Canelith

NUTRITION COLLECTION

FREE









FREE RECIPE BOOK · NUTRITION

Healthy recipes: the basics

20 easy, cheap and quick recipes to start eating better, with the nutrition facts for every serving.

20 recipes | Nutrition facts | Vegan, keto and gluten-free

INSIDE

1 Nutrition facts per serving
2 How to adjust if you're cutting or bulking
3 Swaps if you don't have an ingredient
4 Vegan and gluten-free options
5 Recipes ready in under 25 minutes
6 Other names for each ingredient (US, UK and more)



Canela shows you how to read each recipe in two minutes.

How to use this recipe book

Every recipe has what you need to make it well and to know how much you're eating.

THE LABEL ON EVERY RECIPE

Just like on supermarket products: calories, protein, carbs, fat and fiber **for one serving**. If you eat two servings, multiply by two.

The values come from the grams of each ingredient, using data from the US Department of Agriculture (USDA FoodData Central). They're approximate: they change a little with the brand, the size and how you cook.

PER SERVING	
395	**kcal**
Protein	**28 g**
Carbs	**56 g**
Fat	**7.3 g**
Fiber	**11 g**

IF YOU'RE CUTTING

You want to lose fat without losing muscle: you eat a little less than you burn and keep protein high. Every recipe tells you what to remove or change to cut calories without going hungry.

IF YOU'RE BULKING

You want to build muscle: you eat a little more than you burn, with enough protein and carbs to train hard. Every recipe tells you what to add.

THE TAGS

VEGAN · VEGETARIAN · GLUTEN-FREE · HIGH PROTEIN · KETO-FRIENDLY · NO-BAKE · COLOMBIAN · QUICK

High protein: 20 g or more per serving. **Low carb:** 15 g or less. **Gluten-free:** no wheat, barley or rye; if it has oats, use certified gluten-free oats. **Vegan:** nothing from animals (no eggs, dairy or honey). **Vegetarian:** no meat or fish; may include eggs and dairy. **Keto-friendly:** 8 g or less of net carbs (carbs minus fiber) per serving; if you follow keto, watch your daily total, which is usually 20 to 50 g.

THE MEASURES

1 cup	240 ml
1 tablespoon (tbsp)	15 ml
1 teaspoon (tsp)	5 ml
1 scoop of protein	about 25 to 30 g (check the one in your tub)
Oven	°C with °F in brackets

Next to each ingredient you'll find its weight in grams (28 g = 1 oz). If you have a kitchen scale, use it: it's the most accurate way.

ABOUT PROTEIN POWDER

You can use the protein you already have or the one we recommend based on what you're after. If a recipe uses it and you don't have any, the recipe tells you what to swap it for (Greek yogurt, eggs or cheese).

Want a recommendation made for you? Book your coaching session at canelith.com.

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Breakfasts

Canela: To start the day with energy and some protein. Several can be made the night before.



Overnight oats with strawberries and chia

Vegetarian · Gluten-free · High protein · No-bake · Quick

Five minutes before bed and you wake up to a creamy, fresh breakfast that's ready to go.

5 min · Easy · 1 serving · Resting time: Overnight (at least 6 hours) in the fridge

INGREDIENTS

- **1/2 cup** rolled oats 50 g
  certified gluten-free oats if you have celiac disease
- **2/3 cup** plain unsweetened Greek yogurt (0 %) 150 g
- **1/2 cup** skim milk 120 g
  or unsweetened almond milk
- **1 tbsp** chia seeds 10 g
- **6 medium strawberries** 80 g
- **1 pinch** cinnamon 1 g

Swaps · If you don't have...

- If you don't have chia, use 1 tbsp ground flaxseed.
- If you don't have Greek yogurt, use 1 scoop (25 g) vanilla protein powder and increase the milk to 1 cup.
- Swap the strawberries for blackberries, mango or banana.



PER SERVING

395	**kcal**
Protein	**28 g**
Carbs	**56 g**
Fat	**7.3 g**
Fiber	**11 g**

METHOD

1. In a jar with a lid, mix the oats, chia and cinnamon.
2. Add the Greek yogurt and milk, and stir until there are no dry clumps of oats left.
3. Chop half the strawberries into small pieces and stir them into the oats.
4. Close the jar and refrigerate overnight, or at least 6 hours, until the oats soften and the mix thickens.
5. In the morning, stir, top with the rest of the strawberries, sliced, and eat it cold.

IF YOU'RE CUTTING
Cut the oats to 35 g and use unsweetened almond milk instead of milk.

IF YOU'RE BULKING
Add 1 sliced banana and 1 tbsp peanut butter.

Tip: Make three jars on Sunday and breakfast is sorted until Wednesday.

Whole-wheat avocado toast with egg

Vegetarian · High protein · Quick

Crunchy bread, creamy avocado and a juicy egg: a complete breakfast that keeps you going until lunch.

10 min · Easy · 1 serving

INGREDIENTS

- **2** whole-grain bread slices 60 g
- **1/3 medium avocado** 50 g
- **2 eggs** 100 g
- **1/2 tomato, sliced** 50 g
- **1 tsp lime or lemon juice** 5 g
- **1 pinch** salt 1 g
- **Pepper and paprika to taste** 1 g

Swaps · If you don't have...

