

PROTEIN PACKED GREEK YOGURT PARFAIT

INGREDIENTS

- 1 cup plain Greek yogurt (2% or non-fat)
- 1/2 or 1 scoop (30g) vanilla or unflavoured Optimum Nutrition protein powder
- 1/4 cup granola (low-sugar variety recommended)
- 1 tbsp chia seeds
- 1/2 cup fresh berries (e.g., strawberries, blueberries, raspberries)
- Optional: 1 tsp honey or maple syrup for sweetness

DIRECTIONS

- In a mixing bowl, combine the Greek yogurt and protein powder. Stir until well blended and smooth.
- In a clear glass or bowl, layer 1/2 cup of Greek yogurt.
- Add half of the granola and sprinkle with 1/2 tbsp chia seeds.
- Layer 1/4 cup of fresh berries on top.
- Repeat the layers with the remaining yogurt, granola, chia seeds, and berries.
- Drizzle with honey or maple syrup if desired, and enjoy immediately.



CHINESE INSPIRED TOFU STIR FRY WITH VEGETABLES

INGREDIENTS

- 1 block (14 oz) firm or extra-firm tofu, drained and pressed
- 2 tbsp soy sauce (low-sodium preferred)
- 1 tbsp corn starch
- 2 tbsp vegetable oil (for frying)
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 carrot, thinly sliced
- 2 cloves garlic, minced
- 1 tsp ginger, minced
- 2-3 tbsp soy sauce (for stir-frying)
- Cooked rice or noodles (for serving)

DIRECTIONS

- Cut the pressed tofu into cubes and toss with 2 tbsp soy sauce and corn starch until evenly coated.
- Heat 1 tbsp vegetable oil in a large pan.
- Add the tofu and cook until golden brown on all sides (5-7 minutes). Remove and set aside.
- In the same pan, add the remaining oil. Add the sliced vegetables. Stir-fry for 3-4 minutes until tender-crisp.
- Add the minced garlic and ginger, and stir-fry for another 30 seconds.
- Return the cooked tofu to the pan & add 2-3 tbsp soy sauce. Stir to combine and heat through.
- Serve hot over cooked rice or noodles.



LEMON GARLIC CHICKEN

INGREDIENTS

- 2 boneless, skinless chicken breasts (about 1 lb)
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- Zest of 1 lemon
- 1 tsp dried oregano
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

DIRECTIONS

- In a bowl, mix olive oil, minced garlic, lemon juice, lemon zest, oregano, salt, and pepper.
- Add the chicken breasts to the marinade, ensuring they are fully coated. Marinate for at least 30 minutes (or up to 2 hours in the refrigerator).
- Preheat a grill or skillet over medium heat. Cook the chicken for about 6-7 minutes per side or until the internal temperature reaches 165°F (75°C).
- Remove from heat and let rest for a few minutes. Slice and garnish with fresh parsley before serving.



QUINOA SALAD WITH ROASTED CHICKPEAS & VEG

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 red onion, diced
- 1/4 cup fresh parsley, chopped
- 3 tbsp olive oil (divided)
- 1 tsp paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste
- Juice of 1 lemon

DIRECTIONS

- **Preheat Oven: Preheat to 400°F (200°C).**
- **Roast Chickpeas:** Pat chickpeas dry, toss with 1 tbsp olive oil, paprika, garlic powder, salt, and pepper on a baking sheet. Roast for 20-25 minutes, shaking halfway.
- **Cook Quinoa:** In a saucepan, combine quinoa and water/broth. Bring to a boil, then cover and simmer for 15 minutes until fluffy.
- **Combine Ingredients:** In a large bowl, mix roasted chickpeas, cooked quinoa, cherry tomatoes, cucumber, red onion, and parsley.
- **Dress Salad:** Whisk together remaining olive oil and lemon juice; pour over the salad and toss to combine.

