



# Weight Loss Meal Plan

Discover 15 easy, healthy and tasty recipes, including:  
breakfast, lunch, dinner, treat and smoothies.





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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (20g- serve)

MP

Meal Prep/Freezer Friendly

HP

High Protein (20g+ per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts

# Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> <li>3 avocados</li> <li>4 limes</li> <li>3 apples</li> <li>1 banana</li> </ul> <p>Vegetables</p> <ul style="list-style-type: none"> <li>4 yellow onions</li> <li>1 red onion</li> <li>1 shallot</li> <li>green onions</li> <li>3 bulbs garlic</li> <li>root ginger</li> <li>3 carrots</li> <li>pack radishes</li> <li>1 tomato</li> <li>4 beefsteak tomatoes</li> <li>2 jalapeño peppers</li> <li>3 red bell peppers</li> <li>1 green bell pepper</li> <li>1 yellow bell pepper</li> <li>1 eggplant (aubergine)</li> <li>1.9 lbs. (875g) green beans</li> <li>baby spinach</li> <li>microgreens</li> </ul> <p>Fresh Herbs</p> <ul style="list-style-type: none"> <li>sage</li> <li>cilantro (coriander)</li> <li>rosemary</li> <li>thyme</li> <li>mint</li> </ul> <p>Dried Fruit</p> <ul style="list-style-type: none"> <li>raisins</li> </ul> <p>Frozen</p> <ul style="list-style-type: none"> <li>pineapple</li> <li>mango</li> </ul>	<p>Meats</p> <ul style="list-style-type: none"> <li>bacon</li> <li>3 lbs. (1kg 350g) ground turkey</li> <li>1 lb. (450g) ground pork</li> <li>1 lb. (450g) lean ground beef (5%)</li> <li>2 lbs. (900g) chicken breast</li> <li>1 oz. (30g) sliced turkey ham</li> <li>1 lb. (450g) skirt steak</li> <li>1 lb. (450g) boneless skinless chicken thighs</li> </ul> <p>Fish &amp; Seafood</p> <ul style="list-style-type: none"> <li>2x 6 oz. (170g) halibut filets</li> </ul> <p>Cold</p> <ul style="list-style-type: none"> <li>9 eggs</li> <li>milk</li> <li>sour cream</li> <li>Greek yogurt</li> <li>cheddar cheese</li> <li>feta cheese</li> <li>ricotta cheese</li> <li>cream cheese</li> </ul>	<p>Grains</p> <ul style="list-style-type: none"> <li>quinoa</li> <li>white rice</li> </ul> <p>Nuts &amp; Seeds</p> <ul style="list-style-type: none"> <li>sesame seeds</li> <li>ground almonds</li> </ul> <p>Baking</p> <ul style="list-style-type: none"> <li>cornstarch (corn flour)</li> <li>baking powder</li> <li>vanilla extract</li> </ul> <p>Dried Herbs &amp; Spices</p> <ul style="list-style-type: none"> <li>black pepper</li> <li>white pepper</li> <li>smoked paprika</li> <li>red pepper flakes (chili flakes)</li> <li>chili powder</li> <li>ground cumin</li> <li>ground cinnamon</li> <li>mixed spice</li> <li>fennel seeds</li> <li>garlic powder</li> <li>dried oregano</li> <li>pack taco seasoning</li> </ul>	<p>Oils</p> <ul style="list-style-type: none"> <li>olive oil</li> <li>olive oil cooking spray</li> <li>coconut oil</li> </ul> <p>Sweeteners</p> <ul style="list-style-type: none"> <li>coconut sugar</li> <li>honey</li> </ul> <p>Boxed, Canned &amp; Condiments</p> <ul style="list-style-type: none"> <li>chipotle peppers in adobo sauce</li> <li>16 oz. (455g) can tomato sauce (tomato passata)</li> <li>14.oz. (400g) can chopped tomatoes</li> <li>14 oz. (400g) can black beans in sauce</li> <li>14 oz. (400g) can low fat coconut milk</li> <li>14 oz. (400g) can full fat coconut milk</li> <li>chicken broth (stock)</li> <li>sriracha sauce</li> <li>tamari</li> <li>white miso paste</li> <li>fish sauce</li> <li>Worcestershire sauce</li> <li>tomato ketchup</li> <li>rice wine vinegar</li> <li>lemongrass paste</li> <li>hummus</li> <li>dressing</li> <li>breadcrumbs</li> </ul> <p>Misc/Other</p> <ul style="list-style-type: none"> <li>sea salt</li> <li>pack tortilla chips</li> <li>4x flour tortillas</li> <li>2x multigrain flour tortillas</li> <li>vanilla protein powder</li> </ul>