- If you don't have whole-wheat bread, use 2 thin arepas (corn cakes) or 2 corn tortillas (that makes it gluten-free).
- In some countries avocado is called palta; any ripe Hass avocado works here.
- If you're pregnant or making it for kids, cook the eggs until the yolks are firm (2 to 3 more minutes).



PER SERVING

384	**kcal**
Protein	**22 g**
Carbs	**33 g**
Fat	**19 g**
Fiber	**7.6 g**

METHOD

1. Toast the bread in a toaster or a dry skillet, 2 minutes per side, until golden and firm.
2. Mash the avocado with a fork together with the lime juice, salt and pepper.
3. Heat a nonstick skillet over medium heat, crack in the eggs and cover for 3 to 4 minutes, until the whites are set and the yolks are still soft.
4. Spread the avocado on the toast, add the tomato slices and top each one with an egg.
5. Finish with paprika and eat right away so the bread doesn't get soggy.

IF YOU'RE CUTTING

Use 1 slice of bread and swap one egg for 2 egg whites.

IF YOU'RE BULKING

Add a third slice of bread with fresh cheese and a piece of fruit on the side.

Tip: A few drops of lime keep the avocado from turning brown if you make it ahead.

Blender oat and banana pancakes

Vegetarian · Gluten-free · High protein · Quick

Fluffy and sweet with no added sugar: the weekend breakfast that also works before a workout.

15 min · Easy · 1 serving

INGREDIENTS

- **4 heaping tbsp** rolled oats 40 g
  certified gluten-free oats if you have celiac disease
- **1 medium ripe banana** 100 g
- **2 eggs** 100 g
- **2 egg whites** 60 g
- **1/2 tsp** baking powder 3 g
- **1 pinch** cinnamon 1 g
- **1/2 tsp** olive oil, for the pan 3 g
- **4 strawberries, to serve** 60 g

Swaps · If you don't have...

- If you don't have separate egg whites, use 1 more whole egg.
- Any ripe banana works; the spottier it is, the sweeter the pancakes.



PER SERVING

465	**kcal**
Protein	**26 g**
Carbs	**57 g**
Fat	**16 g**
Fiber	**8.4 g**

METHOD

1. Put the oats, banana, eggs, egg whites, baking powder and cinnamon in the blender.
2. Blend for 30 seconds until smooth, then let it rest 3 minutes so it thickens a little.
3. Heat a nonstick skillet over medium-low heat and wipe it with a paper towel dipped in the oil.
4. Pour 3 tbsp of batter per pancake and cook 2 minutes, until little bubbles appear on top and the edges look dry.
5. Flip and cook 1 more minute, until golden. Repeat with the rest (you'll get 5 or 6).
6. Serve with the chopped strawberries on top.

IF YOU'RE CUTTING
Leave out one of the whole eggs and keep 3 egg whites.

IF YOU'RE BULKING
Add 1 tbsp peanut butter on top and a glass of milk.

Tip: Use a banana with black spots: the riper it is, the sweeter they turn out.

Huevos pericos with spinach and arepa

Vegetarian · Gluten-free · High protein · Colombian · Quick

Huevos pericos (Colombian scrambled eggs with tomato and scallion), the classic breakfast, now with a handful of spinach.

12 min · Easy · 1 serving

INGREDIENTS

- **3 eggs** 150 g
- **1 small tomato, chopped** 80 g
- **1 scallion, chopped** 25 g
- **1 big handful** spinach 40 g
- **1 tsp** olive oil 5 g
- **1 small thin white corn arepa (corn cake)** 60 g
- **1 pinch** salt 1 g

Swaps · If you don't have...

- If you don't have scallions, use 1/4 regular onion.
- If you don't have an arepa, serve it with 1 corn tortilla or 1 slice of whole-wheat bread.



PER SERVING

389	**kcal**
Protein	**24 g**
Carbs	**28 g**
Fat	**21 g**
Fiber	**4.0 g**

METHOD

1. Heat the oil in a skillet over medium heat and sauté the scallion for 2 minutes, until soft.
2. Add the tomato and cook 3 minutes, stirring, until it softens and releases its juice.
3. Add the spinach and stir for 1 minute, until it wilts.
4. Beat the eggs with the salt, pour them into the pan and stir gently for 2 to 3 minutes, until set but still moist.
5. Meanwhile, warm the arepa in another skillet or in the toaster, 2 minutes per side, and serve it on the side.

IF YOU'RE CUTTING

Use 2 eggs and 2 egg whites, and swap the arepa for more spinach.

IF YOU'RE BULKING

Serve with 2 arepas and a piece of fresh cheese.

Tip: Take the eggs off the heat just before they look done: the heat of the pan finishes cooking them.

Arepa stuffed with egg and cheese

Vegetarian · Gluten-free · High protein · Colombian

A homemade arepa (corn cake), cooked without frying and stuffed with egg and cheese: small-town flavor with plenty of protein.

