



# RECIPE PACK

*Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.*

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# TABLE OF CONTENTS

1	EGG & TURKEY STUFFED PEPPERS
2	HIGH PROTEIN BLUEBERRY PANCAKES
3	EGG, BACON & AVOCADO BOWL
4	HEALTHY CORONATION CHICKEN
5	GRILLED LEMON CHICKEN SALAD
6	TUNA & QUINOA TOSS SALAD
7	SALMON & COUSCOUS SALAD
8	CHICKEN ORANGE STIR FRY
9	SIMPLE CHILI & SWEET POTATO CHIPS
10	STRAWBERRY PROTEIN MUFFINS
11	PEANUT BUTTER PROTEIN FLUFF
12	POST-WORKOUT ORANGE BANANA SMOOTHIE



## RECIPE KEY

Look for these helpful icons throughout the file.

GF

Gluten Free

DF

Dairy Free

LC

Low Carb (under 20g serving)

MP

Meal Prep/Freezer Friendly

HP

High Protein (over 20g per serving)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts



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# WEEKLY MEAL PLANNER



## MONDAY

### BREAKFAST

Post-Workout  
Orange Banana  
Smoothie

### LUNCH

Healthy  
Coronation  
Chicken

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Chicken Orange  
Stir Fry

## TUESDAY

### BREAKFAST

High Protein  
Blueberry  
Pancakes

### LUNCH

Tuna & Quinoa  
Toss Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Leftover Chicken  
Orange Stir Fry

## WEDNESDAY

### BREAKFAST

Egg. Bacon &  
Avocado Bowl

### LUNCH

Healthy  
Coronation  
Chicken

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Simple chili &  
Sweet Potato  
Chips

## THURSDAY

### BREAKFAST

Post-Workout  
Orange Banana  
Smoothie

### LUNCH

Tuna & Quinoa  
Toss Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Leftover Simple  
chili & Sweet  
Potato Chips

## FRIDAY

### BREAKFAST

Egg & Turkey  
Stuffed Peppers

### LUNCH

Grilled Lemon  
chicken Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Salmon &  
Couscous Salad

## SATURDAY

### BREAKFAST

Egg & Turkey  
Stuffed Peppers

### LUNCH

Leftover Grilled  
Lemon chicken  
Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Meal Out -  
Enjoy!

## SUNDAY

### BREAKFAST

Strawberry  
Protein Muffins

### LUNCH

Leftover Egg &  
Turkey Stuffed  
Peppers

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Leftover Salmon &  
Couscous Salad

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### *Fresh*

- ☐ 1x white onion
- ☐ 1x red onion
- ☐ bag of spinach
- ☐ 5x red bell peppers
- ☐ 3x banana
- ☐ blueberries
- ☐ 2x avocados
- ☐ celery sticks
- ☐ 4x lemons
- ☐ garlic
- ☐ bunch asparagus
- ☐ 1x green onions
- ☐ cucumber
- ☐ box of cherry tomatoes
- ☐ iceberg lettuce
- ☐ 3x orange
- ☐ snap/mangetout peas
- ☐ 1x carrot
- ☐ 3x sweet potatoes
- ☐ box strawberries

### *Herbs*

- ☐ parsley
- ☐ coriander
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MEAT, DAIRY & NON-DAIRY

### *Fish & Seafood*

- ☐ 2x salmon fillets
- ### *Meats*
- ☐ 1 lb. (450g) lean ground turkey
  - ☐ bacon medallions
  - ☐ 5 oz. (150g) cooked chicken
  - ☐ 2 1/3 lb. (1kg) chicken breasts
  - ☐ 1 lb. (450g) lean ground beef

### *Dairy*

- ☐ cheese (block or grated)
- ☐ greek yoghurt
- ☐ non-fat Greek yogurt
- ☐ feta

### *Non-Dairy*

- ☐ 17x eggs
- ☐ 2x almond milk
- ☐ \_\_\_\_\_
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## GRAINS, SEEDS & SPICES

### *Grains*

- ☐ quinoa
- ☐ couscous
- ☐ buckwheat flour
- ☐ oat flour
- ☐ brown rice

### *Spices*

- ☐ oregano
- ☐ cumin
- ☐ curry powder
- ☐ garlic powder
- ☐ onion powder
- ☐ chili flakes
- ☐ cinnamon

### *Nuts & Seeds*

- ☐ sesame seeds
- ### *Dried*
- ☐ apricots
  - ☐ coconut flakes

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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- ☐ \_\_\_\_\_

