

Preparation

Step 1: First of all, preheat your oven to 400 F (200 C)

Step 2: Finely chop your garlic

Step 3: In a small bowl, mix the garlic powder, paprika, a little salt and pepper. Then, sprinkle this over your chicken breast

Step 4: Heat half the olive oil in a medium-large frying pan or skillet over a medium heat and then add the chicken.

Step 5: Cook evenly until the chicken is golden brown (about 3 minutes per side) and then remove the chicken from the pan and set aside.

Step 6: In the same pan, add the remaining olive oil, chopped garlic, and quinoa. Lightly cook/toast for about 2 - 3 minutes and then add the chicken broth and bring to a light simmer.

Step 7: Once the quinoa thickens up, either transfer to a baking dish along with the chicken, or place the oven skillet directly into the oven with the chicken laid on top. If the quinoa is a little crunchy, continue adding small amounts of water until it cooks to your preference.

Step 8: Bake for around 15 minutes until the chicken is cooked through and serve with a squeeze of lemon!

Ingredients

- 100g chicken breast
- 1/4 tsp garlic powder
- 1/4 tsp paprika
- 2 tsp olive oil
- 220ml chicken stock
- 1 wedge lemon
- 100g quinoa
- 1 clove garlic



40 min / 1 serving

One-Pot Chicken, Quinoa, Vege Success

647
CALORIES

41g
PROTEIN

60g
CARBS

26g
FAT

Preparation

Step 1: Grab a medium bowl and toss in that chicken beast. Sprinkle on some rosemary, smoked paprika, salt, and pepper. Give it a good toss to coat the chicken in all those delicious flavors.

Step 2: Time to heat things up! Grab a large non-stick skillet and heat up half the olive oil over medium-high heat. Add in the chicken and let it sizzle for 2 minutes on each side. Transfer those juicy chicken pieces to a plate and resist the urge to snack on them just yet!

Step 3: Don't stop the sizzle! Add the other half of olive oil to the skillet and throw in some roughly chopped onion, courgette, and red bell pepper. Let them get all tender and delicious for about 4 to 5 minutes. Then, toss in some sliced garlic and let it cook for 1 minute. Your kitchen will be smelling amazing by now!

Step 4: Time to add in the quinoa and broth. Stir it all into the veggie mix and bring it to a boil. Once it's bubbling, cover it up, reduce the heat, and let it simmer for 10 minutes.

Step 5: Nestle the chicken back into the quinoa party and let it cook (covered) for another 20 minutes until the liquid is absorbed and the chicken is cooked through.

Step 6: The chicken is ready to make its grand exit to a plate. But don't forget about the quinoa! Stir in some fresh spinach to add a pop of color and nutrition. Serve it all up with your chicken superstar and season to taste.

Ingredients

- 125g chicken breast
- 4 tsp olive oil
- 1/2 medium/whole courgette (zucchini)
- 1/4 tsp dried rosemary
- 1/2 medium red bell pepper (capsicum)
- 1 pinch sweet smoked paprika
- 75g quinoa
- 140ml vegetable stock/broth
- 1/4 whole, medium red onion
- 2 clove garlic
- 1 pinch table salt
- 1 pinch black pepper



🕒 5 min / 1 serving



HOLISTIC HABITS
COACHING

Sweet Goat's Cheese and Mango on Toast

181
CALORIES

9g
PROTEIN

20g
CARBS

7g
FAT

Preparation

Something new that you'll definitely want to try again!

Step 1: Place your bread into a toaster and let things heat up while you slice the goat's cheese and mango on the side.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, layer the cheese and mango on top.

Step 3: Drizzle with honey and a small sprinkle of salt.

Get crunchy.

Ingredients

- 1 slice regular whole grain bread
- 20g goats cheese
- 30g mango
- 1/2 tsp honey
- 1 dash sea salt

 5 min / 1 serving

Creamy Citrusy Toast!

