

THE FLEXIBLE APPROACH

Macro Friendly Meal Guide



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Friendly Recipes

Ingredients
Calories
Macros
ALL LISTED



FAKEAWAY
VEGETARIAN
GLUTEN FREE
EASY INGREDIENT
GLUTEN FREE



The Flexible Approach



OMELETTE SALMON WRAPS



Omelette Salmon Wraps

SERVES 4

- 200g Bulla High Protein Cottage Cheese
- 40g Baby Spinach
- 1x Lemon, Peel only
- 8x Eggs
- 60ml So Good Soy Milk
- 1 tsp. Masterfoods Mixed Herbs Seasoning
- 10g Macro Organic Coconut Oil
- 200g Ocean Blue Smoked Salmon, Chopped



INSTRUCTIONS:

Place the cottage cheese, spinach and lemon peel in a high bowl and puree with a hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl.

Heat 5g. of oil in the medium size frying pan and fry $\frac{1}{4}$ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for $\frac{1}{2}$ minute.

Remove the omelette from the pan and set aside. Fry the other omelette's with the rest of the oil.

To serve, spread the cottage cheese paste over the omelette's and top with smoked salmon. Roll up the omelette's as a wrap and cut in half.

GF	HP	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	328	20	7.5	30

*Nutrition per serving

BANANA BREAD PROTEIN BOWL



Banana Bread Protein Bowl

SERVES 1

- 100g banana, mashed
- 30g (1 scoop) VPA chocolate protein
- 5g (1 tsp) baking powder
- 1 tsp cinnamon
- 60ml So Good Almond Milk Unsweetened
- 35ml Queen Sugar Free Maple
- 25g Nestle milk chocolate chips

INSTRUCTIONS:

In microwave safe bowl, mash banana.

Add protein, almond milk, maple syrup, baking powder and cinnamon. Stir all ingredients to combine,

Add in chocolate chips. Adding in chocolate chips on top of mixture too.

Microwave for 2-3 minutes, until desired texture is reached. May need to stop and start microwave to stir in between, so it does not boil over.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	3 mins	372	9	42	26

*Nutrition per serve

ALMOND CROISSANT BAKED OATS



Almond Croissant Baked Oats

SERVES 6

- 180g Red Tractor Protein Creamy Style Oats
- 30g Coles Almond Flour
- 6x Eggs
- 3x Scoops (90g) VPA Vanilla Protein Powder
- 600g Pauls Plus Protein Yoghurt Vanilla
- 30g Queen Organic Vanilla Bean Paste
- 3 tsp. Baking Powder
- 30g Coles Flaked Almonds
- 25g Cinnamon Sugar



INSTRUCTIONS:

Add all ingredients into a large serving bowl, except for the the cinnamon sugar and 15g of almond flakes. Mix together well.

Pre-heat oven to 180°C.

Spray oven proof baking dish with canola oil spray and pour contents into the dish, evenly spread.

Sprinkle last 15g of almond flakes over the top.

Bake in the oven for approximately 20 minutes.

Top with cinnamon sugar and divide into 6 serving pieces.

MP	V	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 min	415	13	33	42

*Nutrition per serving

BANANA PROTEIN PANCAKES



Banana Protein Pancakes

SERVES 2
(Makes 6 Pancakes)

- 100g Uncle Toby's Rolled Oats
- 100g Banana, Ripe
- 115g Bulla Cottage Cheese
- 50g Puregg Simply Egg Whites
- 50ml Vitasoy Unsweetened Coconut Milk
- ½ tsp. Cinnamon
- ½ tsp. baking powder
- 45g Nestle Bakers' Choice Dark Choc Bits
- 70ml Queens Sugar Free Maple (topping)

INSTRUCTIONS:

Place all ingredients except the chocolate chips into a blender and blitz until smooth.

Next, stir in the chocolate chips.

Fry the pancakes on a dry non-stick pan, using canola oil spray, and cook on medium-high heat for 2-3 minutes each side.

