

HIGH PROTEIN

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

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|--------------------------------------|----|-------------------------------|
| 1. Keto Spinach & Feta Egg Wraps | GF | Gluten Free |
| 2. High Protein Quiche | DF | Dairy Free |
| 3. Chopped Salmon Salad | LC | Low Carb (<20g per serve) |
| 4. Breakfast Quesadillas | MP | Meal Prep/Freezer Friendly |
| 5. Sesame Tuna Steak with Slaw | HP | High Protein (>20g per serve) |
| 6. Cajun Shrimp | V | Vegetarian |
| 7. Teriyaki Meatball Soup | Q | Quick (under 30 mins) |
| 8. Slow Cooker Greek Chicken | N | Contains Nuts |
| 9. Chicken, Leek & Pea Pasta Bake | | |
| 10. Salmon with Coconut Broccoli | | |
| 11. Kale Salad with Avocado Dressing | | |
| 12. Halibut en Papillote | | |
| 13. Sweet Potato Cookies | | |
| 14. Tropical Power Shake | | |
| 15. Blueberry Protein Donuts | | |

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Keto Spinach & Feta Egg Wraps	Sesame Tuna Steak with Slaw	Blueberry Protein Donuts	Chicken, Leek & Pea Pasta Bake
Tuesday	Keto Spinach & Feta Egg Wraps	Sesame Tuna Steak with Slaw	Tropical Power Shake	Salmon with Coconut Broccoli
Wednesday	High Protein Quiche	Teriyaki Meatball Soup	Blueberry Protein Donuts	Salmon with Coconut Broccoli
Thursday	High Protein Quiche	Teriyaki Meatball Soup	Sweet Potato Cookies	Cajun Shrimp
Friday	Chopped Salmon Salad	Cajun Shrimp	Tropical Power Shake	Slow Cooker Greek Chicken
Saturday	Chopped Salmon Salad	Halibut en Papillote & Kale Salad	Sweet Potato Cookies	Meal Out - Enjoy!
Sunday	Breakfast Quesadillas	Halibut en Papillote & Kale Salad	Tropical Power Shake	Chicken, Leek & Pea Pasta Bake

Weekly Shopping List

Produce	Protein & Dairy	Dry Goods	Staples & Misc
• 4.9 oz (140g) spinach • 1 onion • dill • lettuce • garlic • English cucumber • 1 carrot • bunch of green onions • 3 limes • 5 oz (150g) cabbage • 4 oz (120g) red bell pepper • 3.5 oz (100g) bean sprouts • bunch of parsley • ginger • 1 lemon • 10 oz (280g) leek • 5 oz (150g) frozen peas • 1 head broccoli • 1 ripe avocado • fresh cilantro (coriander) • 14 oz (400g) kale • 6.3 oz (180g) pomegranate seeds • 1 shallot • 1 orange • fresh thyme sprigs • 4.6 oz (130g) sweet potato • 1 banana • 5.8 oz (165g) pineapple • 7.9 oz (225g) fresh blueberries	• 4 eggs • egg whites • whole milk • feta cheese • 5 oz (140g) smoked salmon • cream cheese • 5 oz (140g) smoked bacon • 3 oz (85g) mozzarella cheese • 1.25 oz (35g) cooked chicken sausage • cottage cheese • 1 oz (30g) cheddar cheese • 2x 4.2 oz (120g) tuna steaks • 1 lb (450g) shrimp • 10.5 oz (300g) ground beef • 2 lbs (900g) boneless, skinless chicken breasts • 8.8 oz (250g) hot-smoked salmon • vanilla whey protein powder • Greek yogurt • 9 oz (250g) ricotta cheese • 2 oz (60g) grated Parmesan • 2x 6 oz (170g) halibut filets	• 11.2 oz (320g) pie crust • sesame seeds • cajun seasoning • cornstarch • ramen noodles (or stir-fry noodles) • shell pasta • ground flaxseeds • coconut sugar • peanuts • pine nuts • ground cinnamon • unsweetened desiccated coconut • pumpkin seeds • chia seeds • all-purpose flour • baking soda • tortillas	• sun-dried tomatoes in oil • 4 tbsp coconut oil • maple syrup • Dijon mustard • vegetable stock • teriyaki sauce • chicken stock • full-fat canned coconut milk • unsweetened almond milk • butter • sesame oil • honey



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Keto Spinach & Feta Egg Wraps

Serves 1

7 Minutes

2 eggs

1 oz. (30g) spinach

1 tbsp. cream cheese

2 sun-dried tomatoes in oil,
blotted & diced

1 oz. (28g) feta cheese,
crumbled

Heat ½ tsp olive oil in a large (10-12 inch) non-stick skillet over medium heat.

