



# High Protein Recipe Pack

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

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# Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Mon	Spanish Zucchini Tortilla	Chicken Orange & Walnut Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Chinese Pork Stir-Fry With Pineapple
Tue	Omelet Wraps	Tuna & Broccoli Salad With Honey Vinaigrette	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Baked Salmon Tray With Rice & Tomatoes
Wed	Egg & Turkey Stuffed Peppers	Leftover Baked Salmon Tray With Rice & tomatoes	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Beef & Green Beans Pasta In Soy Sauce
Thu	Omelet Wraps	Chicken Orange & Walnut Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Leftover Beef & Green Beans Pasta In Soy Sauce
Fri	Egg & Turkey Stuffed Peppers	Tuna & Broccoli Salad With Honey Vinaigrette	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Waldorf Chicken Salad
Sat	Cinnamon Roll Protein Smoothie	Leftover Waldorf Chicken Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Meal Out - Enjoy!
Sun	Spanish Zucchini Tortilla	Cinnamon Roll Protein	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Chinese Pork Stir-Fry With Pineapple



# Weekly Shopping List for Meal Plan 01

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds & Spices	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• 4 lemons</li> <li>• 2 oranges</li> <li>• 1 pomegranate</li> <li>• 2 bananas</li> <li>• 1 apple</li> <li>• 1 mango</li> <li>• strawberries</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 potato</li> <li>• 3 onions</li> <li>• garlic</li> <li>• 1 zucchini</li> <li>• watercress</li> <li>• 1 bag spinach</li> <li>• 1 bag rocket</li> <li>• 2 bags salad leaves</li> <li>• bunch radishes</li> <li>• iceberg lettuce</li> <li>• 5 bell peppers</li> <li>• 1 chili pepper</li> <li>• ginger</li> <li>• 1 broccoli</li> <li>• cherry tomatoes</li> <li>• celery</li> <li>• spring onion</li> </ul> <p><b>Herbs</b></p> <ul style="list-style-type: none"> <li>• parsley</li> <li>• basil</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>• green beans</li> </ul>	<p><b>Fish, Seafood</b></p> <ul style="list-style-type: none"> <li>• 3.5 oz. (100g) smoked salmon</li> <li>• 14 oz. (400g) salmon fillet</li> </ul> <p><b>Meats</b></p> <ul style="list-style-type: none"> <li>• 1 lb. (450g) ground turkey</li> <li>• 10 oz. (300g) chicken breast</li> <li>• 10 oz. (300g) beef steak</li> <li>• 14 oz. (400g) pork tenderloin</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• cottage cheese</li> <li>• cheddar cheese</li> <li>• parmesan</li> <li>• natural yogurt, 0% fat</li> <li>• natural quark</li> </ul> <p><b>Non-Dairy</b></p> <ul style="list-style-type: none"> <li>• 20 eggs</li> <li>• soy milk</li> <li>• almond milk</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• Jasmine rice</li> <li>• whole-wheat pasta</li> <li>• potato starch</li> <li>• white rice</li> </ul> <p><b>Nuts, Seeds</b></p> <ul style="list-style-type: none"> <li>• pecans</li> <li>• walnuts</li> <li>• coconut chips</li> <li>• raisins</li> </ul> <p><b>Spices</b></p> <ul style="list-style-type: none"> <li>• mixed herbs</li> <li>• oregano</li> <li>• cumin</li> <li>• cinnamon</li> <li>• paprika</li> <li>• curry</li> <li>• chili flakes</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>• self-raising flour</li> <li>• baking powder</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• olive oil</li> <li>• coconut oil</li> </ul> <p><b>Cans, Condiments</b></p> <ul style="list-style-type: none"> <li>• mustard</li> <li>• 1 can tuna in water</li> <li>• soy sauce</li> <li>• mayonnaise</li> <li>• pineapple chunks</li> <li>• rice vinegar</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• honey</li> </ul> <p><b>Misc, Other</b></p> <ul style="list-style-type: none"> <li>• bread</li> <li>• beef stock</li> <li>• granola</li> <li>• vanilla protein powder</li> </ul>



# Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	High Protein Blueberry Pancakes	Grilled Chicken & Pineapple Salad	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Turkey & Broccoli Stir-Fry
Tue	Eggs Fried On Tomatoes With Tuna	Leftover Grilled Chicken & Pineapple Salad	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Salmon Teriyaki With Green Beans & Sweetcorn Rice
Wed	Eggs Fried On Tomatoes With Tuna	Leftover Salmon Teriyaki With Green Beans & Sweetcorn Rice	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Quick & Easy Meatballs Served With Rice & Veg
Thu	High Protein Blueberry Pancakes	Tuna Salad Lettuce Wraps	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Leftover Quick & Easy Meatballs Served With Rice & Veg
Fri	Spinach Shakshuka	Leftover Tuna Salad Lettuce Wraps	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Chicken & Mango Stir-Fry
Sat	Spinach Shakshuka	Leftover Chicken & Mango Stir-Fry	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Meal Out - Enjoy!
Sun	Summer Smoothie Protein Bowl	Antioxidant Blueberry Smoothie	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Turkey & Broccoli Stir-Fry

