



BIOV8
HUMAN OPTIMISATION

**LEAN MUSCLE
MASS** LEAN & TONED!
7 DAY PROGRAM

YOUR EASY-TO-FOLLOW NUTRITION PROGRAM
FORMULATED TO:

- + MAXIMISE LEAN MUSCLE
- + STRIP FAT MASS
- + FUEL PERFORMANCE
- + MAXIMISE DAILY ENERGY
- + BOOST VITALITY

BIOV8

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ABOUT BIOV8

BIOV8 is committed providing the highest quality performance enhancing wellness solutions that allow you to get the most out of every day.

MAXIMISE LEAN MUSCLE!

A LEAN MUNCH!

What's on your plate matters! It's all about fuelling for results & in this case optimal lean muscle mass!

But we all know the temptation of scrumptious looking, calorie dense meals even if we do train most days like a pro!

It can be difficult to know what foods (& portions of), support your goals!

The truth is, there is always a strategy in optimising your nutrition & it all starts with your 7-day program.

OPTIMISE RESULTS WITH CJC-1295 / GHRP2

When it comes to the most effective, and widely used, peptide stack that is focused on lean muscle mass, it's hard to ignore CJC-1295/GHRP2.

The benefits of CJC-1295/GHRP2 include increased muscle mass, decreased body fat, enhanced flexibility and joint health. It also promotes better recovery from injuries and training sessions, a deeper more restful sleep, anti-aging benefits, and improved overall health and wellness.

Higher growth hormone levels also lead to greater production of Insulin-like Growth Factor 1 (IGF-1) in the body. This further drives improvements in lean body composition, accelerating growth of muscle tissue and reducing body fat. Likewise, this stack promotes significant gains in strength and endurance, especially when used for a period of months. Athletic performance, physical capacity, and cellular health all have the ability to improve significantly with the use of this peptide, according to medical research.

HOW DO I KNOW WHETHER IS CJC-1295 / GHRP2 RIGHT FOR ME?

BIOV8 Clinics is the premium peptide clinic in Australia offering not only the highest quality Australian made peptides, but also offers access to our expert medical team to discuss your goal.

For more information check out www.BIOV8.com.au for more information and our contact details.

YOUR LEAN MUSCLE MASS PROGRAM.

Your BIOV8 7-day program works off an energy deficit to strip fat mass whilst maintaining lean muscle mass achieved by fuelling for fat loss.

MALES:

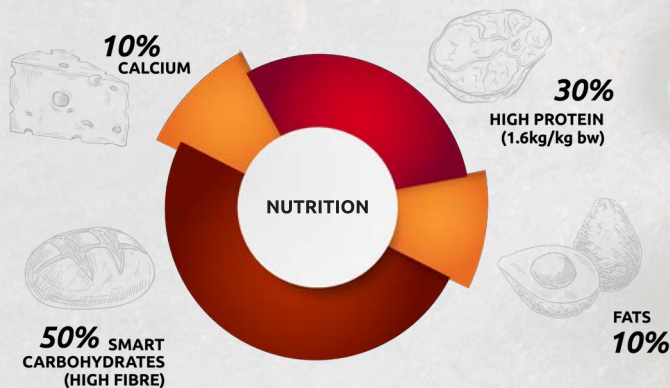
- ✓ DAILY CALORIE INTAKE: 2800 - 3000 calories
- ✓ DAILY WORKOUT BURN GOAL: 500 calories per daily workout
- ✓ DAILY INCIDENTAL MOVE GOAL: 2200 - 2600 calories

FEMALES:

- ✓ DAILY CALORIE INTAKE: 2400 - 2600 calories
- ✓ DAILY WORKOUT BURN GOAL: 400 calories
- ✓ DAILY INCIDENTAL MOVE GOAL: 2000 - 2400 calorie

YOUR DAILY MACRO SPLIT

- HIGH PROTEIN 30% (1.4KG/KG BW)
- SMART CARBOHYDRATES (HIGH FIBRE) 50%
- FATS 10%
- CALCIUM 10%



ACHIEVE LEAN MUSCLE GAIN:

It's easier than you think!

