

BARE



DAY ON A PLATE

A full day of nourishing, spring-inspired
meals that are totally delicious.

Breakfast

Snack

Lunch

Dinner



Hey beautiful!

Welcome to your BARE Day on a Plate — a full day of nourishing, spring-inspired meals that are totally delicious.

If you've ever felt like "healthy eating" has to be bland, complicated, or out of reach... we're here to show you otherwise.

Our aim? To help you feel lighter, more energised, and confident in your choices, without having to live on salad or count every calorie.

These BARE recipes are simple, doable, and genuinely inspiring. Inside, you'll find colourful ideas from breakfast to dinner (plus a smoothie snack!) so you can enjoy a full, balanced day of nourishment that totals 1,840 kcal.

Let's hit the kitchen and make spring eating feel like freedom, not restriction.

Leah xx

Banana Berry Pancakes

Breakfast

🕒 20 min



489

kcal

20.3g

Protein

63g

Carbs

15.5g

Fat

🎯 1

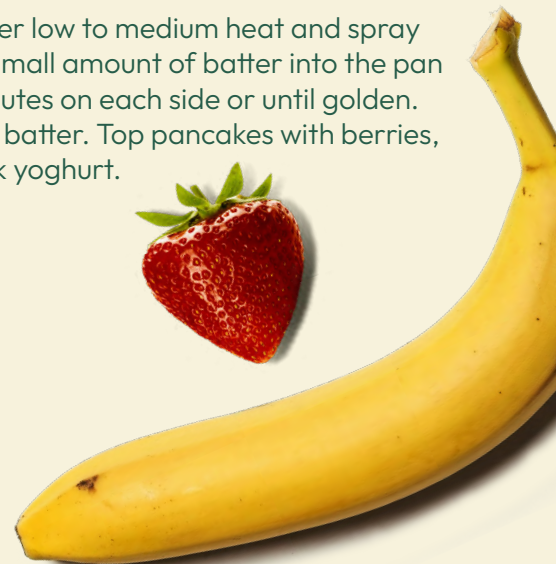
Servings

📋 Ingredients

- 15g Protein Powder, vanilla or neutral
- 1 tbsp Almond Meal
- 1 pinch Cinnamon
- 1 pinch Salt
- ¼ tsp Baking Powder
- 1 tbsp Self-raising Flour
- 1 small Egg
- 75 ml Milk, reduced fat
- 1 Overripe Banana, peeled and mashed
- 1 spray Olive Oil Spray
- 75g Mixed Berries, frozen
- 1 tsp Maple Syrup
- 40g Greek Yoghurt, reduced fat

📋 Method

1. In a large mixing bowl, combine protein powder, almond meal, cinnamon, salt, baking powder, flour, egg, milk and banana and mix well.
2. Heat a small frypan over low to medium heat and spray with olive oil. Spoon a small amount of batter into the pan and cook for 2 to 3 minutes on each side or until golden. Repeat with remaining batter. Top pancakes with berries, maple syrup and Greek yoghurt.

