

HIGH PROTEIN

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

1. Spinach Feta Muffins	GF	Gluten Free
2. Japanese Soboro Don	DF	Dairy Free
3. Sausage & Sweet Potato Skillet	LC	Low Carb (<20g per serve)
4. High-Protein Chocolate Banana Oats	MP	Meal Prep/Freezer Friendly
5. Chocolate PB Protein Shake	HP	High Protein (>20g per serve)
6. Chicken & Zucchini Fritters	V	Vegetarian
7. Sheet Pan Chicken & Vegetable Bake	Q	Quick (under 30 mins)
8. Baked Salmon & Peppers	N	Contains Nuts
9. Easy Cucumber Chicken Salad		
10. High Protein Beef Bowl		
11. Garlic & Beef Pasta		
12. Chicken Katsu		
13. Tuna & White Bean Protein Dip		
14. Protein Apple Salad		
15. Yogurt & Ricotta Berry Whip		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Japanese Soboro Don	Sheet Pan Chicken & Vegetable Bake	Tuna & White Bean Protein Dip	Garlic & Beef Pasta
Tuesday	Japanese Soboro Don	Easy Cucumber Chicken Salad	Tuna & White Bean Protein Dip	Garlic & Beef Pasta
Wednesday	High-Protein Chocolate Banana Oats	Easy Cucumber Chicken Salad	Yogurt & Ricotta Berry Whip	Bakes Salmon & Peppers
Thursday	Spinach Feta Muffins	Chicken & Zucchini Fritters	Protein Apple Salad	Bakes Salmon & Peppers
Friday	Spinach Feta Muffins	Chicken & Zucchini Fritters	Protein Apple Salad	High Protein Beef Bowl
Saturday	Sausage & Sweet Potato Skillet	High Protein Beef Bowl	Yogurt & Ricotta Berry Whip	Meal Out - Enjoy!
Sunday	High-Protein Chocolate Banana Oats	Sheet Pan Chicken & Vegetable Bake	Tuna & White Bean Protein Dip	Chicken Katsu

Weekly Shopping List

Produce	Protein & Dairy	Dry Goods	Staples & Misc
• large bag baby spinach • bunch green onions (spring onions) • 5 bell peppers • 3 red onions • 3 garlic cloves • 1 English cucumber • 1 avocado • 1 apple • 2 bananas • 3 sweet potatoes • 3.5 oz (100g) carrots • 2 zucchinis (courgettes) • 14 oz (400g) cherry tomatoes • fresh parsley • 2 lemon	• 10 large eggs • 14 oz (400g) smoked sausage • 17 oz (475g) lean ground turkey or chicken • 2.1 lb (950g) lean ground beef • 2 lb (900g) boneless, skinless chicken breasts • 4 breaded chicken cutlets (approx. 1.3 lb / 600g) • 9 oz (250g) salmon fillets • plain Greek yogurt • 8 oz (225g) ricotta cheese • 16 oz (450g) low-fat cottage cheese • chocolate protein powder • 5 oz (140g) canned tuna in water • 4 oz (120g) canned white beans	• pasta • rolled oats • granola • cocoa powder • sweet paprika • smoked paprika • dried oregano • thyme • chili flakes • ground cinnamon • taco seasoning • pistachios	• unsweetened almond milk • 8 oz (240ml) tomato sauce • 8 oz (240ml) beef stock • regular milk • 10 oz (280g) cooked quinoa • grated Parmesan cheese • feta cheese • grated cheese (any variety) • mixed fresh berries • rice vinegar • mirin • coconut sugar • honey • sesame oil • 24 oz (680g) cooked rice • whole grain mustard • tomato paste • curry roux (Golden Curry)



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.





Spinach Feta Muffins

Makes 8 muffins

40 Minutes

7 oz. (200g) baby spinach leaves

10 oz. (280g) cooked quinoa

5 large eggs

2 spring onions, sliced

2 oz. (60g) Parmesan cheese, grated

3 oz. (90g) feta cheese, crumbled

Preheat the oven to 350°F (180°C) fan-forced.

Blanch the spinach in boiling water for 30 seconds. Drain and squeeze out as much moisture as possible.

In a large bowl, mix the spinach, cooked quinoa, eggs, Parmesan, and spring onions. Season with salt and pepper.

Spoon the mixture into 8 greased or lined muffin tins. Top with crumbled feta.