- ✓ Follow your meal program
- ✓ Reduce your caffeine intake to once per day
- ✓ Ditch the alcohol
- ✓ Complete at least 6 x elite workouts per week!
- ✓ An injection of your daily peptide

WE HAVE TAKEN CARE OF THE SCIENCE FOR YOU, **SO LET'S GO!**

MAXIMISE LEAN MUSCLE.

NUTRIENT DENSE MEALS

Your 7-day program contains calorie dense meals that cater for your goals! The proportion of nutrients in each meal is designed to power lean muscle development whilst stripping fat mass. The meals also contain key & essential nutrients to enhance vitality, energy & recovery!

+ PROTEIN INTAKE

Your Protein intake is important to building lean muscle mass due to its strong correlation with energy & performance from its ability to synthesis new LEAN muscles & repair those damaged during your workouts. This in turn reduces your stored fat deposits creating a leaner muscle tone over the entire body. Win, win!

Protein also works to improve moods, regulates hormones, supports clear younger skin & healthier hair. Protein is consistently in your 7-day program, found in lean meats, poultry, fish, eggs, dairy, nuts, tofu & legumes.

YOUR PROTEIN SERVES:

- ✓ Are portioned to suit your goal
- ✓ Provide Amino Acids for your muscles to repair
- ✓ Protein portions allow for growth (synthesis) of NEW proteins & energy production
- ✓ Only when your muscle synthesis exceeds breakdown will muscle mass increase
- ✓ For muscle mass to increase your protein intake is combined w carbohydrates
- ✓ Accelerated results due to optimizing training efforts & recovery

+ UNREFINED CARBOHYDRATES TO BOOST MUSCLE GAIN

Your intake of carbohydrates can at times be a controversial due to unnecessary history of causing weight gain, however the inclusion of carbohydrates is important for lean muscle production in conjunction with protein. Essential to synthesise new muscle production whilst providing adequate, slow releasing energy that in fact facilitates fat loss whilst slashing food cravings!

Unrefined sources such as grains, oats, legumes, sweet potatoes & fruits are recommended & will ensure the energy is utilised all day long keeping your mind & body in control, minus the cravings!



+ THE ULTIMATE MUSCLE TONER!

Your meals have a large inclusion of 'Brain Foods'! Why?

Well, it's because the oily fish such as salmon, also avocados, nuts & seeds contain EPA & DHA, the ultimate anti-inflammatory compounds that work intrinsically in your body enabling you to:

- ✓ Enhance lean muscle mass
- ✓ Reduce fat mass
- ✓ Increases muscle tone
- ✓ Think more clearly
- ✓ Improve your memory
- ✓ Better problem solve & multi task
- ✓ Reduce inflammation of the brain & joints

The ability of EPA & DHA to improve your muscle tone is fascinating. As some of us may know, our levels of acetylcholine naturally decline as we age, resulting in reduced muscle tone. Instead of staying short and tight, your muscles can become elongated and relaxed, resulting in a sagging face and body.

One way to help improve this muscle tone is to increase acetylcholine levels, and good ways to do this is by introducing additional EPA & DHA into your system aka OILY FISH or Flaxseed Oil in the form of a nutritional supplement. This is a smart way to promote keeping in shape feeling better for it later on! ***You just wait & see!***



+ CONSISTENT MEALS

Skipping meals can cause fluctuation in your blood sugar levels, causing cravings & overeating not to mention moods!

After each meal, the food you eat is broken down into glucose either to be used as energy, or to be stored for later on. If there are long periods of not eating, blood sugar levels spike up & your body must bring these down.

This releases hormones to do so, which ultimately enlarges your fat cells in their diameter to store more fat! Fasting periods therefore are not recommended when experiencing food cravings, but more so consistent, portioned meals to maintain well balanced blood sugar levels.

+ A SHOT OF APPLE CIDER VINEGAR EACH MORNING

A wellness shot (30mL) of Apple Cider Vinegar into your morning routine helps stimulate your gastric juices in your stomach aiding in your digestion ultimately reducing the sugar cravings creating greater fat loss! If you don't have the added ingredients listed, just stick to Apple Cider Vinegar!

+ WATCH YOUR CAFFEINE!

