

A close-up photograph of several skewers of grilled food. The skewers are loaded with chunks of browned meat, likely beef or lamb, and various vegetables including red bell peppers, yellow and green bell peppers, and onions. The food is arranged in a row, and the background is a plain, light-colored surface.

High Protein Recipe Bundle

HIGH PROTEIN, LOW CARB MEALS
THAT ARE EASY TO MAKE WITH
HEALTHY, NUTRIENT-DENSE
INGREDIENTS.

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High Protein Breakfast

KICKSTART YOUR DAY

Berry Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **0.25 cup** [38.75 g] Frozen Blueberries
- **0.25 cup** [63.75 g] Frozen Strawberries
- **1 tbsp** [10 g] Hemp Hearts
- **2 scoop** [40 g] Protein Powder - Vanilla
- **0.5 cup** [122.5 g] Almond Milk
- **1 cup** [30 g] Baby Spinach
- **0.25 cup** [59.25 g] Water (*More or less for desired consistency*)

DIRECTIONS

1. Blend all together and enjoy!

NUTRITION INFO

Energy : 339 kcal

Fat : 8.2 g

Carbs : 22.5 g

Protein : 49.4 g

Fiber : 5.7 g

Sugar : 19.3 g

Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1.5 cup** [337.5 g] 1% Low Fat Cottage Cheese
- **2 tbsp** [20 g] Hemp Hearts
- **1 small (6-3/8" long)** [158 g] Cucumber (*Sliced*)
- **0.25 tsp** [0.25 g] Dill (Dried)

DIRECTIONS

1. Top cottage cheese with hemp hearts, sliced cucumber, and dill/chives.

NUTRITION INFO

Energy : 374 kcal

Fat : 13.3 g

Carbs : 20.6 g

Protein : 43.6 g

Fiber : 1.7 g

Sugar : 17.2 g

Greek Yogurt Bowl



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [227 g] Whole Milk Greek Yogurt Plain
- **0.25 cup** [36.25 g] Blueberries
- **0.25 cup** [30.75 g] Raspberries
- **1 tbsp** [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Top Greek yogurt with mixed berries and sunflower seeds.

NOTES

1. **Optional Add On:** Serve with 1 – 2 hard boiled eggs.

NUTRITION INFO

Energy : 341 kcal Fat : 15.1 g Carbs : 22.9 g Protein : 29.2 g Fiber : 3.9 g Sugar : 12.7 g

Ground Turkey and Egg Skillet



SERVINGS: 2

PREP TIME: 2 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **8 oz** [224 g] Ground Turkey
- **0.25 cup** [71.75 g] Pico de Gallo
- **4 large** [200 g] Egg
- **1 tbsp** [14 g] Avocado Oil
- **0.25 tsp** [0.7 g] Garlic Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 cup** [40 g] Arugula (Rocket)
- **0.25 small** [37 g] Red Onions (*Chopped*)

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey and cook approximately 5 minutes, mixing occasionally.
3. Drain extra liquid.
4. Mix in pico de gallo, garlic salt, and black pepper. Crack eggs over the mixture. Cook for approximately 3 minutes until egg whites and turkey are cooked through.
5. Top with red onion and arugula when removed from heat.

NUTRITION INFO

Energy : 388 kcal

Fat : 25.1 g

Carbs : 5.3 g

Protein : 35.2 g

Fiber : 0.6 g

Sugar : 2.5 g

Hearty Sausage and Eggs Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **1.5 link (2.3 oz)** [102 g] Organic Chicken Sausage (*Sliced*)
- **2 large** [100 g] Egg
- **0.5 tbsp** [7 g] Avocado Oil
- **0.5 cup chopped** [45.5 g] Broccoli
- **0.25 small** [17.5 g] Onions (*Chopped*)
- **1 clove** [3 g] Garlic (*Minced*)
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add sliced sausage, broccoli, onion, and garlic to the skillet and cook for 5 minutes stirring occasionally.
3. Whisk eggs in a bowl then add to skillet along with salt and pepper.
4. Stir until eggs are cooked through.
5. Remove from heat and serve warm.