In a small bowl, whisk the eggs with a pinch of salt and pepper. Pour into the pan, swirling to spread evenly.

Cook for 30-60 seconds, until the edges are set. Gently flip and cook the other side for 30-40 seconds. Transfer the egg wrap to a plate to cool.

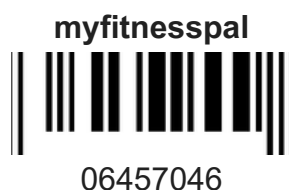
To make the filling, heat the remaining 1 tsp olive oil in the same pan over medium heat. Add spinach and cook for 1-2 minutes, until wilted. Remove from heat.

In a bowl, combine the wilted spinach, cream cheese, and sun-dried tomatoes. Season with salt and pepper.

Lay the cooled egg wrap on a plate. Spread the spinach mixture over the surface and sprinkle with feta.

Roll tightly. Serve immediately or refrigerate for later.

Note: Egg wraps can be made in advance and stored in the refrigerator for 1-2 days.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	370kcal	6g	19g	30g



High Protein Quiche

Serves 3

50 Minutes

11.2 oz. (320g) pie crust,
store-bought

1 onion, finely diced

2 cloves garlic, minced

1 oz. (30g) spinach,
chopped

2 large eggs

6 oz. (180g) egg whites

6 fl oz. (180ml) whole milk

5 oz. (140g) smoked bacon,
chopped

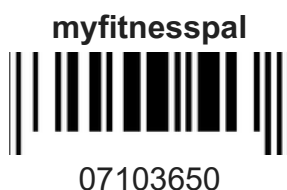
3 oz. (85g) mozzarella
cheese

Preheat the oven to 375°F (190°C). Place the pie crust on a baking sheet and prick the base with a fork. Bake for 8 minutes. Let cool slightly.

In a skillet over medium heat, sauté onion for 5 minutes. Add garlic and cook for 1 minute. Add spinach and cook until wilted. Let cool.

In a large bowl, whisk eggs, egg whites, and milk. Season with salt and pepper. Stir in the cooked vegetables, bacon, and cheese.

Pour into the crust, ensuring it's not overfilled. Bake for 35-45 minutes until set and golden. Rest for 10 minutes before slicing.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	334kcal	21g	31g	14g



Chopped Salmon Salad

Serves 2

5 Minutes

5 oz. (140g) smoked salmon, diced

¼ English cucumber, seeds removed, diced

3 tbsp. dill, chopped

1 carrot, peeled & diced

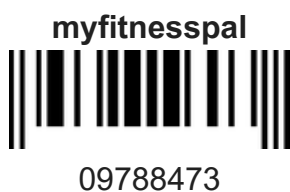
7 oz. (200g) lettuce, torn

2 tbsp. honey

1 tsp. Dijon mustard

Toss together all the diced vegetables and salmon in a bowl. Add honey and mustard, season with salt and pepper, and mix to combine.

Serve on its own or in bread rolls.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	302kcal	7g	19g	22g



Breakfast Quesadillas

Serves 1

20 Minutes

1.25 oz. (35g) cooked chicken sausage, chopped

1 large egg

2 tbsp. egg whites

3 tbsp. cottage cheese

2 tbsp. green onion, sliced

1 oz. (30g) cheddar cheese, grated

1 large tortilla

Cook sausage in a dry non-stick skillet over medium heat until browned. Set aside.

In a bowl, whisk together the egg, egg whites, cottage cheese, and green onions. Season with salt and pepper.

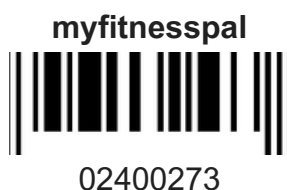
Spray the skillet with $\frac{1}{4}$ tsp oil and cook the egg mixture, folding gently, for 2-3 minutes until set. Remove from heat.

Heat the tortilla in a separate pan. Spread half the cheese over one half of the tortilla. Add the egg mixture and sausage, then top with the remaining cheese.