The batter will make around 6 small pancakes.

To serve, top with maple syrup.



MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10-15 mins	443	12	66	18

*Nutrition per serving = 3 pancakes

VEGETARIAN MI GORENG



Vegetarian Mi Goreng

SERVES 4

- 200g San Remo Egg Noodles
- 250g Cabbage, Chopped
- 100g White Onion, Chopped
- 120g Carrot, Chopped
- 2x Garlic Cloves, Minced
- 75g Spring Onion, Chopped (save the top green part for garnish)
- 45g ABC Kecap Manis Sweet Soy Sauce
- 45g Ayam Malaysian Sambal Stir Fry Paste
- 10g Olive Oil
- 10g Dragon & Phoenix Ingredients Fried Shallot
- 4x Egg, Fried

Seasoning mix

- 2 tsp. sea salt
- 1 tsp. ground black pepper
- 2 tsp. chilli powder
- 1 tbsp. garlic powder
- 2 tsp. onion powder

INSTRUCTIONS:

Prepare the seasoning mix by combining all the spices.

Cook the noodles in a pot of boiling water, once soft, drain the water and set noodles aside.

Heat 5g oil in a wok over high heat, then add the cabbage and carrots. When the smaller bits starts to soften, stir in the onion. Don't worry if some of the edges turn brown, just make sure it doesn't burn.

After about 8 minutes add extra 5g of oil and stir in the garlic, the lower parts of the spring onion and sambal olek.

Cook for another few minutes.

Stir in the seasoning mix and 250ml water. Then add the noodles and the kecap manis.

Stir to make sure everything is coated with the sauce, then transfer to a serving dish and divide between 4.

Top with crispy shallots and the top green part of the spring onions.

Fry the egg to your liking and serve on top.

V	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	426	11	66	15

*Nutrition per serving

CHICKEN CARBONARA



Chicken Carbonara

SERVES 4

- 480g Raw Chicken Breast
- 80g onion, chopped
- 80g Perfect Italiano Grated Cheese
- 160g Masterfoods Carbonara Recipe Base
- 200g Primo Bacon
- 80ml Bulla Light Cooking Cream
- 200g San Remo Spaghetti
- 20g (4x) Garlic Cloves, chopped
- 20g Parsley, chopped

INSTRUCTIONS:

Cut raw chicken into bite size pieces.

Spray pan with canola oil and bring pan to medium heat. Add chicken, and chopped onion, cook for 5 minutes.

Add carbonara recipe base, and cooking cream, cook for further 10 minutes, until chicken is white and cooked through and sauce has been soaked through.

Cook bacon in separate frying pan on medium heat, using canola spray. Stir often and cook for approximately 10 minutes, or until desired consistency is reached.

Chop bacon into pieces and add bacon to chicken and recipe base dish.

Add chopped garlic to dish.

Stir to combine

In a pot of boiling water, add spaghetti and boil until softened. Approximately 10-15 minutes. Drain water from pot and add 1x serving of spaghetti to large bowl.

Add chicken with added ingredients on top of spaghetti. Sprinkle grated parmesan and parsley on top to serve.



MP	HP	Q	
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5-10	20 min	538	18	47	50

*Nutrition per serve

BEEF CHOW MEIN



Beef Chow Mein

SERVES 4

- 400g Wokka Thin Egg Style Noodles
- 400g Beef Eye Fillet Steak, Chopped
- 10ml Ayam Pure Sesame Oil
- 1 Garlic Clove, minced
- 1 tbsp. Ground Ginger
- 50g Leek, Sliced (Mostly White Parts)
- 200g Red Capsicum, Sliced
- 80g Mushrooms, Sliced
- 80ml Ayam Light Soy Sauce
- 10ml Water
- Pinch of ground white pepper
- ¼ tsp. Natvia Sweetener
- 10g Spring Onions, Chopped

INSTRUCTIONS:

Prepare the noodles according to instructions on the packaging (Often boiled in water).

Cut the beef into thin strips.

Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sweetener. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes and garnish with chopped spring onions.



DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	361	9	40	31

*Nutrition per serving

CRISPY CHICKEN BURGER



Crispy Chicken Burger

SERVES 1

- 1x Brioche Gourmet Burger Bun
- 100g Coles Chicken Breast
- 30g Old El Paso Crispy Chicken Spice Mix
- 1x egg white, whisked.
- 30g Iceberg Lettuce Leaf
- 40g Tomato, sliced.
- 1x Smokey Cheese Slice (Woolworths)
- 2x Pickles
- 15g Flame Grilled Burger Sauce (Coles)

INSTRUCTIONS:

Whisk egg yolk in bowl.

Cut up raw chicken into burger size piece.

In a separate bowl, add spice mix.

Cover chicken with egg, followed by spice mix.

Heat pan on low-medium and fry chicken on stove for approximately 15 minutes. Regularly turning chicken for an even cook.

Pre-heat oven to 180 degrees, cut bun in half and bake brioche bun for 5-10 minutes, until golden and crispy.

Place crispy chicken on top of burger bun base, followed by cheese, lettuce, tomato and pickles. Add burger sauce and place bun together.



HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	550	18	50	48

*Nutrition per serve

APPLE SLICE



Apple Slice

SERVES 12

- 250g Plain Flour
- 15g Baking Powder
- 180g Macro Unrefined Coconut Sugar
- 1x Egg
- 400g Green Apple, Peeled, Cored, Cut into Pieces
- 100g Macro Organic Coconut Oil, Melted



INSTRUCTIONS:

Preheat the oven to 180°C.

Prepare an 8-inch (20cm) baking tin lined with baking paper.

Place the flour, baking powder and sugar into a large bowl and mix well. Add in the egg and melted coconut oil and stir until combined. Now add in the apples; using your hands to incorporate them into the batter.

Place the batter into the lined tin and bake for 35-40 minutes. Once ready remove from the oven and allow to cool.

Slice into 12 pieces.

Store in an airtight container.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	216	12	35	6

*Nutrition per serving = 1 Slice

PEANUT BUTTER YOGHURT BOWL



Peanut Butter Yoghurt Bowl

SERVES 2

- 250g Chobani Greek Yogurt Natural Whole Milk
- 30g Mayver's Smooth Peanut Butter
- 3g (2 tsp.) Stevia Sweet Sweet Granulated
- 100g Banana, Sliced
- 120g Blueberries
- 10g Carman's Protein Rich Almond & Hazelnut Granola (topping)

INSTRUCTIONS:

Add the yoghurt, peanut 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 banana, blueberries and granola.



Q	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	300	13	31	16

*Nutrition per serving

MACRO FRIENDLY EBOOK RECIPES

- Scrambled Eggs On Toast - page 5
- Sweet Potato Spanish Omelette - page 7
- Omelette Salmon Wraps - page 9
- Asian Style Scrambled Eggs - page 11
- Egg, Bacon, & Avocado Bowl - page 13
- Fried Eggs With Tuna & Tomato - page 15
- The Big Breakfast - page 17
- Egg, Fetta & Avo Muffin - page 19
- Egg & Vegetable Muffin - page 21
- Mini Quiche Breakfast Muffins - page 23
- Protein Porridge - page 25
- Banana Bread Protein Bowl - page 27
- Almond Croissant Baked Oats - page 29
- Blueberry Baked Protein Oats - page 31
- Biscoff Overnight Weetbix - page 33
- Oreo Overnight Weetbix - page 35
- Tropical Smoothie Bowl - page 37
- Summer Smoothie Protein Bowl - page 39
- Vegan Protein Berry Smoothie Bowl - page 41
- Banana Protein Pancakes - page 43
- Fluffy Berry Pancakes - page 45
- Vegan Banana & Strawberry Pancakes - page 47
- Buttermilk Pancakes - page 49
- High Protein Blueberry Pancakes - page 51
- Cinnamon Roll Protein Smoothie - page 53
- The Rise 'n' Shine Protein Smoothie - page 55
- Banana & Apple Smoothie - page 57
- The Triple Berry Blaster - page 59
- Cucumber, Avocado & Chicken Salad - page 61
- Pesto Chicken Pasta - page 63
- Creamy Zoodles with Cod - page 65
- Creamy Chicken Mushroom & Tomato Pasta - page 67
- Roasted Cherry Tomato & Chicken Salad - page 69
- Potato & Sundried Tomato Salad - page 71
- Salmon & Peach Salad - page 73
- Minestrone Soup With Chicken - page 75
- Tom Yum Soup With Prawns - page 77
- Pumpkin Soup With Pulled Chicken - page 79
- Vegetable Mi Goreng - page 81
- Mixed Bean Nachos - page 83
- Soft Shell Beef Tacos - page 85
- Pub Parma & Fries - page 87
- Cheeseburger - page 89
- Home-made Pepperoni Pizza - page 91

