



HIGH PROTEIN RECIPE PACK

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

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Your Recipe Guide

Throughout the course of the program there will be many references to delicious, easy to cook recipes in the Recipe Guide. You can cook the suggested ones or look for alternatives you feel are easy to do and sound delicious.

The Key to Your Success

The key to your success for the next 21 days is consistency.

Having the daily emails makes it easy to stay engaged every single day so even if you are not able to get to everything or eat 100% on plan, no problem!

If you find that you 'mess up', simply clean the slate, put any mistakes behind you, or talk to me about alternatives so you can make your next choice 'better'.









Sounds simple, but simple things tend to work!

At the end of the day make it your own and choose YOUR path to success.



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

WEEKLY MEAL PLANNER 01

MONDAY

BREAKFAST

Spanish
Zucchini Tortilla

LUNCH

Chicken Orange
& Walnut Salad

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Chinese Pork Stir-
Fry with Pineapple

TUESDAY

BREAKFAST

Omelet Wraps

LUNCH

Tuna & Broccoli
Salad with
Honey
Vinaigrette

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Baked Salmon
Tray with Rice &
tomatoes

WEDNESDAY

BREAKFAST

Egg & Turkey
Stuffed Peppers

LUNCH

Leftover Baked
Salmon Tray
with Rice &
tomatoes

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Beef & Green
Beans Pasta in
soy sauce

THURSDAY

BREAKFAST

Omelet Wraps

LUNCH

Chicken Orange
& Walnut Salad

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Leftover Beef &
Green Beans
Pasta in soy
sauce

FRIDAY

BREAKFAST

Egg & Turkey
Stuffed Peppers

LUNCH

Tuna & Broccoli
Salad with
Honey
Vinaigrette

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Waldorf
Chicken Salad

SATURDAY

BREAKFAST

Cinnamon Roll
Protein
Smoothie

LUNCH

Leftover
Waldorf
Chicken Salad

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Meal Out –
Enjoy!

SUNDAY

BREAKFAST

Spanish
Zucchini Tortilla

LUNCH

Cinnamon Roll
Protein

SNACK

E.g. Cinnamon
Roll Protein
Smoothie,
Protein Fruit
Bowls

DINNER

Chinese Pork Stir-
Fry with Pineapple

WEEKLY MEAL PLANNER 02

MONDAY

BREAKFAST

High Protein
Blueberry
Pancakes

LUNCH

Grilled Chicken
and Pineapple
Salad

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Turkey & Broccoli
Stir-Fry

TUESDAY

BREAKFAST

Eggs Fried On
Tomatoes with
Tuna

LUNCH

Leftover Grilled
Chicken and
Pineapple Salad

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Salmon Teriyaki
with Green
Beans &
Sweetcorn Rice

WEDNESDAY

BREAKFAST

Eggs Fried On
Tomatoes with
Tuna

LUNCH

Leftover Salmon
Teriyaki with
Green Beans &
Sweetcorn Rice

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Quick & Easy
Meatballs
served with rice
and veg

THURSDAY

BREAKFAST

High Protein
Blueberry
Pancakes

LUNCH

Tuna Salad
Lettuce Wraps

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Leftover Quick &
Easy Meatballs
served with rice
and veg

FRIDAY

BREAKFAST

Spinach
Shakshuka

LUNCH

Leftover Tuna
Salad Lettuce
Wraps

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Chicken &
Mango Stir-Fry

SATURDAY

BREAKFAST

Spinach
Shakshuka

LUNCH

Leftover
Chicken &
Mango Stir-Fry

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Meal Out –
Enjoy!

SUNDAY

BREAKFAST

Summer
Smoothie
Protein Bowl

LUNCH

Antioxidant
Blueberry
Smoothie

SNACK

E.g. Antioxidant
Blueberry
Smoothie,
Matcha Chia
Pudding

DINNER

Turkey & Broccoli
Stir-Fry



SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
377 kcal
22g Fats
22g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.

OMELET WRAPS



OMELET WRAPS



Serves: 4
Prep: 15 mins
Cook: 10 mins



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



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

EGG & TURKEY STUFFED PEPPERS



Serves: 4
Prep: 5 mins
Cook: 20 mins



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



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.