Cook for 2-3 minutes until the bottom is crisp. Fold the tortilla in half, flip, and cook until the cheese is melted.

Slice into thirds and serve.

Suggested servings: salsa, guacamole, jalapeños, lime wedges, sliced green onions.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	388kcal	17g	26g	24g



Sesame Tuna Steak with Slaw

Serves 2

20 Minutes

2 tbsp. sesame oil

1 lime (½ juiced, ½ cut into wedges)

5 oz. (150g) cabbage, shredded

4 oz. (120g) red bell pepper, sliced

3.5 oz. (100g) bean sprouts

1 oz. (30g) peanuts, toasted & chopped

2x 4.2 oz. (120g) tuna steaks

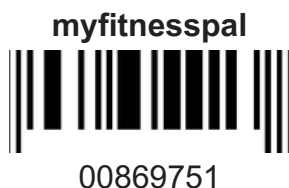
1 tbsp. sesame seeds

In a bowl, combine sesame oil and lime juice with a pinch of salt and pepper. Toss with the cabbage, bell pepper, bean sprouts, and peanuts.

Heat a non-stick skillet over high heat. Season tuna steaks with salt and pepper, then coat with sesame seeds.

Sear for 3 minutes per side until a sesame crust forms and the center remains pink.

Rest for a few minutes, then serve with the slaw and lime wedges.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	343kcal	15g	37g	15g



Cajun Shrimp

Serves 2

15 Minutes

1 lb. (450g) shrimp, peeled

2 tbsp. Cajun seasoning (or to taste)

1 lime, cut into wedges

1 tbsp. parsley, chopped

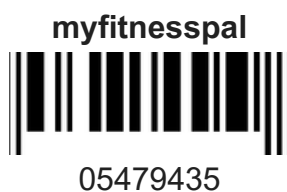
Heat 1 tbsp olive oil in a large skillet over medium-high heat.

In a bowl, toss shrimp with salt, pepper, and Cajun seasoning until evenly coated.

Add shrimp to the skillet and cook for 2-3 minutes per side, or until pink and opaque.

Garnish with chopped parsley and serve with lime wedges.

Serving suggestions: cooked white rice and green peas.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	178kcal	3g	28g	6g



Teriyaki Meatball Soup

Serves 3

35 Minutes

0.2 oz. (6g) ginger, peeled,
finely diced

4 cloves garlic, minced

28 fl oz. (800ml) vegetable
stock

2.7 fl oz. (80ml) teriyaki
sauce

10.5 oz. (300g) ground beef

2 green onions, finely
chopped

2 tbsp. cornstarch

4.6 oz. (130g) ramen
noodles (or stir-fry noodles)

2.8 oz. (80g) spinach

1 tsp. sesame seeds

In a pot, heat 1 tbsp olive oil over medium heat. Sauté the ginger and half the garlic for 1 minute. Season with black pepper.

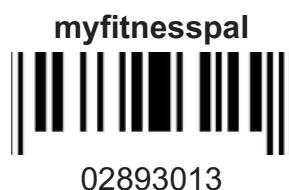
Add vegetable stock and a splash of teriyaki sauce. Bring to a boil, then reduce the heat to a nice simmer.

In a bowl, mix ground beef, green onions, remaining garlic, and cornstarch. Season with salt and black pepper. Form the mixture into walnut-sized meatballs.

Bring the stock back to a gentle boil and add the meatballs. Simmer for 7 minutes until cooked through.

Add noodles and cook according to package instructions. In the final minute, stir in the spinach until wilted.

Serve hot, sprinkled with sesame seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	414kcal	35g	28g	18g



Slow Cooker Greek Chicken

Serves 6

4 Hours 5 Minutes

Lemon Greek Yogurt Sauce:

8 oz. (227g) plain Greek yogurt (2% fat)
4 cloves garlic, minced
zest of 1 lemon
2 tbsp. fresh lemon juice

Chicken:

2 lbs. (900g) boneless, skinless chicken breasts

In a bowl, whisk together yogurt, garlic, lemon zest, lemon juice, and $\frac{3}{4}$ tsp sea salt.

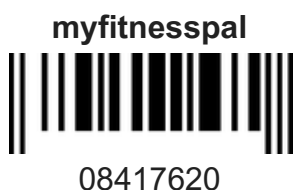
Place chicken in a 6-quart slow cooker. Season with $\frac{3}{4}$ tsp salt. Pour 6 tbsp of the yogurt sauce over the chicken and toss to coat.