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g-serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

- One-Pot Chicken Pesto Rice Dish - page 93
- Home-Made Greek Lamb Souvlaki - page 95
- Pub Style Fish & Chips - page 97
- Creamy Meatball Spaghetti - page 99
- Cajun Chicken Pasta - page 101
- Cajun Beef & Vegetable Rice - page 103
- Sesame Tempeh Stir-Fry - page 105
- Vegetable Stir-Fry - page 107
- Sweet & Sour Pork Stir-Fry - page 109
- Mexican Style Fried Rice - page 111
- Beef Lasagna - page 113
- Chicken Carbonara - page 115
- Steak, Mash & Vegetables - page 117
- Pepper Steak Bowl - page 119
- Beef Chow Mein - page 121
- San Choy Bow - page 123
- Loaded Baked Potato - page 125
- Crispy Chicken Burrito - page 127
- Chicken Fajita & Veg - page 129
- Pulled Chicken Tortilla - page 131
- Crispy Chicken Burger - page 133
- Chocolate Chia Seed Pudding - page 135
- Peanut Butter Brownies - page 137
- Chocolate & Coconut Protein Balls - page 139
- PB & Cranberry Cookies - page 141
- Apple Slice - page 143
- Peanut Butter Yoghurt Bowls - page 145
- Strawberry Protein Muffins - page 147
- Home-Made Ferraro Rochers - page 149
- Vegan Creme Brulee - page 151
- Banana Chocolate & PB Bites - page 153
- Strawberry Sorbet - page 155
- Banana Protein Ice-Cream - page 157
- Cherry Sorbet - page 159
- Protein Fruit Bowls - page 161
- Vanilla Coconut Balls - page 163

FAKEAWAY

EBOOK RECIPES

- Home-Made Greek Lamb Souvlaki - page 5
- Beef Nacho Bowl - page 7
- Nandos Wrap & Sweet Potato Fries - page 9
- Pub Parma & Fries - page 11
- Butter Chicken with Naan Bread - page 13
- Mexican Burrito Bowl - page 15
- Loaded Corn Chip Quesadilla - page 17
- Chicken Gyros Plate- page 19
- Home-Made Meat Lovers Pizza - page 21
- Home-Made Veggie Supreme Pizza- page 23
- Lamb HSP - page 25
- Pork Dumplings - page 27
- Pub Style Fish & Chips - page 29
- Chicken Mi Goreng - page 31
- Creamy Pasta Pomodoro - page 33
- Singapore Noodles with Prawns - page 35
- Big Mac - page 37
- Crispy Chicken Burger - page 39
- Simply Grilled Simon Says Burger - page 41
- Turkish Roll Sweet Chilli Chicken Sub - page 43