One serve of caffeine per day is recommended in the morning to avoid affecting sugar cravings. There are many delish non caffeinated alternatives that can replace caffeinated drinks and still soothe the taste buds!

+ WHEN IN DOUBT, KEEP IT SIMPLE!

Your meal plan includes a lot of delicious herbs & spices in each of the recipes, along with meats to make you go mmm! If there are times where you just don't have the 'cherry on top' food items in your pantry or prefer a certain meat over another. Feel free to swap them over or cook your meals simply. Be sure to nail the core elements in the recipes which includes portions of carbohydrates protein & dairy. The rest is just a cherry on the top!



+ YOUR 7 DAY MENU

BREAKFAST

ANTI OXIDANT + OATS
SUPERFOOD SMOOTHIE
WHOLEY MOLEY + SMOOTHIE
ZINGER SMOOTHIE
MOOD BOOSTER
VITALITY SMOOTHIE
SUPERFOOD OMELETTE

LUNCHES & DINNERS

GREEN TURKEY SLICE
LEAN CHICKEN WRAP
POWERHOUSE CHICKEN POD
COCONUT + CAULI SALMON
SUPERCHARGE BOWL
TOFU BURRITO BOWL
MUSCLE TURKEY BURGER
MACRO BOWL

SNACKS + BEVERAGES

CASHEW MILK
VITALITY SHOT
HOT CHICKY
WELLNESS SHOT
WEEKEND POPCORN

+ YOUR SHOPPING LIST

FRUIT & VEGETABLES

- BLUE BERRIES (2 X PUNNETS)
- RASPBERRIES (2 X PUNNET)
- BANANA (2 X)
- KIWI FRUIT (3 X)
- LIME (2 X)
- LEMON (2 X)
- MEDJOOOL DATES (1 X PACKET)
- AVOCADO (4 X)
- SPINACH LEAVES (X BAGS)
- KALE (1 X BUNCH)
- BRUSSEL SPROUT (1X)
- CELERY (1 X)
- TOMATO (2 X)
- MUSHROOM (1 X)
- CHERRY TOMATOES
- CORN COBS (2 X)
- SHALLOTS (1 X BUNDLE)
- SWEET POTATO (2 X REGULAR)
- CAULIFLOWER (FLORET)
- CARROT (4 X)
- ASPARAGUS (1 X)
- CUCUMBER
- SILVER BEET
- BROCCOLI
- RED ONION (2 X)
- GARLIC CLOVE (2 X LARGE)
- GINGER (4 X)
- FRESH MINT (1 X BUNCH)
- FRESH DILL (1 X BUNCH)
- FRESH BASIL (1 X BUNCH)
- FRESH PARSLEY (1 X BUNCH)

DAIRY

- CASHEW MILK
- NATURAL YOGHURT
- LOW FAT HUMMUS (SMALL TUB)
- LOW FAT FETA

POULTRY

- SALMON FILLET (190G)
- LEAN TURKEY MINCE (420G)
- ORGANIC CHICKEN BREAST OR FILLET (630G)
- TOFU (330G)
- FREE RANGE EGGS (12)

GRAINS

- BROWN RICE (1 X PACKET)
- 2 WHOLEGRAIN ROLLS
- GRAIN BREAD
- RAW UNREFINED OATS
- ORGANIC JAPANESE BUCKWHEAT SOBA NOODLES
- NATURAL CORN CHIPS