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Air Fryer Turkey Breakfast Sausage	Garlic Sriracha Pork Stir Fry	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Sesame-Ginger Beef
Tue	Air Fryer Turkey Breakfast Sausage	Miso Halibut Papillote	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Sesame-Ginger Beef
Wed	Bunless Bacon, Egg & Cheese Bun	Miso Halibut Papillote	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Taco Tomatoes
Thu	Red Chilaquiles	Taco Tomatoes	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Coconut & Lime Chicken Thighs
Fri	Cheesy Chicken Tinga Quesadillas	Coconut & Lime Chicken Thighs	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Best-Ever Turkey Meatloaf
Sat	Cheesy Chicken Tinga Quesadillas	Chicken Tinga Bowl	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Meal Out - Enjoy!
Sun	Red Chilaquiles	Chicken Tinga Bowl	E.g. Piña Colada Protein Smoothie, Healthy Pinwheel Sandwiches, Carrot & Apple Muffins	Best-Ever Turkey Meatloaf



# Bunless Bacon, Egg & Cheese Bun

## Serves 1

olive oil cooking spray  
2 eggs  
2 tbsp. water  
2 tbsp. cheddar cheese,  
shredded  
½ avocado, mashed  
1 slice cooked bacon, halved

## What you need to do

Place two mason jar lids (centers removed) into a medium sized non-stick skillet. Spray the entire pan with cooking spray and place over a medium heat. Crack the eggs into the center of the lids and lightly whisk with a fork to break up the yolk.

Pour water around the lids and cover the skillet with a lid. Steam the eggs for around 3 minutes until the egg whites are cooked through. Remove the lid from the skillet and top one egg with cheddar cheese. Continue to cook for a further minute until the cheese has melted a little.

Invert the egg bun without the cheese onto a plate. Top with mashed avocado and cooked bacon. Top with the cheesy egg bun, placing the cheese-side down. Serve immediately.

GF DF LC HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	474	40	10	22	7

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# Air Fryer Turkey Breakfast Sausage

Serves 4

What you need to do

- 1 lb. (450g) ground turkey
- 1 tbsp. coconut sugar
- 2 tsp. fresh sage leaves, finely chopped
- ¾ tsp. salt
- ¾ tsp. smoked paprika
- ½ tsp. red pepper flakes
- ½ tsp. fennel seeds, crushed
- ½ tsp. garlic powder
- olive oil cooking spray

In a medium bowl, combine the ground turkey, coconut sugar, sage, salt, paprika, red pepper flakes, fennel seeds, and garlic powder until evenly combined. Using damp hands, form the turkey mixture into 8 thin patties about 3" (7.5cm) in diameter and ¼" (0.5cm) thick.

Grease an air-fryer basket with cooking spray. Working in batches, arrange the patties in the basket, spacing about ¼" (0.5cm) apart. Cook at 400°F (200°C) for 5-8 minutes, flipping the patties halfway through, until golden and crisp. Continue cooking the patties until all the mixture has been used up.

GF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	184	10	4	21	1

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# Red Chilaquiles

Serves 3

## Sauce:

1 tsp. olive oil  
4 garlic cloves, minced  
1 small canned chipotle pepper, diced  
1 tbsp. adobo sauce  
16 oz. (455g) can tomato sauce  
1 tsp. dried oregano  
½ tsp. chili powder  
½ tsp. ground cumin  
8.5 fl. oz. (240ml) chicken broth  
¼ tsp. salt  
¼ tsp. ground pepper

## Chilaquiles:

3 large eggs  
6 oz. (170g) tortilla chips  
2 tbsp. feta cheese, crumbled  
1 sliced avocado  
6 sliced radishes  
2 tbsp. diced red onion  
3 tbsp. Greek yogurt  
2 tbsp. cilantro, chopped

## What you need to do

Add the olive oil to a medium skillet over a medium heat, add the garlic and sauté for 1-2 minutes until fragrant. Add the chipotle pepper, adobo sauce, tomato sauce, oregano, chili powder, cumin, broth, salt and pepper. Bring to a boil, then reduce the heat to low and simmer for 5-10 minutes (this will help thicken the sauce). Remove from the heat and set aside until ready to use.

