100 RECIPES · CALCULATED FROM THEIR INGREDIENTS

100 muscle-building recipes.

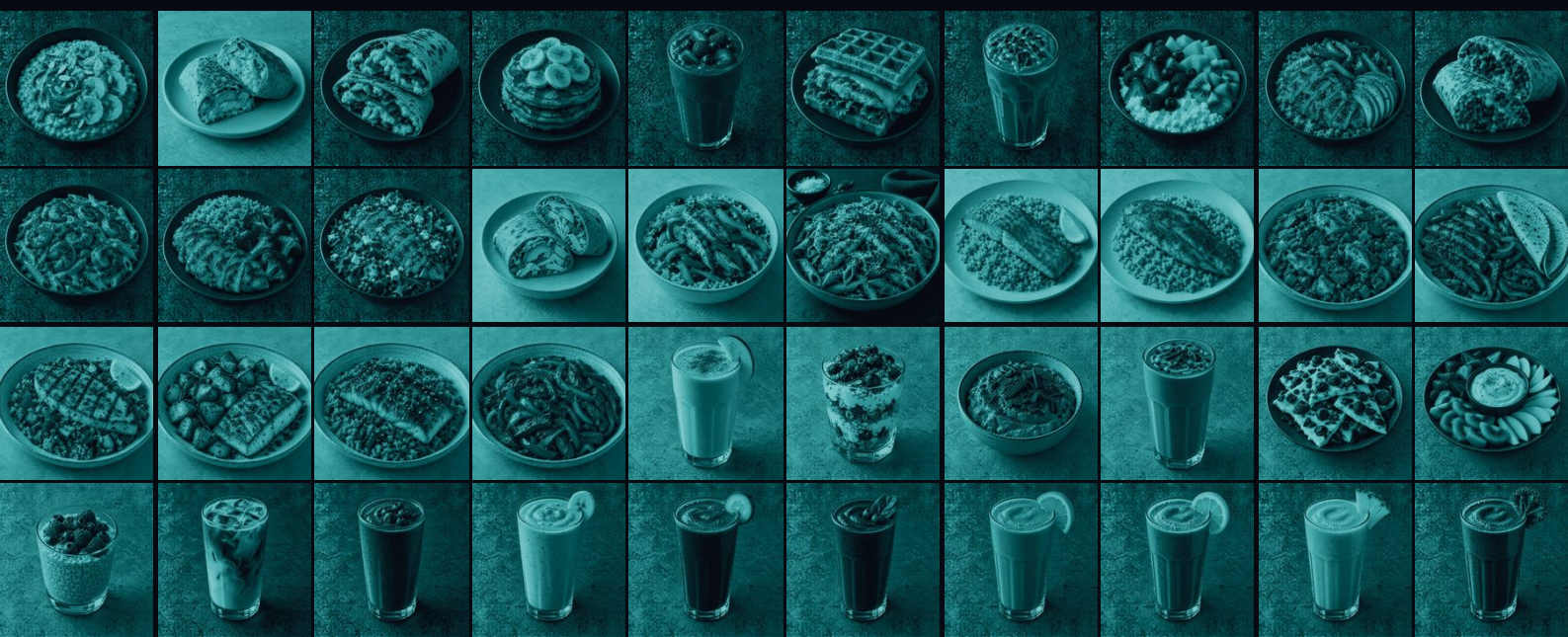
For men and women who train. Every meal weighed, every calorie accounted for, one page each.

01 BREAKFAST	02 LUNCH	03 DINNER	04 SWEET SNACKS	05 SMOOTHIES & JUICES
25	25	25	15	10

BY

Bogdan Calinescu

ELEVATE-BLUEPRINT.COM



What is in the book.

00 Before the recipes.

004 Before you start
005 Your numbers
006 Your goal
007 The macronutrients
008 Protein
009 Fats
010 Carbohydrates
011 Micronutrients
012 Supplements
013 How to read a recipe

01 Breakfast.

015	Almond butter banana oatmeal	1,076 kcal · 59 g P
016	Avocado egg burrito	749 kcal · 39 g P
017	Bacon & spinach egg wrap	622 kcal · 36 g P
018	Banana protein pancakes	862 kcal · 55 g P
019	Berry protein smoothie	415 kcal · 36 g P
020	Chicken & waffle sandwich	646 kcal · 55 g P
021	Chocolate peanut butter shake	438 kcal · 39 g P
022	Cottage cheese & fruit bowl	395 kcal · 50 g P
023	Double chicken omelet	953 kcal · 121 g P
024	Egg white & cottage cheese scramble	1,034 kcal · 94 g P
025	Egg white & spinach quesadilla	521 kcal · 32 g P
026	Greek yogurt parfait	674 kcal · 64 g P
027	Ham & cheese omelet	517 kcal · 43 g P
028	High-calorie PB protein smoothie	878 kcal · 70 g P
029	High-protein breakfast burrito	730 kcal · 58 g P
030	Loaded scrambled eggs	589 kcal · 46 g P
031	Mega PB banana oatmeal	1,283 kcal · 85 g P
032	Overnight oats supreme	716 kcal · 48 g P
033	Protein blueberry waffles	894 kcal · 55 g P
034	Protein-packed breakfast casserole	737 kcal · 72 g P
035	Steak & egg wrap	664 kcal · 45 g P
036	Steak bagel sandwich	878 kcal · 76 g P
037	Turkey & avocado omelet	550 kcal · 42 g P
038	Ultimate protein pancake tower	1,040 kcal · 88 g P
039	Veggie & chicken sausage scramble	645 kcal · 48 g P