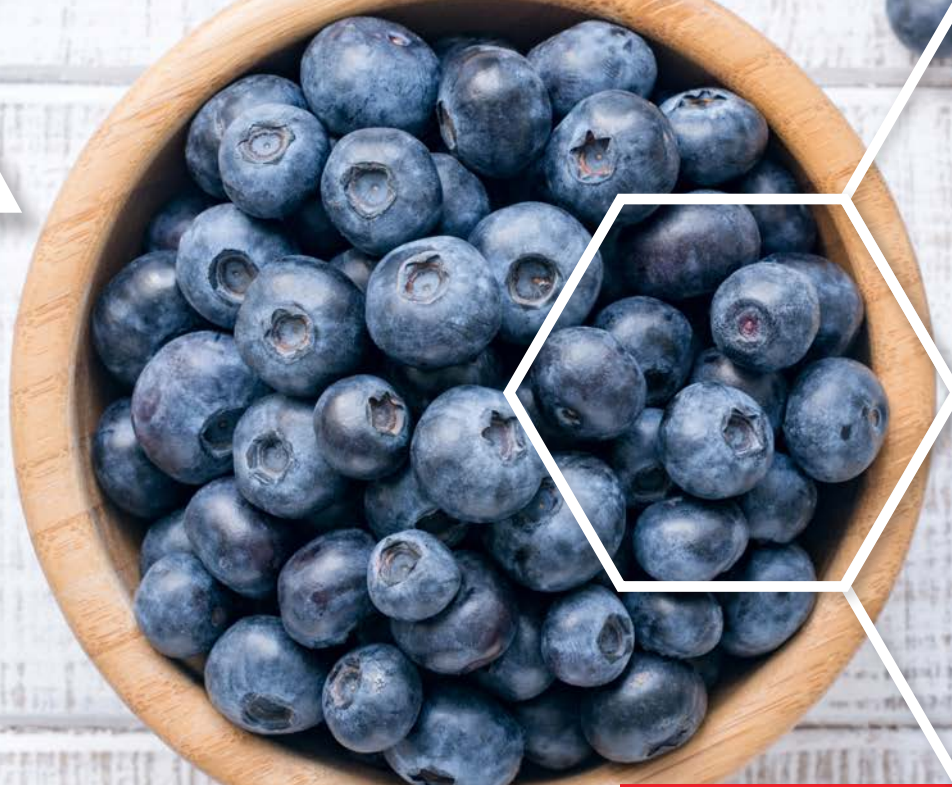
SHELF

- CANNED CHICKPEAS
- CANNED LENTILS
- CANNED TOMATOES
- CANNED GREEN PEAS
- NATURAL POPCORN
- CASHEWS RAW
- WALNUTS RAW
- PUMPKIN SEEDS
- PROTEIN POWDER OF CHOICE
- CHAI
- CHLOROPHYLL
- PSYLLIUM HUSK
- APPLE CIDER VINEGAR
- CHIA SEEDS
- HEMP SEEDS
- GHEE
- MCT OIL
- COCONUT WATER
- VANILLA EXTRACT
- OYSTER SAUCE
- SOY SAUCE
- COCONUT OIL
- SHREDDED COCONUT
- CINNAMON
- TERIYAKI SAUCE
- PAPRIKA
- THYME
- CACAO
- TURMERIC
- NUTMEG



7 DAY MENU ***RECIPES***

LEAN & **TONED**



ANTI OXIDANT + OATS

A SUPER START TO YOUR MORNING

PREPARATION

1. Using a blender, add the protein powder, walnuts, dates, banana, avocado, flaxseed oil, psyllium husk, water & ice cubes. Blend.
2. Take the mixture out of the blender & serve into a bowl.
3. Meanwhile, using a medium pot, half fill with water & bring to the boil. Add the oats & cook for 3 minutes.
4. Drain & add into the bowl once it's cooled down.
5. Top with the blueberries, kiwi fruit & yoghurt to serve!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 1 -2 C OATS
- 35G PROTEIN
- 12 WALNUTS
- 1 KIWI FRUIT
- ½ BANANA
- ½ C BLUEBERRIES
- 1/4 AVOCADO
- 1 TBS FLAXSEED OIL
- 1 TBS PSYLLIUM HUSK
- 1 TBS NATURAL YOGHURT
- 1 DATE, DICED





SUPERFOOD SMOOTHIE

PROTEIN AND ESSENTIAL AMINO ACIDS

PREPARATION

1. Place a medium pan over high heat bringing water to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Cut the silken tofu into cubes.
4. Place all the ingredients, including cooled oats & cubed tofu into a blender & BLEND!
5. Enjoy!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 120G SILKEN TOFU
- 1-2 C COOKED OATS
- 1 TBS PSYLLIUM HUSK
- 1 KIWI FRUITS PEELED & QUARTERED
- 12 CASHEWS
- 1 TBS HEMP SEEDS
- LIME, FRESHLY SQUEEZED
- 1/2 C ALMOND MILK
- 1 DATE
- 1/2 TSP VANILLA EXTRACT





