

Shopping & Ingredients List:

50g **Peanut Butter**
50g **Runny Honey**
75g **Mixed Seeds**
50g **Prunes**, chopped
50g dried **Figs**, chopped
25g **Puffed Rice**
1 tsp **Cinnamon**

**Method**

1. Line the base of a 20 x 20cm baking tin with baking parchment.
2. Put the seeds in a dry, non-stick pan over a medium heat & cook until they start to pop and turn golden. Transfer to a small bowl to cool.
3. In a medium saucepan, soften the peanut butter & honey over a low heat for about 2 mins, stirring continuously.
4. Take the pan off the heat. Stir in the cinnamon, followed by the fruit & toasted seeds. Add the puffed rice & stir well to coat. Quickly transfer the mixture to the tin, spreading out evenly & pressing down with the back of a spoon.
5. Leave for 45 mins-1 hr to firm up, then slice into 8 bars with a sharp knife.
6. Wrap in strips of baking parchment & secure with tape or string. Will keep in an airtight container for 3-4 days.

Macro info per serving**Protein**
4g**Carbs**
14g**Fat**
8g**Energy**
147Kcal

Meeting all your nutritional needs, demands and expectations

Shopping & Ingredients List:

3 **Apples**, sliced
3 **tbsp Smooth Peanut Butter**
150g 0% **Total Greek Yogurt**
pinch of **Cinnamon**
2 **tsp Honey**



Method

1. Beat together the yogurt, cinnamon, honey & peanut butter to make a smooth dip.
2. Dip in apple slices.

Macro info per serving

Protein

5.5g

Carbs

21.7g

Fat

6.2g

Energy

165Kcal

Shopping & Ingredients List:

125g **Mozzarella**, in 8 pieces

1 **Pear** in 8 slices

8 slices of **Prosciutto**

handful of **Watercress**

**Method**

1. Wrap a piece of mozzarella, some watercress & a pear slice in a slice of Prosciutto. Have 2 pieces per person as a snack.

Macro info per serving

Protein

12g

Carbs

4g

Fat

10g

Energy

148Kcal

Shopping & Ingredients List:

100g **Raisins**
50g **Brazil Nuts**
50g **Almonds**
140g 70%+ **Dark Chocolate**, melted

**Method**

1. Whizz everything together in a food processor.
2. Roll into 12 small balls & chill until solid. Will keep in fridge for up to two weeks.

Macro info per serving

Protein
2.4g

Carbs
12.2g

Fat
10.2g

Energy
151Kcal

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Shopping & Ingredients List:

140g **Dried Apricots**
40g gluten-free **Oats**
40g unsweetend **Desiccated Coconut**
25g **Sunflower Seeds**
15g **Sesame Seeds**
15g **Dried Cranberries**
45g **Vanilla Whey Powder**
15g **Chia Seeds**



Method

1. Toast coconut, sunflower seeds & sesame seeds in non-stick pan over a low heat.
2. Meanwhile blend apricots with 150ml boiling water, cranberries, whey & chia seeds in a blender until smooth.
3. Mix the apricot paste with the toasting seeds. Leave to cool a little.
4. Lay out a long piece of clingfilm, add mixture and roll into a thick sausage shape. Twist ends of clingfilm to secure & chill in fridge. Once chilled, unwrap & cut into slices. Will keep in fridge for up to 2 weeks.

Macro info per serving

Protein

5.9g

Carbs

15.1g

Fat

5.6g

Energy

134Kcal

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Shopping & Ingredients List:

150g **Almond Flour**
50g **Desiccated Coconut**, unsweetened
50g **Peanut Butter**
½ tsp **Vanilla Extract**
1 tbsp **Maple Syrup**
1 **Egg**

**Method**

1. In a bowl beat together the egg, vanilla, peanut butter & maple syrup. Then combine with the flour mix.
2. Using a small spoon, form the mixture into 16 little balls. Roll in the coconut to cover & chill in the fridge. Serve 2 per person.