While the sauce is simmering, prepare the toppings and start frying the eggs.

Add the tortilla chips to the sauce and gently flip over the tortilla chips until they are all well coated in the sauce. Cook over a medium heat for 2-3 minutes until the chips have softened slightly.

Remove from the heat and serve immediately topped with a fried egg, feta cheese, sliced avocado, radish, red onion, Greek yogurt and cilantro. Serve immediately.



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	572	32	55	17	11



# Cheesy Chicken Tinga Quesadillas

Serves 4

What you need to do

*For avocado salsa:*

1 tomato  
½ yellow onion  
1 garlic clove  
1 jalapeño pepper  
10 sprigs cilantro  
1 avocado  
salt & pepper

*For the wraps:*

4 flour tortilla wraps  
4 servings Slow-Cooker Chicken Tinga (see recipe in this pack)  
8 tbsp. shredded cheddar cheese

Place all the avocado salsa ingredients into a food processor, season with salt and pepper and blitz until combined. Set aside until needed.

Heat a tortilla wrap in a skillet over a medium heat. Cover half of the flour tortilla with a serving of the slow cooker chicken tinga and 2 tablespoons of shredded cheese.

Fold the wrap over onto itself, and cook each side over a medium-high heat for 3-4 minutes, until crispy and starting to brown. Remove from the skillet and repeat this process with the remaining tortillas. Once cooked, cut each wrap in half and serve immediately with the avocado salsa.

DF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	529	22	37	45	10



# Garlic Sriracha Pork Stir Fry

## Makes 4

1 lb. (450g) ground pork  
1 tbsp. olive oil  
2 cloves garlic, crushed  
1 yellow onion, sliced  
1 eggplant, cut into half moons  
1 red pepper, cut into strips  
2.1 fl. oz. (60ml) tamari  
2 tbsp. coconut sugar  
4 tsp. sriracha sauce  
7 oz. (200g) green beans, cut into 2" (5cm) pieces  
0.7 oz. (20g) cilantro, chopped

## What you need to do

Place the ground pork into a large skillet over a medium-high heat, and brown the pork, breaking it up with a wooden spoon. Transfer to a plate and set aside.

Return the skillet to a medium heat and warm the olive oil. Add the garlic and onion and sauté for 4 minutes until softened, then increase the heat to medium-high and stir-fry the eggplant and pepper for 2-3 minutes.

Meanwhile, in a small bowl combine the tamari, coconut sugar and sriracha and add to the pot, along with the green beans and cooked pork. Sauté until the green beans are bright green and the pork has warmed through.

Top with freshly chopped cilantro and serve immediately.

GF DF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	382	23	23	26	9

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# Miso Halibut Papillote

## Serves 2

8 oz. (225g) green beans  
1 large shallot, thinly sliced  
1 small red bell pepper, thinly sliced  
2x 6 oz. (170g) halibut filets, skin removed  
2 tbsp. white miso paste  
2 tbsp. tamari  
1 tsp. fish sauce  
1 tbsp. sriracha sauce  
1 tbsp. honey  
½ tsp. salt, or more to taste  
½ tsp. white pepper

## What you need to do

Preheat the oven to 400°F (200°C). Lay 2 sheets of parchment paper on a flat surface.

Evenly divide the green beans, shallot, and red bell pepper between the 2 pieces of parchment paper, placing the ingredients in the center of the parchment paper. Place the halibut filet on top.

In a small bowl, whisk together the miso, tamari, fish sauce, sriracha and honey. Pour the sauce equally over the halibut filets. Season the fish with salt and the white pepper.

Fold down the short ends of the parchment paper over the fish, making a rectangle. Then, grab the open ends and roll towards the fish so that no liquids can escape, creating an enclosed package.

Place the parcels on a sheet pan and transfer to the hot oven. Bake for 13-15 minutes, until the fish is cooked through and flakes easily. Remove from the oven and serve immediately.