Bake for 30 minutes, or until set and lightly golden. Serve warm or cold.

myfitnesspal



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GF

LC

MP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	161kcal	9g	11g	9g



Japanese Soboro Don

Serves 2

15 Minutes

Turkey:

8 oz. (225g) lean ground turkey, 90-95% lean
1 tbsp. tamari
2 tsp. mirin
½ tsp. fresh ginger, grated
2 tsp. coconut sugar

Eggs:

4 large eggs
1 tbsp. tamari
2 tsp. mirin
1 tbsp. coconut sugar

Heat ½ tbsp olive oil in a nonstick pan over high heat. Add ground turkey, tamari, mirin, ginger, and sugar. Cook for 5 minutes, breaking the meat into small pieces. Remove from the pan and drain excess liquid.

In a bowl, whisk the eggs with tamari, mirin, and sugar. Heat ½ tbsp olive oil in the same pan over medium-high heat. Pour in the egg mixture and scramble gently for 1-2 minutes, until cooked through.

Divide everything between bowls and serve immediately.

Serving suggestions: sliced green onion, arugula, brown rice.

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GF	DF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	391kcal	14g	32g	23g



Sausage & Sweet Potato Skillet

Serves 4

30 Minutes

14 oz. (400g) smoked sausage, sliced

16 oz. (450g) sweet potatoes, diced

5 oz. (140g) red bell pepper, diced

5 oz. (140g) green bell pepper, diced

1 tbsp. garlic, minced

2 tsp. oregano, dried

2 tsp. balsamic vinegar, or more to taste

Heat 1 tbsp oil in a large nonstick skillet over medium-high heat. Add the sausage and cook for 3-4 minutes. Remove and set aside, leaving the drippings in the pan.

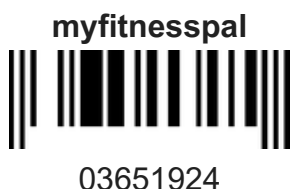
Reduce heat to medium. Add sweet potatoes and sauté for 5 minutes, stirring often. Cover and cook for 5 more minutes, or until fork-tender. Season with salt and pepper. Transfer to the bowl with the sausage.

Add another 1 tbsp oil to the pan. Add diced bell peppers. Sauté for 6-8 minutes, or until soft. Stir in garlic, oregano, salt, and pepper. Cook for 30 seconds more.

Return sausage and sweet potatoes to the pan. Stir in balsamic vinegar and adjust seasoning as needed.

Top with chopped herbs (optional) and serve hot.

Serving suggestions: chopped parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	464kcal	32g	12g	32g



High-Protein Chocolate Banana Oats

Serves 1

7 Minutes

1.5 oz. (45g) rolled oats

1 oz. (30g) chocolate
protein powder

1 banana, mashed

1 tbsp. natural peanut butter

1 tbsp. chia seeds

½ tsp. ground cinnamon

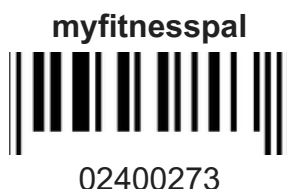
8 fl oz. (240ml)
unsweetened almond milk

In a small pot, combine oats, mashed banana, chia seeds, cinnamon, and almond milk.

Cook over medium heat, stirring, for 4-5 minutes until thickened.

Remove from heat and stir in the protein powder and peanut butter until smooth.

Add a splash of almond milk if too thick. Taste and adjust the sweetness if needed. Serve warm.



GF	MP	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	583kcal	69g	34g	19g



Chocolate PB Protein Shake

Serves 1

5 Minutes

8 fl oz. (240ml)
unsweetened almond milk

1 frozen banana, sliced

4 oz. (115g) reduced-fat
plain Greek yogurt

1 tbsp. cocoa powder

1 tbsp. natural peanut butter

Combine all ingredients in a blender.

Blend until smooth and creamy. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	391kcal	40g	24g	15g



Chicken & Zucchini Fritters

Serves 4

40 Minutes

- 2 zucchinis, grated
- 1 lb. (450g) ground turkey or chicken
- 2 green onions, finely sliced
- 1 large egg
- 2 cloves garlic, minced or pressed
- 8 oz. (225g) ricotta cheese

Place grated zucchinis in a colander or bowl. Sprinkle with 1 tsp salt and let sit for 10 minutes. Squeeze out as much liquid as possible, then discard the liquid.

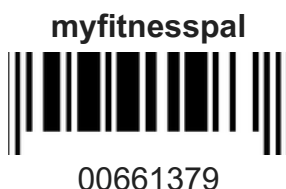
In a large bowl, combine drained zucchini, ground meat, 1 tsp salt, black pepper, green onions, egg, garlic, and ricotta. Mix until combined.