20 min · Easy · 1 serving

INGREDIENTS

- **1/3 cup** precooked cornmeal (arepa flour) 50 g
- **1/3 cup warm water** 70 g
- **1 pinch** salt 1 g
- **1 medium slice** fresh cheese (queso fresco), grated or crumbled 30 g
- **2 eggs** 100 g
- **1/2 tsp** olive oil 3 g
- **Pepper to taste** 1 g

Swaps · If you don't have...

- Precooked cornmeal is the one sold for arepas; if you can't find it, use 2 corn tortillas and make a sandwich.
- For the fresh cheese, use queso fresco, queso blanco or another mild white cheese.



PER SERVING

428	**kcal**
Protein	**22 g**
Carbs	**41 g**
Fat	**19 g**
Fiber	**3.0 g**

METHOD

1. Mix the flour, salt and warm water and knead for 2 minutes, until the dough doesn't stick to your hands or crack. If it cracks, add water 1 tbsp at a time.
2. Shape it into a ball, flatten it to 1/2 in (1 cm) thick and cook it in a nonstick skillet over medium heat, 5 to 6 minutes per side, until it has a crust and sounds hollow when you tap it.
3. While it cooks, heat the oil in another skillet and scramble the eggs with pepper, 2 to 3 minutes.
4. Cut into the arepa along the edge with a knife to open it like a pocket.
5. Fill it with the egg and cheese, and put it back in the pan for 1 minute so the cheese melts.

IF YOU'RE CUTTING
Use 1 egg and 2 egg whites, and 20 g cheese.

IF YOU'RE BULKING
Make two arepas and serve with 1/4 avocado.

Tip: Make several balls of dough, wrap them in plastic and keep them in the fridge: they last 3 days.

Lunches

Bella: Complete meals: protein, carbs and vegetables on the same plate.



Chicken and vegetable stir-fry with rice

High protein

A colorful, flavor-packed skillet lunch, perfect to take to work in a lidded container.

⏱ 20 min | Easy | 1 serving

INGREDIENTS

- **1 medium fillet** skinless chicken breast 150 g
- **3/4 cup cooked white rice** 130 g
- **1 cup** broccoli florets 80 g
- **1/2 carrot, in strips** 50 g
- **1/2 bell pepper, in strips** 50 g
- **1/4 onion** 30 g
- **1** garlic clove 3 g
- **2 tsp** olive oil 8 g
- **2 tsp** low-sodium soy sauce 10 g
- **Pepper to taste** 1 g

Swaps · If you don't have...

- If you don't have broccoli, use green beans or zucchini.
- To make it gluten-free, use soy sauce labeled "gluten-free" (tamari).
- Any color of bell pepper works: red is the sweetest.



PER SERVING

502	**kcal**
Protein	**42 g**
Carbs	**54 g**
Fat	**13 g**
Fiber	**5.7 g**

METHOD

1. Cut the chicken into 3/4 in (2 cm) cubes and season with pepper.
2. Heat half the oil in a large skillet over high heat and brown the chicken for 6 to 7 minutes, until it's no longer pink inside. Take it out.
3. In the same pan, add the rest of the oil, the garlic and the onion, and stir-fry for 1 minute.
4. Add the broccoli, carrot and bell pepper, and stir-fry 4 minutes over high heat: they should be bright and still crisp.
5. Return the chicken, add the soy sauce and stir for 1 minute. Serve with the hot rice.

IF YOU'RE CUTTING
Cut the rice to 80 g and double the broccoli.

IF YOU'RE BULKING
Increase the rice to 200 g and add 1/4 avocado.

Tip: Keep cooked rice in the fridge: cold rice reheated in the stir-fry stays fluffy and delicious.

Tuna and avocado poke bowl

High protein · No-bake · Quick

Inspired by Hawaiian poke but made with canned tuna: fresh, complete and ready in ten minutes.

10 min · Easy · 1 serving

INGREDIENTS

- **3/4 cup cooked white rice** 130 g
- **1 large can** tuna in water (canned), drained 120 g
- **1/3 avocado** 50 g
- **1/2 small cucumber** 60 g
- **1/2 carrot, grated** 40 g
- **1/4 cup corn kernels** 40 g
- **2 tsp** low-sodium soy sauce 10 g
- **2 tsp lime or lemon juice** 10 g
- **1 tsp** sesame seeds 5 g

Swaps · If you don't have...

- The corn can be canned, well drained.
- If you don't have sesame seeds, use sunflower seeds.
- To make it gluten-free, use soy sauce labeled "gluten-free".



PER SERVING

484	**kcal**
Protein	**39 g**
Carbs	**57 g**
Fat	**12 g**
Fiber	**6.8 g**

METHOD

1. Warm the rice if it's from the fridge, or use it lukewarm, and put it in the bottom of a bowl.
2. Mix the tuna with the soy sauce and half the lime juice.
3. Dice the cucumber and avocado, and grate the carrot.
4. Arrange each ingredient in its own section over the rice: tuna, avocado, cucumber, carrot and corn.
5. Finish with the rest of the lime juice and the sesame seeds on top.

IF YOU'RE CUTTING

Swap half the rice for more cucumber and lettuce.