155
CALORIES

5g
PROTEIN

20g
CARBS

7g
FAT

Preparation

A sweet way to treat yourself today.

Step 1: Place your bread into a toaster and let things heat up.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cream cheese and layer the tangerine segments on top.

Step 3: Sprinkle with a dash of cinnamon and serve up.

For an additional nutrition hit, layer spinach under the cream cheese (you'll barely notice it's there!).

Ingredients

1 slice regular whole grain bread

15g cream cheese

1/2 medium (2-1/2" dia) tangerines (mandarin)

1 dash ground cinnamon



🕒 5 min / 1 serving



HOLISTIC HABITS
COACHING

Overnight Vanilla Yogurt Oats

644
CALORIES

40g
PROTEIN

76g
CARBS

21g
FAT

Preparation

Are you ready for something that will power you through until noon?

Step 1: As simple as it's going to get! In the evening, mix the yogurt, oats, and vanilla extract (just a few drops!) in a jar or tupperware.

Step 2: When the morning rolls round, simply mix in a little honey and cinnamon, and serve topped with your sliced kiwi and strawberries!

Step 3: Enjoy!

Note: If you feel the oats are a little dry, add in a tablespoon of milk!

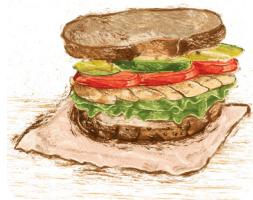
Ingredients

- 3/10 tsp vanilla extract
- 350g greek yogurt (whole milk)
- 3 tsp honey
- 4 medium (1-1/4" dia) strawberries
- 45g oats
- 1 dash ground cinnamon
- 1 medium kiwifruit

🕒 20 min / 1 serving



HOLISTIC HABITS
COACHING



Avocado Spice Chicken Sandwich

633
CALORIES

44g
PROTEIN

67g
CARBS

22g
FAT

Preparation

A taste of the east!

Step 1: First of all! Flatten your chicken breast and then marinate it in the olive oil and all spices for as long as possible (up to one hour). When ready to cook, place under a medium heat grill and allow to cook through!

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the red onion, tomato and, avocado and get them ready for action.

Step 4: As soon as your chicken is cooked through, layer all ingredients in whatever order you see fit. We personally went with lettuce, chicken, tomato, onion, avocado, with another lettuce leaf on top!

Ingredients

- 110g chicken breast
- 4 slice regular whole grain bread
- 1 medium whole tomatoes, red, ripe
- 1/2 whole avocado
- 1/2 tsp olive oil
- 1/2 tsp cumin powder
- 2 leaf inner romaine lettuce
- 1/2 tsp red pepper flakes (chili flakes)
- 1/4 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp, ground black pepper
- 1/4 whole, medium red onion



🕒 40 min / 1 serving



HOLISTIC HABITS
COACHING

Creamy Chicken Pasta

633
CALORIES

44g
PROTEIN

79g
CARBS

18g
FAT

Preparation

Step 1: Heat the olive oil in a medium pot over medium heat.

Step 2: Chop the onion, add it to that lovely little pot, and let it cook for 3-4 minutes or until it has softened or becomes transparent.

Step 3: Chop the chicken into cubes and throw it in along with the onion to cook for about 5-8 minutes or until it's browned.

Step 4: While the party in the pot is going on, dice the tomatoes and then pour into the party pot with the milk, cream cheese, chicken stock, oregano, garlic powder, salt and ground black pepper. Let it boil gently.

Step 5: Then, add the tagliatelle pasta and spinach. Let it cook for 5 - 10 minutes or until the spinach has wilted and the tagliatelle has cooked through, then remove from the heat, add the fresh basil and stir!

Step 6: Serve up with some fresh parsley and a smile!

