HIGH PROTEIN RECIPE COOKBOOK

Discover the collection of simple high-protein recipes, including breakfast, lunch, dinner, treats, and smoothie options.

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Table of Contents

1 Omelet Wraps

2 Egg & Turkey Stuffed Peppers

3 Smoked Salmon, Feta, & Asparagus Omelet

4 Tuna Salad Lettuce Wraps

5 Grilled Chicken & Pineapple Salad

6 Wardorf Chicken Salad

7 Turkey & Broccoli Stir Fry

8 Chicken Thighs with Hosin Rice

9 Chinese Pork Stir Fry with Pineapple

10 Slow Cooker Chicken Fajitas

11 Creamy Chicken, Mushroom, & Tomato pasta

12 Honey & Lime Glazed Salmon with Pineapple Rice

13 Simple chicken Curry with Saffron Rice

14 One Pot Turkey Chili with Rice

15 Mexican Fried Rice

16 Chicken & Mango Stir Fry

17 Pesto Pasta with Tuna & Almonds

18 Sweet and Sour Pork Stir Fry

19 Pepper Steak

20 Quick & Easy Meatballs

21 Quick Beef Chow Mein

22 Simple Chili & Sweet Potato Chips

23 Cherry Sorbet

24 Protein Fruit Bowls

25 Matcha Chai Pudding

26 Cinnamon Roll Protein

RECIPE KEY

Look for these helpful icons throughout the file.

GF Gluten Free

DF Dairy Free

LC Low Carb (under 20g serving)

MP Meal Prep/Freezer Friendly

HP High Protein (over 20g per serving)

V Vegetarian

Q Quick (under 30 mins)

N Contains Nuts

OMELET WRAPS

Serves: 4
Prep: 15 mins
Cook: 10 mins

Nutrition per serving:
237 kcal
15g Fats
3g Carbs
20g Protein

GF DF LC Q

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WHAT YOU NEED

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

WHAT YOU NEED TO DO

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms .

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp. of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.

To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

EGG & TURKEY STUFFED PEPPERS

Serves: 4
Prep: 5 mins
Cook: 20 mins

Nutrition per serving:
329 kcal
12g Fats
11g Carbs
43g Protein

GF LC MP HP Q

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WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.

To serve sprinkle with chopped parsley.

SMOKED SALMON, FETA & ASPARAGUS OMELET

Serves: 2
Prep: 10 mins
Cook: 15 mins

Nutrition per serving:
302 kcal
21g Fats
6g Carbs
20g Protein

GF LC MP Q

WHAT YOU NEED

- 4 oz. (125g) asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 2 oz. (60g) smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

PRO TIP:
The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

WHAT YOU NEED TO DO

Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about 1/2 cm pieces.

Boil in lightly salted water for about 2 minutes, then strain and set aside.

In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.

Heat the oven to 350F (180C). Heat the oil in a pan (diameter of approx. 24 cm) over medium heat, and pour in the egg mixture, rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).

Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.

To serve sprinkle with fresh dill and season with freshly ground black pepper.

TUNA SALAD LETTUCE WRAPS

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
286 kcal
9g Fats
14g Carbs
38g Protein