IF YOU'RE BULKING

Increase the rice to 200 g and add 1 more tbsp avocado.

Tip: If you're taking it to work, add the avocado and lime right before you eat.

Stewed lentils with rice and avocado

Vegan · Vegetarian · Gluten-free · High protein · Colombian

The home-style lunch everyone grew up with, 100% plant-based: lentils with hogao (Colombian tomato and scallion sauce), rice and avocado.

25 min · Easy · 1 serving

INGREDIENTS

- **1 cup cooked lentils** 200 g
  canned and drained, or cooked at home
- **1 tomato, chopped** 80 g
- **1/4 onion, chopped** 40 g
- **1/2 carrot, diced** 40 g
- **1** garlic clove 3 g
- **1 tsp** olive oil 5 g
- **1/2 tsp cumin** 1 g
- **1/2 cup** homemade vegetable broth 120 g
  or water
- **1 tbsp chopped** cilantro 5 g
- **1 pinch** salt 1 g
- **1/2 cup cooked brown rice** 100 g
- **1/3 avocado** 50 g

Swaps · If you don't have...

- If you start with dried lentils, cook 80 g in water for 25 minutes before step 3.
- If you don't have brown rice, use white rice.
- Hogao is a Colombian sauté of tomato and onion, the base of many home dishes.



PER SERVING

539	**kcal**
Protein	**24 g**
Carbs	**83 g**
Fat	**15 g**
Fiber	**24 g**

METHOD

1. Heat the oil in a pot over medium heat and sauté the onion and garlic for 3 minutes, until soft.
2. Add the tomato, carrot and cumin, and cook 5 minutes until you have a thick hogao.
3. Add the lentils and broth, and simmer gently for 10 minutes, stirring now and then, until the carrot is tender and the stew thickens.
4. Taste for salt, turn off the heat and stir in the cilantro.
5. Serve with the rice on the side and the avocado sliced.

IF YOU'RE CUTTING
Cut the rice to 60 g and add a green salad.

IF YOU'RE BULKING
Increase the rice to 180 g and add 1 roasted ripe plantain.

Tip: Make a double batch: lentils taste even better the next day and freeze well.

Whole-wheat pasta with tuna, tomato and spinach

High protein

Pantry pasta in twenty minutes, with homemade tomato sauce and plenty of protein.

20 min | Easy | 1 serving

INGREDIENTS

- **1 1/2 cups cooked whole-wheat pasta** 180 g
  about 70 g dry pasta
- **1 can** tuna in water (canned), drained 100 g
- **1/2 cup** unsweetened tomato sauce 120 g
- **1/4 onion, chopped** 30 g
- **1** garlic clove 3 g
- **1/2 tbsp** olive oil 7 g
- **1 big handful** spinach 40 g
- **a few** basil leaves 3 g
  or dried oregano
- **1 pinch** salt 1 g

Swaps · If you don't have...

- If you don't have plain tomato sauce, blend 2 ripe tomatoes and cook them for 8 minutes.
- To make it gluten-free, use rice or corn pasta.



PER SERVING

507	**kcal**
Protein	**40 g**
Carbs	**67 g**
Fat	**11 g**
Fiber	**10 g**

METHOD

1. Cook the pasta in plenty of salted water according to the package (8 to 10 minutes), until al dente. Save 1/4 cup of the cooking water.
2. Meanwhile, heat the oil and sauté the onion and garlic for 3 minutes over medium heat.
3. Add the tomato sauce and cook 5 minutes, until it thickens a little.
4. Add the tuna and spinach, and stir for 1 minute until the spinach wilts.
5. Drain the pasta, toss it with the sauce and a splash of the saved water, and finish with the basil.

IF YOU'RE CUTTING
Use 120 g cooked pasta and add diced zucchini to the sauce.

IF YOU'RE BULKING
Increase the pasta to 250 g cooked and add 1 tbsp Parmesan.

Tip: Pasta water helps the sauce cling to the pasta: don't pour it all down the drain.

Lemon fish with roasted potatoes and salad

Gluten-free

High protein

Everything cooks on one sheet pan: juicy fish, golden potatoes and a fresh salad on the side.

25 min | Easy | 1 serving

INGREDIENTS

- **1 large fillet** white fish (tilapia, hake) 180 g
- **2 small potatoes** 200 g
- **2 tsp** olive oil 8 g
- **2 tsp lime or lemon juice, plus slices** 10 g
- **1 clove** garlic, chopped 3 g
- **Paprika, oregano and pepper** 1 g
- **1 pinch** salt 1 g
- **1 cup** lettuce 50 g
- **1 tomato** 80 g
- **1/2 small cucumber** 50 g

Swaps · If you don't have...

- Any white fish works: tilapia, hake, porgy or basa.
- If you don't have an oven, cook the fish in a skillet 3 to 4 minutes per side and boil the potatoes.
- Baby potatoes work too: halve them and give them 5 extra minutes.