GF DF LC MP HP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	291	4	28	39	6

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# Taco Tomatoes

## Serves 4

1 tbsp. olive oil  
1 medium yellow onion,  
chopped  
1 lb. (450g) lean ground beef  
(5%)  
1x 1 oz. (28g) packet taco  
seasoning  
4 large, ripe beefsteak  
tomatoes  
1.8 oz. (50g) cheddar cheese,  
shredded  
4 tbsp. sour cream

## What you need to do

Heat the olive oil in a large skillet over a medium heat, add the onion and cook, stirring often, for 5 minutes until soft. Add the ground beef and taco seasoning and continue to cook for 8 minutes, breaking up the meat with a wooden spoon, until no longer pink.

Place the tomatoes on a board, stem-side down, and slice into 6 wedges, taking care not to cut the tomatoes all the way through. Carefully spread open the wedges.

Divide the taco meat evenly between the 4 tomatoes, then top each with cheddar cheese and sour cream before serving.

GF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	357	22	13	28	3

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# Chicken Tinga Bowl

## Serves 4

1 red bell pepper, sliced  
1 yellow bell pepper, sliced  
2 tbsp. olive oil  
salt & pepper  
4 servings Slow-Cooker  
Chicken Tinga (see recipe in  
pack)  
14 oz. (400g) cooked quinoa  
14 oz. (400g) can black beans  
in sauce  
4 tbsp. cilantro, chopped  
1 lime, wedges

## What you need to do

Preheat the oven to 425°F (220°C).

Arrange the bell peppers on a baking sheet, toss with olive oil and season with salt and pepper. Place in the hot oven to roast for 30 minutes.

In the meantime, heat up the slow cooked chicken tinga and cook your quinoa.

Serve the chicken with the roasted peppers, quinoa, and black beans. Garnish with cilantro and serve with lime wedges.