Heat a large nonstick skillet over medium heat and add 1 tbsp olive oil.

Scoop heaped tablespoons of mixture and form into patties about 1/3 inch (1 cm) thick.

Cook uncovered for 3 minutes, flip, then cover and cook for 3-4 minutes more, or until cooked through.

Repeat with the remaining mixture, adding 1 tbsp oil as needed.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	361kcal	6g	28g	25g



Sheet Pan Chicken & Vegetable Bake

Serves 4

40 Minutes

1 lb. (450g) chicken breasts, boneless, skinless

1 tsp each: smoked paprika, garlic powder, onion powder

8 oz. (225g) broccoli, cut into florets

1 red bell pepper, cut into 1-inch cubes

1 red onion, chopped into large pieces

1 tbsp. fresh parsley, chopped

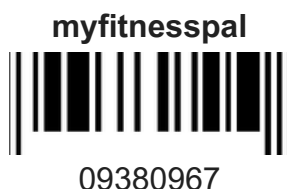
Preheat the oven to 400°F (200°C). Line a large baking sheet with parchment paper.

Place chicken breasts on the sheet. Rub with spices, salt, pepper, and ½ tbsp olive oil.

In a large bowl, toss broccoli, red bell pepper, and red onion with 1 tbsp olive oil, salt, and pepper. Arrange vegetables around the chicken on the pan.

Bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender-crisp.

Let the chicken rest for a few minutes before slicing. Garnish with parsley.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	286kcal	12g	37g	10g



Baked Salmon & Peppers

Serves 2

30 Minutes

9 oz. (250g) salmon filets

3 bell peppers (red, yellow, orange), thinly sliced

14 oz. (400g) cherry tomatoes

1 tbsp. sweet paprika

1 tbsp. whole grain mustard

1 tsp. thyme

Preheat the oven to 390°F (200°C).

In a bowl, whisk together 4 tbsp olive oil, mustard, 2 tbsp vinegar, thyme, paprika, salt, and pepper. Toss sliced bell peppers and tomatoes with the marinade.

Place salmon filets on a lined baking tray or in a casserole dish. Surround with the marinated vegetables and pour over the remaining marinade. Bake for 20 minutes, or until the salmon flakes easily.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	634kcal	25g	30g	46g



Easy Cucumber Chicken Salad

Serves 4

30 Minutes

2 chicken breasts,
boneless, skinless (about 1
lb / 450g)

1 cucumber, diced

2 fl oz. (60ml) rice vinegar

1 tbsp. toasted sesame
seeds

1 tsp. granulated sugar

½ tsp. toasted sesame oil

Optional:

green onions or fresh
cilantro, chopped, for
garnish

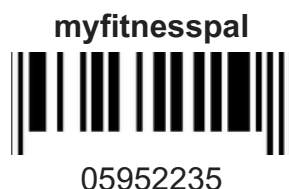
Place chicken in a saucepan and cover with water by 2 inches. Add 1 tsp salt. Bring to a boil, reduce the heat, and simmer for 8-10 minutes, or until cooked through.

Transfer chicken to a cutting board and let rest for 5 minutes.

In a large bowl, whisk vinegar, sesame seeds, sugar, sesame oil, ½ tsp black pepper, and 1 tsp salt until dissolved.

Dice or shred the chicken. Add chicken and cucumber to the bowl and toss to coat.

Adjust seasoning to taste. Garnish with green onions or cilantro if desired (optional).



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	218kcal	5g	36g	6g



High Protein Beef Bowl

Serves 4

30 Minutes

1 lb. (450g) lean ground beef

16 oz. (450g) sweet potatoes, diced into cubes

1 avocado, sliced

16 oz. (450g) low-fat cottage cheese

1 tbsp. tomato paste

1.3 oz. (37g) taco seasoning

1 tbsp. honey

½ tsp. chili flakes

1 tsp. ground cinnamon

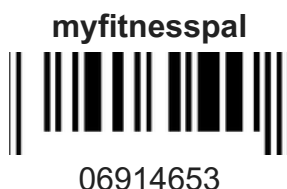
Preheat the oven to 350°F (175°C). Line a baking sheet with parchment.

Toss sweet potatoes with 1 tbsp olive oil, cinnamon, salt, and pepper. Spread on the sheet and roast for 18-20 minutes until tender and crisp.

Meanwhile, heat the 1 tbsp olive oil in a pan over medium heat. Sear ground beef for 2-3 minutes until browned. Add taco seasoning and tomato paste. Cook for 2 more minutes, then stir in honey and chili flakes. Add a splash of water if needed.