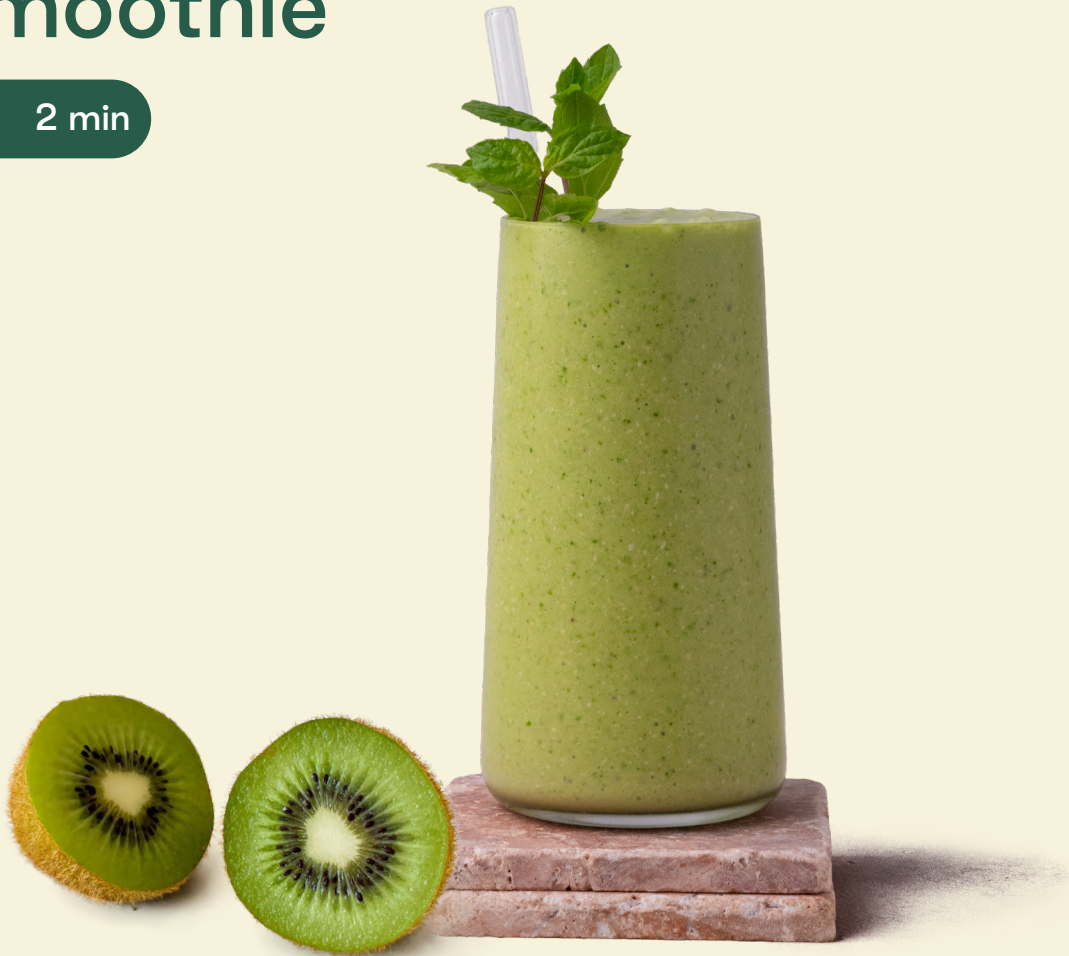


Green Smoothie

Snack



2 min



410

kcal

14.9g

Protein

57g

Carbs

12.9g

Fat

1

Servings



Ingredients

- 15g Protein Powder, vanilla or neutral
- 140g Pineapple, frozen, cut into chunks
- 2 whole Kiwi Fruit, frozen, peeled and sliced
- 175 ml Coconut Water
- 1 handful Ice
- 10g Chia Seeds



Method

1. Combine protein powder, frozen pineapple, frozen kiwi, coconut water and ice in a blender and blend until smooth.
2. Pour into a glass and top with chia seeds.

Beef Burrito Bowl

Main

30 min



579

kcal

34.4g

Protein

49.06g

Carbs

20.6g

Fat

1

Servings

Ingredients

- ½ whole small Sweet Potato, sliced into thin rounds
- 1 spray Olive Oil Spray
- Salt to taste
- 100g raw Beef Mince, lean
- 1 tbsp Mingle Taco Seasoning
- ½ cup canned Corn Kernels, drained
- 4 whole Cherry Tomatoes
- ¼ whole Red Onion, finely sliced
- 10g Mozzarella Cheese
- 20g Hummus
- 1 tbsp fresh Coriander
- 10g Brown Rice, uncooked (25g cooked)

Method

1. Preheat oven to 180°C/350°F and line a baking tray with baking paper.
2. Lay sweet potato on lined tray, spray with oil and sprinkle with salt. Bake for 20 minutes or until cooked through.
3. Heat olive oil in a small non-stick frying pan over a medium-high heat. Add mince and cook for 6–7 minutes, or until juices have evaporated and mince is browned. Sprinkle with taco seasoning and remove from heat.
4. Assemble your bowl! Add rice, sweet potato, corn, tomatoes, leafy greens, red onion, mozzarella cheese and a big dollop of hummus. Top with chopped coriander.