# Weekly Shopping List for Meal Plan 02

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds & Spices	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• 2 bananas</li> <li>• 2 peaches</li> <li>• 2 limes</li> <li>• 1 mango</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 tomato</li> <li>• 2 white onions</li> <li>• 2 red onions</li> <li>• 1 granny smith apple</li> <li>• 1 lettuce</li> <li>• 2 bulbs garlic</li> <li>• 10 oz. (300g) mushrooms</li> <li>• 1 bag spinach</li> <li>• 1 bag salad leaves</li> <li>• ginger</li> <li>• 2 red bell peppers</li> <li>• 1 red chili</li> <li>• 1 broccoli</li> <li>• spring onion</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>• blueberries</li> <li>• green beans</li> </ul> <p><b>Herbs</b></p> <ul style="list-style-type: none"> <li>• parsley</li> <li>• mint</li> <li>• coriander</li> </ul>	<p><b>Fish, Seafood</b></p> <ul style="list-style-type: none"> <li>• 4 salmon fillets</li> </ul> <p><b>Meats</b></p> <ul style="list-style-type: none"> <li>• 1 lb. (650g) chicken breast</li> <li>• 7 oz. (200g) turkey fillet</li> <li>• 1 lb. (500g) lean ground beef</li> <li>• 12 slices streaky bacon</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• natural yogurt</li> </ul> <p><b>Non-Dairy</b></p> <ul style="list-style-type: none"> <li>• 7 eggs</li> <li>• almond milk</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• brown rice</li> <li>• buckwheat flour</li> <li>• black rice noodles</li> </ul> <p><b>Spices</b></p> <ul style="list-style-type: none"> <li>• oregano</li> <li>• chili flakes</li> <li>• cinnamon</li> </ul> <p><b>Nuts, Seeds</b></p> <ul style="list-style-type: none"> <li>• sesame seeds</li> <li>• chia seeds</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• coconut oil</li> <li>• olive oil</li> <li>• sesame oil</li> </ul> <p><b>Cans, Condiments</b></p> <ul style="list-style-type: none"> <li>• 2 cans tuna in brine</li> <li>• 2 cans tuna in olive oil</li> <li>• pineapple</li> <li>• tabasco</li> <li>• sweetcorn</li> <li>• soy sauce</li> <li>• tomato puree</li> <li>• rice vinegar</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• honey</li> <li>• maple syrup</li> </ul> <p><b>Misc, Other</b></p> <ul style="list-style-type: none"> <li>• vanilla protein powder</li> <li>• coconut water</li> <li>• matcha powder</li> </ul>





# Spanish Zucchini Tortilla

## Serves 2

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

1. 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.
2. In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.
3. 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.
4. 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.
5. After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

GF DF MP HP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	377	22	22	21

\*Nutrition per serving







# Omelet Wraps

## Serves 4

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

1. 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.
2. Beat the eggs with the milk and herbs in a separate bowl.
3. Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
5. 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.

GF DF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20

\*Nutrition per serving







# Egg & Turkey Stuffed Peppers

## Serves 4

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

1. Heat oven to 400°F (200°C).
2. Beat the eggs, egg whites and milk, then set aside.
3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.
4. Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.
5. Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.
6. Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.
7. Place the peppers in a baking dish and sprinkle them with grated cheese.
8. Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.
9. To serve, sprinkle with chopped parsley.

GF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	329	12	11	43

\*Nutrition per serving









# Smoked Salmon, Fetta & Asparagus Omelet

## Serves 2

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

## What you need to do

1. 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 ½ cm pieces.
2. Boil in lightly salted water for about 2 minutes, then strain and set aside.
3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
4. Heat the oven to 350°F (180°C). Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
5. 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.
6. To serve sprinkle with fresh dill and season with freshly ground black pepper.

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

GF LC MP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	302	21	6	20

\*Nutrition per serving





# High Protein Blueberry Pancakes

## Serves 1

¼ cup liquid egg whites  
 (around 4 eggs)  
 1 scoop (25g) of vanilla  
 whey powder  
 ½ banana, mashed  
 almond milk, if needed  
 ¼ cup (25g) fresh or frozen  
 blueberries  
 ½ tsp. coconut oil

## What you need to do

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.