NUTRITION INFO

Energy : 357 kcal

Fat : 21.6 g

Carbs : 8.1 g

Protein : 33.7 g

Fiber : 1.6 g

Sugar : 2.3 g

High Protein Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup** [45 g] Rolled Oats Gluten Free
- **1.5 scoop** [30 g] Protein Powder - Vanilla
- **1 cup** [245 g] Almond Milk
- **1 tbsp** [14 g] Chia Seed
- **0.5 tsp** [2.1 g] Vanilla Extract
- **0.5 tsp** [1.15 g] Cinnamon
- **0.5 tbsp** [3.5 g] Pumpkin Seeds
- **0.25 cup** [30.75 g] Raspberries

DIRECTIONS

1. Stir together oats, protein powder, almond milk, chia seeds, vanilla extract, and cinnamon.
2. Refrigerate oat mixture in mason jar or small container overnight.
3. Top with berries and pumpkin seeds.

NUTRITION INFO

Energy : 440 kcal

Fat : 14.1 g

Carbs : 38.5 g

Protein : 44.7 g

Fiber : 14 g

Sugar : 4.1 g

Mushroom and Spinach Scramble



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **1 tsp** [4.67 g] Avocado Oil
- **2 large** [66 g] Egg White
- **2 large** [100 g] Egg
- **0.25 cup, chopped** [17.5 g] Mushrooms
- **1 cup** [30 g] Baby Spinach
- **0.25 tsp** [0.7 g] Garlic Powder
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 oz** [28.35 g] Goat Cheese
- **1 medium slice** [30 g] Gluten Free Bread

DIRECTIONS

1. Warm avocado oil over medium heat in a medium skillet.
2. Whisk together eggs and goat cheese.
3. Add mushrooms, garlic salt, and pepper to the skillet and cook for 1-2 minutes.
4. Add egg mixture to the skillet and mix with a spatula until eggs are cooked through.
5. Right before removing from heat, fold spinach into scrambled eggs.
6. Serve with one slice of Ezekiel toast.

NOTES

1. **Make it Gluten Free or Lower Carb:** Swap sprouted grain bread for avocado

NUTRITION INFO

Energy : 414 kcal

Fat : 23.9 g

Carbs : 15.4 g

Protein : 29.6 g

Fiber : 1.8 g

Sugar : 2.6 g

Keto Protein Pancakes



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.66 cup** [73.92 g] Almond Flour
- **2 tbsp** [15 g] Tapioca Flour
- **1 scoop** [20 g] Protein Powder
- **0.25 tsp** [1.15 g] Baking Soda
- **2 large** [100 g] Egg
- **80 g** Almond Milk
- **2 tbsp** [32 g] Almond Butter
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **2 dash** [0.8 g] Salt
- **0.25 tsp** [0.57 g] Cinnamon
- **1 tbsp** [15 g] Apple Cider Vinegar
- **0.5 cup** [61.5 g] Raspberries

DIRECTIONS

1. In a small bowl, whisk together almond flour, tapioca flour, protein powder, baking soda, salt, and cinnamon.
2. In another bowl, whisk egg, almond milk, almond butter, and apple cider vinegar until smooth.
3. Combine wet and dry ingredients, stirring until a thick, pourable batter forms.
4. Heat ghee or clarified butter in a nonstick skillet over medium heat.
5. Pour 2–3 small pancakes (about 2 tbsp batter each) onto the skillet.
6. Cook 2–3 minutes per side, until golden and firm enough to flip.
7. Serve warm with your favorite toppings.

NOTES

1. **Serving suggestion:** Serve with crushed raspberries and a dollop of Greek yogurt.

