

# Strawberry & Peanut Butter Overnight Oats

458 calories, 26g protein, 60g carbs, 11g fats



## INGREDIENTS



4 servings



10 minutes

- 160g oats
- 740g vanilla yogurt
- 20g chia seeds
- 200ml semi skimmed milk 40g honey
- 200g strawberries
- 40g peanut butter

## DIRECTIONS

- In a large bowl mix together the oats, chia seeds, yogurt and milk
- Share out into meal prep pots
- Top with the honey and sliced strawberries
- Top with a drizzle of peanut butter
- These will keep in the fridge for up to 4 days

# Red Curry Fried Rice

439 calories, 51g protein, 52g carbs, 7g fats



## INGREDIENTS



4 servings



20 minutes

- 4 lean bacon rashers
- 480g chicken breast
- 200g green beans spring onions
- 20 minutes
- ½ onion
- 100g mushrooms
- 200g (uncooked weight) rice
- 2tbsp red Thai curry paste
- 2tbsp soy sauce
- 1tbsp rice wine vinegar
- 1tbsp sesame oil
- salt & pepper
- 1tsp garlic

## DIRECTIONS

- Finely slice the onion and green beans and fry these off in a pan with the bacon cut into small pieces
- Add in the garlic
- Once the bacon is sealed add in the diced chicken breast. Simmer for 5 minutes before adding in the sliced mushrooms
- Season with salt and pepper and stir through the Thai red paste
- Meanwhile boil the rice
- Once the rice is cooked, drain and add into the pan with the chicken
- Pour over the soy sauce, rice wine vinegar and the sesame oil and mix well
- Dish up and top with the sliced spring onions

# High Protein Lasagne

531 calories, 53g protein, 41g carbs, 18g fats



## INGREDIENTS



4 servings



30 minutes

- 500g 5% fat beef mince
- 120g (uncooked weight) lasagne sheets
- ½ onion
- 200g mushrooms
- 40g tomato puree
- 400g passata
- 200g light soft cheese
- 160g light cottage cheese
- 40g parmesan
- 50ml beef stock
- 80g mozzarella
- salt & pepper
- 2tsp Italian herbs
- 1tsp garlic

## DIRECTIONS

- Finely slice the onion and mushrooms and add to a frying pan
- Once softened add in the beef mince and break up in the pan
- Season with salt, pepper, Italian herbs and garlic
- Once the beef has browned, pour in the puree and passata, stir well and let this simmer down and reduce for 5-10 mins. Meanwhile blend the soft cheese, cottage cheese, parmesan, stock and a sprinkle of Italian herbs together
- Place the cooked beef in oven proof dishes and layer over the lasagne sheets
- Cover with the sauce and top with the mozzarella
- Place in the oven on 180 for 15-20 minutes