WHOLEY MOLEY + SMOOTHIE

A MORNING SHOW STOPPER

PREPARATION

1. Place a medium pan over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Place all the ingredients, including cooled oats into a blender & BLEND!
4. Enjoy!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 1-2 C OATS, COOKED
- 35G PROTEIN
- ½ C CASHEW MILK
- 1 TBS FLAXSEED OIL
- 1 TBS CACAO
- 1 TSP PSYLLIUM HUSK
- 12 CASHEWS
- 1 DATE
- 1/2 BANANA, FROZEN
- (OR NON FROZEN BANANA + 4 ICE CUBES)
- 1/4 AVOCADO
- 1 TBS CACAO





ZINGER SMOOTHIE

LIKE A BOLT OF LIGHTNING IN A CUP

PREPARATION

1. Place a medium pan over high heat bringing to the boil.
2. Add the sweet potato & cook for 10 minutes or until soft, drain the water & set aside to cool.
3. Place all the ingredients, into a blender & BLEND!
4. Enjoy!

DID YOU KNOW?

Sweet potato is a secret sauce ingredient to add to meals in the winter season especially! Also known as Ipomoea batatas, sweet potato contains many nutrients including Vit A, C & E which helps you fight off infections in the winter season & also improve integrity of your skin & hair!,

Essential fibres can help boost your moods & importantly magnesium which can help reduce symptoms of anxiety! They also contain anthocyanin's & choline which reduce inflammation in the body, so a nutritious rich ingredient in the cold season!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 1-2 C COOKED SWEET POTATO
- 35G PROTEIN
- 1 C FRESH SPINACH
- 1 FROZEN BANANA
- 12 CASHEWS
- 1 C ALMOND MILK
- 1 SLICE GINGER
- 1 TBS STEVIA
- 1 TBS LIME JUICE
- SPRINKLE OF TURMERIC
- 2 TBS PUMPKIN SEEDS
- 1 DATE



MOOD BOOSTER OATS

START YOUR DAY WITH A BOOST

PREPARATION

1. Place a medium pan over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Place all the ingredients, including cooled oats into a blender & BLEND!
4. Enjoy!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 1-2 C COOKED OATS
- 35G PROTEIN POWDER
- 1 FROZEN BANANAS
- ¼ C SPINACH
- ½ C CASHEW MILK
- 12 CASHEWS
- 1 TBS PSYLLIUM HUSK
- 1 TBS COCONUT OIL
- 1 TSP GRATED GINGER
- 1 TBS CHIA SEEDS
- ¼ TSP GRATED NUTMEG





VITALITY SMOOTHIE

THE POWER TO LIVE, GROW AND THRIVE

PREPARATION

1. Place a medium pan over high heat bringing to the boil.
2. Add the oats & cook for 3 minutes, drain the water & set aside to cool.
3. Place all the ingredients, including cooled oats into a blender & BLEND!
4. Enjoy!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 1-2C COOKED OATS
- 35G PROTEIN POWDER
- 1/2 C FRESH BLUEBERRIES
- 1 BANANA
- 1 TBS CHIA SEEDS
- 1 TBS FLAXSEED OIL
- 12 WALNUTS
- 1 DATE
- 1 TSP FRESH LIME JUICE
- 2 ICE CUBES





SUPERFOOD OMELETTE

PREPARATION

1. Place a medium pot half filled with water over high heat bringing to the boil.
2. Add diced Sweet Potato for ten minutes or until cooked in the middle setting aside to cool once cooked.
3. Using a second pot half fill with water bringing to the boil adding the brown rice for 10 minutes. Set aside once cooked to cool.
4. Using another pot place on high heat (half filled with water), bringing to the boil adding the Kale & Brussels sprouts & cook for 3 minutes then drain & set aside.
5. Then place eggs into a bowl along w pepper, milk & whisk.
6. Using a medium pan place over medium heat & add oil to simmer pouring the egg combo into middle of pan swirling pan to distribute eggs over surface of pan.
7. Lift edges of omelette & as soon as eggs are set on the bottom, spoon rice, kale, Brussels, Spinach on one side & Mushrooms over the other of the egg & sprinkle feta over also.
8. Turn the omelette over on itself & cook for 30 seconds to 2 minutes depending on how you like it cooked!
9. Tilt pan on its side & slip omelette off onto plate. Serve with sweet potato, fresh dill & pepper!