Cover and cook on high for 2-4 hours or on low for 4-6 hours.

Remove chicken and shred. Strain the cooking liquid and return 4 tbsp to the slow cooker.

Return chicken to the pot. Add another 6 tbsp of the reserved yogurt sauce and toss to warm through, about 5 minutes on high.

Serve with the remaining 6 tbsp of yogurt sauce on the side for dipping or drizzling.



GF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	427kcal	3g	70g	15g



Chicken, Leek & Pea Pasta Bake

Serves 4

1 Hour

1 tbsp. butter, plus extra for greasing

12 oz. (350g) shell pasta

10 oz. (280g) leek, sliced

2 cloves garlic, minced

3.4 fl oz. (100ml) chicken stock

5 oz. (150g) frozen peas

7 oz. (300g) cooked Greek Chicken (Find the recipe on page 23.)

7.6 fl oz. (225ml) milk

9 oz. (250g) ricotta cheese

2 oz. (60g) grated Parmesan

Preheat the oven to 350°F (180°C). Grease a 12x10-inch (30x25cm) baking dish with ½ tsp olive oil.

Cook pasta al dente according to the package instructions. Drain and rinse under cold water. Drizzle with 1 tsp olive oil.

In a pan, melt butter. Cook leeks over medium heat for 10 minutes until soft. Add garlic and cook for 1 minute.

Add chicken stock and simmer for 8-10 minutes until nearly evaporated. Stir in peas and cook for 30 seconds.

In a large bowl, combine cooked pasta, leek mixture, shredded chicken, milk, and ⅔ of the ricotta. Season with salt and pepper.

Spoon into the baking dish. Top with the remaining ricotta and Parmesan. Drizzle with olive oil if desired.

Bake for 25 minutes until hot and golden.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	381kcal	27g	30g	17g



Salmon with Coconut Broccoli

Serves 2

15 Minutes

6.8 fl oz. (200ml) full-fat
canned coconut milk

8.8 oz. (250g) hot-smoked
salmon

0.35 oz. (10g) fresh ginger,
thinly sliced

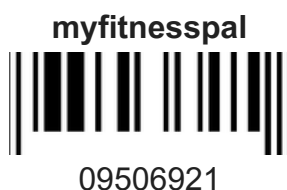
1 head broccoli (about 10
oz / 280g), cut into florets

1 tbsp. sliced green onions

In a pan, combine broccoli, ginger, and coconut milk. Season with salt and pepper.

Simmer gently for about 6 minutes, until broccoli is just tender.

Serve warm, topped with hot-smoked salmon and green onions.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	366kcal	9g	33g	22g



Kale Salad with Avocado Dressing

Serves 4

25 Minutes

Dressing:

1 ripe avocado
6 tbsp. Greek yogurt
1½ tbsp. lime juice
2 tbsp. fresh cilantro, chopped

Salad:

14 oz. (400g) kale
6.3 oz. (180g) pomegranate seeds
1 clove garlic, minced

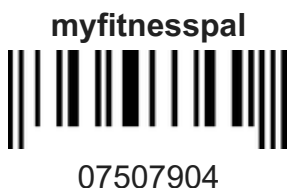
Make the dressing: Scoop avocado flesh into a blender and add the remaining dressing ingredients. Season with salt. Blend until smooth and creamy. Add water, 1 tbsp at a time, to adjust consistency if needed. Transfer to a jar and refrigerate until ready to use.

Remove tough stems from kale and tear the leaves into bite-sized pieces. Place in a large bowl.

Add 1 tbsp olive oil, minced garlic, and a pinch of salt. Massage the kale for 2-3 minutes until softened.

Add pomegranate seeds and drizzle with the dressing. Toss until well coated and served.

Optional: Pairs well with Halibut in Papillote (Find the recipe on page 29.).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	197kcal	24g	5g	9g



Halibut en Papillote

Serves 2

35 Minutes

zest of 1 lemon, plus thin
lemon slices

1 orange, sliced

1 shallot, thinly sliced

5 cloves garlic, minced

2x 6 oz. (170g) halibut filets

fresh thyme sprigs

2 tbsp. pine nuts

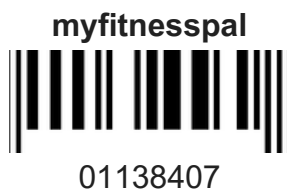
Preheat the oven to 400°F (205°C). In a bowl, mix lemon zest, shallot, garlic, and 2 tbsp olive oil. Season with salt and pepper.

