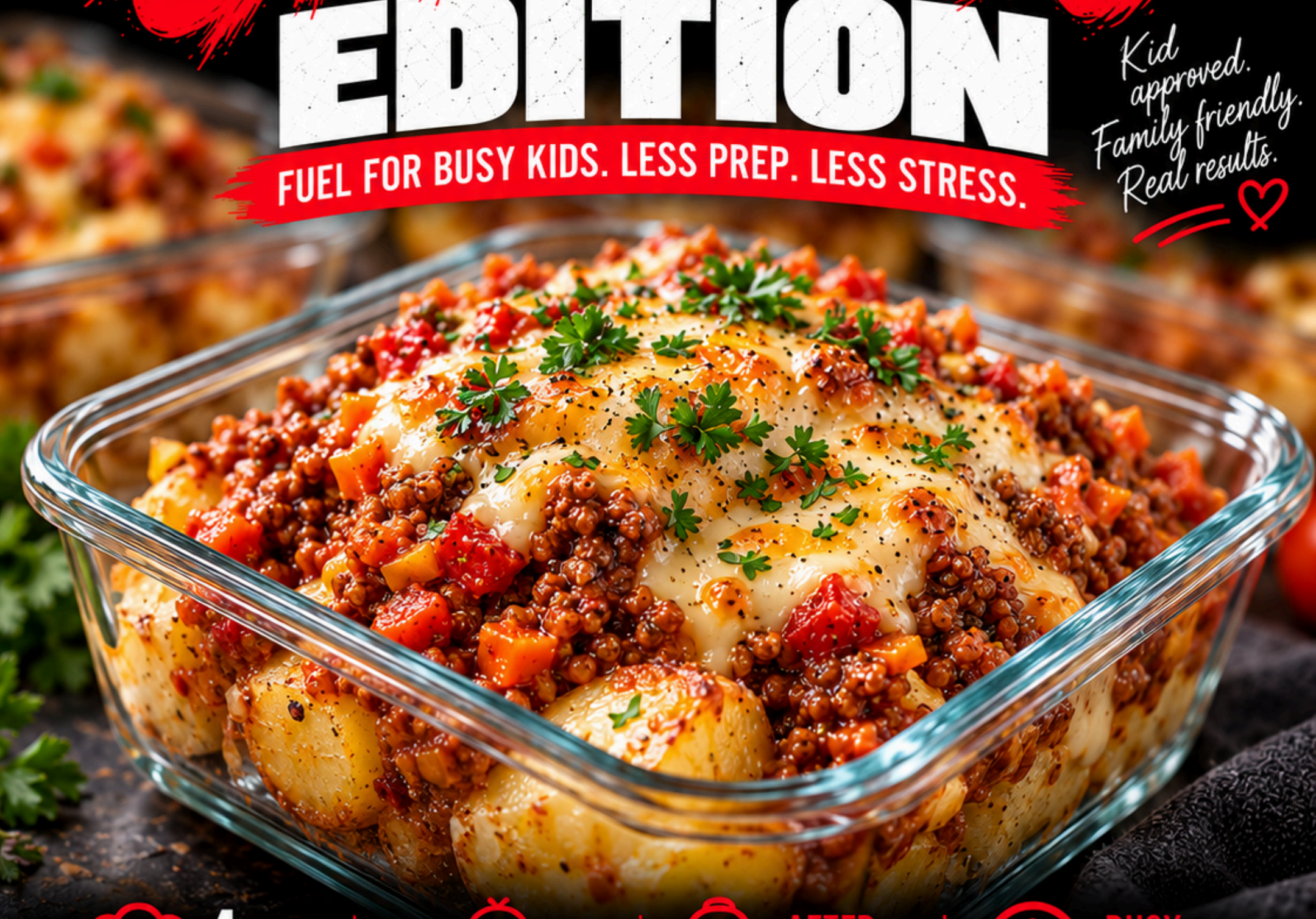
STRONG WITH Kylie

VOL. 33

THE GRAB N GO EDITION

FUEL FOR BUSY KIDS. LESS PREP. LESS STRESS.

Kid approved. Family friendly. Real results.



4 RECIPES | KID-APPROVED | AFTER SCHOOL | BUSY NIGHTS

STRONG WITH KYLIE MEAL PLAN COLLECTION

SIMPLE MEALS. REAL RESULTS.