NUTRITION INFO

Energy : 544 kcal Fat : 37.7 g Carbs : 22.6 g Protein : 30.6 g Fiber : 8.7 g Sugar : 5.7 g

Steak and Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Avocado Oil (*Divided*)
- **0.25 tbsp** [3.5 g] Coconut Aminos
- **0.25 tbsp** [4.25 g] Worcestershire Sauce (*Gluten free brand*)
- **1 clove** [3 g] Garlic (*Minced*)
- **1 dash** [0.1 g] Black Pepper
- **2 large** [100 g] Egg
- **3.5 oz** [99.23 g] Beef Top Sirloin (Lean Only, Trimmed to 1/8" Fat)
- **2 cup** [40 g] Arugula (Rocket)
- **0.5 large** [100 g] Avocado

DIRECTIONS

1. Marinate sliced steak with half of the avocado oil, coconut aminos, Worcestershire sauce, garlic, and pepper.
2. Warm skillet over medium heat. Add steak and marinade mixture to the skillet and cook until steak is cooked through, turning steak strips once.
3. In a separate skillet, heat the remaining avocado oil. Crack eggs into the skillet. Allow eggs to cook until egg whites are firm.
4. Serve steak and eggs over arugula. Slice the avocado and add it to the top just before serving. For a creamier texture, you can mash the avocado with a pinch of salt and a squeeze of lemon or lime, then dollop on top.

NUTRITION INFO

Energy : 520 kcal

Fat : 35.8 g

Carbs : 14.1 g

Protein : 37.7 g

Fiber : 0.9 g

Sugar : 4.2 g

Super Savory Omelette



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **1 tsp** [4.67 g] Avocado Oil
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **1 cup** [20 g] Arugula (Rocket)
- **1 oz** [28.35 g] Goat Cheese
- **2 slice** [110 g] Organic Oven Roasted Turkey Breast (*Sliced or chopped*)

DIRECTIONS

1. In a bowl, whisk eggs with goat cheese until fluffy.
2. In a small skillet heat olive oil.
3. Add to skillet red onions and turkey. Cook for 2-3 minutes then remove from heat.
4. Add eggs to skillet and cook for 1-2 minutes, or until sides begin to lift from the bottom. Flip eggs. Top with cooked onions mixture and turkey. Cook for an additional 30 seconds - 1 minute or until eggs are cooked through.
5. Fold in half, remove from heat, and enjoy!

NUTRITION INFO

Energy : 477 kcal

Fat : 26.3 g

Carbs : 5.6 g

Protein : 48.1 g

Fiber : 0.7 g

Sugar : 2.5 g

A top-down view of a white plate containing a healthy meal. On the right side, there is a large portion of cooked salmon fillet, sliced into pieces. To the left and bottom, there is a fresh salad consisting of green leafy vegetables (spinach and lettuce), sliced cherry tomatoes, and chunks of white cheese. Several thick slices of avocado are arranged along the top and left edges of the plate. A semi-transparent orange rectangular box is overlaid in the center of the image, containing text.

High Protein Lunch

RE-FUEL AND RE-ENERGIZE

Cobb Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **1 large** [50 g] Egg (*Hard boiled and chopped*)
- **2 slice** [30 g] Uncured Bacon (*Cooked and chopped*)
- **2 oz** [56 g] Skinless Chicken Breast (*Cooked (measured raw))*)
- **5 -** [85 g] Cherry Tomatoes (*Chopped*)
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **0.5 tbsp** [7 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Mix all ingredients together and enjoy!

NOTES

1. **Cooking Time:** Cooking time set to account for cooking chicken, eggs, and bacon. Can be do ahead of time.

NUTRITION INFO

Energy : 378 kcal

Fat : 27 g

Carbs : 9.4 g

Protein : 25.8 g

Fiber : 3.6 g

Sugar : 4 g

Egg Salad with Bell Peppers



SERVINGS: 1

PREP TIME: 8 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg (*Hard boiled and chopped*)
- **3 large** [99 g] Egg White (*Hard boiled and chopped*)
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **0.25 small** [37 g] Red Onions (*Diced*)
- **1 tbsp** [10 g] Hemp Hearts
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Sliced*)
- **2 tbsp** [14 g] Pumpkin Seeds

DIRECTIONS

1. Mix together eggs, avocado oil mayonaise, red onion, hemp hearts, salt, and pepper.
2. Serve with red bell pepper to scoop egg salad.
3. Also serve with a side of pumpkin seed kernels.

