

**STRONG BODY
STRONG MIND**



THE HIGH PROTEIN RECIPE PACK

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The Calorie and macronutrient values stated are calculated via an application and small discrepancies may occur as they are rounded. Calorie values are per serving size. Number of serving sizes per recipe is indicated.

Barcodes are best printed to paper to be scanned but they may work from a screen. Where numbers are listed they can be entered as an alternative.

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

tsp. = teaspoon

tbsp. = tablespoon



Chilli & Sweet Potato Fries

Serves: 4

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 Chilli:

- 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 of the liquid evaporates.

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

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	382	16	33	29

*Nutrition per serving



Cajun Beef & Veg Rice

Serves: 3

1 tbsp. coconut oil (or olive oil)

3 large carrots, sliced
2 peppers, sliced

4 spring onions, sliced

1 lb. (500g) 5% fat beef mince

2 tsp. cajun seasoning

1 tbsp. tomato purée

1 lb. (500g) cooked rice

What you need to do:

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for up to 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for approximately 10 minutes, until the meat is browned.

Add the cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.



GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	503	13	55	40

*Nutrition per serving



Egg Fried Rice With Turkey

Serves: 4

1 lb. (450g) minced turkey breast

3.5 oz. (100g) spinach

3.5 oz. (100g) rice

2 tbsp. coconut oil

1 onion, chopped

2 garlic cloves, minced

1 tbsp. tomato puree

1 egg

Spices:

1 tsp. paprika

1 tsp. turmeric

1 tsp. oregano

1/3 tsp. cayenne pepper

What you need to do:

Cook the rice according to the instructions on the packaging, then set aside.

Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins.

Add the meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until the spinach has wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2+ mins, until the egg is set, then divide between plates and serve.



GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	316	10	25	33

*Nutrition per serving



One Pot Turkey With Chilli Rice

Serves: 4

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.



GF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	295	9	21	31

*Nutrition per serving



Salmon Avocado Rice Bowl

Serves: 2

¾ cup (140g) jasmine rice

2 salmon fillets

2 tbsp. lime juice

1 tbsp. honey

3 tbsp. coriander, chopped

1 avocado, cubed

1/4 tsp. chilli powder

What you need to do:

Cook rice according to instructions on the packaging. It should be a similar time to baking the salmon, so aim to match things up.

Preheat oven to 425F (220C) and line a baking tray with aluminium foil. Rub the salmon skin with some oil and place the fillets skin down on the tray.

Mix 1 tbsp. lime juice, honey, and 2 tbsp. coriander together and rub the salmon fillets with, season with salt. Bake salmon for 12-15 minutes, until cooked through and browned.

Place the cubed avocado into a bowl and add the remaining 1 tbsp. lime juice, 1 tbsp. coriander, chilli powder, and season with salt and pepper. Gently mix.

To assemble the rice bowls: divide rice among two bowls, top it off with a salmon fillet, and top each bowl with half the avocado mixture.

GF DF HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	643	26	72	31

*Nutrition per serving



Mediterranean Baked Salmon

Serves: 4

For the salmon:

4 salmon fillets (4.5 oz./ 130g each)

1 tbsp. mixed herbs

1 tsp. lemon zest

1 tsp. olive oil

For the sauce:

2 tbsp. olive oil

14 oz. (400g) can chopped tomatoes

1 small white onion, diced

2 garlic cloves, finely chopped

2 tbsp. capers

½ cup (120ml) chicken stock

1 tbsp. tomato paste

2 tsp. lemon zest

2 tsp. oregano

1 tsp. thyme

fresh parsley, chopped

What you need to do:

Heat oven to 400°F (200°C).

Season the salmon fillets with salt and pepper, mixed herbs and lemon zest, then rub it with the olive oil.

Heat 1 tablespoon of olive on a large pan over high heat. Once hot, place the salmon fillets skin up and sear for 3 minutes, then remove and set aside. Reduce the heat to medium.