## CANS, CONDIMENTS & MISC

### *Oils*

- ☐ coconut oil
- ☐ olive oil

### *Cans & Condiments*

- ☐ mayonnaise
- ☐ white wine vinegar
- ☐ red wine vinegar
- ☐ Dijon mustard
- ☐ chickpeas
- ☐ 2x can tuna
- ☐ marmalade (low sugar)
- ☐ soy sauce
- ☐ siracha
- ☐ chopped tomatoes
- ☐ peanut butter

### *Sweeteners*

- ☐ maple syrup
- ☐ stevia

### *Other*

- ☐ vanilla protein powder
- ☐ baking soda
- ☐ vanilla extract
- ☐ dark chocolate

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_





## **EGG & TURKEY STUFFED PEPPERS**

# EGG & TURKEY STUFFED PEPPERS



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
329 kcal  
12g Fats  
11g Carbs  
43g Protein



## WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

## WHAT YOU NEED TO DO

*Heat oven to 400F (200C).*

*Beat the eggs, egg whites and milk, then set aside.*

*Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.*

*Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.*

*Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.*

*Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.*

*Place the peppers in a baking dish and sprinkle them with grated cheese.*

*Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.*

*To serve sprinkle with chopped parsley.*



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# **HIGH PROTEIN BLUEBERRY MUFFINS**



# HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
257 kcal  
5g Fats  
18g Carbs  
36g Protein



## WHAT YOU NEED

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- 1/2 tsp. coconut oil

## WHAT YOU NEED TO DO

*Whisk together the egg whites and protein powder.*

*Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.*

*Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).*

*Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.*

*You can also make 3 small pancakes instead of 1 large.*

*Serve with your favourite toppings.*



HAMILTON FIT



A top-down photograph of a white ceramic bowl filled with a salad. The salad consists of cubed avocado, halved hard-boiled eggs, crumbled cooked bacon, and diced red bell peppers. The ingredients are coated in a light dressing and sprinkled with black pepper. To the left of the bowl, a silver fork lies on a white surface. In the background, a piece of brown paper is visible. A semi-transparent white box with black text is overlaid on the upper right portion of the bowl.

## EGG, BACON & AVOCADO BOWL

# EGG, BACON & AVOCADO BOWL



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
378 kcal  
32g Fats  
14g Carbs  
23g Protein



GF

DF

LC

HP

Q



## WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

## WHAT YOU NEED TO DO

*Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.*

*Combine the bacon eggs, avocado, onion and bell pepper in a bowl.*

*Season with salt and pepper to serve.*



HAMILTON FIT



A top-down photograph of a white ceramic bowl filled with coronation chicken salad. The salad consists of cubed chicken, green peas, and a creamy yellow dressing, all garnished with black pepper. To the right of the bowl, a piece of crusty bread topped with yellow mustard seeds is visible. The background is a light-colored wooden surface with a striped cloth partially visible on the left.

# **HEALTHY CORONATION CHICKEN SALAD**

# HEALTHY CORONATION CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
217 kcal  
8g Fats  
10g Carbs  
25g Protein



GF

MP

HP

LC

Q



## WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

## WHAT YOU NEED TO DO

*Mix the mayonnaise, yoghurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.*

*Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.*

*Serve with a side salad or as a sandwich filling.*



HAMILTON FIT



A close-up photograph of a white ceramic plate with a speckled rim. The plate is filled with a salad consisting of arugula, asparagus, and grilled chicken. The chicken is cut into three pieces, showing a golden-brown, charred exterior and a white interior. A half of a grilled lemon is placed on the left side of the plate. A silver fork is resting on the left side of the plate. The background is a light-colored wooden surface.

## GRILLED LEMON CHICKEN SALAD

# GRILLED LEMON CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
242 kcal  
8g Fats  
2g Carbs  
38g Protein



GF

DF

LC

MP

HP



## WHAT YOU NEED

- 2 lemons
- 1 1/2 tbs. oregano
- 1 1/2 tbs. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

## WHAT YOU NEED TO DO

*Heat oven to 400F (200C).*

*Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.*

*Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.*

*Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.*

*Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.*



HAMILTON FIT



# **TUNA & QUINOA TOSS SALAD**



# TUNA & QUINOA TOSS SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
399 kcal  
11g Fats  
41g Carbs  
37g Protein



GF

MP

HP

Q



## WHAT YOU NEED

### ***For the Dressing:***

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt & pepper, to taste

### ***For the Salad:***

- 1 cup (185g) cooked quinoa
- 1/4 cup (50g) chickpeas, rinsed and drained
- 1/2 cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7 oz./200g drained)

## WHAT YOU NEED TO DO

*Cook quinoa according to instructions on the packaging.*

*Combine the dressing ingredients in a small bowl. Combine quinoa and the remaining ingredients in a bowl.*