NUTRITION INFO

Energy : 439 kcal

Fat : 29.5 g

Carbs : 11.3 g

Protein : 32.9 g

Fiber : 6.1 g

Sugar : 6.9 g

Hearty Pesto Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **2 cup, shredded or chopped** [110 g] Mixed Salad Greens
- **5 oz** [140 g] Skinless Chicken Breast (*Cooked and sliced (measured raw)*)
- **0.5 avocado** [68 g] Avocado (*Sliced*)
- **5 -** [85 g] Cherry Tomatoes (*Halved*)
- **2 oz** [56.7 g] Mozzarella Cheese (Part Skim Milk)
- **1 tbsp** [14 g] Pesto Sauce (*Made with olive oil*)

DIRECTIONS

1. Mix together pesto sauce with chopped tomatoes and mozzarella.
2. Combine all other ingredients together and top with tomato mixture.

NUTRITION INFO

Energy : 537 kcal

Fat : 30 g

Carbs : 15.6 g

Protein : 52.9 g

Fiber : 8.4 g

Sugar : 4.2 g

Mediterranean Salad With Ground Beef



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 cup, shredded or chopped** [55 g] Mixed Salad Greens
- **3 tbsp (packed)** [45 g] Feta Cheese
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **1 serving (20g)** [20 g] Green Olives (*Halved*)
- **0.5 medium whole (2-3/5" dia)** [61.5 g] Tomatoes (*Sliced*)
- **1 small (6-3/8" long)** [158 g] Cucumber (*Chopped*)
- **5 oz** [141.75 g] Ground Beef (95% Lean / 5% Fat) (*Cooked (measured raw)*)
- **0.5 tbsp** [7 g] Olive Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste.

NUTRITION INFO

Energy : 448 kcal

Fat : 27 g

Carbs : 11.4 g

Protein : 39.3 g

Fiber : 5.8 g

Sugar : 6.7 g

Organic Chicken Salad and Avocado



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (5 oz) yields** [140 g] Canned Organic Chicken (*Drained*)
- **0.5 tbsp** [7.5 g] Mayonnaise (made with avocado oil)
- **0.25 small** [37 g] Red Onions (*diced*)
- **1 tsp** [1 g] Dill (Dried)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **1 avocado** [136 g] Avocado (*Halved and pitted*)
- **1 small (6-3/8" long)** [158 g] Cucumber (*Sliced*)

DIRECTIONS

1. Mix together chicken, avocado oil mayonnaise, red onion, dill, salt, and pepper.
2. Fill avocados with chicken mixture.
3. Serve with a side of sliced cucumbers.

NUTRITION INFO

Energy : 558 kcal

Fat : 38.5 g

Carbs : 19 g

Protein : 35.8 g

Fiber : 11.6 g

Sugar : 3.1 g

Shrimp and Avocado Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [113.6 g] Shrimp (Prawns) (*Cooked (measured raw)*)
- **0.5 oz** [14.18 g] Sesame Seeds
- **0.5 avocado** [68 g] Avocado (*Chopped*)
- **2 cup** [40 g] Arugula (Rocket)
- **1 small (6-3/8" long)** [158 g] Cucumber (*Chopped*)
- **0.25 small** [17.5 g] Red Onions (*Chopped*)
- **5 -** [85 g] Cherry Tomatoes (*Halved*)
- **1 tbsp** [14 g] Lemon Juice
- **0.5 tbsp** [7 g] Olive Oil
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Lightly toss together all ingredients and enjoy!