Ingredients

- 1 tsp olive oil
- 1/2 whole, medium red onion
- 100g chicken breast
- 125ml chicken stock
- 1/2 tsp, leaves dried oregano
- 1/2 tsp garlic powder
- 20g spinach
- 50g sun-dried tomatoes
- 50g tagliatelle pasta
- 15g basil leaves
- 40ml milk (1% fat)
- 20g cream cheese



 <1 min / 1 serving



Cashew Snack

194
CALORIES

6g
PROTEIN

11g
CARBS

15g
FAT

Preparation

A handful of health!

Ingredients



35g cashew nuts



🕒 5 min / 1 serving



HOLISTIC HABITS
COACHING

Vanilla Protein and Mixed Nut Power

208
CALORIES

21g
PROTEIN

14g
CARBS

8g
FAT

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the mixed nuts on the side!

Go nuts...

Ingredients

- 15g vanilla whey protein (80%)
- 200ml milk (1% fat)
- 10g mixed nuts



10 min / 1 serving



HOLISTIC HABITS
COACHING

Matcha Chia Overnight Oats

662
CALORIES

49g
PROTEIN

78g
CARBS

19g
FAT

Preparation

Prepare the night before and you'll wake up like it's Saturday morning, every day!

Step 1: In a small bowl, whisk the matcha and warm water together until a smooth consistency is formed.

Step 2: Take the yogurt, the protein powder, and the milk, and allow them to get well acquainted in a blender or food processor as you lightly pulse.

Step 3: Once you have a delicious blend, spoon it into a container or jar and mix in the matcha paste, oats, chia seeds, and honey.

Step 4: Slice the kiwi and strawberry and layer them on top. Store in the fridge overnight!

Ingredients

- 1 medium kiwifruit
- 1 medium (1-1/4" dia) strawberries
- 120g greek yogurt (whole milk)
- 30g vanilla whey protein (80%)
- 150ml almond milk
- 60g oats
- 2 tsp honey
- 4 tsp chia seeds
- 1 tsp matcha powder



Spicy Turkey and Avocado Sandwich

653
CALORIES52g
PROTEIN58g
CARBS25g
FAT

Preparation

A sandwich for the ages!

Step 1: First of all! Flatten your turkey breast and then marinate it in the olive oil, salt, pepper, and chili flakes for as long as possible. When ready to cook, place your turkey breasts under a medium heat grill and allow to cook through!

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the bell pepper and avocado and get them ready for action.

Step 4: As soon as your turkey is cooked through, layer all ingredients in whatever order you see fit. We personally went with lettuce, turkey, bell pepper, and avocado on top!

Ingredients

- 150g turkey breast
- 4 slice regular whole grain bread
- 50g avocado
- 1 medium red bell pepper (capsicum)
- 1 tsp red pepper flakes (chili flakes)
- 2 leaf, medium iceberg lettuce
- 2 tsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp, ground black pepper



12 min / 1 serving



HOLISTIC HABITS
COACHING

Tuna Pasta Pesto Salad

631
CALORIES

49g
PROTEIN

63g
CARBS

19g
FAT

Preparation

Protein and carb power that will keep you going for hours!

Step 1: First, set a saucepan of water to boil over a high heat.

Step 2: Once you have a rolling boil, add a pinch of salt to the water and then the pasta.

Step 3: While the pasta is cooking, drain the tuna and set aside.

Step 4: Halve your cherry tomatoes and set aside too!

Step 5: Once the pasta has cooked and is at a desired tenderness, drain and then place in a serving bowl. Mix in that pesto.

Step 6: Layer the tomatoes, rocket, and tuna on top.

Step 7: Drizzle with some olive oil and a little pepper and you're away!

Ingredients

- 150g fish, tuna, white, canned in water, without salt, drained solids
- 8 whole cherry tomatoes
- 3 tsp pesto
- 75g tagliatelle pasta
- 1 1/2 tsp olive oil
- 25g arugula (rocket)



<1 min / 1 serving



Walnut Snack

196
CALORIES

5g
PROTEIN

4g
CARBS

20g
FAT

Preparation

For brain health!