STRONG WITH Kylie
MEAL PLAN COLLECTION

VOL. 33

WELCOME!

THE GRAB & GO EDITION

FUEL FOR BUSY KIDS. LESS PREP. LESS STRESS. MORE TIME FOR YOU.

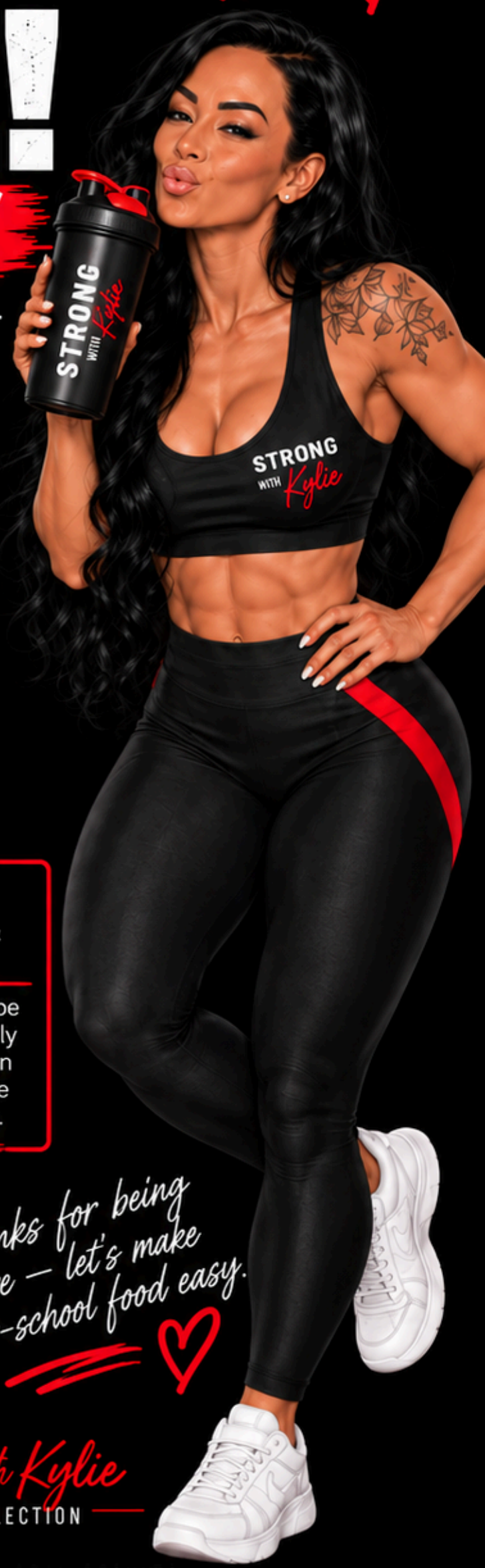
I know how hectic afternoons can feel — especially when kids get home from school starving and you're rushing straight into dance, netball or other after-school activities. This volume was created to make those **busy afternoons easier.**

Volume 33: The Grab & Go Edition is packed with simple, family-friendly meals you can prep ahead so there's always something ready to grab from the fridge or freezer when hunger hits.

The goal isn't perfection — it's **making life easier**. These meals give kids balanced options, take the pressure off parents and help cut down the constant reach for convenience snacks when everyone's tired and short on time.

Use the containers as a guide, not a rule — appetites will vary, and kids may need extra sides or more food depending on their age, growth and activity levels.

Good food makes busy days easier!



READY TO GRAB

Prep once and have quick meals ready for the after-school rush.

BALANCED FUEL

Carbs, protein and satisfying meals to help keep busy kids energised.

PARENT-FRIENDLY

Simple meals that save time and take one more job off your plate.

FLEXIBLE & REALISTIC

Portions can be adjusted easily depending on appetite, age and activity.

STRONG with Kylie TIP:

Rice-based meals are best eaten fresh or frozen for later. Keep the next day's meals in the fridge, then freeze extra portions so you've always got options ready to go.



Thanks for being here — let's make after-school food easy.