NUTRITION INFO

Energy : 405 kcal

Fat : 27.1 g

Carbs : 22.2 g

Protein : 23.2 g

Fiber : 10.7 g

Sugar : 6.3 g

Sliced Chicken with Veggies and Hummus



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **5 oz** [140 g] Skinless Chicken Breast
- **1 tbsp** [14 g] Avocado Oil
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **2 tbsp** [30 g] Hummus
- **0.5 cup, florets** [35.5 g] Broccoli
- **5 -** [85 g] Cherry Tomatoes
- **0.25 cup** [37.25 g] Baby Carrots

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Coat chicken breast in avocado oil, salt, and pepper.
3. Place chicken breast in a glass baking dish and cook in the oven for 20 minutes (until internal temperature of chicken shows 165 degrees Fahrenheit using a cooking thermometer).
4. Allow chicken to rest for at least 5-10 minutes.
5. Serve all together, dip vegetables in hummus.

NUTRITION INFO

Energy : 397 kcal

Fat : 22.3 g

Carbs : 10.3 g

Protein : 36.6 g

Fiber : 3 g

Sugar : 3.5 g

Smoked Salmon Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz, boneless** [113.4 g] Smoked Salmon
- **2 cup** [40 g] Arugula (Rocket)
- **5 -** [85 g] Cherry Tomatoes (*Halved*)
- **0.5 avocado** [68 g] Avocado (*Diced*)
- **1 tbsp** [10 g] Hemp Hearts
- **0.25 oz** [7.09 g] Sesame Seeds
- **1 tbsp** [14 g] Olive Oil
- **1 tbsp** [14 g] Lemon Juice
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Combine salmon, arugula, cherry tomatoes, avocado, and hemp hearts together in a bowl.
2. Mix olive oil, lemon juice, salt, and pepper together and drizzle over salad.

NUTRITION INFO

Energy : 499 kcal

Fat : 38.3 g

Carbs : 15.1 g

Protein : 28.5 g

Fiber : 8.4 g

Sugar : 3.3 g

Tuna Salad Lettuce Wrap



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **5 oz** [141.75 g] Tuna in Water (Canned)
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **0.25 tsp** [0.45 g] Red Pepper Flakes
- **3 leaf** [60 g] Romaine Lettuce
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 oz** [14.18 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Drain and mix canned tuna with avocado oil mayo, green onion, and red pepper flakes.
2. Fill lettuce leaves with tuna mixture. Serve with side of mixed nuts.

NUTRITION INFO

Energy : 365 kcal

Fat : 20.4 g

Carbs : 5.6 g

Protein : 39.7 g

Fiber : 2 g

Sugar : 1 g

Turkey Patty with Egg



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **5 oz** [140 g] Ground Turkey (*Formed into one or two patties*)
- **1 large** [50 g] Egg
- **1 tbsp** [14 g] Avocado Oil
- **0.25 tsp** [0.53 g] Paprika
- **0.25 tsp** [1.5 g] Salt
- **0.25 tsp** [0.53 g] Black Pepper
- **1 cup** [30 g] Baby Spinach
- **0.25 small** [17.5 g] Red Onions (*Sliced*)
- **1 oz** [28.35 g] Feta Cheese

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add ground turkey patty to skillet and cook for 3-4 minutes on one side.
3. Flip patty, and crack egg into the skillet next to the patty.
4. Season egg with paprika, salt, and pepper.
5. Cook for another 1-2 minutes, then flip egg.
6. Cook turkey patty until brown all the way through and cook egg until desired consistency.
7. Combine all remaining ingredients and serve turkey patty and egg over these ingredients (warm or cooled).

NUTRITION INFO

Energy : 490 kcal

Fat : 35.2 g

Carbs : 5 g

Protein : 39 g

Fiber : 1.3 g

Sugar : 2.5 g



High Protein Dinner

FINISH STRONG

Asian Sesame Kabobs



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **12 oz** [340.2 g] Beef Flank (Lean Only, Trimmed to 0" Fat, Choice Grade)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Cut into squares*)
- **1 medium** [119 g] Green Bell Pepper (*Cut into squares*)
- **0.5 cup** [112 g] Coconut Aminos
- **2 tbsp** [28 g] Avocado Oil
- **1 tbsp** [13.6 g] Sesame Oil
- **2 clove** [6 g] Garlic (*Minced*)
- **3 tsp** [6 g] Ginger (*Minced*)
- **1 tsp** [2.4 g] Onion Powder
- **1 dash** [0.4 g] Salt

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Heat grill to medium heat.
4. Add steak and vegetables to the skewers, alternating between each.
5. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
6. Once removing from the grill pour over remaining marinade.