Ingredients

- 30g walnuts



🕒 5 min / 1 serving



HOLISTIC HABITS
COACHING

Vanilla Protein and Refreshing Watermelon

174
CALORIES

20g
PROTEIN

19g
CARBS

3g
FAT

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the watermelon on the side!

This snack is one in a melon...

Ingredients

- 15g vanilla whey protein (80%)
- 200ml milk (1% fat)
- 90g watermelon

⌚ 5 min / 1 serving



Coco Loco Nutty Smoothie

627
CALORIES

40g
PROTEIN

71g
CARBS

24g
FAT

Preparation

Ideally, use a chilled or even a frozen banana for this splendid mix of nutty goodness.

Step 1: Place the oats and milk into your favourite blender and allow to soften for about 1 minute before adding the remaining ingredients.

Step 2: Securely fasten the lid and blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a smoothie that will make you go a little nuts!

Ingredients

- 1 1/2 medium (7" to 7-7/8" long) banana(s)
- 30g oats
- 60ml coconut milk drink (carton)
- 300ml almond milk
- 30g vanilla whey protein (80%)
- 30g peanut butter, smooth style, without salt



🕒 15 min / 1 serving



HOLISTIC HABITS
COACHING

Egg and Tuna with Honey Mustard

668
CALORIES

53g
PROTEIN

65g
CARBS

22g
FAT

Preparation

- Step 1:** To start, boil the egg according to your preference.
- Step 2:** Toast the bread and spread with the butter.
- Step 3:** Layer the toast with rocket, tuna, and sliced eggs.
- Step 4:** In a small bowl, mix the honey and mustard, then drizzle over the egg.
- Step 5:** Top off with the onion. Don't forget to season with salt and pepper!

Ingredients

- 3 slice regular whole grain bread
- 1 1/2 tsp butter (unsalted)
- 15g arugula (rocket)
- 120g fish, tuna, white, canned in water, without salt, drained solids
- 2 tsp dijon mustard (whole grain)
- 1 tbsp honey
- 1/2 medium onion
- 2 medium egg(s)



🕒 35 min / 1 serving



HOLISTIC HABITS
COACHING

Spicy Crispy Chicken Burger

632
CALORIES

45g
PROTEIN

70g
CARBS

20g
FAT

Preparation

Step 1: Place your chicken breast onto a clean, flat surface, and cover with a sheet of cling film. Using a rolling pin, lightly pound/roll out the chicken breast until it reaches about a 3/4-inch thickness. Your ultimate goal is to reach this thickness while maintaining solid burger shape; trimming the edges of the chicken breast to achieve this is perfectly acceptable!

Step 2: In a medium-sized bowl, combine the juice from a wedge of lemon, milk, 1/2 the paprika, onion powder, garlic powder, salt, and pepper.

Step 3: Place your chicken breast into the bowl and leave to marinate for up to 30 minutes (if stuck for time, 10 minutes will do!).

Step 4: While you wait, beat the egg in a small bowl and place the breadcrumbs on a plate next to the beaten egg bowl.

Step 5: In a separate bowl mix the flour with the remaining paprika, oregano, and chili powder.

Step 6: Remove the chicken breast from the milk marinade and coat with the flour mix ensuring that the breast is completely covered. Then, dip the chicken into the beaten egg, further ensuring the chicken is fully coated. Finally, lay the chicken breast onto the breadcrumbs and work them together to finalise the coating process.

Step 7: Heat the sunflower oil in a frying pan over a medium to high heat. Carefully place your coated chicken burger breast into the pan and fry for between 4 and 5 minutes per side.

Step 8: Slice your tomatoes and onion into burger slices.

Step 9: Once cooked through and golden brown on the outside, allow to rest on a wire rack above a paper towel for a minute or two in order to remove excess oil.