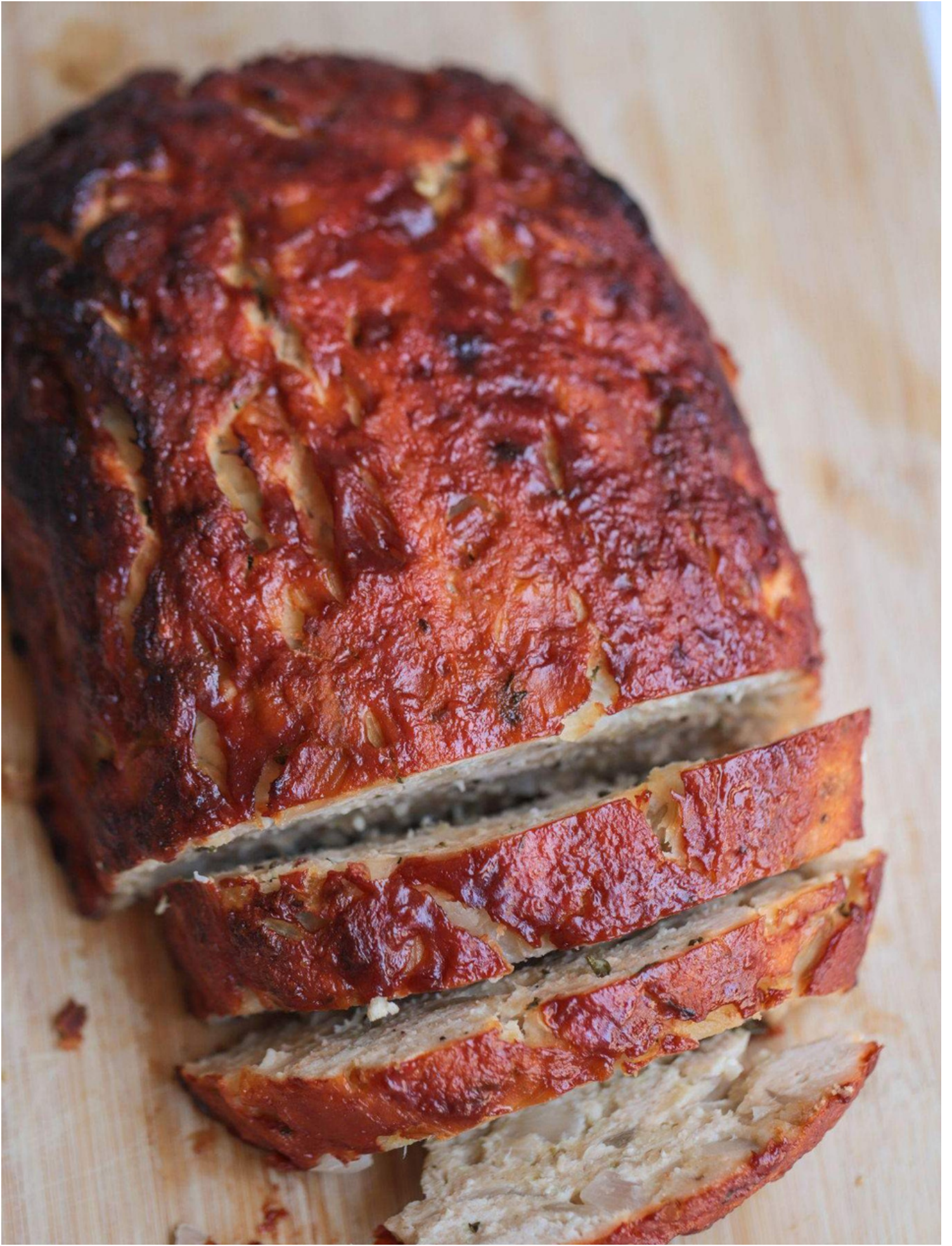


Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	545	15	57	47	10

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# Best-Ever Turkey Meatloaf

## Serves 6

olive oil cooking spray  
1 tbsp. olive oil  
1 large yellow onion, chopped  
salt & pepper  
3 cloves garlic, minced  
1 tbsp. rosemary, finely chopped  
1 tsp. thyme leaves, chopped  
2 lbs. (900g) ground turkey  
2.8 oz. (80g) breadcrumbs  
4.2 fl. oz. (120ml) milk  
2 tbsp. Worcestershire sauce  
1 egg  
2.8 oz. (80g) tomato ketchup  
2 tbsp. coconut sugar

## What you need to do

Preheat the oven to 325°F (160°C). Lightly grease a large deep baking dish with cooking spray.

Heat the olive oil in a large skillet over a medium heat, add the onion and cook for 5 minutes until soft. Season with salt and pepper, then stir in the garlic and herbs. Cook for 1 minute until fragrant, then remove from heat and set aside to cool slightly.

Mix the ground turkey, breadcrumbs, milk, Worcestershire sauce, egg, and cooked vegetables together in a large bowl until well combined. Season with salt and pepper.

Add the turkey mixture to the prepared baking dish, and form the meat mixture into a loaf shape. Add the tomato ketchup and coconut sugar to a small bowl, mix to combine and brush over the loaf. Place the dish into the hot oven and bake for around 1 hour 20 minutes, until the meatloaf reaches an internal temperature of 160° F (71°C).

GF DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr & 20 mins	354	17	20	32	1

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# Sesame-Ginger Beef

## Serves 4

1 lb. (450g) skirt steak, thinly sliced into ¼" (0.5cm) strips salt & pepper  
3 tbsp. cornstarch  
1 tsp. + 1 tbsp. olive oil, divided  
1 lb. (450g) green beans, trimmed  
3 cloves garlic, minced  
3" (7.5cm) piece of root ginger, peeled & grated  
4 tbsp. tamari  
1 tbsp. rice wine vinegar  
3 tbsp. coconut sugar  
2 green onions, chopped  
1 tbsp. sesame seeds

## What you need to do

Place the steak strips into a large mixing bowl and pat dry with paper towels. Season with salt and pepper, and toss with cornstarch until well coated, and set aside.

Add 1 teaspoon of olive oil to a large skillet over a medium-high heat, add the green beans and sauté for 1 minute. Add 2 tablespoons of water and cover with a lid to steam for a further minute. Transfer the green beans to a plate and discard any excess water.

Return the skillet to a high heat and add the remaining tablespoon of olive oil. Add the steak strips and stir-fry for 2-3 minutes until the beef is almost cooked through. Reduce to a medium heat and add the garlic, ginger, tamari, rice wine vinegar, and coconut sugar; stirring quickly to coat the beef. Add the green beans back into the pan and top with green onions and sesame seeds. Serve immediately.