GF DF LC Q

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WHAT YOU NEED

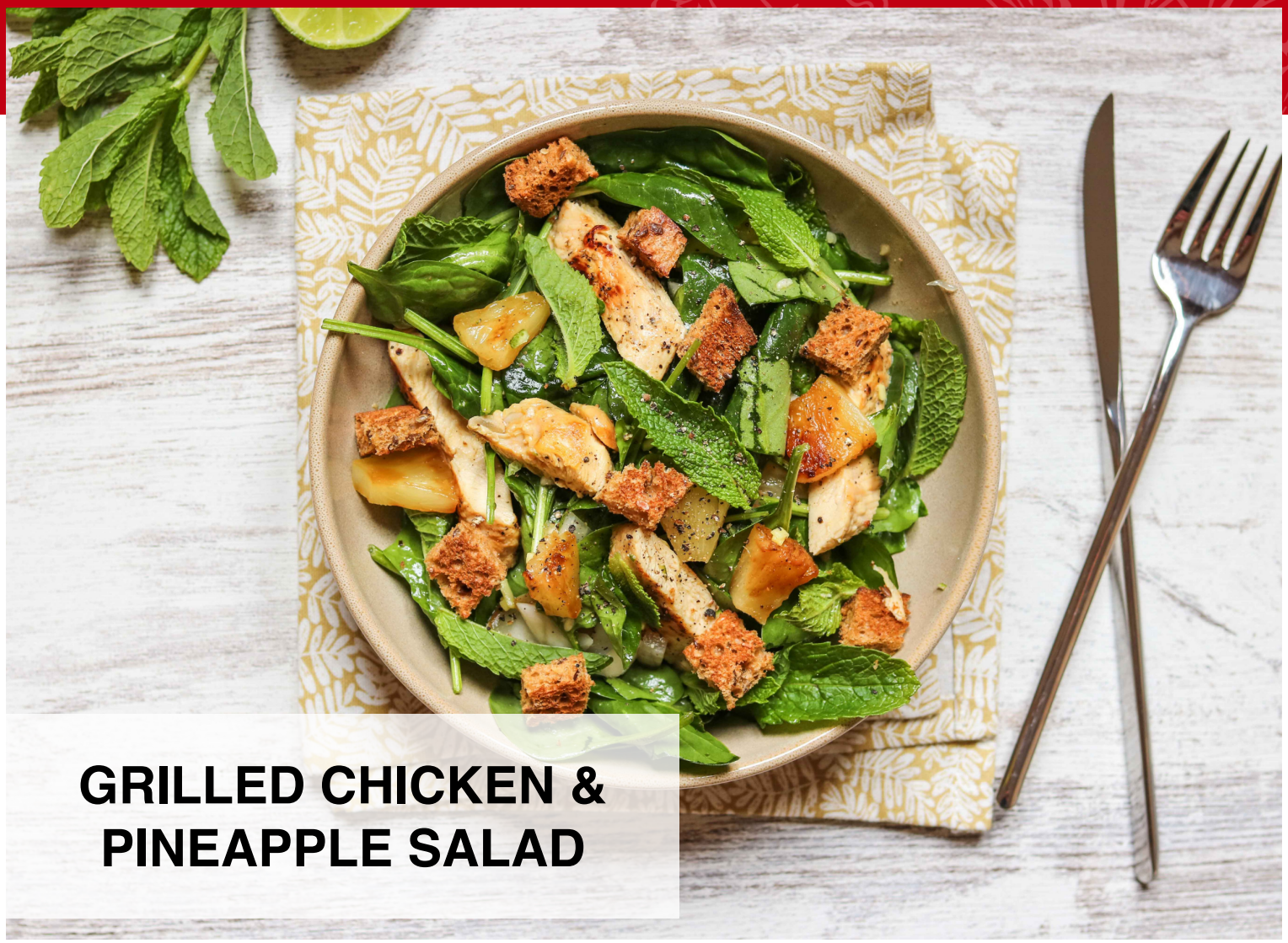
- 1 ¼ cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.



GRILLED CHICKEN & PINEAPPLE SALAD

Serves: 2
Prep: 10 mins
Cook: 13 mins

Nutrition per serving:
356 kcal
16g Fats
34g Carbs
27g Protein

GF DF HP Q

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WHAT YOU NEED

For the Salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

For the Dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian option: *replace the grilled chicken with fried or baked tofu or feta cheese.*

WALDORF CHICKEN SALAD

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
354 kcal
16g Fats
33g Carbs
20g Protein

GF

MP HP

Q N

WHAT YOU NEED

- 3.5 oz (100g) chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- 1/4 cup (40g) raisins
- ¼ cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

WHAT YOU NEED TO DO

Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.

Divide the salad leaves between bowls and top with the filling. Served with freshly ground black pepper.

VEGGIE OPTION:
Instead of chicken add tofu.

TURKEY & BROCCOLI STIR FRY

Serves: 2
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
494 kcal
16g Fats
56g Carbs
42g Protein

GF DF HP Q

WHAT YOU NEED

- 3.5 oz. (100g) black rice noodles
- 7 oz. (200g) turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

WHAT YOU NEED TO DO

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 mins).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the earlier cooked noodles and heat it for a 2 - 3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.

CHICKEN THIGHS WITH HOISIN RICE

Serves: 8
Prep: 5 mins
Cook: 50 mins

Nutrition per serving:
336 kcal
15g Fats
16g Carbs
29g Protein

GF DF LC MP HP N

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WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the Sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

Heat the oven to 375F (190C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.