NOTES

1. **Cooking Preparation:** : Grilling Skewers are need. If using wooden skewers, soak in water for 20 minutes before threading ingredients.

NUTRITION INFO

Energy : 574 kcal Fat : 31.7 g Carbs : 33.6 g Protein : 38.4 g Fiber : 3.7 g Sugar : 28.5 g

Baked Salmon and Asparagus



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- **20 medium spear (5-1/4" to 7" long)** [320 g] Asparagus
- **10 oz, boneless, raw** [283.5 g] Salmon
- **1 small lemon** [30 g] Lemon Juice
- **2 tbsp** [28 g] Avocado Oil
- **2 tsp** [2.4 g] Rosemary (Dried)
- **3 clove** [9 g] Garlic (*Minced*)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Mix together avocado oil, lemon juice, rosemary, garlic, salt, and pepper.
3. In a glass baking dish, coat the salmon and asparagus with the avocado oil mixture.
4. Cook in oven for 9-12 minutes.

NUTRITION INFO

Energy : 370 kcal

Fat : 22.8 g

Carbs : 8.6 g

Protein : 34.5 g

Fiber : 3.7 g

Sugar : 3.1 g

Balsamic Chicken



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **10 oz** [280 g] Skinless Chicken Breast
- **0.25 cup** [60 g] Balsamic Vinegar
- **1 tsp** [7.1 g] Honey
- **3 tsp** [16.5 g] Dijon Mustard
- **2 clove** [6 g] Garlic (*Minced*)
- **1 dash** [0.4 g] Salt
- **1 dash** [0.1 g] Black Pepper
- **2 tbsp** [28 g] Avocado Oil
- **2 cup** [298 g] Cherry Tomatoes
- **1 tbsp** [3.3 g] Rosemary (Dried)
- **4 oz** [113.4 g] Mozzarella Cheese (Whole Milk) (*Sliced thin*)
- **2 cup, florets** [142 g] Broccoli (*Steamed*)

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. In a large bowl mix together vinegar, honey, mustard, garlic, salt, and pepper.
3. Pound chicken to tenderize.
4. Add chicken to the bowl and coat chicken with vinegar mixture.
5. Transfer chicken and vinegar mixture to a glass oven dish along with the cherry tomatoes.
6. Cook in oven until internal temperature of chicken reaches 165 degrees F (74 degrees C), approximately 25 minutes.
7. Top with mozzarella immediately after removing from oven.
8. Serve warm with steamed broccoli florets.

NUTRITION INFO

Energy : 549 kcal

Fat : 29.7 g

Carbs : 21.4 g

Protein : 49.1 g

Fiber : 4.4 g

Sugar : 12.2 g

Cashew Chicken



SERVINGS: 2

PREP TIME: 6 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **1 tbsp** [13.6 g] Coconut Oil
- **12 oz** [336 g] Skinless Chicken Breast (*Cut into cubes*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Sliced*)
- **1 medium** [114 g] Orange Bell Pepper (*Sliced*)
- **0.5 small** [35 g] Onions (*Sliced*)
- **0.5 tbsp** [7 g] Coconut Aminos
- **0.5 tbsp** [7 g] Rice Vinegar
- **1 clove** [3 g] Garlic (*Minced*)
- **0.25 tsp** [0.45 g] Ginger (*Ground*)
- **0.25 tsp** [0.45 g] Red Pepper Flakes (*Optional*)
- **1 tsp** [7.1 g] Honey
- **1 serving (28g)** [28 g] Roasted Salted Cashew Nuts
- **2 cup** [200 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. Heat coconut oil in a large skillet over medium heat.
2. Mix together the coconut aminos, vinegar, garlic, ginger, honey, and red pepper flakes.
3. Add chicken to the skillet and sauté until 2-3 minutes, flipping occasionally.
4. Add in the bell peppers and onion and cook for 4-5 minutes, stirring occasionally.
5. Add in the coconut amino mixture and cook for an additional 3-5 minutes until the sauce has thickened.
6. Add in cashews and cook for 1-2 minutes.
7. Remove from heat and serve warm or cooked cauliflower rice.