+ BREAKFAST

+ SERVES 1

INGREDIENTS

- 3 EGGS
- 1-2 C SWEET POTATO SLICED
- ¼ CUP BROWN RICE
- 80G LOW FAT FETA
- 1 KALE LEAF (HALVED)
- 1 BRUSSEL SPROUT (TRIMMED & HALVED)
- 1 LARGE KALE LEAF, STEMMED AND HALVED LENGTHWISE
- 1 MUSHROOM (SLICED)
- FRESH DILL
- ½ AVOCADO
- GROUND PEPPER
- 3 TSP CASHEW MILK
- 1 TBS COCONUT OIL
- 1 C SPINACH

THIS IS A NUTRIENT RICH, TASTY, DETOXIFYING, ANTI-INFLAMMATORY, HORMONE BALANCING OMELETTE! TRY SAYING THAT A FEW TIMES!



GREEN TURKEY SLICE

HIGH QUALITY DELICIOUS PROTEIN

PREPARATION

1. Set the oven at 200C.
2. Grind the Walnuts either by hand or in the blender.
3. Using a large bowl combine the walnuts with all Ingredients mixing well.
4. Using the oven tray coat with Coconut Oil then set the mixture like a loaf baking for 20 minutes or until cooked in the middle.
5. Serve with Natural Yoghurt & Fresh Dill!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G -240G TURKEY MINCE
- 1/2C – 1C GRATED SWEET POTATO
- 12 WALNUTS
- 1/2 C SPINACH
- 1 EGG
- 1/2 GRATED CARROT
- 1 TBS COCONUT OIL
- 1/4 RED ONION (PEELED & DICED)
- 1 TBS FRESH BASIL
- PEPPER TO SERVE
- 2 TBS NATURAL YOGHURT
- FRESH DILL



LEAN CHICKEN WRAP

PREPARATION

1. Using a medium bowl add the chicken, lemon, lime juice, mint, garlic, hemp seeds, cumin, 1 tsp coconut oil & cover the entire chicken pieces!
2. Using a pot half fill with water bringing to the boil adding the rice to cook for ten minutes or until ready. Set aside once completed to cool.
3. Using a medium pan, place over medium heat adding 1 tsp coconut oil bringing to the simmer.
4. Add the chicken grilling each side for 4-5 minutes or until cooked through out. Once cooked set aside to cool.
5. Using the same pan, either add the mix from the chicken bowl or keep what is in there from cooking the chicken. Add the tomatoes, onion & mint for 2 minutes over low heat.
6. Serve between your wholegrain wraps with avocado, the warm sauce & the chicken strips wrapping to serve! Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G -240G CHICKEN BREAST OR FILLET
- 2 WHOLEGRAIN WRAP
- 1/2 AVOCADO

CHICKEN SAUTE

- ½ LEMON (JUICED)
- ½ LIME (JUICED)
- MINT CHOPPED
- 1 GARLIC CLOVE
- 1 TBS HEMP SEEDS
- 1 TBS COCONUT OIL

SAUCE

- ½ CAN TOMATOES
- ¼ RED ONION
- MINT CHOPPED



POWERHOUSE CHICKEN POD

THIS SUPER POD PACKS A PUNCH!

PREPARATION

1. Heat oven at 180C.
2. Pour almond meal, flaxseed into a small bowl & mix.
3. In a second bowl add the coconut oil, the cashews lemon juice, parsley, paprika, thyme & blend in a food processor or by hand.
4. Once completed dip chicken in & place on a baking tray sprinkling the almond meal mixture across the chicken making sure it coats the entire surface. Place in the oven for 25 minutes until the centre is cooked & not pink.
5. Using a medium pot, half fill with water bringing to the boil adding the pasta cooking for 10 minutes or until cooked. Drain. Cool. Serve with vegetables of choice or greens, adding the yoghurt mixed with parsley & pepper to serve!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G -240G CHICKEN BREAST OR FILLET
- 1-2C C BROWN PASTA
- 1/4 C ALMOND MEAL
- 1 TBS FLAXSEED OIL
- 1 TBS COCONUT OIL
- 24 CASHEWS
- LEMON JUICE SQUEEZED
- FRESH PEPPER
- FRESH PARSLEY
- 1/4 ONION FINELY CHOPPED
- 2 TBS NATURAL YOGHURT