STRONG with Kylie
MEAL PLAN COLLECTION

REAL FOOD | REAL LIFE | REAL RESULTS

STRONG WITH Kylie

FUELLING GROWING KIDS!

VOL. 33

The Grab & Go Edition

KIDS AREN'T LITTLE ADULTS.
FUEL THEIR GROWTH, NOT A CALORIE TARGET.



CALORIES ARE FUEL

Children and teenagers need enough energy to support growth, development, learning and all the activities they love. Energy needs vary with age, appetite and activity levels.



DON'T FEAR CARBOHYDRATES

Carbs like rice, potatoes, oats, bread and fruit provide important fuel, particularly around school, dance, netball and other sporting activities.



PROTEIN FOR GROWTH

Protein helps with growth, development and repair. Children generally don't need the very high-protein targets used in adult fitness plans. A variety of protein sources throughout the day is ideal.



HEALTHY FATS MATTER

Fats are essential for brain development, hormone production and helping the body absorb certain vitamins (A, D, E and K). Include sources like avocado, nuts, seeds, olive oil and dairy.



NO CALORIE TRACKING NECESSARY

For most children, there's no need to count calories or macros. Focus on regular meals, variety, balanced options and responding to hunger and fullness cues to build a healthy relationship with food.



500ml containers are a guide!



Our 500ml containers are simply a convenient way to prepare and store meals. They're not a fixed serving size. Kids can have more food, sides or additional containers depending on their appetite, age and activity level.

SWK TIP:

Keep a variety of nourishing, ready-to-grab meals available. It gives your kids options, fuels their busy lives and makes your life easier!

STRONG WITH *Kylie*

VOL. 33

YOUR DAY AT A GLANCE

4 GRAB N GO RECIPES

SIMPLE MEALS. REAL RESULTS.

DINNER



CHEESY BOLOGNESE POTATO BOWLS

DINNER



CHICKEN PIZZA MEAL PREP BOWLS

BREAKFAST



RASPBERRY WHITE CHOC PANCAKE BOWLS

SWEET TREAT



MINI BISCOFF POPCORN CHEESECAKE CUPS

Good food fuels a strong you! ♥

Prep ahead. Mix up the options.
Make busy afternoons easier.

SIMPLE MEALS. REAL RESULTS.

Kylie x ♥

STRONG WITH Kylie

RASPBERRY WHITE CHOC PANCAKE BOWLS



MAKE-AHEAD BREAKFAST | KID-APPROVED

Fluffy pancakes layered with creamy yoghurt, juicy raspberries, a drizzle of maple syrup and white chocolate chips — a fun, delicious and kid-friendly meal prep for busy families!

PREP: 10 mins

COOK: 15 mins

SERVES: 4

INGREDIENTS

- [x] 80g rolled oats
- [x] 200g low-fat cottage cheese
- [x] 120g egg whites
- [x] 2 whole eggs
- [x] 400g vanilla flavoured Greek yoghurt
- [x] 400g frozen raspberries
- [x] 56ml sugar-free maple syrup
- [x] 60g white chocolate chips

METHOD

1. **Blend the pancake batter**
   Add the oats, cottage cheese, egg whites and whole eggs to a blender. Blend until smooth.
2. **Cook the pancakes**
   Heat a non-stick frying pan over medium heat. Cook 8 small pancakes (makes 2 pancakes per bowl), until golden and cooked through.
3. **Assemble the base**
   Place one pancake into each 500ml container.
4. **Add the first layer**
   Top with 50g yoghurt, 50g raspberries, 7ml maple syrup and 7–8g white chocolate chips.
5. **Repeat the layers**
   Add the second pancake and repeat the layers with the remaining yoghurt, raspberries, maple syrup and white chocolate chips.
6. **Chill and enjoy**
   Cover and refrigerate for at least 2 hours, or overnight, so the flavours combine and the pancakes soften.

STRONG WITH Kylie TIP:
Use frozen raspberries for convenience and a delicious sauce-like texture as they thaw — perfect for busy school mornings!

Prep once. Fuel their days. Less stress for you!

STRONG WITH Kylie

CHEESY BOLOGNESE POTATO BOWLS

FAMILY FRIENDLY | MEAL PREP



Tender crispy potatoes topped with a rich bolognese sauce, veggies and melted cheese — a simple, satisfying and kid-friendly meal prep for the whole family!