Once the pan has cooled down, add the remaining 1 tablespoon of olive oil, onion, garlic, and the capers. Cook for 2–3 minutes until they are caramelized and slightly browned.

Add in the chopped tomatoes, chicken stock, and tomato paste. Bring the sauce to a simmer. Add the remaining ingredients, and season to taste with salt and pepper. Stir well and cook for 8–10 minutes, until the sauce has reduced.

Transfer the sauce into a baking dish and place the salmon fillets in the tomato sauce. Bake in the oven for 10 minutes.

Garnish with chopped parsley and serve.

GF	DF	MP	HP	LC
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	248	10	9	29

*Nutrition per serving





Baked Fish With Romesco Salsa

Serves: 4

- 1 large tomato, diced
- 6 oz. (170g) roasted peppers, drained, diced
- 1 clove garlic, minced
- ½ tsp. smoked paprika
- 2 tsp. red wine vinegar
- 4 tbsp. olive oil
- 1 oz. (30g) bread, chopped
- ¼ cup (35g) almonds, chopped
- 24 oz. (680g) cod fillets, skinless (4 fillets)
- 2 tbsp. parsley, chopped
- salt and pepper

What you need to do:

Heat the oven to 400°F (200°C).

In a medium bowl, mix the tomato, peppers, garlic, paprika and red wine vinegar with 1 tablespoon of olive oil, then set aside.

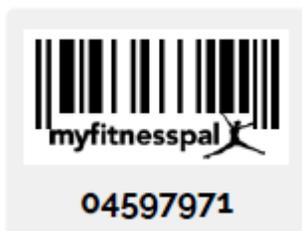
Place a small frying pan on the hob over a medium heat and add 1 tablespoon of olive oil. Add the bread and cook for around 5 minutes, stirring often, until toasted. Transfer to a plate and set aside.

Wipe the pan with a paper towel and add the almonds and roast over a medium heat for 3 minutes, stirring occasionally, until golden brown. Transfer onto the plate with the bread and set aside to cool.

Place the cod in a baking dish and drizzle with the remaining 2 tablespoons of olive oil. Season with a little salt and pepper. Bake in the oven for 12-15 minutes until cooked through.

Now add the toasted bread, almonds and parsley to the bowl with the tomato mixture and mix well. Spoon over the cooked fish, and sprinkle with sea salt.

Serve immediately.



LC	DF	MP	HP	N						
					Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
					10 mins	25 mins	372	20	11	36

*Nutrition per serving



Curried Cod In Tomato Sauce

Serves: 4

1 tbsp. olive oil

1 onion, chopped

2 tbsp. curry powder

2 tbsp. ginger finely grated

3 garlic cloves crushed

2 x 14oz. (400g) cans diced tomatoes

1 x 14 oz. (400g) can chickpeas, drained

4 cod fillets (5 oz./140g each)

zest 1 lemon, then cut into wedges

handful fresh coriander to serve

salt and pepper

What you need to do:

Heat the olive oil over a high heat in a large pan. Use a pan that has a lid.

Cook the onion for 5 minutes, then stir in the curry powder, ginger and garlic. Cook for another 1-2 minutes until fragrant. Now, add in the tomatoes, chickpeas and season with salt and pepper.

Cook for 8-10 minutes until the sauce has thickened. Add in the cod fillets and cover them with the sauce. Cover the pan with a lid and cook for 5-10 minutes until the fish is cooked through.

Once cooked, sprinkle over the grated lemon zest and chopped coriander.

Serve immediately with lemon wedges.



GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	303	6	30	32

*Nutrition per serving



Grilled Prawn Salad

Serves: 4

2 corn cobs
4 baby Romaine lettuce,
halved
2 tsp. olive oil
1 lb. (450g) jumbo prawns
2 tomatoes, chopped
1 cucumber, chopped
avocado & lime dressing
(available in the sides and
salads pack)

What you need to do:

Prepare the dressing according to the Avocado, Lime & Coriander Dressing.