COCONUT + CAULI SALMON

A DREAM TEAM OF GOODNESS

PREPARATION

1. Using a large pot, half fill with water & bring to the boil over high heat. Add the cauliflower & rice. Cook for 10 minutes. Drain & set the rice in one bowl & the cauliflower in another large bowl. Mash the cauliflower thoroughly.
2. Using a medium pan, place over medium heat. Add the coconut oil, chicken, garlic, ginger, onion, & simmer for 7 minutes until the chicken is golden brown. Add the cashew milk, cashews, hemp seeds, carrots & simmer for 1 additional minute. Transfer the entire mix into the same bowl as the cauliflower. Mix through & add the cinnamon.
3. Serve the rice, then the cauliflower chicken mix.

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G -240G ORGANIC CHICK-EN BREAST OR TENDERLOINS
- 1-2 C BROWN RICE
- 1 CAULIFLOWER, FINELY CHOPPED
- 2 CARROTS, GRATED
- 24 CASHEWS
- 1/2 C CASHEW MILK
- 1 TBS HEMP SEEDS
- 1 /2 GARLIC, CRUSHED
- 1/4 GINGER, FINELY CHOPPED
- 2 TBS CINNAMON





SUPERCHARGE BOWL

THE FUEL YOUR BODY CRAVES

PREPARATION

1. Using a medium pot, half fill with water & place over high heat bringing to the boil.
2. Cook rice for 8 minutes or until cooked, drain & set aside in a bowl.
3. Using a medium pan, place over medium heat adding 1 Tbs coconut oil bringing to the simmer.
4. Add the garlic & chicken sprinkling the coriander, lemon juice & pepper over the chicken as it cooks for 7 minutes or until cooked through out. Then, set aside chicken to cool.
5. Using the same pan, add the chickpeas, kale & spinach cooking for 3 minutes until the kale is wilted. Serve the rice, chicken & spinach mix sprinkling the feta & sliced avocado on the top to serve. Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G -240G CHICKEN FILLET OR BREAST
- 1-2 C COOKED RICE
- 1 C KALE
- 1/2 AVOCADO
- 80G LOW FAT FETA
- ¼ C SPINACH LEAVES
- 1/2 C CHICKPEAS
- ¼ BUNCH MINT
- 1 TSP CORIANDER
- ¼ GARLIC CLOVE
- 1 TBS COCONUT OIL
- 1/2 LEMON (JUICED)
- PEPPER



TOFU BURRITO BOWL

YOUR BURRITO CRAVINGS SORTED

PREPARATION

1. Using a medium pot half fill with water & place over high heat brining to the boil.
2. Add the Quinoa & cook for 8 minutes or until cooked, draining & setting aside to cool once done.
3. Using a medium pan, place 1 Tbs coconut oil & bring to the simmer. Add the garlic & tofu grilling each side for 4 minutes or until cooked setting aside to cool once done.
4. Using the same pan, leave the garlic & add the hemp seeds, parsley, spinach, green peas, black beans, carrot, mint & quinoa stirring occasionally for two minutes. Serve the quinoa mix adding the tofu on the top along with avocado & pepper! Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 1-2 C QUINOA
- 210G -240G TOFU
- 1 CAN BLACK BEANS
- CHERRY TOMATOES
- 4 TBS NATURAL YOGHURT
- 1 TBS COCONUT OIL
- 1 GARLIC CLOVE
- ½ AVOCADO
- 2 TBS HEMP SEEDS
- FRESH PARSLEY
- 2 C SPINACH LEAVES
- 1 C GREEN PEAS
- 2 CARROT (GRATED)
- 1 TBS FRESH MINT
- PEPPER TO SERVE