PREP: 20 mins

COOK: 30 mins

SERVES: 4

INGREDIENTS

Potatoes

- [x] 600g (approx. 4 medium) white potatoes

Bolognese Sauce

- [x] 500g lean beef mince
- [x] 700g jar tomato passata
- [x] 2 tsp crushed garlic paste
- [x] ½ brown onion
- [x] 2 medium carrots
- [x] 1 large zucchini
- [x] 250g mushrooms
- [x] Salt and pepper, to taste

To Finish

- [x] 80g grated tasty cheese

METHOD

1. **Prepare the potatoes**
   Boil or microwave the white potatoes until tender. Cut each potato in half and use a potato masher to gently flatten the cut side. Place on an air-fryer tray, lightly spray with olive oil and air fry at 200°C for 12–18 minutes, until golden and crispy.
2. **Finely chop the vegetables**
   Using a food processor or Ninja (mini chopper), finely dice the onion, carrots, zucchini and mushrooms.
3. **Cook the mince**
   In a large pan over medium-high heat, brown the beef mince. Add the crushed garlic paste and cook until the mince is no longer pink. Stir in the chopped vegetables and cook for 5–8 minutes until softened.
4. **Make the bolognese sauce**
   Add the jar of passata, stir well and season with salt and pepper. Reduce to a gentle simmer and cook for 30–60 minutes, stirring occasionally. The longer it simmers, the richer the flavour, but 30 minutes is still delicious!
5. **Assemble the bowls**
   Place one flattened potato (two halves) into each 500ml container. Sprinkle with grated cheese, then spoon over the bolognese mixture.
6. **Store for busy days**
   Cool before sealing and refrigerate at 5°C or below. Use within 3–4 days, or freeze portions for later. Reheat until piping hot.

STRONG WITH Kylie TIP:
Make a double batch of the bolognese! Use the extra sauce for pasta, rice or freeze it for a super easy meal later.

Prep once.
Fuel their days.
Less stress for you!

STRONG WITH Kylie

PIZZA CHICKEN MEAL PREP BOWLS



AFTER-SCHOOL FUEL | MEAL PREP

Everything you love about pizza in an easy meal prep bowl packed with chicken mince, rice, gooey melted cheese and pepperoni.

PREP: 10 mins

COOK: 50 mins

SERVES: 4

INGREDIENTS

- [x] 500g chicken mince
- [x] 180g dry jasmine rice
- [x] 1 red capsicum, diced
- [x] 1 red onion, diced
- [x] 4 tbsp tomato paste
- [x] 4 tsp minced garlic
- [x] 500ml salt-reduced chicken stock
- [x] Salt & pepper
- [x] 120g light mozzarella
- [x] 60g reduced-fat pepperoni

METHOD

1. **Preheat the oven**
   Preheat oven to 190°C (170°C fan-forced).
2. **Combine the ingredients**
   Divide the chicken mince, rice, vegetables, tomato paste, garlic and stock evenly between 4 oven-safe glass meal prep containers.
3. Stir well.
4. Cover tightly with foil.
5. Bake for 40–45 minutes.
6. Remove the foil and stir.
7. Top each container with 30g mozzarella and 15g pepperoni.
8. Return to the oven for 8–10 minutes until the cheese is melted.

STRONG WITH Kylie TIP:
Allow the bowls to cool completely before refrigerating to keep the rice fluffy and the cheese perfectly melted.

STRONG WITH *Kylie*

MINI BISCOFF POPCORN CHEESECAKE CUPS

SWEET TREAT | KID-APPROVED



A fun make-ahead sweet treat with a creamy cheesecake filling, a Biscoff biscuit base and a crunchy popcorn topping. Perfect to keep in the fridge for busy afternoons or an easy little dessert.

