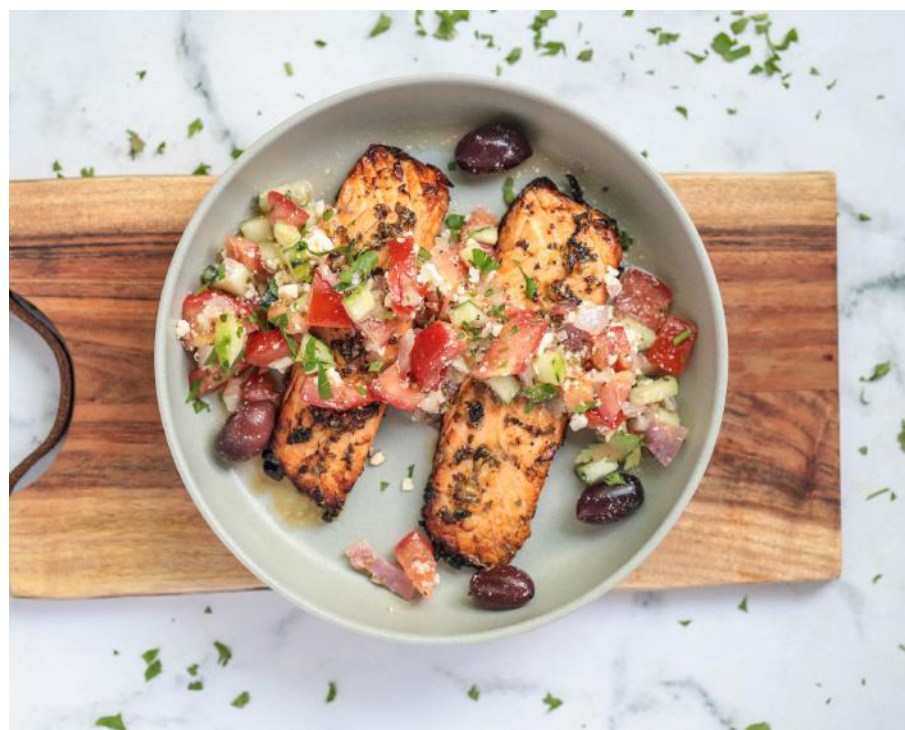


Peak Protein Recipe Pack

Discover 30 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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Key

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



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Sample Weekly Meal Planner 1

	Breakfast	Lunch	Snack	Dinner
Mon	Sausage & Egg Breakfast Bake	Mediterranean Spinach & Feta Stuffed Chicken	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Cuban Inspired Shredded Beef
Tue	Sausage & Egg Breakfast Bake	Lemon-Basil Halibut with Zucchini Noodles	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Cuban Inspired Shredded Beef
Wed	Healthy Zucchini Oatmeal with Blueberries	Lemon-Basil Halibut with Zucchini Noodles	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Salmon & Herb-Roasted Mediterranean Veggie Medley
Thu	Healthy Zucchini Oatmeal with Blueberries	Thai-Style Turkey Burgers	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Salmon & Herb-Roasted Mediterranean Veggie Medley
Fri	Cheesy Bacon & Veggie Breakfast Muffins	Thai-Style Turkey Burgers	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Classic Turkey Meatloaf
Sat	Cheesy Bacon & Veggie Breakfast Muffins	Low Carb Zucchini Lasagna	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Meal Out - Enjoy!
Sun	Banana & Chocolate Protein Pancakes	Mediterranean Spinach & Feta Stuffed Chicken	E.g. High Protein Peanut Butter Cookies, One-Minute Protein Mug Cake, Chocolate Chia Protein Pudding	Classic Turkey Meatloaf

Weekly Shopping List 1

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 3 bananas blueberries lime lemon Vegetables 1 lb. (450g) cherry tomatoes 4.2 oz. (120g) mixed greens potato jalapeño pepper 4 red bell peppers 3 green bell pepper yellow bell pepper green onions 3 onions 3 red onions 3 shallot garlic 6 zucchinis 2 carrot 4 baby cucumbers 8.8 oz (250g) mushrooms 4 oz. (115g) green beans ginger broccoli 1 lb. (450g) zucchini noodles (zoodles) 10.5 oz. (300g) mixed greens Fresh Herbs basil cilantro (coriander) lemongrass Frozen spinach	Meats 2.5 lbs. (1130g) ground beef (5% fat) 2.3 lbs. (1050g) ground turkey 6 precooked chicken breakfast sausages 4x 6 oz. (170g) skinless boneless chicken breasts 2 lbs. (900g) flank steak 12 slices turkey bacon Fish & Seafood 2x 6 oz. (170g) salmon fillets 10.6 oz. (300g) halibut Cold cheddar cheese Parmesan cheese, grated almond milk (unsweetened) 22.8 oz. (650g) egg whites cottage cheese feta cheese ricotta cheese 16 egg	Grains oats Nuts & Seeds walnuts slivered almonds sesame seeds chia seeds Baking chocolate chips raw cacao powder baking powder coconut flour vanilla extract Dried Herbs & Spices ground coriander ground turmeric ground cumin ground nutmeg ground cinnamon red pepper flakes paprika oregano onion powder black pepper white pepper salt fajita seasoning garlic powder dried dill bay leaves	Oils coconut oil olive oil sesame oil oil spray Sweeteners honey maple syrup coconut sugar Boxed, Canned & Condiments 4 tbsp. Dijon mustard 4 tbsp. apple cider vinegar tahini miso paste Worcestershire sauce tomato ketchup peanut butter sriracha fish sauce 1½ pt. (700ml) marinara sauce breadcrumbs kalamata olives green olivestomato paste 1¼ pt. (650ml) chicken broth Misc/Other chocolate protein powder vanilla protein powder toothpicks