Step 10: Layer your burger in a lightly-toasted bun with sliced tomato and lettuce underneath, with the sliced red onion and additional herbs on top!

Step 11: Serve with a side of sugar-free ketchup or mustard!

Ingredients

- 100g chicken breast
- 1 bun whole wheat burger bun
- 1 medium egg(s)
- 1 1/2 tbsp bread crumbs
- 1 wedge lemon
- 74g milk (1% fat)
- 20g wheat flour, whole-grain, soft wheat
- 1 tsp paprika
- 1/2 tsp, ground dried oregano
- 1/2 tsp chili powder
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp table salt
- 1/4 tsp, ground black pepper
- 1/2 tbsp sunflower oil
- 1/2 medium whole tomatoes, red, ripe
- 1 1/2 leaf, medium iceberg lettuce



🕒 5 min / 1 serving



HOLISTIC HABITS
COACHING

Chocolate Protein and Cashew Supreme

203
CALORIES

21g
PROTEIN

15g
CARBS

7g
FAT

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the cashews on the side!

You're quite the health nut...

Ingredients

- 15g chocolate whey protein (80%)
- 200ml milk (1% fat)
- 10g cashew nuts



<1 min / 1 serving



Pistachio Snack

197
CALORIES

7g
PROTEIN

10g
CARBS

16g
FAT

Preparation

Mini mean, green energy machines!

Ingredients



35g pistachio nuts



🕒 5 min / 1 serving



HOLISTIC HABITS
COACHING

Chocolate Peanut Butter Delight Smoothie

690
CALORIES

49g
PROTEIN

74g
CARBS

29g
FAT

Preparation

Ideally, use a chilled or even a frozen banana for this awesome chocolatey nutty surprise.

Step 1: Place all ingredients into your blender companion and securely fasten the lid.

Step 2: Blend thoroughly for around 15 - 30 seconds while gradually adding water (if necessary) to create desired consistency.

Step 3: Pour into a glass for a treat that ignites your taste buds and boosts your health!

Ingredients

- 2 medium (7" to 7-7/8" long) banana(s)
- 2 tbsp cocoa, dry powder, unsweetened
- 40g peanut butter, smooth style, without salt
- 400ml almond milk
- 40g chocolate whey protein (80%)



25 min / 1 serving



HOLISTIC HABITS
COACHING

Garlicky Chicken Bites

620
CALORIES

39g
PROTEIN

75g
CARBS

18g
FAT

Preparation

Step 1: Place your quinoa in a medium-sized saucepan with enough water to cover the surface by about an inch. Heat over a medium heat and allow to cook on the side.

Step 2: Slice that chicken breast into even-sized chunks and place in a bowl.

Step 3: Season with a little salt and pepper, and then lightly cover with the flour and mixed herbs. Coat evenly.

Are you ready for things to heat up?

Step 4: Take out your bestest frying pan, and heat half the olive oil over a medium heat and then add those chicken cubes allowing to cook evenly for around 5 minutes.

Step 5: Finely slice your garlic and parsley, and then chop all remaining vegetables into bite-size cubes.

Step 6: Add the garlic and parsley to the chicken pan and further cook for another 2 - 3 minutes. Add a little extra olive oil if necessary.

Step 7: In a side pan, heat the remaining olive oil over a medium heat and cook the chopped vegetables for 4 - 5 minutes until lightly browned and tender.

Step 8: Drizzle the chicken with a little lemon juice and serve all of your wonderful creations on a plate seasoned with a little salt and pepper.

You are ready to go.