Fish Tacos

Main

🕒 20 min



362

kcal

38.8g

Protein

15.4g

Carbs

13g

Fat

🕒 1

Servings

🛒 Ingredients

- 150g raw Hoki, sliced into bite-sized pieces
- 1 whole Simson's High Protein Low Carb Wrap
- 1 tsp ground Cumin
- 1 tsp Smoked Paprika
- 1 pinch Salt and Pepper
- 1 spray Olive Oil Spray
- ½ cup shredded Red Cabbage
- ½ cup grated small Carrot
- 1 whole Spring Onion, sliced thinly
- 1 tbsp Coriander Leaves, roughly chopped
- 3 Snow Peas, sliced thinly
- 3 tbsp Greek Yoghurt, reduced fat

- 1 clove Garlic, crushed
- 1 tsp Lime Juice
- 1 pinch Cayenne Pepper
- Salt and Pepper to taste

📋 Method

1. Coat fish in cumin, paprika, salt and pepper and leave to marinate.
2. Place yoghurt, garlic, lime juice, cayenne pepper and salt and pepper in a small bowl and combine to make salad dressing.
3. Place cabbage, carrot, spring onion, coriander and snow peas in a large bowl and mix well. Add the yoghurt dressing and toss to mix. Set aside.
4. Heat olive oil in a small non-stick frying pan and cook fish for 5–8 minutes or until completely cooked through.
5. Heat tortilla in the microwave (or on the stove top) and serve with fish and dressed topping.



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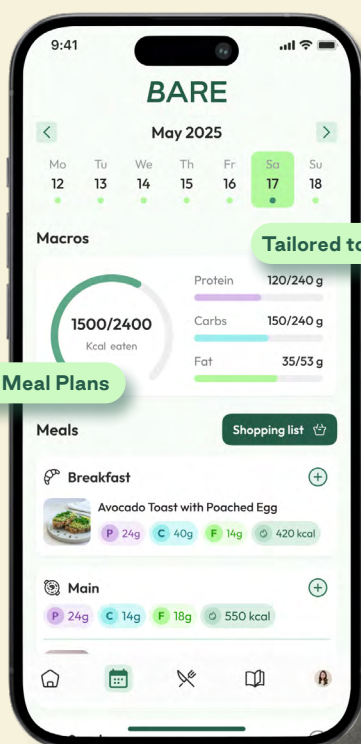
DAY ON A PLATE

And that, my friend, is a full day of BARE magic. Food that nourishes, isn't bland and keeps you on track to achieve the results you want to see and feel in your body.

If these meals have sparked fresh inspiration for your plate, you're going to love taking things further with the **BARE App**.

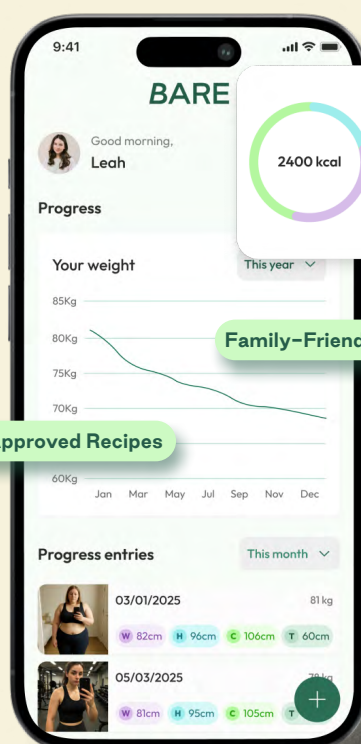
We've poured everything we know and believe into one powerful platform: simplicity, accountability, customisation, and convenience at your fingertips.

BARE App launching soon



Personalised Meal Plans

Tailored to your Goals



Family-Friendly & Delicious

Dietitian-Approved Recipes

The **BARE App** is your daily nutrition partner. **No overwhelm, no guesswork**—just real food that supports your body and fits your life.

Be the first to know when we go live, and our exclusive launch offer.

We can't wait to see you inside.



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