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VEGETARIAN EBOOK RECIPES

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N	Contains Nuts

- Avocado, Tapenade & Egg Toast - p.5
- Asian Style Scrambled Eggs - p.7
- Avo & Goats Cheese On Toast - p.9
- Avocado, Feta & Pomegranate On Toast - p.11
- Egg, Fetta & Avo Muffin - p.13
- Cottage Cheese, Avocado & Sun-dried Tomato Breaky Wrap - p.15
- Tropical Smoothie Bowl - p.17
- Raspberry Smoothie Bowl - p.19
- Dark Chocolate Breaky Oats - p.21
- Overnight Vanilla Yoghurt Oats - p.23
- Banana Protein Pancakes - p.25
- Fluffy Berry Pancakes - p.27
- Orange & Protein Yoghurt Pancakes - p.29
- Almond Banana Pancakes - p.31
- Vegetarian Mi Goreng - p.33
- Fetta, Pear & Walnut Salad - p.35
- Mixed Bean Nachos - p.37
- Grilled Pumpkin & Tofu Salad - p.39
- Tofu Vegetable Stir-fry - p.41
- Roasted Vegetable Salad - p.43
- Kale & Broccoli Salad - p.45
- Sun-dried Tomato & Pumpkin Salad - p.47
- Tofu In Peanut Sauce & Broccolini - p.49
- Eggplant Lasagna - p.51
- Baked Sweet Potato With Fetta, Pesto & Pomegranate - p.53
- Satay Tempeh Skewers With Coleslaw - p.55
- Sweet Potato Pancakes With Cheese and Tomato - p.57
- Vegetable Soup - p.59
- Mushroom Soup - p.61
- Creamy Leek Risotto - p.63
- Sweet Potato Saag Aloo - p.65
- Green Sushi Crispy Tofu Salad - p.67
- Vegetarian Nasi Goreng - p.69
- Smoked Eggplant Goulash - p.71
- Chickpea, Potato & Spinach Curry - p.73
- Chakalaka Risotto - p.75
- Vegetable Curry - p.77
- Raspberry Millet Protein Pudding - p.79
- Kiwi Chia Protein Pudding - p.81
- Chocolate Chia Pudding - p.83
- Vegan Orange Chocolate Mousse - p.85
- Coconut-Banana Millet Custard - p.87
- Banana Protein Ice-Cream - p.89
- Chocolate Millet Pudding - p.91
- Oat & Carrot Cookies - p.93
- Quark Cheese Pomegranate & Chocolate Pudding - p.95
- Vegan Lemon Coconut Cake - p.97
- Vanilla Coconut Balls - p.99
- Strawberry Protein Chia Pudding - p.101
- Peanut Butter & Jelly Smoothie - p.103

EASY INGREDIENT EBOOK RECIPES

- Mushroom & Brie Omelette - page 5
- Smoked Salmon, Avo & Cottage Cheese Breaky Platter - page 7
- Biscoff Overnight Weetbix - page 9
- Home-Made Protein Pancakes - page 11
- The Perfect Purple Smoothie - page 13
- Walnut & Cinnamon Granola - page 15
- Strawberry Protein Smoothie Bowl - page 17
- Rocky Road Overnight Weetbix - page 19
- Shakshuka - page 21
- Protein Porridge - page 23
- Chickpea Bruschetta - page 25
- Pesto Pasta Salad - page 27
- Egg White & Vegetable Frittata - page 29
- Lentil Falafels - page 31
- Zucchini, Quinoa & Beef Burgers - page 33
- Tuna Bowl With Spice - page 35
- Cajun Salmon With Corn Salsa - page 37
- Cauliflower Soup - page 39
- Solo Cheeseburger - page 41
- Veggie Salad & Chilli - page 43
- Chicken Fajita & Veg - page 45
- Chicken Piccata - page 47
- Ham, Cheese & Spinach Toasted Wrap - page 49
- Spinach Risotto - page 51
- Chicken Schnitzel Salad - page 53
- Chickpea & Broccoli Curry - page 55
- One-Pot Chicken Pesto Rice Dish - page 57
- Sesame Crusted Miso Tuna - page 59
- Home-Made Pepperoni Pizza - page 61
- Pork Meatballs - page 63
- Sweet Potato Hommus - page 65
- Tahini Protein Balls - page 67
- Almond & Cranberry Protein Balls - page 69
- PB & Cranberry Cookies - page 71
- Sweet Potato & Black Bean Brownies - page 73
- Apple Slice - page 75
- Pumpkin Cake - page 77
- Coconut & Chia Seed Pudding - page 79
- Blueberry Protein Ice-Cream - page 81
- Tropical Carrot Smoothie - page 83