Sample Weekly Meal Planner 2

	Breakfast	Lunch	Snack	Dinner
Mon	Zucchini & Parmesan Omelet	Lemon-Herbed Salmon with Fresh Greek Salad	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Sun-Dried Tomato Turkey Meatballs in Marinara Sauce with Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing
Tue	Zucchini & Parmesan Omelet	Lemony Chicken Caprese with Balsamic Tomato Salad	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Sun-Dried Tomato Turkey Meatballs in Marinara Sauce with Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing
Wed	Protein-Packed Cappuccino Overnight Oats	Lemony Chicken Caprese with Balsamic Tomato Salad	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Honey Mustard Crusted Pork Chops with Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing
Thu	Protein-Packed Cappuccino Overnight Oats	Avocado & Tuna Salad with Zesty Lime Dressing	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Honey Mustard Crusted Pork Chops with Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing
Fri	Breakfast Turkey Sausage Patties	Avocado & Tuna Salad with Zesty Lime Dressing	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Honey-Ginger Beef & Broccoli Stir-Fry
Sat	Breakfast Turkey Sausage Patties	Cinnamon & Almond Protein Pancakes	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Meal Out - Enjoy!
Sun	Cinnamon & Almond Protein Pancakes	Lemon-Herbed Salmon with Fresh Greek Salad	E.g. Protein Zucchini Chocolate Muffins, Creamy Coconut Chocolate Protein Fudge, Protein Banana Bread	Leftover Honey-Ginger Beef & Broccoli Stir-Fry

Weekly Shopping List 2

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 2 bananas limes 2 lemons kiwi raspberries	Meats 1 lb. (450g) ground beef (5 %fat) 2 lbs. (900g) ground turkey 1 lb. (450g) chicken breast, boneless, skinless 4x 5.3 oz. (150g) pork chops	Grains oats quinoa Nuts & Seeds sesame seeds chia seeds	Oils coconut oil olive oil oil spray
Vegetables 2 zucchinis garlic ginger 3 yellow onion 1 broccoli green onions 1 sweet potato 2 carrots 1 oz. (30g) arugula 3 tomatoes 1 cucumber 2 avocados 4 red onion	Fish & Seafood 4x 6 oz. (170g) salmon filets	Baking vanilla extract self-rising flour ground almonds chocolate chips oat flour baking powder cornstarch raw cacao powder cacao nibs	Sweeteners coconut sugar maple syrup honey
Fresh Herbs cilantro basil parsley chives	Cold almond milk (unsweetened) 4 eggs Parmesan, grated feta cheese 10.5 oz. (300g) egg whites	Dried Herbs & Spices sea salt black pepper garlic powder dried oregano dried dill red pepper flakes fennel seeds paprika ground nutmeg ground cinnamon	Boxed, Canned & Condiments apple cider vinegar peanut butter tamari coconut milk, full fat 20 oz. (560g) canned tune, in water sun-dried tomatoes 1 pt. (450ml) marinara sauce balsamic vinegar balsamic glaze red wine vinegar kalamata olives Dijon mustard panko breadcrumbs almond butter wholegrain mustard tahini
			Misc/Other chocolate protein powder vanilla protein powder cappuccino protein powder



Sausage & Egg Breakfast Bake

Serves 6

spray oil
1 medium potato, diced
½ jalapeño, minced
1 tsp. olive oil
2 tbsp. fajita seasoning
10 large eggs
2 fl oz. (60ml) unsweetened almond milk
6 precooked chicken breakfast sausages, sliced
1 medium red pepper, diced
1 medium green pepper, diced
½ white onion, diced
salt & pepper
¼ oz. (40g) cheddar cheese, shredded

What you need to do

Preheat the oven to 400°F (200°C). Coat an 8x8" (20x20cm) baking dish with spray oil.

Place the diced potato and jalapeño into the dish and drizzle with olive oil. Lightly season with ½ teaspoon of fajita seasoning, and place in the hot oven to bake for 10 minutes.

While the potatoes are roasting, whisk together the eggs and almond milk. Set aside.

Once the potatoes have roasted, remove from the oven and turn the heat down to 350°F (180°C). Add the sliced sausages and the rest of the vegetables, and season with the remaining fajita seasoning and salt and pepper to taste.

Now pour the egg mixture over the sausages and vegetables and mix to combine. Place the dish back into the oven and bake for 40 minutes. Finally, add the cheddar cheese and bake for a further 5 minutes.

Remove the dish from the oven and set aside to cool for at least 10 minutes before slicing and serving.

Store the casserole in an airtight container in the refrigerator for up to 4 days.

GF	LC	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	55 mins	338	21	16	22	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Cheesy Bacon & Veggies Breakfast Muffins

Serves 4

spray oil
12 slices turkey bacon, cut in half
½ tbsp. extra virgin olive oil
1 shallot, diced
4 green onions, diced
1 red bell pepper, chopped
1.8 oz. (50g) broccoli, chopped
1 lb. (450g) egg whites
5.3 oz. (150g) cottage cheese
½ tsp. garlic powder
¼ tsp. salt
4 tbsp. cheddar cheese, shredded

What you need to do

Preheat the oven to 350°F (180°C). Coat a nonstick 12 cup muffin tin with spray oil, and line each cup with a rasher of turkey bacon around the edges.

Add the olive oil to a nonstick skillet over medium-low heat, and sauté the shallot, green onions and bell pepper for 5-6 minutes. Add the broccoli and cook for a further minute.