CHINESE PORK STIR-FRY WITH PINEAPPLE

Serves: 4
Prep: 20 mins
Cook: 10 mins

Nutrition per serving:
303 kcal
11g Fats
22g Carbs
28g Protein

GF DF MP

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WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- 2/3 cup (135ml) pineapple chucks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the Sauce:

- 1/3 cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

WHAT YOU NEED TO DO

Wash the meat, dry it, and cut them into the thinnest slices possible. Season with salt and pepper, and coat in potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and cut the onion into feathers. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all sauce ingredients in a bowl.

In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto the plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens, in the meantime mix now and then.

Sprinkle with chopped spring onions and serve with rice.

SLOW COOKER CHICKEN FAJITAS

Serves: 8
Prep: 10 mins
Cook: 3-4hrs

Nutrition per serving:
183 kcal
3g Fats
12g Carbs
28g Protein

GF DF LC MP HP

WHAT YOU NEED

- 2 lb (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- *tortillas, cream, guacamole, coriander*

CREAMY CHICKEN, MUSHROOM & TOMATO PASTA

Serves: 3
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
385 kcal
14g Fats
26g Carbs
35g Protein

DF

MP

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WHAT YOU NEED

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sun-dried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or normal)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging. Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5 - 7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.

HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE

Serves: 4
Prep: 5 + 1hr
Cook: 35 mins

Nutrition per serving:
643 kcal
24g Fats
68g Carbs
35g Protein

GF DF HP

WHAT YOU NEED

- 1.3 lb (600g) salmon, 4 fillets

Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. soy sauce
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple Rice:

- 2/3 cup (150g) rice
- ¾ cup (200g) sweetcorn
- 1 ¼ cups (250g) pineapple, chopped
- 1 1/3 cup (200g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- 1/2 cup coriander leaves (or mint)

WHAT YOU NEED TO DO

Cut the skin off the salmon fillets. Rinse and dry.

Mix the ingredients of the marinade and coast the pieces of salmon. Place in a casserole for marinating for about 1 hour.

Cook the rice in lightly salted water, then spread on a large plate to cool.

Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl, season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.

Preheat the oven to 410F (210C). Bake the marinated salmon for 18 minutes, until cooked throughout.

Serve salmon with the earlier prepared pineapple rice.

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SIMPLE CHICKEN CURRY WITH SAFFRON RICE

Serves: 4
Prep: 10-15 mins
Cook: 30-45 mins

Nutrition per serving:
531 kcal
22g Fats
47g Carbs
36g Protein

GF DF HP

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WHAT YOU NEED

For the Chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rRce:

- 1/4 cup (60ml) boiling water
- pinch saffron threads (roughly 1/8 tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1 3/4 cup vegetable stock

WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan, fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan sauté the diced onion, garlic and ginger for 3-4 mins, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and 1/4 cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, cover with a lid and cook for about 30-45 mins or until the meat is tender.

In the meantime cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.

In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and let sit for covered another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

***Tip**: rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.*

ONE POT TURKEY CHILI WITH RICE

Serves: 4
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
295 kcal
9g Fats
21g Carbs
31g Protein

GF

MP HP

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WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- 1/2 cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- 1/2 can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- 1/3 cup (60g) red kidney beans, drained
- 1/3 cup (85g) sweet corn, drained
- 1/3 cup (30g) grated cheese (optional)

Spices:

- 1 tsp dried oregano
- 1 tsp cumin,
- 1 tsp sweet pepper,
- 1/2 tsp hot pepper,
- 1/2 tsp salt,
- 1/3 tsp ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan, add the onion and garlic, cooking for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the dry rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to the boil. Simmer covered on low heat for about 17-20 minutes.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

***Dairy free option:** cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.*

MEXICAN FRIED RICE

Serves: 4
Prep: 10 mins
Cook: 25-30 mins

Nutrition per serving:
360 kcal
16g Fats
32g Carbs
24g Protein

GF DF MP HP

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WHAT YOU NEED

- 7 oz. (300g) chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- 1/2 red onion, chopped
- 1 red pepper, diced
- 3/8 cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ½ chilli, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1/2 tsp. chilli flakes

WHAT YOU NEED TO DO

Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.

Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.

Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.

Next add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.

Remove from the heat, and add the peeled and diced tomato, mix.

To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

PRO TIP:
- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.

CHICKEN & MANGO STIR FRY

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
308 kcal
9g Fats
31g Carbs
29g Protein

GF DF MP HP Q

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WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the Sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

WHAT YOU NEED TO DO

Cut the chicken into thin strips and season with salt and pepper, then coat in the flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan heat 1 tbsp. of coconut oil, and stir fry the vegetables (peppers, onions, chili pepper, garlic and ginger) over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes, then remove everything and set aside.

Add a second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for about 2 minutes until the sauce thickens, in the meantime mix often.

Serve with rice (not included in nutrition information per serving).

PESTO PASTA WITH TUNA & ALMONDS

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
512 kcal
16g Fats
69g Carbs
24g Protein

GF DF Q N

WHAT YOU NEED

- 10.5 oz. (300g) gluten-free fusilli
- 14 o. (400g) green beans
- 8.4 oz. (240g) tuna in water, drained (2 tins)
- 1 oz. (30g) roasted almonds, chopped
- 4.5 oz. (130g) green pesto

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the package.

In the meantime, halve the beans and also cook for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with the almonds to serve. Season with pepper.

SWEET AND SOUR PORK STIR-FRY

Serves: 4
Prep: 10 mins
Cook: 15 mins

Nutrition per serving:
446 kcal
16g Fats
52g Carbs
22g Protein

GF DF Q

WHAT YOU NEED

- 7/8 cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 1/3 cup (200g) sugar snaps
- 1 ¼ cup (250g) cherry tomatoes
- 1 ¼ cup (250g) pineapple, canned or fresh

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir-fry 2 min, then lower the heat and add in the sugar snaps. Stir-fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir-fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked divide everything onto 4 plates and serve.

NOTE:
- this dish is also very tasty with chicken breast or chicken thighs

PEPPER STEAK

Serves: 4
Prep: 5 mins
Cook: 10 mins

Nutrition per serving:
187 kcal
6g Fats
12g Carbs
22g Protein

GF DF LC MP HP

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WHAT YOU NEED

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1/2 tsp. black pepper
- crushed red pepper flakes, to taste

WHAT YOU NEED TO DO

Slice the beef into thin slices. Place in a bowl and add 4 tsp of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

Serves with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.

QUICK & EASY MEATBALLS

Serves: 4
Prep: 15 mins
Cook: 20 mins

Nutrition per serving:
309 kcal
14g Fats
9g Carbs
36g Protein

GF DF LC HP

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WHAT YOU NEED

- 1 lb. (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 mins. For the last 4-5 mins set the oven to grill/broil to crisp the outside.

QUICK BEEF CHOW MEIN

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
325 kcal
10g Fats
33g Carbs
28g Protein

DF
Q MP HP

myfitnesspal

WHAT YOU NEED

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- 1/2 leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onion, chopped

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on the packaging. Cut the beef into thin strips.

Heat the sesame oil in a wok or large frying pan. Add the garlic and ginger and fry for about a minute, add the beef and cook for another 2 minutes. Next add the leek, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes garnish with chopped spring onion.

SIMPLE CHILI & SWEET POTATO CHIPS

Serves: 4
Prep: 10 mins
Cook: 40 mins

Nutrition per serving:
382 kcal
16g Fats
33g Carbs
29g Protein

GF DF MP HP

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WHAT YOU NEED

For the Potatoes:
- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

For the Simple Chili:
- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the Garnish:
- 2 tbsp. coriander, chopped
- 1 avocado, mashed

WHAT YOU NEED TO DO

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.