GF LC HP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36

\*Nutrition per serving







# Eggs Fried On Tomatoes With Tuna

## Serves 1

1 large tomato  
 1 tsp. coconut oil  
 2 eggs  
 3 oz. (80g) tuna in brine  
 pinch of oregano  
 pinch of chili flakes  
 parsley, chopped, to serve

## What you need to do

1. Peel the tomato and chop into cubes.
2. Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.
3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.
4. Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chili flakes.
5. Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

## Tips:

- Replace tuna with feta or Gorgonola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	307	15	8	32

\*Nutrition per serving





# Fruit Smoothie Protein Bowl

## Serves 2

2 medium peaches,  
chopped, frozen  
1 medium banana, sliced,  
frozen  
¾ cup (190g) natural  
yogurt  
½ cup (125ml) coconut  
water  
1 scoop (25g) vanilla  
protein powder

### **Optional toppings:**

fresh berries  
Goji berries  
walnuts  
chia seeds  
muesli

## What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 2 bowls, add your favorite toppings and serve straight away.

Note: Toppings are not included in macronutrient information, or shopping list.

GF V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	252	5	36	18

\*Nutrition per serving





# Spinach Shakshuka

## Serves 2

1 tbsp. coconut oil  
 1 large onion, chopped  
 2 garlic cloves, crushed  
 4 cups (300g) mushrooms, sliced  
 2 cups (450g) leaf spinach  
 4 eggs  
 handful parsley, chopped

## What you need to do

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.
2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve.



GF DF LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	321	22	19	24

\*Nutrition per serving





# Salmon Tartar With Avocado & Mango

## Serves 1

1 small salmon fillet  
(100g), cut in cubes  
¼ avocado, cut in cubes  
¼ cup (30g) mango, cut in  
cubes  
1 tbsp. lime juice  
⅓ tsp. honey  
chili pepper, to taste  
handful coriander, chopped

## What you need to do

1. Wash and dry the salmon, then cut it into small cubes.  
Next cut the avocado and mango into cubes and add to the salmon.
2. Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.
3. Set aside to chill in the fridge for at least 10 minutes, then serve with toast (not included in nutrition info).

GF DF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	282	17	9	26

\*Nutrition per serving







# Tuna Salad Lettuce Wraps

## Serves 2

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

1. Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.
2. 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.
3. Spread the tuna over the 8 lettuce leaves and serve as wraps.



GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	286	9	14	38

\*Nutrition per serving





# Chicken, Orange & Walnut Salad

## Serves 2

For the dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

For the salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

## What you need to do

1. Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.
2. Mix the ingredients of the dressing in a cup, season with salt and pepper.
3. Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan – grill for 4 minutes on both sides.
4. Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.
5. Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the

GF DF HP Q N seeds and roasted pecans. Drizzle with the remaining dressing and serve

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	458	20	47	28

\*Nutrition per serving







# Salmon & Peach Salad

## Serves 2

For the marinade:

2 tbsp. apple cider vinegar

1 tbsp. olive oil

1 tbsp. tamari

1 tsp. maple syrup

½ tsp. ground pepper

For the salad:

2 salmon fillets (5oz./140g each)

1 cob corn, cooked

4 oz. (120g) salad leaves

1 peach, sliced

10 cherry tomatoes, halved

1 tbsp. balsamic vinegar

## What you need to do

1. Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.
2. In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.
3. Next, preheat the oven to 400°F (200°C) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.
4. Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.
5. To serve, drizzle with balsamic vinegar and season with salt and pepper.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	15 mins	416	25	21	33

\*Nutrition per serving







# Tuna & Broccoli Salad With Honey Vinaigrette

## Serves 2

For the salad:

2 big handfuls salad leaves

3 radishes, sliced

½ cup (120g) tuna in water,  
drained

2 slices bread

100g broccoli

2 tsp. Parmesan, grated

For the dressing:

2 tbsp. olive oil

3 tbsp. of lemon juice

1 tsp. of honey

salt & pepper

## What you need to do

1. Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.
2. Toast the bread and cut into cubes, then add to the salad.
3. Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.
4. In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.

HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	328	14	26	21

\*Nutrition per serving







# Grilled Chicken & Pineapple Salad

## Serves 2

For the salad:

7 oz. (200g) chicken breast  
4 slices pineapple, canned  
2 handfuls salad leaves  
⅓ cup (10g) mint leaves  
½ 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

1. Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.
2. 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).
3. Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.
4. 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.