GF DF LC MP HP

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	369	20	23	27	4



# Slow-Cooker Chicken Tinga

## Serves 6

14 oz. (400g) can chopped tomatoes  
4 chipotle peppers in adobo sauce  
1 diced yellow onion  
1½ tbsp. coconut sugar  
1 tbsp. garlic, fresh  
2 tsp. smoked paprika  
2 tsp. ground cumin  
1 tsp. dried oregano  
juice of 1 lime  
2 lbs. (900g) chicken breast

## What you need to do

Add all the ingredients to the slow cooker bowl and mix together. Nestle the chicken breasts into the sauce.

Cover with the lid and cook on HIGH for 4 hours, or on LOW for 6 hours.

Remove the chicken breasts into a bowl, and using forks, gently pull the chicken apart to shred the chicken.

Using an immersion blender, blend the tinga sauce until smooth.

Now add the shredded chicken back into the sauce and thoroughly mix together. Cook on low for an additional 6-10 minutes to warm through.

Enjoy in the Chicken Tinga Bowl, and Cheesy Chicken Tinga Quesadillas recipes found in this recipe pack.

GF DF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	4-6 hrs	235	5	10	35	1

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# Coconut & Lime Chicken Thighs

Serves 4

What you need to do

*Coconut lime sauce:*

juice & zest of 2 limes

2 tbsp. fish sauce

4 tbsp. canned full fat coconut milk

1 tbsp. coconut sugar

1 tbsp. lemongrass paste

half a jalapeño pepper, ribs & seeds removed

1 clove garlic

0.7 oz. (20g) fresh cilantro

0.5 oz. (15g) fresh mint

Place all the ingredients for the sauce into a food processor and pulse until smooth.

Pour half of the sauce over the chicken and set aside to marinate for 30 minutes.

Preheat a grill pan to medium high heat and cook the chicken for 5 minutes on each side, until lightly browned and fully cooked. Set aside to rest for a few minutes.

Serve the grilled chicken with the cooked rice and vegetables of your choice, and drizzle with the remaining sauce.

*Everything else:*

1 lb. (450g) boneless skinless chicken thighs

1.1 lbs. (500g) cooked white rice

GF DF MP HP

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
35 mins	10 mins	371	7	47	28	1



# Carrot & Apple Muffins

## Makes 12

4.6 oz. (130g) carrots, grated  
6 oz. (170g) apples, peeled & grated  
3.5 oz. (100g) ground almonds  
2.1 oz. (60g) raisins  
1½ tsp. mixed spice  
1 tsp. ground cinnamon  
1 tsp. baking powder  
2.6 oz. (75g) ricotta cheese  
3 eggs  
1 tsp. vanilla extract

### *For frosting:*

1 tsp. vanilla extract  
4.4 oz. (125g) cream cheese  
2 tsp. honey

## What you need to do

Preheat the oven to 350°F (180°C). Line a 12-hole muffin tin with small muffin cases.

Place all the ingredients for the muffins into a large bowl and beat together with a wooden spoon to form a cake batter.

Divide the mixture equally between each of the muffin cases and place the muffin tin into the hot oven. Bake the muffins for 25 minutes, by which time they will be cooked through and a little golden on the top. Remove the muffin cases from the tin and place on a wire rack to cool.

While the muffins are cooling, make the frosting, by whipping together the vanilla extract, cream cheese and honey, adding a splash of water to slacken if needed.

Once the muffins have cooled completely, spread the cream cheese icing on top.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	139	9	11	5	1

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# Healthy Pinwheel Sandwiches

## Serves 1

2 multigrain flour tortillas  
4 tbsp. hummus  
1 oz. (30g) sliced turkey ham  
1 handful baby spinach  
4 tbsp. red bell pepper, thinly sliced  
2 tbsp. shredded carrots  
4 tbsp. microgreens  
4 tbsp. dressing of choice

## What you need to do

Spread the tortilla with hummus and top with sliced turkey ham, spinach, bell pepper, carrots, and microgreens.

Roll up each wrap and slice into 1" (2.5cm) rounds.

Serve with dressing of choice.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	529	23	66	19	14

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# Piña Colada Protein Smoothie

## Serves 2

14 oz. (400ml) can low fat coconut milk  
1 banana  
3.5 oz. (100g) frozen pineapple  
3.5 oz. 100g) frozen mango  
1.8 oz. (50g) vanilla protein powder

## What you need to do

Add the coconut milk, banana, pineapple, mango and protein powder to a blender and blend on high until smooth. Divide between 2 glasses and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	320	13	32	21	4

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