In a large bowl, combine the egg whites, cottage cheese, garlic powder and salt. Add the cooked vegetables and stir to combine.

Pour the egg mixture into the bacon lined muffin tin and top with the shredded cheddar cheese. Place the tin into the center of the oven and bake for 25 minutes, until set.

Remove the tray from the oven and serve. Allow 2 muffins per serving.

Serving Suggestion:

Citrusy Infused Steamed Greens as seen in the *Fiberlicious Veggie Sides Recipe Pack*.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	215	10	7	23	1

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Zucchini & Parmesan Omelet

Serves 1

1 tsp. olive oil
¼ red onion, chopped
¼ tsp. salt
black pepper
1 zucchini, diced
1 large egg
6.3 oz. (180g) egg whites
2 tbsp. Parmesan cheese,
shredded

What you need to do

Place the olive oil in a nonstick skillet over medium-low heat. Add the onion and cook for 2-3 minutes. Then add the zucchini and season with ⅛ teaspoon of salt and black pepper to taste. Cook for 3-4 minutes, stirring occasionally, until tender.

In a medium bowl, whisk together the egg, egg whites, Parmesan cheese, remaining ⅛ teaspoon of salt, and more black pepper.

Add the egg mixture to the skillet, ensuring the eggs cover the vegetables. Cover the skillet with a lid, and cook for around 5 minutes until the eggs have set. Transfer to a plate and serve immediately.

Serving Suggestion:

Citrusy Infused Steamed Greens as seen in the *Fiberlicious Veggie Sides Recipe Pack*.

GF	LC	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	302	14	10	33	2

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Cinnamon & Almond Protein Pancakes

Serves 1

4.2 oz. (120g) egg whites
1 whole egg
4 tbsp. rolled oats
1 scoop (25g) vanilla protein powder
1 tbsp. natural almond butter
1 tsp. ground cinnamon
1 tsp. coconut oil
2.1 oz. (60g) raspberries
1 tbsp. maple syrup

What you need to do

Place the egg whites, whole egg, rolled oats, vanilla protein powder, almond butter and cinnamon in a blender and blitz for 20-30 seconds.

Heat the coconut oil in a nonstick skillet, add the pancake batter and cook the pancakes for a few minutes on each side.

Serve the pancakes warm topped with raspberries and a drizzle of maple syrup.

GF	MP	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
1 min	5 mins	526	20	39	49	8

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Banana & Chocolate Protein Pancakes

Serves 1

4.2 oz. (120g) egg whites
1 whole egg
1 tbsp. unsweetened almond milk
4 tbsp. rolled oats
1 scoop (25g) chocolate protein powder
2 bananas
1 tbsp. maple syrup
1 tsp. coconut oil

What you need to do

Place the egg whites, whole egg, almond milk, rolled oats, chocolate protein powder, and one of the bananas into a blender and blitz for 20-30 seconds.

Heat the coconut oil in a nonstick skillet, add the pancake batter and cook the pancakes for a few minutes on each side.

Serve the pancakes warm topped with the second sliced banana and a drizzle of maple syrup.

GF	MP	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
1 min	5 mins	566	7	83	47	8

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Protein-Packed Cappuccino Overnight Oats

Serves 1

1 scoop (25g) cappuccino
protein powder
6 fl oz. (180ml) unsweetened
almond milk
1.4 oz. (40g) rolled oats
1 tbsp. natural almond butter
2 tsp. chia seeds
1 kiwi, chopped
½ tsp. cacao nibs

What you need to do

Place the cappuccino protein powder, almond milk, rolled oats, almond butter and chia seeds into a bowl and stir to combine.

Cover the bowl and place it into the refrigerator overnight to enjoy in the morning.

Top the oats with kiwi and sprinkle over the cacao nibs, before enjoying.

GF	MP	HP	V	N
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	overnight	460	16	49	34	10

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Healthy Zucchini Oatmeal with Blueberries

Serves 1

7 oz. (200g) zucchini, peeled & pulsed in a food processor
½ banana, mashed
2.8 oz. (80g) egg whites
1 oz. (30g) rolled oats
2.7 fl oz. (80ml) almond milk, unsweetened
⅛ tsp. ground cinnamon, plus extra for topping
4 tbsp. blueberries
1 tbsp. slivered almonds

What you need to do

Combine the zucchini, banana, egg whites, rolled oats, almond milk, and cinnamon in a small pot and place over medium-low heat.

Cook gently, stirring continuously, for 3-5 minutes until the oats are creamy and cooked through—Zoats!

Pour the "zoats" into a bowl and top with blueberries, almonds, and a sprinkle of ground cinnamon.

GF	DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	324	8	48	18	9

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Breakfast Turkey Sausage Patties

Makes 6 (Serves 3)

1 tsp. olive oil
1 small onion, diced small
1 large garlic clove, chopped
1 tsp. fennel seeds
1 lb. (450g) lean ground turkey
1 tbsp. red wine vinegar
1 tbsp. chives, chopped
¾ tsp. paprika
pinch of coconut sugar
pinch of nutmeg
salt & black pepper

What you need to do

Heat the olive oil in a nonstick skillet over medium-low heat and cook the onion and garlic for 4-5 minutes. Add the fennel seeds and toss for a minute until fragrant. Remove the pot from the heat, place the mixture in a medium bowl, and set aside to cool slightly.

Add the ground turkey, red wine vinegar, chives, paprika, coconut sugar, and nutmeg to the bowl, season with salt & pepper, and combine. Form the mixture into 6 patties and cook in the skillet over medium-low heat for 3 minutes on each side until the patties have browned. Then, reduce the heat to low, cover with a lid, and continue cooking until the patties have cooked through.