*Drizzle with the earlier made dressing and toss gently to coat.*



HAMILTON FIT



# **SALMON & COUSCOUS SALAD**



# SALMON & COUSCOUS SALAD



Serves: 2  
Prep: 10 mins  
Cook: 12 mins



Nutrition per  
serving:  
516 kcal  
29g Fats  
29g Carbs  
36g Protein



MP

HP

Q



## WHAT YOU NEED

### For the Salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- Sea salt and pepper

### For the Salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- 1/2 red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

### For the Dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1/2 tsp. maple syrup or honey (optional)
- Sea salt and pepper, to taste

## WHAT YOU NEED TO DO

*Preheat oven to 400F (200C). Rub the salmon with olive oil and season with salt and pepper.*

*Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.*

*In the meantime, make the dressing by whisking together all the ingredients.*

*Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.*

*Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.*



HAMILTON FIT



A close-up photograph of a white bowl filled with a chicken orange stir fry. The dish consists of cooked rice, bite-sized pieces of chicken, green snap peas, red bell peppers, and shredded carrots. It is garnished with black sesame seeds and a dusting of orange zest. The bowl is set on a light-colored wooden surface, with a piece of patterned fabric visible in the background.

## **CHICKEN ORANGE STIR FRY**

# CHICKEN ORANGE STIR FRY



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
397 kcal  
7g Fats  
53g Carbs  
34g Protein



## WHAT YOU NEED

### **For the Sauce:**

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- 1/4 cup (60ml) soy sauce
- 1 tsp. siracha (or as needed)
- 1 tbsp. buckwheat flour

### **For the Stir Fry:**

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- 1/2 cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

## WHAT YOU NEED TO DO

*Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.*

*Cook rice according to instructions on packaging or use leftover rice.*

*Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.*

*Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.*

*Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.*

*Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.*

*Garnish with sesame seeds and more green onion to serve.*



HAMILTON FIT





A top-down view of a bowl of chili and sweet potato chips. The bowl is filled with a red, chunky chili sauce. On top of the chili are several golden-brown, slightly charred sweet potato chips. A dollop of bright green guacamole is in the center, garnished with fresh green cilantro leaves and several slices of red chili peppers. The bowl sits on a light-colored, textured cloth napkin. To the left of the bowl is a wooden spoon. To the right is a whole red chili pepper and a small pile of fresh cilantro. In the bottom right corner, there is a small white bowl containing more guacamole with a silver spoon.

## **SIMPLE CHILI & SWEET POTATO CHIPS**

# SIMPLE CHILI & SWEET POTATO CHIPS



Serves: 4  
Prep: 10 mins  
Cook: 40 mins



Nutrition per  
serving:  
382 kcal  
16g Fats  
33g Carbs  
29g Protein



## WHAT YOU NEED

### ***For the Potatoes:***

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

### ***For the Simple Chili:***

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

### ***For the Garnish:***

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

## WHAT YOU NEED TO DO

*Heat the oven to 420F (215C).*

*Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.*

*Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.*

*In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.*

*Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.*

*To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.*



HAMILTON FIT



# STRAWBERRY PROTEIN MUFFINS



# STRAWBERRY PROTEIN MUFFINS



Makes: 12  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
cookie:  
91 kcal  
4g Fats  
9g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- Zest of 1/2 a lemon
- 2 tbsp. stevia
- 1/2 tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- 1/2 cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- 1/2 cup (100g) strawberries, chopped into small pieces
- 1/4 cup (45g) 75% dark chocolate, chopped

## WHAT YOU NEED TO DO

*Preheat oven to 350F (180C).*

*Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).*

*Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.*

*Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.*

*Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.*

*Remove from the oven, and let the muffins cool before serving.*

### NOTE:

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.



HAMILTON FIT





## **PEANUT BUTTER PROTEIN FLUFF**

# PEANUT BUTTER PROTEIN FLUFF



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
244 kcal  
20g Fats  
9g Carbs  
9g Protein



GF

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N



## WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

## WHAT YOU NEED TO DO

*Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.*

*Transfer the mix into a bowl and top with your favourite toppings to serve.*



HAMILTON FIT

A close-up photograph of a glass filled with a vibrant orange smoothie. The smoothie has a thick, creamy texture. Topped on the surface are several white, irregularly shaped flakes of coconut. The glass is clear, and the background is a soft, out-of-focus light color.

## **POST-WORKOUT ORANGE BANANA SMOOTHIE**

# POST-WORKOUT ORANGE BANANA SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
363 kcal  
11g Fats  
46g Carbs  
25g Protein



GF

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HP

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## WHAT YOU NEED

- 1 medium banana
- 1 orange, peeled
- 1 scoop (25g) vanilla protein powder
- 1 tbsp. coconut flakes
- 1 cup (230ml) almond milk

## WHAT YOU NEED TO DO

*Add all ingredients into a high powered blender and blend until smooth.*



HAMILTON FIT