Ingredients

- 1/2 tbsp wheat flour, whole-grain, soft wheat
- 100g quinoa
- 100g chicken breast
- 1/2 tbsp mixed herbs
- 2 clove garlic
- 2 tsp olive oil
- 2 tsp parsley
- 1/4 medium/whole courgette (zucchini)
- 1/4 whole, medium red onion
- 1/4 medium red bell pepper (capsicum)
- 1 wedge lemon



45 min / 1 serving



HOLISTIC HABITS
COACHING

Protein Pea and Chicken Power Soup

629
CALORIES

49g
PROTEIN

61g
CARBS

21g
FAT

Preparation

This one looks small, but packs a punch!

Step 1: Roughly chop the chicken, carrots, potatoes, celery, and onion into bite-size chunks.

Step 2: Heat the olive oil in a stockpot over medium to high heat. Once hot, add the chicken to the pot and cook until lightly brown (this should take about 8 minutes)

Step 3: Add the celery, onion, carrots, rosemary, salt, and pepper to the mix and then allow to cook for an additional 5 minutes.

Step 4: It's time to add those peas! Once mixed, throw in the bay leaf and the stock and bring to a boil. Then reduce heat to low and allow to simmer, partially covered for around 20 minutes. Taste soup and season accordingly before adding the potatoes..

Step 5: Add the potatoes and continue to simmer until potatoes are tender, this should take another 8-10 minutes. Stir in pressed garlic and chopped dill.

Step 6: Stir in the garlic, season with salt and pepper and then serve up!*

***Tip - If you prefer a smooth soup, remove the bay leaf and blend using a hand processor before serving**

Ingredients

- 1 tbsp olive oil
- 150g chicken breast
- 1 stalk, medium (7-1/2" - 8" long) celery
- 1 medium carrot
- 1/2 medium onion
- 100g green peas
- 1 medium sweet potato
- 1/2 tsp garlic powder
- 1/4 tsp dried rosemary
- 1 leaf bay leaf
- 250ml chicken stock
- 1 pinch table salt
- 1 pinch black pepper



⌚ 5 min / 1 serving



Chocolate Protein and Pistachio

204
CALORIES

21g
PROTEIN

15g
CARBS

7g
FAT

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the pistachios on the side!

Go on, give it a crack...

Ingredients

- 15g chocolate whey protein (80%)
- 200ml milk (1% fat)
- 10g pistachio nuts



 <1 min / 1 serving



Mixed Nuts Snack

152
CALORIES

5g
PROTEIN

6g
CARBS

13g
FAT

Preparation

Mixing things up! A quick boost of fuel!

Ingredients



25g mixed nuts



⌚ 5 min / 1 serving

Peanut Power Oatmeal!

603
CALORIES

44g
PROTEIN

59g
CARBS

24g
FAT

Preparation

One of the simplest meals on Earth!

Step 1: Mash all ingredients together in a bowl except the raspberries

Step 2: Place the bowl in the microwave for 1 minute

Step 3: Serve with the raspberries on top!

Step 4: Get your feed on.

Ingredients

- 30g peanut butter, smooth style, without salt
- 60g oats
- 30g vanilla whey protein (80%)
- 225ml almond milk
- 75g raspberries



🕒 20 min / 1 serving



HOLISTIC HABITS
COACHING

Simple Chicken, Broccoli, and Rice Meal Prep!

719
CALORIES

51g
PROTEIN

90g
CARBS

17g
FAT

Preparation

Simply multiply all ingredients if you wish to bulk cook!

Step 1: Start out by placing your rice in a saucepan to cook over a medium heat with 1 part rice to 2 parts water.

Step 2: Allow to gently simmer for about 15-20 minutes until all of the water has been absorbed.

Step 3: In the meantime, take out a bowl and combine the chicken breast with the brown sugar, paprika, cumin, garlic powder, salt, and pepper.

Step 4: Take out your most loved frying pan or skillet and bring to heat over a medium-high temperature.

Step 5: Add the olive oil and then the chicken to this desirable pan and cook for around 5 minutes per side.

Step 6: Once the chicken has developed a nice browning colour on both sides, turn off the heat and allow the chicken to rest for a further 5 minutes.