PER SERVING

434	**kcal**
Protein	**42 g**
Carbs	**43 g**
Fat	**12 g**
Fiber	**6.4 g**

METHOD

1. Heat the oven to 220 °C (425 °F). Slice the potatoes about 1/4 in (1/2 cm) thick.
2. Toss the potatoes with half the oil, salt and paprika, and spread them on a sheet pan without overlapping. Bake 10 minutes.
3. Rub the fish with the rest of the oil, the garlic, lemon, oregano and pepper.
4. Put the fish on the pan next to the potatoes and bake 10 to 12 minutes more, until the fish flakes with a fork and the potatoes are golden.
5. Meanwhile, cut the lettuce, tomato and cucumber, and dress them with a few drops of lemon.

IF YOU'RE CUTTING

Cut the potatoes to 120 g and double the salad.

IF YOU'RE BULKING

Increase the potatoes to 300 g and add 1/3 avocado to the salad.

Tip: Pat the fish dry with paper towels before seasoning it: that way it browns instead of releasing water.

Dinners

Minchu: Lighter and quicker, to end the day without feeling heavy.



Mushroom, bell pepper and spinach omelet

Vegetarian · Gluten-free · High protein · Low carb · Quick · Keto-friendly

A light, warm, protein-packed dinner for nights when you don't feel like cooking.

12 min · Easy · 1 serving

INGREDIENTS

- **2 eggs** 100 g
- **3 egg whites** 90 g
- **4 mushrooms, sliced** 50 g
- **1/4 bell pepper, chopped** 40 g
- **1 handful** spinach 30 g
- **2 tbsp chopped** onion 20 g
- **1 tbsp crumbled** fresh cheese (queso fresco) 20 g
- **1/2 tsp** olive oil 3 g
- **1 pinch** salt 1 g
- **Pepper to taste** 1 g

Swaps · If you don't have...

- You can swap the mushrooms for zucchini.
- If you don't have egg whites, use 3 whole eggs (the fat goes up).



PER SERVING

305 kcal	
Protein	29 g
Carbs	8.9 g
Fat	17 g
Fiber	2.3 g

METHOD

1. Beat the eggs and egg whites with salt and pepper until frothy.
2. Heat the oil in a nonstick skillet over medium heat and sauté the onion, mushrooms and bell pepper for 4 minutes, until the mushrooms brown.
3. Add the spinach and stir for 1 minute until it wilts; spread the vegetables over the bottom of the pan.
4. Pour the eggs on top, lower the heat and cover for 3 to 4 minutes, until the top is almost set.
5. Put the cheese on one half, fold the omelet and serve.

IF YOU'RE CUTTING

It's already ideal for cutting; leave out the cheese if you like.

IF YOU'RE BULKING

Serve with 1 arepa (corn cake) or 2 slices of whole-wheat bread and 1/3 avocado.

Tip: Covering the pan cooks the top with steam, so you don't have to flip it.

Chicken wrap with avocado and yogurt sauce

High protein

Quick

A fresh wrap that's easy to eat with your hands, perfect for dinner after the gym.

15 min | Easy | 1 serving

INGREDIENTS

- **1 large whole-wheat tortilla** 60 g
- **1 small fillet** skinless chicken breast 120 g
- **1/2 tsp** olive oil 3 g
- **Paprika, cumin and pepper** 1 g
- **2 large** lettuce leaves 30 g
- **1/2 tomato, in strips** 50 g
- **1/4 carrot, grated** 30 g
- **2** avocado slices 30 g
- **2 tbsp** plain unsweetened Greek yogurt (0 %) 40 g
- **1 tsp** mustard 5 g
- **1 tsp lime or lemon juice** 5 g

Swaps · If you don't have...

- Whole-wheat tortillas are also sold as wraps; to make it gluten-free, use 2 corn tortillas.
- If you have leftover chicken from lunch, use it and skip step 1.



PER SERVING

446	**kcal**
Protein	**38 g**
Carbs	**39 g**
Fat	**15 g**
Fiber	**7.7 g**

METHOD

1. Cut the chicken into strips, season with the spices and cook in the skillet with the oil over medium-high heat for 6 minutes, until golden and no longer pink.
2. Mix the yogurt with the mustard and lime juice to make the sauce.
3. Warm the tortilla for 20 seconds per side in a dry skillet so it gets soft and pliable.
4. Spread the sauce in the center and add the lettuce, tomato, carrot, avocado and chicken.
5. Fold in the ends, roll it up tightly and cut it in half.

IF YOU'RE CUTTING
Swap the tortilla for large lettuce leaves and make lettuce wraps.

IF YOU'RE BULKING
Use 2 tortillas and add 30 g fresh cheese.

Tip: Wrap it in foil if you're taking it with you: it won't fall apart and it's easy to eat.

Warm chickpea and tuna salad

Gluten-free · High protein · Quick

Pan-toasted chickpeas with tuna and fresh vegetables: filling, not heavy, and done in ten minutes.

⏱ 10 min · Easy · 1 serving

INGREDIENTS

- **2/3 cup** cooked chickpeas 120 g
  canned, drained and rinsed
- **1 can** tuna in water (canned), drained 100 g
- **8 cherry tomatoes** 80 g
- **1/2 small cucumber** 50 g
- **2 tbsp** onion, thinly sliced 20 g
- **1 big handful** spinach 40 g
- **2 tsp** olive oil 8 g
- **2 tsp lime or lemon juice** 10 g
- **1 tbsp chopped** parsley 5 g
- **Cumin and pepper** 1 g
- **1 pinch** salt 1 g

Swaps · If you don't have...

