

Meal ideas

Chia pudding

Protein: 20g
Fibre: 19g

1/4 cup Chia Seeds

1 cup milk

1 tsp vanilla

Fruit of your choice

Optional add-ins:
1 tsp maple syrup or honey
Topping of nuts & seeds

Click here for recipes:
[Delish](#)
[Heart Foundation](#)

Smoothie

Protein: 16g-30g
Fibre: 7-17g

Protein

Grains + seeds

Fruit and/or Veg

Extras

1 cup milk and/or
1/4 cup yoghurt

2 tbsp:
2-3g protein
2g fibre

Weet-bix

Oats
Tip: Blend up the oats first

1 weat-bix
2g protein
2g fibre

Banana

Greens

Fruit
e.g 1/2 cup frozen blueberries 3g fibre

1/2 avo
1.5g protein
4g fibre

1 tbsp:
3g protein
5g fibre

Chia seeds

1 tbsp:
5-6g protein
2g fibre

Nut butter

Click here for smoothie recipes:

[Heart Foundation](#) [Sanitarium](#) [Healthy Food Guide](#)

Overnight oats

Protein: 12.5-20.5g
Fibre: 13.5g

1/4 cup oats

1/2 tbsp chia seeds

1/4 cup milk

1/4 cup yoghurt

Fruit of your choice

Optional add-ins:
1 tsp vanilla
1 tsp maple syrup or honey
1 tbsp Nut butter
Topping of nuts & seeds

Click here for the recipe ideas:
[Kiwi Country Girl](#)
[My Foodbag](#)
[New World](#)
[Taste](#)

Please note recipes can be for multiple servings- you can keep it in the fridge for a few days