Heat the grill (outdoor or oven) to medium-high heat. Brush the corn with 1 tsp. olive oil and season with salt. Wrap in foil. Brush the romaine lettuce with the remaining 1 tsp of oil and also season with some salt.

Thread the prawns onto skewers and brush them with 1/3 of the earlier prepared dressing.

Grill the corn 20-25 mins, turning a few times as you go. Grill the prawns until fully cooked through and the lettuce for 5 minutes.

To assemble the salad, loosely chop the grilled lettuce, cut corn off the cobs and mix everything with the chopped vegetables and grilled prawns.

Drizzle with the remaining dressing and serve.



GF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	325	14	23	29

*Nutrition per serving



Moroccan Chicken Tacos

Serves: 4

What you need to do:

For the salsa:

1 medium cucumber, chopped

3 tomatoes, chopped

½ red onion, finely chopped

2 tbsp. parsley, chopped

1 tbsp. olive oil

1 lemon, juice only

Spices for chicken rub:

1 ½ tsp. cinnamon

2 tsp. smoked paprika

1 tsp. fresh ginger

1 tsp. turmeric

½ tsp. ground nutmeg

1 tsp. ground cumin

1 tbsp. olive oil

For the tacos:

14 oz. (400g) chicken breast

8 small whole wheat tortillas

handful parsley, chopped

sauce, optional (mayo/hot

sauce)

To make salsa:

In a bowl, mix all the ingredients for the salsa and season to taste with salt and pepper. Allow the mixture to rest in the fridge while you prepare the chicken.

To make chicken tacos:

Set the oven to 420°F (215°C).

Combine all the spices for the chicken rub with 1 tablespoon of olive oil, and rub on the chicken breasts.

Heat a non-stick frying pan on medium heat, and sear the chicken breasts for 3-4 minutes on each side. Then place the chicken on a baking tray, and bake it in the oven for 8-10 minutes or until cooked through.

Heat up the tortillas in a hot oven or on a pan. Chop the cooked chicken, and assemble the tacos.

Before serving, garnish the tacos with chopped parsley and sauce (if using).



DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	351	14	28	29

*Nutrition per serving



Chicken Nuggets

Serves: 4

1 lbs (500g) chicken breast

2 cups (150g) corn flakes, crushed

2 eggs

1 tsp. curry powder

2 tbsp. coconut oil

What you need to do:

Cut the chicken breasts up into nugget-size chunks, season with salt and pepper.

Place the corn flakes in plastic bag and crush the flakes into small pieces, then transfer onto a big flat plate. Whisk the eggs up in a bowl with the curry powder.

Dip each chicken piece into the egg mixture and the roll in the corn flakes.

Heat the oil in a large pan, and fry the chicken for 2-3 minutes each side until cooked through.

Once cooked through and browned let them drain on paper napkins before serving.

*this can be done with a chicken fillet to make burgers. Follow the same instructions and make sure the fillet is cooked through fully before serving.



DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	328	6	32	36

*Nutrition per serving



Chicken Ginger & Turmeric Soup

Makes: 4

- 1 tbsp. olive oil
- 3 cloves garlic, sliced
- 2 inch (5cm) ginger, peeled and sliced
- 1 shallot, sliced
- 1 ½ lb. (680g) boneless skinless chicken thighs
- 1 tsp. salt
- 1 tsp. turmeric
- 7 oz. (200g) fresh spinach
- 1 cup (185g) Jasmine rice, uncooked
- 8 cups (1.9l) chicken stock
- 4 limes, juiced
- 1 tbsp. soy sauce
- 1 tbsp. fish sauce (optional)
- fresh herbs for topping (mint, basil, coriander)



What you need to do:

Heat the olive oil in a large pot over medium heat. Add in the garlic, ginger, and shallots and sauté for 4-5 minutes.

Next add in the chicken thighs. Season with 1 tsp. of salt and the turmeric. Add 1/4 cup water to the pot and leave to cook for 2-3 mins. Flip the chicken and repeat until cooked through. Remove from the pot and set aside.