Note:

This recipe serves 3, giving 2 sausage patties per serving.

Serving Suggestion:

Tossed Green Salad with Honey Mustard Dressing as seen in the Fiberlicious Veggie Sides Recipe Pack.

GF	DF	LC	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	255	14	4	28	1

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Honey Mustard Crusted Pork Chops

Serves 4

4x 5.3 oz. (150g) pork chops, trimmed
½ tsp. salt
6 tbsp. Dijon mustard
1 tbsp honey
1.6 oz. (45g) panko breadcrumbs
spray of cooking oil

What you need to do

Season the pork chops with salt and place into a dish. Mix the mustard and honey and pour over the pork chops, ensuring the chops are coated in the marinade. Cover the dish, place it into the refrigerator, and allow the pork chops to marinate for at least 4 hours or overnight.

Place the panko breadcrumbs in a shallow bowl. Remove the pork chops from the marinade and press into the breadcrumbs. Discard the remaining marinade.

Lightly spray the air fryer basket with cooking oil and place the chops into the basket. Depending on the size of your air fryer, you may need to work in batches.

Set the air fryer to 400°F (200°C), cook the pork chops for 10-12 minutes, and turn halfway through the cook. Remove the chops from the air fryer and serve.

No Air-Fryer, No Problem:

To oven bake the pork chops, preheat the oven to 425°F (220°C) and cook for 20-25 minutes, turning halfway through the cook.

Serving Suggestion:

Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing as seen in the Fiberlicious Veggie Sides Recipe Pack.

DF	LC	MP	HP
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Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	4 hrs - overnight	306	14	12	33	0

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Pineapple-Glazed Grilled Pork Chops

Serves 5

6 fl oz. (180ml) tamari sauce
 4 tbsp. water
 1 tbsp. sesame oil
 4 tbsp. coconut sugar
 ¼ tsp. ground ginger
 ½ tsp. red pepper flakes
 3 large cloves of garlic,
 minced
 2 tbsp. tomato ketchup
 14 oz. (400g) can pineapple
 rings + retain 4 fl oz.(120ml)
 pineapple juice from can
 2 lbs. (900g) pork chops,
 boneless
 spray oil
 2 tbsp. cornstarch
 4 tbsp. green onions,
 chopped, for garnish

What you need to do

Place the tamari, water, sesame oil, coconut sugar, ground ginger, red pepper flakes, garlic, tomato ketchup, and pineapple juice into a bowl and whisk until well combined.

Place the pork chops into a large dish, pour over the marinade, then cover the dish and set aside to marinate for at least 10 minutes or overnight.

Spray the grill with cooking spray and heat it to medium-high. Place the pork chops and pineapple rings on the grill, reserving the excess marinade to make the sauce.

Grill the pork and pineapple for 4-5 minutes on each side. Remove from the grill and set aside to rest for 4 minutes covered in kitchen foil.

Meanwhile, whisk the cornstarch into the marinade and strain it through a sieve into a saucepan. Place over medium heat until the sauce starts boiling, then reduce the heat to low and continue cooking for a couple minutes to thicken the sauce.

Drizzle the sauce over the pork chops and pineapple, garnish with green onions, and serve immediately.

Serving Suggestion:

Grilled Vegetables with Zesty Herb Dressing as seen in the Fiberlicious Veggie Sides Recipe Pack.

GF	DF	MP	HP
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Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	10 mins or overnight	435	19	24	42	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Mediterranean Spinach & Feta Stuffed Chicken

Serves 4

toothpicks
4x 6 oz. (170g) skinless
boneless chicken breasts
2 tsp. paprika
1 tsp. oregano
1 tsp. garlic powder
½ tsp. onion powder
½ tsp. salt
¼ tsp. black pepper
2 tbsp. olive oil

For the filling:

5 oz. (140g) frozen spinach,
thawed, squeezed dry
2.5 oz. (70g) crumbled feta
cheese
4 tbsp. ricotta cheese
2 tbsp. green onions, chopped
2 garlic cloves, minced
½ tsp. dried dill

What you need to do

Preheat the oven to 400°F (200°C).

Make a horizontal slit in the thickest part of the chicken breasts to create a pocket.

In a small bowl, combine the paprika, oregano, garlic powder, onion powder, salt, and pepper. Season the chicken breast with the seasoning mix, using your hands to rub over both sides of the chicken breasts.

Place the spinach, feta cheese, ricotta cheese, green onions, garlic, and dill in a small bowl and stir until combined. Stuff the mixture inside the chicken breast, then close each pocket with a couple of toothpicks.

Heat a large oven-safe skillet or cast iron skillet over medium-high heat. Add the olive oil, add the stuffed chicken breasts, and sear for 3-4 minutes on both sides of the breast until lightly golden.

Transfer the skillet to the oven, uncovered, and bake the chicken for 20 minutes or until cooked through.

Serving Suggestion:

Tossed Green Salad with Honey Mustard Dressing as seen in the Fiberlicious Veggie Sides Recipe Pack.