MUSCLE TURKEY BURGER

BECAUSE BURGERS ARE LIFE

PREPARATION

1. Heat oven at 180C. Pour almond meal, flaxseed into a small bowl & mix!
2. In a second bowl add the coconut oil, the cashews lemon juice, parsley, paprika, thyme & blend in a blender or by hand. Once completed dip chicken in & place on a baking tray sprinkling the almond meal mixture across the chicken making sure it coats the entire surface.
3. Place in the oven for 25 minutes until the centre is cooked & not pink.
4. Add the burgers into the two wholegrains buns! Top with avocado, cheese & yoghurt with mint & pepper! Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G -240G TURKEY MINCE
- 2 WHOLEGRAIN BURGERS
- 1/2 C ALMOND MEAL
- 4 TBS NATURAL YOGHURT
- MINT
- 1 TBS FLAXSEED OIL
- 1 TBS COCONUT OIL
- 24 CASHEWS
- LEMON JUICE SQUEEZED
- FRESH PEPPER
- FRESH PARSLEY
- ½ ONION FINELY CHOPPED



MACRO BOWL

A POWERHOUSE STAPLE

PREPARATION

1. Using a large pot, half fill with water & bring to the boil. Then, add the brown rice & eggs. Take the eggs out after 3 minutes, unshell & set aside to cool. Let the rice cook for another 5 minutes, then drain & set aside to cool.
2. Using a medium pan, place over high heat & bring to the simmer. Add the coconut oil & salmon fillets cooking for 4 minutes on each side or until cooked to your desire. Once cooked set aside.
3. Using the same pan, add walnuts, spinach, carrots, celery diced, shallots & lime juice. Simmer for 2 minutes.
4. Serve the rice, salmon & top with the pan mix. Add the avocado, feta, pepper & mint if available!
5. Enjoy!

+ LUNCH/DINNER

+ SERVES 2

INGREDIENTS

- 210G-240G SALMON FILLET
- 1-2 C COOKED BROWN RICE
- 24 WALNUTS
- 2 EGGS
- 1 C SPINACH
- 2 GRATED CARROTS
- SHALLOTS
- 1 SMALL CELERY STALK (DICED)
- 1 TBS COCONUT OIL
- 1 LIME
- 80G LOW FAT FETA CHEESE
- 1/2 AVOCADO
- PEPPER TO SERVE
- MINT IS ALSO A NICE ADDITION!



CASHEW MILK

SMOOTH AND SOOTHING

PREPARATION

1. Place all ingredients into a blender.
2. BLEND.
3. Enjoy!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 6 ALMONDS
- 6 CASHEWS
- ½ C CASHEW MILK
- WATER
- 1 TSP CINNAMON
- GINGER
- NUTMEG
- CLOVES
- 1 TSP CACAO
- 1 TSP STEVIA
- 1 DATE





VITALITY SHOT

THE BOOST YOU NEED TO GET YOU MOVING!

PREPARATION

1. Place all ingredients into a cup.
2. Mix and pour into a shot glass.
3. SHOT!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 1 TBS COCONUT WATER OR WATER
- 1 TSP LEMON JUICE
- 2 TBS TURMERIC
- 1 TBS BLACK PEPPER



HOT CHICKY

FAST, DELICIOUS AND OH SO GOOD

PREPARATION

1. Place all ingredients into a blender.
2. BLEND.
3. Enjoy!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- COCOA
- GINGER
- STEVIA
- NIBS
- ½ C CASHEW MILK



WELLNESS SHOT

BOOST YOUR BODY FAST

PREPARATION

1. Place all ingredients into a cup.
2. Mix and pour into a shot glass.
3. SHOT!

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 30ML APPLE CIDER VINEGAR
- 30ML COCONUT WATER
- LEMON JUICE SQUEEZED
- CHLOROPHYLL SERVE
- + PREBIOTIC (OPTIONAL)





WEEKEND POPCORN

FLEX AND CHILL TIME

PREPARATION

**+ SNACKS /
BEVERAGES**

+ SERVES 1

INGREDIENTS

- 1 C NATURAL POPCORN (NO SALT)
- 1 TBS COCONUT OIL
- 1 TBS GRATED LOW FAT CHEESE
- 2 TBS FRESH DILL (CHOPPED FINELY)





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