Macro info per serving

Protein
7.3g

Carbs
5.2g

Fat
17.3g

Energy
205.7Kcal

Shopping & Ingredients List:

- 2 Oreo Cookies, crushed
- 60g Vanilla Whey
- 1 tbsp Almond Milk
- 1 tbsp Honey, warmed

**Method**

1. In a bowl mix crushed oreos with almond milk. Lightly crush together with a fork.
2. Add whey & mix. Next used warm honey to bind.
3. Form the mix into two bars & chill in the fridge.

Macro info per serving**Protein**
23g**Carbs**
21.5g**Fat**
3.5g**Energy**
209Kcal

Shopping & Ingredients List:

4 large **Tomatoes**
125g **Quark**
35g **Black Olives**, finely diced
1 tbsp **Olive Oil**
1 tsp **Garlic**, minced
1 tbsp **Mediterranean Herbs**
fresh Herbs, for garnish



Method

1. Prepare the tomatoes by slicing off the top & scooping out the flesh from the inside.
2. In a bowl mash together the quark, herbs, olives, garlic & use this mixture to stuff the tomatoes. Garnish with fresh herbs. Ideal snack for lunchboxes & the workplace.

Macro info per serving

Protein
11g

Carbs
13.5g

Fat
10g

Energy
188Kcal

Shopping & Ingredients List:

100g **Pumpkin Seeds**
100g **Roasted Almonds**
100g **Sunflower Seeds**
100g **Raisins**
100g **dried Cranberries**
100g **dried Apricots**, chopped

**Method**

1. Mix all the ingredients together & store in airtight container. Can be used as a snack alone or as a topper for other desserts.
2. One serving is 30g or a whey protein scoop full of mix.

Macro info per serving**Protein**
3.8g**Carbs**
14g**Fat**
7.9g**Energy**
142.3Kcal

Meeting all your nutritional needs, demands and expectations

Shopping & Ingredients List:**4 Oat Cakes**25g of **Pate**50g **Smoked Salmon**25g **Vintage Cheddar**25g **Feta****4 Olives**handful of **Cherry Tomatoes****5 Strawberries****Cucumber**, cut into batons**Method**

Easy snack but totally delicious. A mix of tasty & fresh ingredients when too busy to cook.

Macro info per serving

Protein

15.5g

Carbs

20g

Fat

20g

Energy

322Kcal

Shopping & Ingredients List:

- 1 **Egg**
- 100g **Almond Butter**
- 25g **Cocoa Powder**, unsweetened
- 2 tsp **Vanilla Extract**
- 25g **Palm Sugar**



Method

1. Preheat oven to 180c (160 f), 350f, Gas Mark 4. Line a baking sheet with greaseproof paper.
2. In a bowl beat together all the ingredients. Using a dessert spoon, scoop cookie dough onto the baking sheet & flatten slightly. Make 8 cookies.
3. Bake for 10-12 mins until hard to the touch. Allow to cool. Store in airtight container.

Macro info per serving

Protein
3.5g

Carbs
7.8g

Fat
7.8g

Energy
115.4Kcal

Shopping & Ingredients List:

20 cooked & peeled **Tiger Prawns**
5 **Garlic Cloves** crushed
2 tbsp **Olive Oil**
30g **Butter**

For the dip

50g **Almond Flour**
250ml **Vegetable Stock**
1 **Garlic Clove** crushed
1 tsp **Chilli Powder**

**Method**

1. Wash & dry the prawns. Add oil, butter & garlic to large non-stick frying pan. Melt & stir over medium heat. Add the prawns. Toss in mixture & cook for 2 mins.
2. In another large non-stick pan add almond flour & brown over a low heat for 2 mins. Slowly add vegetable stock and stir into thick paste. Leave to cool for 5 mins.
3. Add chilli & garlic to almond paste & stir in. If too thick add splash of water & stir in.
4. Put dip into small bowl on large plate & surround by prawns.

Macro info per serving

Protein

15.3g

Carbs

1.4g

Fat

9.3g

Energy

150.5Kcal