GF	LC	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	286	10	4	43	1

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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Lemon-Herbed Salmon with Fresh Greek Salad

Serves 4

For the salmon:

4x 6 oz. (170g) salmon filets
1 tbsp. olive oil
1 lemon, juiced
2 garlic cloves, pressed
½ tsp. dried oregano
½ tsp. dried dill
¼ tsp. red pepper flakes
salt & black pepper
spray oil

For the Greek salad:

4 tbsp. extra virgin olive oil
2 tbsp. red wine vinegar
½ tsp. dried oregano
¼ tsp. salt
black pepper
3 tomatoes, chopped
1 cucumber, chopped
½ small red onion, chopped
5 oz. (140g) kalamata olives
4 tbsp. parsley
2 oz. (60g) feta cheese

What you need to do

Place the salmon filets in a shallow bowl. Add the olive oil, lemon juice, garlic, oregano, dill, red pepper flakes, salt, and black pepper to the bowl with the salmon. Toss the salmon until evenly coated with the marinade. Transfer the bowl to the refrigerator and allow the salmon to marinate for 15 minutes.

Lightly grease the air fryer basket with oil spray. Add the salmon in a single layer, skin side down.

Cook the salmon at 400°F (200°C) for 7-9 minutes until the salmon is cooked through.

Meanwhile, add the olive oil, red wine vinegar, oregano, salt, and pepper into a large bowl and whisk to combine. Add the tomatoes, cucumber, red onion, kalamata olives, parsley, and feta cheese and toss in the dressing. Serve the salmon with the Greek salad.

No Air-Fryer, No Problem:

You can bake your salmon in the oven if you don't have an air-fryer. Preheat your oven to 425°F (220°C) and bake the salmon for 10 to 12 minutes, depending on the thickness.

GF	LC	MP	HP
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Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	8 mins	15 mins	365	19	10	42	2

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Salmon & Herb-Roasted Mediterranean Vegetables

Serves 2

2x 6 oz.(170g) salmon filets
5.3 oz. (150g) cherry tomatoes, quartered
1 green pepper, diced
1 red onion, diced
4 tbsp. kalamata olives
2 garlic cloves, pressed
¼ tsp. salt divided
½ tsp. dried oregano, divided
2 tbsp. extra virgin olive oil
½ tsp. red pepper flakes
fresh basil for garnish

What you need to do

Preheat the oven to 400°F (200°C). Pat the salmon dry.

Place the cherry tomatoes, green pepper, red onion, kalamata olives, garlic, half the salt, and half the oregano into a large ovenproof dish. Pour over the olive oil and toss until well combined.

Lay the salmon in the middle of the baking dish, surrounded by all the vegetables. Add the remaining oregano and crushed red pepper flakes to the salmon.

Place the dish into the hot oven and bake for 15 minutes, until the salmon is cooked. Add fresh basil leaves and serve.

GF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	444	28	9	42	2

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Low Carb Zucchini Lasagna

Serves 8

4 large zucchinis cut into
16-18 slices, 1/3" (1cm) thick
1 tbsp. olive oil
salt & pepper

For the sauce:

2 tsp. olive oil
1 onion
2 garlic cloves
1½ lbs. (680g) ground beef,
5% fat
1 tsp. salt
¼ tsp. black pepper
1 tsp. dried oregano
1½ pt. (700ml) marinara
sauce, divided
8 basil leaves, torn

Ricotta mixture:

10.5 oz. (300g) ricotta cheese
1 egg
1/8 tsp. ground nutmeg
2 oz. (60g) Parmesan cheese,
grated (divided)

What you need to do

Preheat the oven to 425°F (220°C). Line a baking sheet with baking paper.

Place the zucchini slices onto the baking sheet, brush with olive oil, and sprinkle with salt and pepper. Place into the hot oven for 20 minutes.

Meanwhile, make the meat sauce: add the olive oil into a large pot or skillet, place over medium-high heat, and sauté the onion and garlic for 1-2 minutes. Add the ground beef, lower heat to medium, and cook for 8-10 minutes until the meat is completely crumbled and cooked. Add the salt, pepper, oregano, and 1 pint (500ml) of the marinara sauce. Bring to a gentle simmer, and stir in torn basil leaves.

Next, mix the ricotta cheese with the egg and nutmeg in a medium bowl.

Grease a 9x13" (23x33cm) baking dish with oil. Place 3.4 fl. oz (100ml) of the marinara sauce in the bottom of the dish.

Place 8-9 slices of zucchini to cover the bottom, pour the meat sauce over the top, spoon the ricotta mixture, and sprinkle with 4 tablespoons of Parmesan cheese.

Add the top layer of zucchini, pour the remaining marinara sauce over the top, and sprinkle with the remaining Parmesan cheese.

Cover the dish with foil and bake in the hot oven for 20 minutes, then remove the foil and continue baking for 10 minutes until the top is golden brown.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
60 mins	30 mins	322	20	9	25	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



07371097



Lemony Chicken Caprese with Balsamic Tomato Salad

Serves 4

1 lb. (450g) chicken breasts
1 tbsp. olive oil
 $\frac{3}{4}$ tsp. salt
 $\frac{3}{4}$ tsp. black pepper
1 tsp. garlic powder
1 tbsp. lemon zest
1 tsp. dried oregano
6 oz. (170g) mozzarella, sliced

For the salad:

10.6 oz. (300g) cherry tomatoes, sliced
15 basil leaves
1 clove of garlic, minced
1 tbsp. olive oil
2 tsp. balsamic vinegar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. black pepper

Garnish:

4 tsp. balsamic glaze

What you need to do

Place the chicken breasts into a bowl, drizzle with olive oil, and sprinkle with salt, pepper, and garlic powder; stir to coat evenly. Toss in the lemon zest and oregano and stir again to combine.

Heat a greased skillet over medium-high heat. Add the chicken breasts to the skillet and sear the top of the bread for 5 minutes until golden. Lower the heat to medium, turn the chicken breasts over, and continue cooking for 5-6 minutes.

Once the chicken is cooked through, top with the mozzarella slices, then cover the skillet with a lid and cook on medium-low heat for 2-3 minutes until the cheese has melted.