GF DF HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	13 mins	356	16	34	27

\*Nutrition per serving







# Waldorf Chicken Salad

## Serves 2

3.5 oz (100g) chicken,  
cooked, shredded or  
chopped  
3 celery stalks, chopped  
1 apple, peeled, deseeded,  
chopped  
¼ 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

1. 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.
2. Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

Vege Option: Instead of chicken add tofu.

GF MP HP Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	354	16	33	20

\*Nutrition per serving







# Tuna & Quinoa Toss Salad

## Serves 2

### **For the dressing:**

1 tbsp. olive oil  
2 tsp. red wine vinegar  
1 tsp. fresh lemon juice  
1 tsp. Dijon mustard  
salt & pepper, to taste

### **For the salad:**

1 cup (185g) cooked quinoa  
¼ cup (50g) chickpeas, rinsed and drained  
½ cucumber, chopped  
1 tbsp. crumbled feta cheese  
10 cherry tomatoes, halved  
2 cans tuna (7oz./200g drained)

## What you need to do

1. Cook quinoa according to instructions on the packaging.
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.

GF MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	399	11	41	37

\*Nutrition per serving







# Salmon & Couscous Salad

## Serves 2

### **For the salmon:**

2x 4 oz. (115g) pieces of salmon  
2 tsp. olive oil  
2 tsp. lemon juice  
sea salt & pepper

### **For the salad:**

2 cups (150g) iceberg lettuce, chopped  
1 cup (157g) couscous, cooked  
½ red onion, chopped  
10 cherry tomatoes, chopped  
2 tbsp. feta cheese

### **For the dressing:**

1 tbsp. olive oil  
1 tbsp. fresh lemon juice  
½ tsp. Dijon mustard  
½ tsp. maple syrup or honey (optional)  
sea salt & pepper, to taste

## What you need to do

1. Preheat oven to 400°F (200°C). Rub the salmon with olive oil and season with salt and pepper.
2. Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.
3. In the meantime, make the dressing by whisking together all the ingredients.
4. Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.
5. Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.

MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	516	29	29	36

\*Nutrition per serving







# Post-Workout Potato Pancakes With Cottage Cheese

## Serves 1

### *For the pancakes:*

5/8 cup (140g) potatoes,  
 peeled and grated  
 1/4 cup (50g) zucchini,  
 grated  
 1 egg  
 1/2 shallot, chopped  
 2 tbsp. dill, chopped  
 2 tbsp. spelt flour

### *For the topping:*

1/2 cup (50g) cottage  
 cheese  
 1 tbsp. natural yogurt  
 2 radishes, chopped  
 1 tbsp. dill, chopped  
 1/2 shallot, chopped

## What you need to do

1. Wash, peel and grate the potatoes using the finest grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt and pepper. Mix well until combined to make the pancake batter.
2. Heat up a non-stick frying pan and fry small pancakes for 3 minutes, then flip and fry for another 1 minute.
3. Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.
4. Serve the pancakes warm with the cheese mix on top.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	502	20	56	28

\*Nutrition per serving







# Miso Salmon With Zucchini Noodles

## Serves 2

### For the salmon:

2 salmon fillets, 4.5 oz.  
(130g) each  
2 tbsp. miso paste  
2 tbsp. honey  
¼ cup (60ml) tamari, or soy  
sauce  
2 tbsp. ginger, grated  
2 tbsp. apple cider vinegar  
1 tbsp. sesame oil  
2 tsp. sesame seeds  
For the noodles:  
14 oz. (400g) zucchini  
noodles  
6 radishes, sliced  
2 tsp. sesame oil  
2 tsp. ginger, grated  
1 tsp. honey  
2 tbsp. soy sauce  
juice of 1 lime

## What you need to do

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
2. In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
3. Preheat oven to 350°F (180°C).
4. Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
5. Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

GF DF

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	496	30	27	29

\*Nutrition per serving







# Moroccan Cod & Bulgur Salad

## Serves 2

10 oz. (300g) cod fillets  
 1 tbsp. lemon juice  
 2 cloves garlic, crushed  
 ½ tsp. turmeric  
 ½ tsp. paprika  
 ½ tsp. cumin  
 pinch of saffron  
 2 tbsp. olive oil  
 scant ½ cup (100g) of  
 bulgur groats  
 1 tomato, chopped  
 ¼ onion, chopped  
 15 green olives, halved  
 3 sprigs of parsley,  
 chopped  
 lemon wedges, to serve

## What you need to do

1. Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil. Leave for half an hour to marinade.
2. Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.

DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
35 mins	15-25 mins	447	18	42	34

\*Nutrition per serving







# Turkey & Broccoli Stir Fry

## Serves 2

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

1. Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.
2. 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 minutes).
3. In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.

GF DF HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10mins	20 mins	494	16	56	42

\*Nutrition per serving