NUTRITION INFO

Energy : 410 kcal Fat : 16.3 g Carbs : 23.6 g Protein : 44.8 g Fiber : 6.5 g Sugar : 14.2 g

Chicken Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **10 oz** [280 g] Skinless Chicken Breast
- **2 medium** [122 g] Carrots
- **2 cup chopped** [182 g] Broccoli
- **1 medium** [114 g] Orange Bell Pepper (*Chopped*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Chopped*)
- **1 small** [70 g] Red Onions (*Chopped*)
- **3 tbsp** [42 g] Olive Oil
- **3 clove** [9 g] Garlic (*Minced*)
- **1 tsp, ground** [1.4 g] Thyme (Dried)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Mix together olive oil, garlic, thyme, salt, and pepper.
3. Place chicken breast and vegetables together on an aluminum or glass oven pan.
4. Drizzle olive oil mixture over chicken and vegetables. Then lightly toss to fully coat the chicken and vegetables.
5. Bake at 20-25 minutes, mixing occasionally to prevent the chicken and vegetables from sticking to the pan and to cook evenly.

NUTRITION INFO

Energy : 443 kcal Fat : 23.2 g Carbs : 24.6 g Protein : 37.5 g Fiber : 8.7 g Sugar : 10.9 g

Fajita Skillet



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast (*Sliced thin*)
- **6 oz** [170.1 g] Beef Flank (Trimmed to 0" Fat, Choice Grade) (*Sliced thin*)
- **2 medium (approx 2-3/4" long, 2-1/2" dia)** [228 g] Red Bell Pepper (*Sliced*)
- **1 medium** [114 g] Orange Bell Pepper (*Sliced*)
- **2 clove** [6 g] Garlic (*Minced*)
- **2 tsp** [4.2 g] Cumin
- **1 tsp** [2.6 g] Chili Powder
- **1 tsp** [2.4 g] Onion Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 lime yields** [38 g] Lime Juice
- **4 tortillas** [100 g] Cassava Flour Tortillas

DIRECTIONS

1. Warm a large skillet over medium heat with half of the olive oil.
2. Mix together cumin, chili powder, onion powder, salt, and crushed red pepper flakes.
3. Coat chicken and steak with half of the spice mixture and add to the skillet.
4. Cook chicken and steak for 2 minutes, flipping to cook both sides.
5. Add remaining olive oil, vegetables, and remaining spice mixture to the pan.
6. Mix occasionally and cook until chicken and beef is cooked through and vegetables are desired consistency.
7. Remove from heat and add lime juice.
8. Serve in cassava flour or other grain free wrap.

NUTRITION INFO

Energy : 395 kcal

Fat : 12.1 g

Carbs : 37 g

Protein : 34.7 g

Fiber : 10.1 g

Sugar : 9.4 g

Pesto Chicken and Green Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 tbsp** [56 g] Pesto Sauce (*Dairy free brand*)
- **12 oz** [336 g] Skinless Chicken Breast
- **8 oz** [226.8 g] Green String Beans (*Trimmed*)
- **1 tbsp** [14 g] Olive Oil

DIRECTIONS

1. Warm large skillet on the stove over medium heat.
2. Coat chicken breast with pesto sauce. Add chicken to the skillet and cook for 8 minutes on one side.
3. Flip the chicken and add green beans and remaining olive oil.
4. Cook until chicken is cooked through, internal temperature of 165 degrees F (74 C).