Meanwhile, make the tomato salad by placing the ingredients in a bowl and tossing them to combine.

Serve the chicken with the tomato salad and garnish with a drizzle of balsamic glaze.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	20 mins	306	16	4	34	1

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Sun-Dried Tomato Turkey Meatballs in Marinara Sauce

Serves 4

1 lb. (450g) ground turkey
1 oz. (30g) sun-dried tomatoes, chopped
2 tsp. olive oil
1 onion, finely chopped
4 tbsp. basil, chopped
2 garlic cloves, finely minced
¾ tsp. salt
½ tsp. black pepper
1 pt. (450ml) marinara sauce
1 oz. (30g) Parmesan cheese, grated
basil leaves

What you need to do

Preheat oven to 425°F (220°C)

Place the ground turkey in a bowl, add the sun-dried tomatoes, olive oil, onion, basil, garlic, salt, and pepper, and mix until combined.

With wet hands, roll 12 meatballs and place them in a baking dish. Place the dish into the hot oven and bake the meatballs for 10-12 minutes or until golden and cooked through. Add in the marinara sauce and cook for 3-4 minutes.

Serve the meatballs with a garnish of Parmesan cheese and basil leaves.

Serving Suggestion:

Roasted Root Vegetables with Quinoa & Zesty Tahini Dressing as seen in the Fiberlicious Veggie Sides Recipe Pack.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	20 mins	289	15	11	26	3

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Thai-Style Turkey Burgers

Serves 3

Turkey burger:

1 lb. (450g) ground turkey
¼ red onion, finely diced
1½ tsp. fresh ginger, grated
2 garlic cloves, minced
1 tbsp. lemongrass, finely chopped
2 tbsp. cilantro, chopped
2 tsp. lime zest
1 green onion, chopped
1 tbsp. sriracha sauce
1 tbsp. fish sauce
1 tsp. coconut sugar
¼ tsp. white pepper
1 tbsp. olive oil

What you need to do

Combine all the burger ingredients together in a medium bowl and mix well. With wet hands, shape the mixture into 3 even-sized burgers. Place the burgers on a plate, then store them in the refrigerator for 10 minutes to firm up.

Heat 1 tablespoon of olive oil in a skillet over medium heat, and cook the burgers on each side for 5-6 minutes until golden and cooked through.

Serving Suggestion:

One Pan Vegetables with Miso Tahini Sauce as seen in the *Fiberlicious Veggie Sides Recipe Pack*.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	297	18	7	29	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



08623393



Lemon-Basil Halibut with Zucchini Noodles

Serves 2

1 tbsp. olive oil
1 garlic clove, smashed
10.6 oz. (300g) halibut
salt & pepper to taste

Noodles:

1 tbsp. olive oil
2 shallots, sliced thinly
3 garlic cloves, rough chopped
1 lb. (450g) zucchini noodles (zoodles)
salt & pepper to taste
2 tsp. lemon zest
1 tbsp. lemon juice
4 tbsp. basil, chopped

Garnish optional:

5.3 oz. (150g) cherry tomatoes, halved
½ tsp. red pepper flakes
1 tbsp. Parmesan cheese

What you need to do

Preheat the oven to 375°F (190°C).

Heat the olive oil in an oven-safe skillet over medium heat and add the smashed garlic clove. Pat the fish dry, season with salt and pepper, and place in the skillet, searing both sides until golden.

Once both sides are golden, place the skillet in the warm oven until the fish is cooked through, roughly 3- 6 minutes, as times vary depending on the thickness of the fish.

Heat the olive oil in a large skillet over medium heat to make the noodles. Add the shallots and garlic, and cook for 3 minutes, stirring until soft and fragrant. Add the zucchini noodles, season with salt and pepper, and sauté for 3-4 minutes until the noodles have softened. Add the lemon zest, lemon juice, and basil, then taste for salt and lemon and adjust if necessary.

Divide the noodles between 2 bowls and top with the halibut.

Garnish with cherry tomatoes, red pepper flakes, and Parmesan cheese. Serve immediately.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	329	18	12	32	3

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Classic Turkey Meatloaf

Serves 4

6 tbsp. tomato ketchup,
divided
2 tsp. Worcestershire sauce
1 tsp. olive oil
½ onion, minced
1.3 lbs. (600g) lean ground
turkey
1.8 oz. (50g) breadcrumbs
1 egg
1 tsp. dried oregano
1 tsp. salt

What you need to do

Preheat the oven to 350°F (180°C). Line a loaf pan with baking paper.

In a small bowl, combine 2 tablespoons of the ketchup with Worcestershire sauce to make a sauce for the meatloaf.

Place a small pot over low heat, add the olive oil, and cook the onion for 3-5 minutes, then remove from the heat.

Combine the ground turkey, cooked onion, breadcrumbs, egg, remaining tomato ketchup, salt, and oregano in a medium bowl.

Place the mixture into the loaf pan and spoon the sauce on top.

Place the tin into the oven and bake the meatloaf for 55-60 minutes, then remove from the oven and set aside to rest for 5 minutes before serving.

DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	55 mins	325	16	16	31	1

myfitnesspal



02965341

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Avocado & Tuna Salad with Zesty Lime Dressing

Serves 6

Salad:

20 oz. (560g) can tuna in water
2 avocados, pitted & chopped
¼ red onion, sliced
4 tbsp. fresh chopped cilantro

Dressing:

4 tbsp. olive oil
2 tbsp. fresh lime juice
½ tsp. honey
1 tsp. apple cider vinegar
⅛ tsp. salt
⅛ tsp. black pepper

What you need to do

Add all of the ingredients for the salad into a mixing bowl, stir to combine, and set aside.