- If you don't have chickpeas, use cooked white beans or lentils.
- Swap the tuna for 2 hard-boiled eggs or canned sardines.



PER SERVING

427 kcal	
Protein	39 g
Carbs	42 g
Fat	12 g
Fiber	12 g

METHOD

1. Pat the chickpeas dry with paper towels.
2. Heat half the oil in a skillet over medium-high heat and toast the chickpeas with the cumin for 5 minutes, shaking the pan, until golden outside.
3. Turn off the heat, add the spinach and stir for 30 seconds so it softens in the heat.
4. Move everything to a plate and add the tuna, halved tomatoes, cucumber and onion.
5. Dress with the rest of the oil, the lemon juice, salt, pepper and parsley. Eat it warm.

IF YOU'RE CUTTING
Cut the chickpeas to 80 g and add more spinach and cucumber.

IF YOU'RE BULKING
Add 1/3 avocado and a slice of whole-wheat bread.

Tip: Soaking the onion in cold water for 5 minutes takes away its bite.

Snacks

Wilson: For hunger between meals, with clear portions.



Greek yogurt parfait with fruit and granola

Vegetarian · High protein · No-bake · Quick

Creamy, crunchy and fresh: the afternoon treat that also adds protein.

3 min · Easy · 1 serving

INGREDIENTS

- **3/4 cup** plain unsweetened Greek yogurt (0 %) 170 g
- **4 strawberries** 60 g
- **1/3 banana** 40 g
- **2 tbsp** granola with no added sugar 20 g
- **1 pinch** cinnamon 1 g

Swaps · If you don't have...

- If you don't have granola, use 1 tbsp oats toasted in a skillet with 5 chopped walnuts.
- If Greek yogurt tastes too tangy to you, mix in a few drops of vanilla.
- To make it gluten-free, use granola made with certified gluten-free oats.



PER SERVING

248	**kcal**
Protein	**20 g**
Carbs	**33 g**
Fat	**4.6 g**
Fiber	**4.4 g**

METHOD

1. Chop the strawberries and slice the banana.
2. In a glass or cup, add half the yogurt and half the fruit.
3. Repeat with the rest of the yogurt and fruit.
4. Add the granola and cinnamon right before eating so it stays crunchy.

IF YOU'RE CUTTING
Leave out the banana and use 10 g granola.

IF YOU'RE BULKING
Increase the granola to 40 g and add 1 tbsp peanut butter.

Tip: If you're taking it with you, pack the granola in a small separate jar.

Carrot and cucumber sticks with guacamole

Vegan · Vegetarian · Gluten-free · No-bake · Quick

Crunchy and fresh, for snacking while you watch a show instead of reaching for a bag of chips.

10 min · Easy · 1 serving

INGREDIENTS

- **1/2 small avocado** 70 g
- **2 tbsp chopped** tomato 30 g
- **1 tbsp finely chopped** onion 15 g
- **1 tbsp chopped** cilantro 5 g
- **2 tsp lime or lemon juice** 10 g
- **1 pinch** salt 1 g
- **1 medium carrot** 80 g
- **1 small cucumber** 100 g

Swaps · If you don't have...

- Add chopped chili or jalapeño if you like it spicy.
- Swap the sticks for celery, bell pepper or jicama.
- Use a ripe avocado that gives slightly when you press it: it mashes easily and tastes creamier.



PER SERVING

175	**kcal**
Protein	**3.4 g**
Carbs	**21 g**
Fat	**11 g**
Fiber	**8.2 g**

METHOD

1. Peel the carrot and cut it and the cucumber into finger-sized sticks.
2. Mash the avocado with a fork and the lime juice, leaving a few chunks.
3. Mix in the tomato, onion, cilantro and salt. Taste and adjust the lime.
4. Serve the guacamole in a small bowl with the sticks around it for dipping.

IF YOU'RE CUTTING
Use 50 g avocado and more cucumber.

IF YOU'RE BULKING
Serve with 2 corn tortillas toasted in the oven or a skillet.

Tip: If you have leftover guacamole, press plastic wrap right onto the surface so it doesn't turn brown.

Crispy paprika chickpeas

Vegan · Vegetarian · Gluten-free

They crunch like peanuts and taste like a salty snack, but they bring fiber and plant protein.

⏱ 40 min · Easy · 2 servings

INGREDIENTS

- **1 1/3 cups (1 can, drained)** cooked chickpeas 240 g
- **2 tsp** olive oil 10 g
- **1 tsp paprika and 1/2 tsp cumin** 2 g
- **a scant 1/4 tsp** salt 1 g

Swaps · If you don't have...

- In an air fryer: 180 °C (350 °F) for 12 to 15 minutes, shaking the basket halfway.
- Swap the paprika for cinnamon and a pinch of panela (unrefined cane sugar) for a sweet version.