NUTRITION INFO

Energy : 442 kcal

Fat : 24.3 g

Carbs : 9.6 g

Protein : 46.5 g

Fiber : 4.2 g

Sugar : 1.8 g

Shrimp Sheet Pan Dinner



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **10 oz** [284 g] Shrimp (Prawns)
- **2 cup** [298 g] Cherry Tomatoes
- **1 medium** [196 g] Summer Squash (*Sliced*)
- **20 medium spear (5-1/4" to 7" long)** [320 g] Asparagus
- **3 tbsp** [42 g] Olive Oil
- **1 tsp** [2.8 g] Garlic Powder
- **0.5 tsp** [1 g] Ginger
- **1 tsp, ground** [0.6 g] Oregano
- **1 tsp** [2.4 g] Onion Powder
- **1 dash** [0.4 g] Salt (*To taste*)
- **2 tbsp** [28 g] Lemon Juice

DIRECTIONS

1. Preheat oven to 400 degrees F (205 C).
2. Mix together olive oil, garlic powder, ground ginger, dried oregano, onion powder, and salt.
3. Place the shrimp, cherry tomatoes, summer squash, and asparagus in a large pan.
4. Pour over olive oil mixture and lightly toss with the shrimp and vegetables.
5. Bake for 6-8 minutes.

NUTRITION INFO

Energy : 374 kcal

Fat : 23.2 g

Carbs : 20 g

Protein : 26.9 g

Fiber : 6.3 g

Sugar : 9.9 g

Steak Stir Fry



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **5 oz** [141.75 g] Beef Top Sirloin (Trimmed to 1/8" Fat)
- **1 cup chopped** [91 g] Broccoli
- **1 medium** [114 g] Orange Bell Pepper (*Sliced*)
- **0.5 small** [35 g] Onions (*Sliced*)
- **2 tbsp** [28 g] Coconut Aminos
- **0.5 tbsp** [6.8 g] Sesame Oil
- **0.5 oz** [14.18 g] Sesame Seeds
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **1 cup** [100 g] Riced Cauliflower (*Cooked*)

DIRECTIONS

1. In a medium skillet heat sesame oil over medium heat.
2. Add steak and cook for 2 minutes, stirring occasionally.
3. Add in broccoli, bell pepper, yellow onion, and tamari or coconut aminos.
4. Cook for 3-4 minutes, or until vegetables are desired texture.
5. Just before removing from heat, add in sesame seeds and green onion.
6. Serve over cooked cauliflower rice.

NUTRITION INFO

Energy : 575 kcal

Fat : 32.3 g

Carbs : 37.7 g

Protein : 37.6 g

Fiber : 10 g

Sugar : 22.5 g

Turkey Chili



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Avocado Oil
- **0.5 small** [35 g] Onions (*Diced*)
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Diced*)
- **2 stalk, medium (7-1/2" - 8" long)** [80 g] Celery (*Diced*)
- **1 clove** [3 g] Garlic (*Minced*)
- **12 oz** [336 g] Ground Turkey
- **1 cup** [246.6 g] Canned Fire Roasted Tomatoes
- **1 tbsp** [16 g] Tomato Paste
- **1.5 tsp** [3.9 g] Chili Powder
- **0.5 tbsp** [3.45 g] Paprika
- **0.25 tsp** [0.53 g] Cumin
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper (*Optional*)
- **1 dash** [0.4 g] Salt (*To taste*)
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **0.5 avocado** [68 g] Avocado (*Chopped*)

DIRECTIONS

1. Heat avocado oil in a large pan. Add onion, bell pepper, and celery and cook 2-3 minutes, stirring occasionally.
2. Add turkey, garlic, Chile powder, paprika, cumin, cayenne, salt, and pepper to the pan and cook until turkey is cooked through, 6-8 minutes, turning and crumbling the turkey as it cooks.
3. Add canned tomatoes, tomato paste, and 1/8 cup water and bring to a boil.
4. Turn to low and simmer for 15-20 minutes.
5. Remove from heat and serve warm.
6. Top with avocado.

NUTRITION INFO

Energy : 414 kcal

Fat : 22 g

Carbs : 20.1 g

Protein : 36.8 g

Fiber : 10.7 g

Sugar : 8.3 g