Add the ingredients for the salad dressing in a small bowl and stir to combine.

Pour the salad dressing over the salad and mix gently.

Serve instantly, or store in an airtight container in the refrigerator.

GF	DF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	371	27	9	27	6

myfitnesspal



01534719

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Honey-Ginger Beef & Broccoli Stir-Fry

Serves 4

4 fl oz. (120ml) tamari
1 tbsp. honey
2 cloves garlic, minced
1" (2.5cm) piece fresh ginger, peeled & grated
1 tbsp. cornstarch
1 tbsp. sesame oil
1 lb.(450g) ground beef, 5% fat
½ yellow onion, chopped
1 head broccoli, cut into florets
1 tbsp. sesame seeds, toasted
3 green onions, sliced

What you need to do

Add the tamari, honey, garlic, ginger, and cornstarch to a small bowl, whisk to combine, and set aside.

Heat the sesame oil in a large skillet over medium-high heat. Add the beef and onion and cook, stirring occasionally, for 5 minutes, until the meat is cooked through.

Pour in the sauce, stir to combine, and cook for 1 minute. Now add the broccoli and cook for a further 2-3 minutes.

Divide the stir-fry evenly between 4 bowls and top with a garnish of sesame seeds and green onions. Serve immediately.

Serving Suggestion:

Cooked white rice.

GF	DF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	329	16	17	30	4

myfitnesspal



02396781

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Cuban Inspired Shredded Beef

Serves 6

Beef seasoning:

2 lbs. (900g) flank steak, cut into large pieces
2 tsp. salt
½ tsp. ground coriander
½ tsp. ground turmeric
1 tsp. dried oregano
1 tsp. garlic powder
1½ tsp. ground cumin
¼ tsp. black pepper

For the pot:

4 fl oz. (120ml) tomato paste
1¼ pt. (650ml) chicken broth
1 tsp. olive oil
1 onion, sliced
1 green bell pepper, sliced
1 red bell pepper, sliced
4 garlic cloves, cut into quarters
1 carrot, cut into 1" (2.5cm) pieces
3.2 oz. (90g) green olives, sliced
2 bay leaves
3 tbsp. cilantro, chopped

What you need to do

Season the beef with salt and all the spices.

In a medium bowl, whisk together the tomato paste and chicken broth.

Heat a large Dutch oven or heavy bottom pot, add the olive oil, onion, bell peppers, garlic, and sauté for 3-4 minutes, until softened.

Place the beef into the sautéed onions, ensuring half is beneath the onions and the other half is above the meat. Add carrots, olives, bay leaves, and cilantro to the pot.

Pour the tomato sauce mixture over the meat, bring it to a boil, and then cover the pot. Reduce the heat to low and let it simmer until the beef easily shreds with two forks, which should take approximately 1 ½ to 2 hours. Add more broth if it becomes too dry.

Once cooked, remove the bay leaves from the pot and shred the beef.

Serving Suggestion:

Cooked white rice, avocado, cilantro and lime wedges.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	2 hrs	318	16	10	34	3

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



One-Minute Protein Mug Cake

Serves 1

spray oil
1 scoop (25g) vanilla protein powder
½ tsp. baking powder
1 tbsp. coconut flour
1 tbsp. coconut sugar
1 large egg
4 tbsp. almond milk
¼ tsp. vanilla extract
1 tsp. chocolate chips

What you need to do

Grease a microwave-safe bowl with cooking spray, add the vanilla protein powder, baking powder, coconut flour, and sugar, and mix well.

Add the egg and mix into the dry mixture, then stir through the almond milk and vanilla extract. If the batter is too crumbly, add more milk until a thick batter is formed.

Top the cake batter with chocolate chips and microwave for 60 seconds or until the cake is cooked in the center. Serve immediately.

LC	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
1 min	1 min	263	8	18	30	3

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Protein Zucchini Chocolate Muffins

Serves 6

4 scoops (100g) chocolate whey
2.1 oz. (60g) oat flour
6 tbsp. raw cacao powder
6 tbsp. coconut sugar
2 eggs
1 tsp. baking powder
1 tbsp. coconut oil
5.4 fl oz. (160ml) water
1 zucchini, finely shredded

What you need to do

Preheat the oven to 350°F (180°C). Line a muffin tin with paper liners.

Combine all the ingredients in a bowl, stirring in the zucchini until well combined.

Pour the muffin batter into the muffin cups and bake in the hot oven for 20 minutes, or until a toothpick inserted into the center of the muffin comes out clean.

Remove the tray from the oven and cool the muffins onto a wire rack.

Serving Suggestion:

Topping of, yogurt mixed with protein powder and a sprinkle of cocoa powder.

LC	MP	HP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	195	6	20	20	3

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Chocolate Chia Protein Pudding

Serves 1

- 6 fl oz. (180ml) unsweetened almond milk
- 2 tbsp. chia seeds
- 1.4 oz. (40g) chocolate protein powder
- 2 tbsp. raw cacao powder
- 1 tbsp. maple syrup

What you need to do

Add the almond milk and chia seeds to a blender and blitz for 30 seconds. Add the rest of the ingredients and blend until smooth and creamy.

Transfer to a serving dish and chill in the refrigerator for at least 1 hour or overnight.

Serving Suggestion:
Fresh strawberries or your favourite berries.