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GLUTEN FREE EBOOK RECIPES

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- Apple crumble protein oats - p.5
- Zucchini pancakes - p.7
- Sweet potato pancakes - p.9
- Sweet potato and zucchini hash - p.11
- Bacon wrapped egg cups - p.13
- Sweet potato Spanish omelette - p.15
- Egg, carrot and kale muffins - p.17
- Mini quiche breakfast muffins - p.19
- Blueberry baked protein oats - p.21
- Banana bread protein bowl - p.23
- Tuna omelette - p.25
- Black bean omelette - p.27
- Pulled chicken wrap - p.29
- Tuna egg salad - p.31
- Green beans, chicken and mango salad - p.33
- Roasted cherry tomato salad - p.35
- Southwest chicken salad - p.37
- Pesto pasta - p.39
- Creamy meatball spaghetti - p.41
- Cajun chicken pasta - p.43
- Lasagna - p.45
- Chicken carbonara - p.47
- Steak, mash and vegetables - p.49
- Pumpkin soup - p.51
- Minestrone soup - p.53
- Ham and vegetable pizza - p.55
- Home-made bbq chicken pizza - p.57
- Loaded baked potato - p.59
- Crispy chicken burrito - p.61
- Flame grilled crispy chicken burger - p.63
- Chickpea wrap with beef and lentils - p.65
- Pulled chicken tortilla - p.67
- San choy bao - p.69
- Mediterranean baked salmon - p.71
- Soft shell beef tacos - p.73
- Mexican beef skillet - p.75
- Pesto zucchini noodles with chicken - p.77
- Capsicum chicken and rice - p.79
- Lamb and chickpea stuffed peppers - p.81
- Home-made hummus - p.83
- Lemon raspberry chia pudding - p.85
- Chocolate and coconut chia pudding - p.87
- Chocolate chia seed pudding - p.89
- Lemon, coconut and chia seed muffins - p.91
- Peanut butter brownies - p.93
- Peanut butter and honey protein balls - p.95
- Lime with nuts energy balls - p.97
- Chocolate and coconut protein balls - p.99
- Raspberry mousse - p.101
- Strawberry sorbet - p.103



SMOOTHIE

EBOOK RECIPES

- Power house smoothie - page 5
- The berry burst breakfast smoothie - page 7
- The rise 'n' shine protein smoothie - page 9
- Coffee & coconut smoothie - page 11
- The green tea & banana smoothie - page 13
- The clean green smoothie - page 15
- Magic mango protein smoothie - page 17
- The Black Forest smoothie - page 19
- Banana & apple smoothie - page 21
- Superfood smoothie - page 23
- Strawberry, coconut, & honey smoothie - page 25
- Golden hour smoothie - page 27
- The triple berry blaster - page 29
- Cinnamon roll smoothie - page 31
- Green anti-inflammatory smoothie - page 33
- The minty fresh smoothie - page 35
- The mango citrus smoothie - page 37
- The Pineapple Express - page 39
- The lean green smoothie - page 41
- The summer breeze smoothie - page 43
- Cocoa & PB smoothie - page 45
- The kiwi & quinoa smoothie - page 47
- Blueberry, cabbage & fruit smoothie - page 49
- The mocha smoothie - page 51
- The tropical storm smoothie - page 53
- Carrot cake cinnamon smoothie - page 55
- Banana smoothie - page 57
- Apple & honey smoothie - page 59
- The sweet potato smoothie - page 61
- Cucumber, grape & carrot smoothie - page 63

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