Step 7: While the chicken is taking it easy, bring a pot to boil over a high heat and add the broccoli florets. Allow to blanch for 1 minute.

Step 8: Slice the chicken into bite size pieces and then (if meal prepping) pull out your meal prep containers. Divide the portions evenly among your meal prep containers.

Step 9: If meal prepping- cover and refrigerate for up to 4 days. To serve, reheat in the microwave on a high setting for 2 minutes (adding spicy sauce is a treat!).

You're all set!

Ingredients

- 100g brown rice (medium-grain)
- 175g chicken breast
- 1 tsp brown sugar
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp cumin powder
- 2 tsp olive oil
- 140g broccoli



🕒 25 min / 1 serving



HOLISTIC HABITS
COACHING

Simple Turkey Bolognese

609
CALORIES

44g
PROTEIN

84g
CARBS

15g
FAT

Preparation

Don't worry about fixing your apron too well, this one is going to be quick.

Step 1: Chop the onion, carrot, bell pepper, chili, garlic clove, and keep separated on the side.

Step 2: Heat a medium-sized pan over a low heat and add the olive oil.

Step 3: The moment that olive oil becomes hot (check the speed it moves over the pan!) carefully add the onion and carrot and sauté until soft.

Step 4: Then, add the turkey mince and stir until all mince has browned over evenly.

This is where things get spicy...

Step 5: Add the chili, garlic, and bell pepper and cook for a further 5 minutes.

Ready for things to get... saucy?

Step 6: Add the canned tomato, oregano, and additional water if necessary.

Step 7: Allow to simmer over a low heat, tasting every now and again while adding salt and pepper to taste to your preference.

Step 8: This is the perfect time to bring some water to boil on a separate hob.

Step 9: Once the water is boiling, add a little salt and then your pasta.

Step 10: Boil that pasta to preferred readiness, stirring regularly.

Step 11: Serve either all mixed together, or layered with the bolognese on top of the pasta.

Step 12: Season with additional oregano if necessary.

Prego.

Ingredients

- 120g ground turkey (fat free)
- 80g wholegrain penne pasta
- 50g red onion
- 50g carrot
- 50g green bell pepper (capsicum)
- 1 piece red chilli pepper
- 1 clove garlic
- 2 tsp olive oil
- 1/2 tsp, ground dried oregano
- 240g chopped tomatoes (canned)



🕒 5 min / 1 serving

Cream Cheese and Peach Toast

177
CALORIES

6g
PROTEIN

21g
CARBS

9g
FAT

Preparation

You may wish to repeat this one!

Step 1: Place your bread into a toaster and let things heat up while you chop your peach into bite-size slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and peach on top.

Step 3: Sprinkle with the cashews and get tucked in!

Ingredients

- 1 slice regular whole grain bread
- 15g cream cheese
- 1/2 medium (2-2/3" dia) peach(es)
- 5g cashew nuts



🕒 5 min / 1 serving

Cream Cheese and Peach Toast

177
CALORIES

6g
PROTEIN

21g
CARBS

9g
FAT

Preparation

You may wish to repeat this one!

Step 1: Place your bread into a toaster and let things heat up while you chop your peach into bite-size slices.

Step 2: Once the bread has made the wonderful transformation into its crunchy counterpart, spread the cheese and peach on top.

Step 3: Sprinkle with the cashews and get tucked in!

Ingredients

- 1 slice regular whole grain bread
- 15g cream cheese
- 1/2 medium (2-2/3" dia) peach(es)
- 5g cashew nuts

A tall glass filled with a pink smoothie or juice, topped with fresh raspberries.

⌚ 5 min / 1 serving



HOLISTIC HABITS
COACHING

Power Chia Overnight Oats

500
CALORIES

31g
PROTEIN

60g
CARBS

17g
FAT

Preparation

Step 1: In a sealable container, mix in the oats, almond milk, chia seeds, protein powder, raspberries, and honey.

