



# SNACKS





### Protein Balls- 1015 Kcals- 76P/85C/41F

1 and half cups of rolled oats  
2 scoops of whey protein  
1/2 teaspoon of cinnamon  
1 tbsp of Chia seeds  
Half a cup of smooth peanut butter  
Coconut chippings  
3tbsp raw honey  
1 teaspoon of vanilla extract  
2-4 spoons semi skimmed milk  
Hand mix into shape and refrigerate

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### Chocolate Mouse- 392 Kcals- 28P/27C/19F

70g Half of an avocado  
35 dates  
1 scoop of chocolate protein  
1tbsp of cocoa powder  
200ml almond milk  
Blend together and serve with fresh strawberries

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### Meringue nest- 162 Kcals- 18P/22C/0.5F

1 Meringue nest  
150g skyr yoghurt  
50g blueberries





### Strawberry Moose -313 Kcals- 29P/9C/18F

1 Packet Hartley's Jelly mix (follow instructions)

Blend with 300g of cottage cheese

Refrigerate over night



### Chocolate peanut butter protein bars-1435 Kcals- 75P/55C/102F

Mix:

80g Peanut butter

20g honey

60g flaxseed meal

50g protein powder

Melt: 70g dark chocolate- pour over mix and refrigerate

Milky way ice cream and strawberries- 92 calories-3P/13C/3F

70g milky way yoghurt pot

30g strawberries



### Yoghurt and granola- 230 Kcals- 20P/28C/5F

150g Greek yoghurt

30g granola

50g strawberries



### High Calorie Protein shake- 693 Kcals- 58P/65C/22F

- 25g Peanut butter
  - 30g whey
  - 250ml semi- skimmed milk
  - 40g oats
  - 100g Banana
  - 150g Greek yoghurt
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### Low Calorie protein shake- 142 Kcals- 24P/6C/2F

- 30g frozen blueberries
  - 30g frozen strawberries
  - 30g whey
  - 200ml water
  - Ice cubes
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