Assemble bowls with roasted sweet potatoes, beef, sliced avocado, and 4 oz (115g) cottage cheese per bowl.

Sprinkle with additional chili flakes if desired. Serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	618kcal	42g	36g	34g



Garlic & Beef Pasta

Serves 4

25 Minutes

6 oz. (170g) pasta, any shape

2 tbsp. garlic, minced

1 red onion, diced

1.1 lbs. (500g) lean ground beef (5% fat)

1 tsp. each: pepper, paprika, chili powder, oregano

2 oz. (60g) cheese, grated

Sauce:

8 fl oz. (240ml) tomato sauce

8 fl oz. (240ml) beef stock

8 fl oz. (240ml) milk

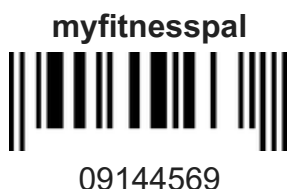
Cook pasta in salted water according to package instructions. Reserve 2.5 fl oz (70ml) of the cooking water.

Heat 1 tsp olive oil in a pan. Sauté garlic and red onion for 2-3 minutes.

Add ground beef, spices and season with salt and pepper. Cook for 5-6 minutes until browned.

Stir in tomato sauce, beef stock, milk, and reserved pasta water. Simmer for 5-7 minutes.

Stir in cheese and cooked pasta. Toss until well coated. Serve hot.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	547kcal	49g	36g	23g



Chicken Katsu

Serves 4

25 Minutes

14 oz. (400g) onion, sliced

9 oz. (250g) potatoes,
cubed

3.5 oz. (100g) carrots,
sliced

4.4 oz. (125g) curry roux
(golden curry)

24 oz. (680g) cooked rice

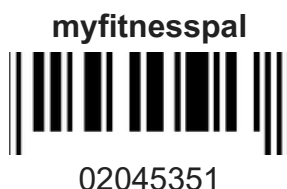
4 breaded chicken cutlets,
sliced (about 1.3 lbs / 600g
total)

Heat 1 tbsp olive oil in a pot. Sauté onions until soft and golden. Add potatoes and carrots. Cook for 2-3 minutes. Add 27 fl oz (800ml) water and bring to a boil. Reduce heat and simmer for 7-8 minutes.

Break the curry roux into blocks and stir it into the pot. Cook on low, covered, for 10 minutes. Stir occasionally. Adjust thickness by simmering uncovered or adding water.

Serve rice and sliced chicken on plates. Pour curry beside the cutlet.

Serving suggestions: black sesame seeds and green onion.



DF	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	780kcal	93g	48g	24g



Tuna & White Bean Protein Dip

Serves 2

5 Minutes

5 oz. (140g) tuna in water, drained

4 oz. (120g) canned white beans, rinsed

2 tbsp. plain Greek yogurt

1 tbsp. lemon juice

1 small clove garlic, minced

1 tbsp parsley, chopped

Mash the beans in a bowl until mostly smooth. Add tuna, yogurt, lemon juice, garlic, and parsley. Mix until well combined. Adjust seasoning.

Serve with raw veggies, whole-grain crackers, or in lettuce cups.

Serving suggestions: drizzle of olive oil, parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	145kcal	11g	23g	1g



Protein Apple Salad

Serves 4

35 Minutes

1 apple, peeled & sliced

4 oz. (120g) plain Greek yogurt (2%)

1 tbsp. peanut butter

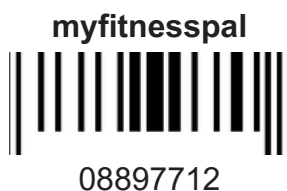
1 tsp. honey

pinch of cinnamon

2 tbsp. granola

Add apple slices to a jar or container. Add yogurt, peanut butter, honey, and cinnamon. Seal with lid and shake to combine.

Top with granola and enjoy.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	381kcal	48g	18g	13g



Yogurt & Ricotta Berry Whip

Serves 1

5 Minutes

4 oz. (120g) plain Greek yogurt

4 oz. (120g) ricotta cheese

2 oz. (60g) mixed fresh berries

½ tsp. vanilla extract

1 tsp. lemon zest

1 tbsp. pistachios, chopped

1 tbsp. honey

Combine yogurt, ricotta, vanilla extract, and lemon zest in a bowl. Whip with a hand mixer until smooth and creamy. Gently fold in berries.

Spoon into a serving dish and top with pistachios. Chill for 15-30 minutes if preferred cold. Serve topped with honey.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	424kcal	34g	27g	20g