PER SERVING

241	**kcal**
Protein	**11 g**
Carbs	**33 g**
Fat	**8.1 g**
Fiber	**9.1 g**

METHOD

1. Heat the oven to 210 °C (410 °F). Rinse and drain the chickpeas.
2. Dry them very well by rubbing them with a clean towel; remove any skins that come loose. This step is the secret to getting them crispy.
3. Toss them with the oil, paprika, cumin and salt, and spread them on a sheet pan so they don't touch.
4. Bake 30 to 35 minutes, shaking the pan halfway, until golden and they rattle when you shake them.
5. Let them cool for 5 minutes out of the oven: they finish crisping as they cool.

IF YOU'RE CUTTING
Eat half a serving (60 g chickpeas) with veggie sticks.

IF YOU'RE BULKING
Mix the serving with 15 g peanuts.

Tip: Store them in a jar without closing the lid all the way: in an airtight container they go soft.



Drinks

Oliver: Easy shakes and juices, with what each one gives you.

Strawberry banana protein shake

Vegetarian · Gluten-free · High protein · No-bake · Quick

The classic pink shake, creamy and cold, to drink after your workout.

⏱ 5 min · Easy · 1 serving

INGREDIENTS

- **1 cup** strawberries 120 g
  can be frozen
- **1 medium banana** 100 g
- **1 cup (240 ml)** skim milk 250 g
- **1 scoop** whey protein powder 25 g
  use your own or the one we recommend for your goal; ask us for guidance. If you don't have any, use 150 g plain Greek yogurt
- **4 ice cubes** 60 g

Swaps · If you don't have...

- No protein powder: use 150 g plain Greek yogurt (it still has about 20 g protein).
- Vegan version: soy milk and plant protein powder.
- Frozen strawberries work just as well and make it colder: use 2 ice cubes instead of 4.



PER SERVING

307	**kcal**
Protein	**30 g**
Carbs	**47 g**
Fat	**2.2 g**
Fiber	**5.0 g**

What it gives you: Protein to help your muscles recover after training, carbs from the fruit to restore energy, vitamin C from the strawberries and potassium from the banana.

METHOD

1. Wash the strawberries and remove the stems; peel the banana.
2. Pour the milk into the blender first, then add the fruit, protein and ice.
3. Blend for 40 seconds, until there are no bits of ice left and it looks frothy.
4. Serve right away.

IF YOU'RE CUTTING

Use 1/2 banana and swap the milk for water or unsweetened almond milk.

IF YOU'RE BULKING

Add 30 g oats and 1 tbsp peanut butter.

Tip: Freeze ripe bananas in slices: the shake turns out thick like ice cream with less ice.

Green juice with pineapple, apple and cucumber

Vegan · Vegetarian · Gluten-free · No-bake · Quick

A fresh, sweet juice with no added sugar that tastes like fruit, not like "green".

5 min · Easy · 1 serving

INGREDIENTS

- **1 cup** pineapple, cubed 100 g
- **1 small green apple** 120 g
- **1 small cucumber** 150 g
- **1 handful** spinach 30 g
- **1 tbsp lime or lemon juice** 15 g
- **1 small** ginger slice 5 g
  optional
- **2/3 cup (150 ml)** water 150 g
- **4 ice cubes** 60 g

Swaps · If you don't have...

- If you don't have spinach, use kale or celery.
- Fresh or frozen pineapple both work.



PER SERVING

149	**kcal**
Protein	**2.9 g**
Carbs	**38 g**
Fat	**0.7 g**
Fiber	**5.8 g**

What it gives you: Hydration from the cucumber and water, vitamin C (pineapple and lime), potassium, and fiber if you don't strain it. It's an easy way to add fruit and vegetables to your day; it doesn't replace a meal and it isn't a "detox": your liver and kidneys already do that job.

METHOD

1. Wash the spinach, cucumber and apple well. Remove the apple seeds; the cucumber and apple can keep their skins.
2. Put the water, lime juice and ginger in the blender, then the fruit, cucumber and spinach.
3. Blend for 1 minute, until completely smooth.
4. Add the ice, blend 10 more seconds and serve without straining to keep the fiber.

IF YOU'RE CUTTING

Cut the pineapple in half and add more cucumber and ice.

IF YOU'RE BULKING

Have it with a serving of protein, like eggs or yogurt.

Tip: Drink it freshly made: over time it loses color, flavor and some vitamin C.

Bars

Thunderbolt: Homemade, to take to the gym or to work.



No-bake oat, banana and peanut bars

Vegan · Vegetarian · Gluten-free · No-bake

Eight bars for the week, sweetened only with banana, to take to the gym or eat as a snack.

15 min · Easy · 8 servings · Resting time: 2 hours in the fridge

INGREDIENTS

- **1 2/3 cups** rolled oats 160 g
  certified gluten-free oats if you have celiac disease
- **2 large very ripe bananas** 240 g
- **4 tbsp** unsweetened peanut butter 64 g
  unsweetened, just peanuts
- **1 1/2 tbsp** chia seeds 15 g
- **2 tbsp chopped** unsalted roasted peanuts 20 g
- **1 tsp** cinnamon 2 g
- **1/2 tsp** vanilla extract 3 g
- **1 pinch** salt 1 g

Swaps · If you don't have...