PREP: 15 mins

CHILL: 2+ hours

SERVES: 6

INGREDIENTS

Base

- [x] 6 Biscoff biscuits, crushed

Cheesecake Filling

- [x] 250g Philadelphia Light Cream Cheese, softened
- [x] 200g Chobani Fit Vanilla Yoghurt
- [x] 40g salted caramel protein powder

Topping

- [x] 10 pieces COB's Sweet & Salty Popcorn per cup
- [x] 5g Biscoff spread per cup, warmed

METHOD

1. **Prepare the base**
   Divide the crushed Biscoff biscuits evenly between 6 small dessert cups and gently press into the base.
2. **Make the cheesecake filling**
   In a bowl, combine the softened cream cheese, Chobani Fit Vanilla yoghurt and protein powder.
3. **Mix until smooth**
   Mix by hand until smooth and well combined. Do not blend.
4. **Assemble the cups**
   Spoon or pipe the cheesecake mixture evenly over the biscuit base.
5. **Chill**
   Refrigerate for at least 2 hours, or until firm.
6. **Add the topping**
   Just before serving, drizzle over the warmed Biscoff spread and finish with the Sweet & Salty popcorn.

STRONG WITH *Kylie* TIP:

For the best crunch, add the popcorn just before serving. These work perfectly in Kmart 300 ml round containers, with each serve around 130 ml.

Prep once. Fuel their days. Less stress for you!

STRONG WITH Kylie

VOL. 33

GRAB N GO SHOPPING LIST

Good food fuels a strong you!

Everything you need for 4 easy family meal prep recipes

MEAT & PROTEIN

- [ ] 500g lean beef mince
- [ ] 500g chicken mince
- [ ] 120g egg whites
- [ ] 2 whole eggs
- [ ] 40g salted caramel protein powder



FRESH PRODUCE

- [ ] 400g frozen raspberries
- [ ] 600g white potatoes
- [ ] 1 brown onion
- [ ] 1 red onion
- [ ] 2 medium carrots
- [ ] 1 large zucchini
- [ ] 250g mushrooms
- [ ] 1 red capsicum



CARBS & GRAINS

- [ ] 80g rolled oats
- [ ] 180g dry jasmine rice
- [ ] 6 Biscoff biscuits



DAIRY & CHEESE

- [ ] 200g low-fat cottage cheese
- [ ] 400g vanilla flavoured Greek yoghurt
- [ ] 80g grated tasty cheese
- [ ] 120g light mozzarella
- [ ] 250g light cream cheese
- [ ] 200g Chobani Fit vanilla yoghurt



SAUCES, CONDIMENTS & JARS

- [ ] 65ml sugar-free maple syrup
- [ ] 700g passata
- [ ] 4 tbsp tomato paste
- [ ] 500ml reduced-salt chicken stock
- [ ] 30g Biscoff spread



SEASONINGS & EXTRAS

- [ ] 2 tsp crushed garlic paste
- [ ] 4 tsp minced garlic
- [ ] 60g white chocolate chips
- [ ] 60g reduced-fat pepperoni
- [ ] 60 pieces COB's Sweet & Salty Popcorn
- [ ] Salt & pepper, to taste



RECIPE CHECKLIST



RASPBERRY WHITE CHOC PANCAKE BOWLS



CHEESY BOLOGNESE POTATO BOWLS



PIZZA CHICKEN MEAL PREP BOWLS



MINI BISCOFF POPCORN CHEESECAKE CUPS

- [ ] Raspberry White Choc Pancake Bowls
- [ ] Cheesy Bolognese Potato Bowls
- [ ] Pizza Chicken Meal Prep Bowls
- [ ] Mini Biscoff Popcorn Cheesecake Cups

SHOP SMART. EAT STRONGER.

STRONG with Kylie

SIMPLE MEALS. REAL RESULTS.

Same good food. Different purpose.

STRONG WITH Kylie

WRAP UP

VOL. 33

THE GRAB & GO EDITION

Fuel Prep Simplify



KID-APPROVED RECIPES

Simple, delicious recipes made with real food ingredients that the whole family will love.

PREP AHEAD SAVE TIME

Make meals and snacks in advance so you always have healthy, high-protein options ready to go.

SIMPLE INGREDIENTS FAMILY FRIENDLY

No complicated steps or hard-to-find ingredients. Everyday foods, easy prep and family-friendly flavours.

FLEXIBLE PORTIONS FOR EVERYONE

Use the recipes as part of your full day of eating or mix and match with your favourite meals. Adjust portion sizes to suit kids, teens and adults.



Four easy recipes. Endless possibilities!

PREP ONCE. FUEL THEIR DAYS.

LESS STRESS FOR YOU.