GF	HP	V	N
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	1 hr or overnight	406	13	30	43	13



*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Creamy Coconut Chocolate Protein Fudge

Serves 12

2.5 oz. (70g) ground oats
1 oz. (30g) vanilla protein powder
9.2 oz. (260g) peanut butter
4 tbsp. maple syrup
1 tbsp. unsweetened almond milk
8 fl oz. (240ml) full fat coconut milk, refrigerated
8 oz. (220g) chocolate chips

What you need to do

Line an 8x8" (20x20cm) baking tin with baking paper.

Place the ground oats and vanilla protein powder in a large mixing bowl.

Mix the peanut butter with the maple syrup in a small bowl and whisk until combined. Pour this mixture into the dry ingredients and mix until well combined. If the batter is still crumbly, add more milk to form a thick batter.

Pour the batter into the baking dish, press into the tin, and then refrigerate for 20 minutes.

In the meantime, make the frosting by scooping out the thick coconut cream (the white part) from the can of coconut milk and place it in a bowl. Place the bowl into the microwave to heat for 1 minute, then pour the warm coconut cream over the chocolate chips and let it sit for 2-3 minutes. Don't stir.

After 2-3 minutes, whisk the chocolate chips into the coconut cream and set it aside to cool completely.

Once the icing is cool, spread it over the fudge mixture in the tin, then return the tin to the refrigerator to chill for a further 40 minutes.

Once set, remove the fudge from the tin and cut into bars.

MP	V	N
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
2 mins	5 mins	20 + 40 mins	323	21	24	9	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



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High-Protein Peanut Butter Cookies

Serves 12

9.2 oz. (260g) peanut butter
3.5 oz. (100g) coconut sugar
1 egg
2 scoops (50g) vanilla whey
protein powder
4 tbsp. chocolate chips

What you need to do

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

Add all your ingredients to a small bowl and stir to combine.

Form the mixture into 12 balls of cookie dough and place on the lined sheet. Press down on each ball to form a cookie.

Place the sheet into the oven and bake the cookies for 12-14 minutes or until the edges begin to brown.

Remove from the oven and set the baking sheet onto a wire rack to cool completely before serving.

MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	209	13	16	9	1

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Greek Yogurt Protein Cheesecake with Strawberry Topping

Serves 12

14 oz. (400g) low fat cream cheese
1¾ lbs. (800g) low fat Greek yogurt
6 eggs
3.5 oz. (100g) coconut sugar
2 oz. (60g) vanilla protein powder
2 tsp. vanilla extract
¼ tsp. salt
3 oz. (85g) cornstarch

Crust:

12 High-Protein Peanut Butter Cookies, crushed (see recipe in this pack)
5 tbsp. butter melted

Topping:

15 oz. (425g) strawberries divided
2 tbsp. cornstarch
6 tbsp. coconut sugar

What you need to do

Preheat the oven to 320°F (160°C). Grease a 9" (23cm) pie pan or silicone cake pan.

Crush the protein cookies and measure 1¾ cups into a bowl to make the crust. Add the melted butter and mix until combined. Then, transfer to the pie pan and press the mixture firmly to form the cheesecake base.

In a mixing bowl, beat the cream cheese until smooth and fluffy. Add Greek yogurt, eggs, coconut sugar, vanilla protein powder, vanilla extract, salt, and stir to combine. Gradually add the cornstarch, mixing well to form a smooth mixture.

Transfer the mixture over the crust and place the pan into the hot oven to bake for 60-70 minutes or until the edges are set.

Once the cheesecake is baked, set aside on a wire rack to cool completely in the pan.

To make the topping, add 10 oz. (280g) of the strawberries to a food processor, along with the cornstarch, and blend until smooth. Transfer to a small saucepan and add the coconut sugar. Cook over medium heat for around 15 minutes until the mixture thickens.

Remove from the heat and add the remaining chopped strawberries. Set the mixture aside to cool completely.

Once chilled, spread the strawberry mixture over the cheesecake and place in the refrigerator to chill until the cheesecake sets.

MP	HP	V	N
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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	70 mins	2 hrs	477	25	39	26	2

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Creamy Vanilla Coconut Protein Ice Cream

Serves 4

2x 14 oz. (400g) cans full fat coconut milk, chilled
3.5 oz (100g) vanilla protein powder
2 tbsp. coconut sugar
1 tsp. vanilla extract

What you need to do

Place the coconut milk into a food processor and blend until smooth and creamy. Add the vanilla protein powder, coconut sugar, and vanilla extract, and blend until thick and creamy.

Transfer the mixture to a loaf pan and place in the freezer to chill for at least 1 hour, mixing every 20 minutes.

When ready to enjoy, thaw at room temperature for a few minutes before serving.

Serving Suggestion:

Top with frozen berries and cacao nibs.

GF	LC	MP	HP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	60 mins	286	18	8	24	0

myfitnesspal



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*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.



Protein Banana Loaf

Serves 8

2 bananas, mashed
8 fl oz. (240ml) unsweetened almond milk
1 tbsp. apple cider vinegar
1 tsp. vanilla extract
8.8 oz. (250g) self-rising flour
2.1 oz. (60g) ground almonds
4 tbsp. vanilla protein powder
3.5 oz. (100g) coconut sugar

What you need to do

Preheat the oven to 350°F (180°C). Line a loaf pan with baking paper.

Place the mashed bananas, almond milk, apple cider vinegar, and vanilla extract into a large mixing bowl and stir to combine. Now add the dry ingredients and mix to form a smooth batter.

Transfer the batter to the lined pan and place in the hot oven to bake for 45-50 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Remove the pan from the oven and set aside on a wire rack to cool completely before serving.

Tip:

Top with banana slices before placing it in the oven to make it look even more delicious.

MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
1 min	35 mins	292	8	52	5	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

myfitnesspal



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