On one half of each 12x16-inch (30x40 cm) sheet of parchment paper, layer: lemon and orange slices, halibut, thyme sprigs, shallot mixture, and pine nuts. Drizzle 1½ tbsp water over each filet.

Fold parchment over the fish and seal by overlapping 45° folds, twisting the final end to close tightly.

Bake for 10 minutes per inch of filet thickness, or until the internal temperature reaches 145°F (65°C).

Let sit for a few minutes before opening. Serve in the parchment alongside Kale Salad with Avocado Dressing (Find the recipe on page 29.).



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	454kcal	15g	40g	26g



Sweet Potato Cookies

Makes 12 cookies

30 Minutes

1 tbsp. ground flaxseeds

6 tbsp. coconut sugar

4 tbsp. coconut oil, melted

1 tsp. ground cinnamon

4.6 oz. (130g) sweet potato,
cooked & mashed

4.8 oz. (135g) unsweetened
desiccated coconut

4 tbsp. pumpkin seeds

1 tbsp. chia seed

Preheat the oven to 350°F (180°C) and line a large baking sheet with baking paper.

Combine flaxseeds with 3 tbsp cold water in a small bowl. Stir and refrigerate until it thickens into a gel (“flax egg”).

In a large mixing bowl, beat together mashed sweet potato and coconut sugar using an electric mixer. Stir in melted coconut oil.

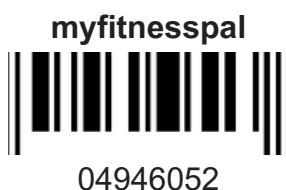
Add cinnamon, desiccated coconut, pumpkin seeds, and chia seeds. Mix until well combined, then stir in the flax egg.

Scoop out about 2 tbsp of dough per cookie. Roll into balls and flatten on the tray.

Bake for 12-15 minutes or until the edges are lightly golden. Let cool on the tray for 5 minutes before transferring to a cooling rack.

Store in an airtight container for 4-5 days.

Note: 5 cookies is equivalent to 1 serving.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	151kcal	11g	2g	11g



Tropical Power Shake

Serves 1

5 Minutes

1 oz. (30g) vanilla whey protein powder

½ banana

5.8 oz. (165g) pineapple

1 oz. (30g) spinach

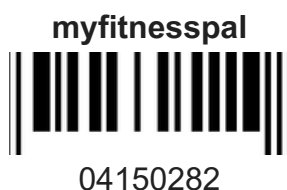
1 tbsp. ground flaxseed

2 tbsp. unsweetened coconut flakes

4 oz. (120g) Greek yogurt

Add all ingredients and 12 fl oz (355ml) water to a blender.

Blend until smooth. Pour into a glass and enjoy immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	506kcal	48g	38g	18g



Blueberry Protein Donuts

Makes 12

30 Minutes

Dry Ingredients:

6.4 oz. (180g) all-purpose flour
1.4 oz. (45g) vanilla whey protein powder
1 tsp. baking soda
2.6 oz. (75g) fresh blueberries

Wet Ingredients:

3.5 oz. (100g) coconut sugar, packed
4 tbsp. maple syrup
5.3 oz. (150g) mashed blueberries
2 large eggs
4.2 fl oz. (125ml) unsweetened almond milk
2 tbsp. coconut oil, melted

Preheat the oven to 350°F (180°C) and spray a donut pan with cooking spray.

In a medium bowl, whisk together all dry ingredients.

In a large bowl, whisk coconut sugar and maple syrup. Add mashed blueberries, eggs, and almond milk. Stir until well combined.

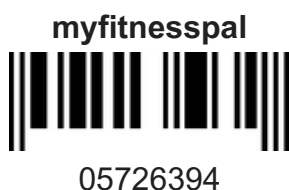
Fold the dry ingredients into the wet mixture. Add melted coconut oil and stir again until fully incorporated.

Fill each donut mold generously. Bake for 8-10 minutes, or until a toothpick inserted comes out clean.

Remove from the oven and let cool for a few minutes before transferring to a wire rack.

Do not leave in the pan too long, as they will continue to bake and may become dry.

Store in an airtight container in a cool, dry place.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	155kcal	26g	6g	3g