

Smashed Avocado with smoked salmon and high protein poached eggs

Ingredients

2 ripe avocados

Thin slices of smoked salmon

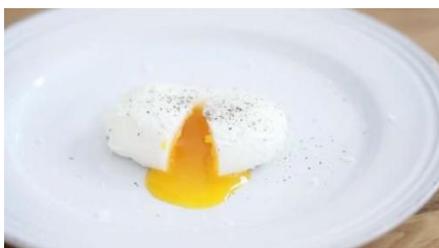
2 large eggs

Sprinkle of olive oil

Sprinkle of chilli flake (optional)



1. Fill your pan with boiling hot water and leave to simmer.
2. Slowly place the eggs into the pan and stir gently to help the egg white wrap around the yolk.
3. Cook the eggs for 3-4 minutes until the egg white sets.
4. Drain the eggs carefully with kitchen paper to stop the egg from going soggy.
5. Cut the ripe avocado in half and remove the stone inside.
6. With a spoon gently remove the avocado so the outer layer of the avocado is removed.
7. Next cut small pieces of the avocado to create it easier to smash.
8. Finally smash the avocado with a fork or a spoon to create a paste texture.
9. Place the poached eggs, smashed avocado and put it on your plate.
10. Take the small strips of smoked salmon and rest them on top of the avocado and poached eggs.
11. Finally drizzle with olive oil and sprinkle chilli flakes on top if wanted.
12. Enjoy the high protein meal.



Spinach, mushroom and chicken with light sundried tomato sauce

Ingredients

2 large handfuls of baby spinach

250g of chicken breast

250g of mushrooms

50g of sundried tomatoes

Drizzle of olive oil

Pinch of salt and pepper

1tsb of tomato puree



1. Half- fill the pan with water and bring it to the boil,
2. Pour the spinach in the pan and it will start to wilt down very quickly, this should take 1-2 minutes
3. Once it has wilted drain the water allowing no water left in the pan,
4. Get a tray and wrap grease proof paper around and inside the tray to stop the chicken from sticking to the tray,
5. Next put the chicken breast in the tray and set your oven to 220C. leave it for 18-20 minutes.
6. Season the chicken with a pinch of salt and pepper,
7. After that add mushrooms to a hot pan,
8. Stir frequently so the mushrooms will start to realise moisture,
9. Once the mushrooms have given up all of the moisture remove them from the oven to prevent them from burning,
10. Next heat olive oil in a pan and add a tsb of tomato puree,
11. Chop the tomatoes and then add them to the pan,
12. Allow to simmer for 20 minutes, the tomatoes and puree should start combining to create the sauce,
13. Finally place the spinach, mushrooms, chicken and then the tomato sauce on a plate and then enjoy.

Nutritious fruit compote topped with almonds

Ingredients

500g of mixed berries (Strawberries, blackberries, Raspberries)

Greek yogurt

Almonds



1. Pour the fruit into a pan and heat the berries at a low heat. Do not overheat the berries they need to keep their shape,
2. Pour the Greek yogurt into a bowl and add the fruit on top,
3. Break up some almonds and sprinkle them on top of the fruit and yogurt,
4. Finally enjoy this Nutritious, vibrant meal



By Athena Chrysostomou