Add in the rice and cook for 1-2 minutes then add in the stock and bring to a boil. Reduce heat and simmer until rice is tender. While the rice is cooking, shred the chicken.

When the rice is cooked, add the shredded chicken back to the pot. Then add the spinach, cooking another 1-2 minutes until wilted.

Squeeze in the lime juice, add soy sauce/fish sauce, and fresh herbs. Season to taste with more salt and pepper if necessary.

DF	MP	HP
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	521	21	45	38

*Nutrition per serving



Chicken Curry Saffron Rice

Serves: 4

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 rice:

¼ 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.

GF DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 - 15 mins	30-45 mins	530	22	47	36

*Nutrition per serving





Cucumber Avocado Chicken Salad

Serves 4:

For the salad:

½ head iceberg lettuce, shredded

a dozen basil leaves, torn

1 avocado

2 tsp. lemon juice

½ cucumber, peeled

¼ cup (25g) walnuts

For the chicken:

2 chicken breast fillets (around 150g each)

1 tbsp. olive oil

1 tbsp. mustard

1 tbsp. honey

For the sauce:

3 tbsp. Yoghurt

1 tbsp. mayo

1 garlic clove, minced

What you need to do:

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients –season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.



LC DF MP HP Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	272	20	12	21

*Nutrition per serving



Sweet Potato BBQ Chicken Pizza

Serves: 4

4 sweet potatoes, peeled and chopped

1 ½ cups (150g) oat flour

1 egg

¼ tsp. sea salt

4 tbsp. tomato paste

4 tbsp. barbecue sauce

8 oz. (230g) chicken breast, cooked

1 small red onion, sliced

1 red bell pepper, sliced

1 cup (100g) cheddar cheese, grated

What you need to do:

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and set aside.

Cook the sweet potatoes until very tender when pierced with a fork; 8–10 minutes. Alternatively, microwave in a bowl with ¼ cup water, covered, until tender; for 5 minutes. Drain. Transfer to a large bowl and mash until completely smooth. Set aside and let cool in room temperature.

Add in the flour, eggs, salt, and stir to combine. Place the mixture on the prepared baking sheet and spread it into a 12x10x½-inch (30cmx27cm) rectangle. Bake until the base is dry to the touch and beginning to brown on the edges; about 25 minutes.

Spread the tomato paste and barbecue sauce evenly on the pizza base. Place chicken, onions, and bell pepper evenly on the top and bake for 10 minutes. Remove from the oven and sprinkle with cheese. Continue baking until the cheese is bubbly; about 10 minutes.

Cut into squares and serve.



MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	45 mins	525	15	62	36

*Nutrition per serving



Thai Basil Chicken

Serves: 4

- 1 cup (185g) Jasmine rice, uncooked
- 2 tbsp. olive oil
- 3 tbsp. oyster sauce
- 2 tbsp. soy sauce
- 2 tbsp. fish sauce
- 2 tbsp. sugar
- 1 red bell pepper, sliced
- 1 ½ cup (225g) green beans
- 1 ½ lb. (680g) chicken breast, finely chopped
- 4 shallots, chopped
- 4 cloves garlic, sliced
- 4 chillies, finely chopped
- 1 cup. (25g) Thai basil leaves, torn (or normal basil)

What you need to do:

Cook rice according to instructions on the packaging.

Heat the oil in a wok or heavy, high-walled skillet over high heat.

Whisk together the oyster sauce, soy sauce, fish sauce, and sugar until well-combined. Set aside.

Add the bell pepper and green beans to the hot wok and stir-fry for one minute. Next add in the chicken and cook, until beginning to brown, about 2-3 minutes.

Stir in the shallots, garlic, and chillies. Cook for about 1 min until fragrant. Then, pour in the earlier prepared sauce. Continue to cook for 1-2 more mins until the sauce begins to glaze.

Stir in the Thai basil leaves (or regular basil) and cook until the chicken is completely cooked through, the basil is wilted, and the liquid has mostly reduced.

Serve with rice.



DF MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10-15 mins	585	24	55	37

*Nutrition per serving