CHERRY SORBET

Serves: 4
Prep: 10 mins
Cook: 1 hr

Nutrition per serving:
109 kcal
1g Fats
24g Carbs
2g Protein

GF DF V

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WHAT YOU NEED

- 1 ¾ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

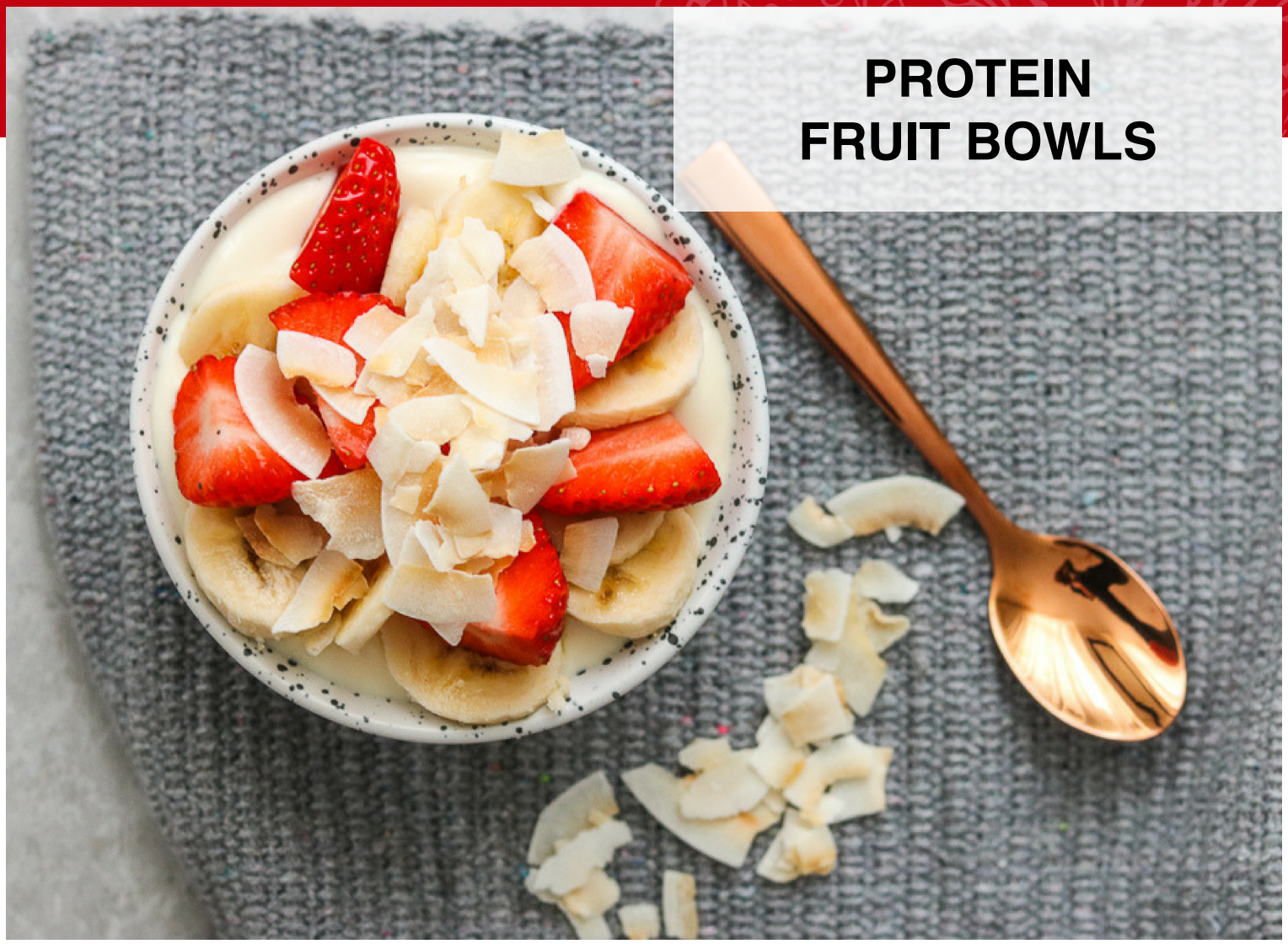
Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. lemon juice, 4 tbsp. yogurt and 4 tbsp. water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve imminently.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).

PROTEIN FRUIT BOWLS



Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
250 kcal
4g Fats
30g Carbs
25g Protein

V Q

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WHAT YOU NEED

For the Mango Bowl:
- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the Strawberry Bowl:
- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

MATCHA CHAI PUDDING

Serves: 2
Prep: overnight
Cook: 0 mins

Nutrition per serving:
275 kcal
9g Fats
19g Carbs
23g Protein

GF DF LC V N

WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp.(40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.

CINNAMON ROLL PROTEIN SMOOTHIE

Serves: 2
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
162 kcal
3g Fats
15g Carbs
22g Protein

GF HP Q V N

WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.

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