- If you don't have peanut butter, use 4 tbsp almond or sunflower seed butter.
- For a chocolate version, add 2 tbsp unsweetened cocoa powder in step 3.
- If you're allergic to peanuts, leave out the chopped peanuts and use sunflower seeds.



PER SERVING

175	**kcal**
Protein	**5.9 g**
Carbs	**24 g**
Fat	**7.2 g**
Fiber	**4.3 g**

METHOD

1. Toast the oats in a dry skillet over medium heat for 4 to 5 minutes, stirring, until they smell like cookies. Let them cool a little.
2. In a bowl, mash the bananas with a fork into a purée with no big lumps.
3. Add the peanut butter, vanilla, cinnamon and salt, and mix until creamy.
4. Add the oats, chia and peanuts, and mix until all the oats are moist.
5. Line an 8 × 8 in (20 × 20 cm) pan with parchment paper, add the mixture and press it down very firmly with a spoon or your hand.
6. Refrigerate 2 hours, until firm, and cut into 8 bars.

IF YOU'RE CUTTING

Cut 10 bars instead of 8 and have one with a Greek yogurt.

IF YOU'RE BULKING

Eat two bars, or one with a glass of milk.

Tip: Store them in the fridge in a closed container, separated with paper; they last 5 days, or 2 months in the freezer.

Desserts

Merlyna: Something sweet, guilt-free and made with real ingredients.



Creamy banana strawberry ice cream

Vegan · Vegetarian · Gluten-free · No-bake · Quick

Blended frozen banana turns into ice cream as smooth as soft serve, with no sugar or milk.

5 min · Easy · 1 serving · Resting time: 6 hours to freeze the fruit

INGREDIENTS

- **1 1/2 ripe bananas, sliced and frozen** 150 g
- **8 frozen strawberries** 100 g
- **3 tbsp** unsweetened almond milk 40 g
  or any milk
- **a few drops** vanilla extract 2 g

Swaps · If you don't have...

- Swap the strawberries for mango, blackberries or 1 tbsp unsweetened cocoa powder.
- If you don't have a food processor, use a powerful blender with very little liquid.



PER SERVING

177 kcal	
Protein	2.6 g
Carbs	42 g
Fat	1.2 g
Fiber	6.0 g

METHOD

1. Peel the ripe bananas, slice them and freeze them with the strawberries in a bag for at least 6 hours.
2. Take the fruit out of the freezer 3 minutes ahead so your blender or food processor doesn't struggle.
3. Process the fruit with the vanilla and half the almond milk, stopping to scrape down the sides with a spatula.
4. Add the rest of the milk only if needed and keep going until smooth and creamy, like soft serve (2 to 3 minutes).
5. Serve right away, or freeze 30 more minutes if you want it firmer.

IF YOU'RE CUTTING
Use 1 banana and more strawberries.

IF YOU'RE BULKING
Add 1 scoop protein powder and 1 tbsp peanut butter when you process it.

Tip: The banana has to be very ripe, with black spots: if it's green, the ice cream tastes floury.



Zapote travels a lot and knows every country has its own name for the same fruit.

Same ingredient, different name

If a recipe mentions something you don't recognize, look it up here: US names first, then UK and other English names, and the Latin American names you may see in stores.

IN THE RECIPES	ALSO CALLED
Bell pepper	capsicum (Australia), sweet pepper, pepper (UK)
Cilantro	coriander (UK), fresh coriander
Cinnamon	ground cinnamon
Cooked chickpeas	garbanzo beans
Cooked whole-wheat pasta	wholemeal pasta (UK)
Corn	sweetcorn (UK), choclo, elote
Fresh cheese (queso fresco)	farmer's cheese, queso blanco, queso campesino, paneer-style cheese
Ginger	fresh ginger root
Homemade vegetable broth	vegetable stock
Mushrooms	button mushrooms
Olive oil	or another vegetable oil
Plain unsweetened Greek yogurt (0 %)	nonfat Greek yogurt, fat-free Greek yoghurt (UK)
Precooked cornmeal (arepa flour)	masarepa, harina PAN-style flour
Rolled oats	old-fashioned oats, porridge oats (UK)
Scallion	spring onion (UK), green onion, cebolla larga
Skim milk	skimmed milk (UK), nonfat milk
Tuna in water (canned)	tinned tuna in spring water (UK)
Unsalted roasted peanuts	groundnuts, maní, cacahuate
Unsweetened almond milk	almond drink
Unsweetened peanut butter	natural peanut butter
Unsweetened tomato sauce	passata, tomato purée (UK)
Vanilla extract	vanilla essence (UK)
Whey protein powder	whey; unflavored or vanilla works in every recipe
White corn arepa (cooked dough)	arepa (Colombian and Venezuelan corn cake)
White fish (tilapia, hake)	tilapia, hake, cod, pollock



TO FINISH

OTHER NAMES

IN THE RECIPES	ALSO CALLED
Whole-grain bread	wholemeal bread (UK), whole-wheat sandwich bread
Whole-wheat tortilla	wholemeal wrap (UK)

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