Step 2: Place in one of your favourite refrigerators overnight.

Step 3: Serve up first thing in the morning!

Ingredients

- 250ml almond milk
- 50g oats
- 30g chia seeds
- 20g vanilla whey protein (80%)
- 1 tsp honey
- 40g raspberries



🕒 15 min / 1 serving



HOLISTIC HABITS
COACHING

Simple Mustard, Chicken, and Avocado Sandwich

737
CALORIES

54g
PROTEIN

64g
CARBS

31g
FAT

Preparation

This one shouldn't be too complicated to make; we're sure you've heard of a sandwich, right?

Step 1: Pre-grill your sliced chicken breast until it is cooked all the way through and then allow to chill in the refrigerator.

Step 2: Lightly toast your whole grain bread to your preferred toastiness... (Toasting the bread removes the chances of a soggy sandwich!).

Step 3: Slice the tomato and avocado and get them ready for action.

Step 4: Layer all ingredients in whatever order you see fit. We personally went with lettuce, chicken, tomato, avocado, then mustard on the top slice!

Ingredients

- 160g chicken breast
- 4 slice regular whole grain bread
- 1 whole avocado
- 1 medium whole tomatoes, red, ripe
- 1 tsp dijon mustard (whole grain)
- 2 leaf, medium iceberg lettuce



🕒 35 min / 1 serving



HOLISTIC HABITS
COACHING

Mediterranean Shrimp Delight

732
CALORIES

53g
PROTEIN

74g
CARBS

25g
FAT

Preparation

Step 1: Take out a bowl and mix shrimps with ½ the olive oil, the dried herbs, and a little salt and pepper.

Step 2: Place your quinoa in a pot with twice the amount of water, and heat over a medium temperature to cook.

Step 3: Chop the garlic and set it aside. Then, slice the bell pepper into thin slices and heat the remaining olive oil in a pan next to the cooking quinoa.

Step 4: Lightly fry the bell pepper for about 4 minutes, or until the sides are slightly browned. Then, remove from the pan and set aside.

Step 5: In the same pan, over the same heat, cook the shrimp mix for 3-4 minutes, stirring frequently until cooked through.

Step 6: Add the cooked quinoa to the shrimp pan, along with the garlic, and allow all to get toasty for about 1 minute.

Step 7: Pour in the chicken stock and bring that delightful mix to a simmer for about 6 minutes.

Step 8: Add in the bell pepper, a little lemon zest, a squeeze of lemon juice, and bring to cook for another 3 - 5 minutes.

Step 9: Garnish with the fresh basil leaves and serve up!

Ingredients

- 200g prawns (cooked)
- 4 tsp olive oil
- 1 tsp, ground dried oregano
- 1 tsp dried parsley
- 1 medium yellow bell pepper (capsicum)
- 80g quinoa
- 2 clove garlic
- 1 medium red bell pepper (capsicum)
- 120ml chicken stock
- 1 wedge lemon
- 8 leaf basil leaves



⌚ 5 min / 1 serving



HOLISTIC HABITS
COACHING

Chocolate Protein and Sweet Strawberries

157
CALORIES

19g
PROTEIN

14g
CARBS

3g
FAT

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the strawberries on the side!

This one is berry berry good...

Ingredients

- 15g chocolate whey protein (80%)
- 200ml milk (1% fat)
- 30g strawberries



⌚ 5 min / 1 serving



HOLISTIC HABITS
COACHING

Chocolate Protein and Great Grapes

168
CALORIES

19g
PROTEIN

17g
CARBS

3g
FAT

Preparation

Step 1: Thoroughly mix the protein powder with the milk along with a little additional water if necessary.

Step 2: Serve up with the grapes on the side!

Squeeze those grapes, they might let out a little wine...

Ingredients

- 15g chocolate whey protein (80%)
- 200ml milk (1% fat)
- 30g red grapes