02 Lunch.

041	Avocado chicken rice bowl	874 kcal · 60 g P
042	Bean & beef burrito	831 kcal · 68 g P
043	Cajun shrimp pasta	840 kcal · 74 g P
044	Chicken & brown rice	756 kcal · 60 g P
045	Chicken & quinoa salad	747 kcal · 56 g P
046	Chicken avocado wrap	682 kcal · 66 g P
047	Chicken fajita burrito bowl	713 kcal · 66 g P
048	Chicken pesto pasta	960 kcal · 71 g P
049	Fish tacos	507 kcal · 45 g P
050	Greek chicken gyro	425 kcal · 47 g P
051	Ground turkey stir-fry	522 kcal · 45 g P
052	High-cal chicken avocado wrap	1,201 kcal · 92 g P
053	High-cal chicken Parmesan pasta	1,425 kcal · 115 g P
054	High-cal salmon pesto pasta	1,384 kcal · 68 g P
055	High-cal steak & cheese sandwich	879 kcal · 66 g P
056	High-cal turkey lasagna	1,156 kcal · 85 g P
057	Lean beef & veggie stir-fry	492 kcal · 52 g P
058	Meatball marinara sub	929 kcal · 53 g P
059	Salmon & sweet potato bake	754 kcal · 51 g P
060	Spicy tuna bowl	555 kcal · 49 g P
061	Teriyaki chicken bowl	587 kcal · 49 g P
062	Turkey & avocado quesadilla	833 kcal · 52 g P
063	Turkey chili	552 kcal · 55 g P
064	Veggie & chicken sausage rice	913 kcal · 44 g P
065	Veggie protein pasta	642 kcal · 28 g P

Contents, continued.

03 Dinner.

067	Baked salmon with couscous	1,040 kcal · 63 g P
068	Cajun tilapia with brown rice	673 kcal · 52 g P
069	Catfish jambalaya	1,043 kcal · 80 g P
070	Flank steak fajitas	873 kcal · 60 g P
071	Grilled swordfish with quinoa	784 kcal · 57 g P
072	Halibut & roasted potatoes	462 kcal · 45 g P
073	Miso-glazed cod & brown rice	594 kcal · 51 g P
074	Pepper steak	581 kcal · 50 g P
075	Ribeye with garlic mashed potatoes	1,175 kcal · 61 g P
076	Salmon & avocado tacos	1,012 kcal · 53 g P
077	Salmon & lentils	930 kcal · 69 g P
078	Salmon burgers	925 kcal · 62 g P
079	Salmon poke bowl	804 kcal · 44 g P
080	Sea bass in white wine sauce	412 kcal · 42 g P
081	Seafood paella	891 kcal · 62 g P
082	Shrimp & steak stir-fry	620 kcal · 74 g P
083	Shrimp scampi with whole wheat pasta	730 kcal · 63 g P
084	Sirloin steak & baked potato	765 kcal · 54 g P
085	Steak & quinoa salad	773 kcal · 50 g P
086	Surf & turf: filet mignon & shrimp	550 kcal · 70 g P
087	Swordfish & roasted veggies	494 kcal · 46 g P
088	T-bone steak & veggies	870 kcal · 58 g P
089	Trout & wild rice	738 kcal · 57 g P
090	Tuna steak & couscous	815 kcal · 72 g P
091	White fish curry	1,033 kcal · 52 g P

04 Sweet snacks.

093	Apple cinnamon protein shake	328 kcal · 42 g P
094	Blueberry Greek yogurt parfait	330 kcal · 47 g P
095	Chocolate cottage cheese bowl	303 kcal · 48 g P
096	Chocolate PB protein shake	265 kcal · 29 g P
097	Frozen yogurt protein bark NEW	431 kcal · 48 g P
098	Greek yogurt fruit dip	326 kcal · 47 g P
099	High-protein chia pudding	370 kcal · 36 g P
100	High-protein iced coffee	184 kcal · 28 g P
101	Mocha protein pudding	244 kcal · 39 g P
102	Orange creamsicle protein shake	301 kcal · 42 g P
103	Protein banana bread mug cake	222 kcal · 29 g P
104	Protein cheesecake bites	388 kcal · 38 g P
105	Protein pancake bites	343 kcal · 33 g P
106	Protein rice pudding	298 kcal · 31 g P
107	Strawberry protein smoothie	323 kcal · 41 g P

05 Smoothies and juices.

109	Açaí berry boost smoothie	192 kcal · 13 g P
110	Avocado-banana energy smoothie	327 kcal · 10 g P
111	Beetroot apple cucumber energiser	104 kcal · 2 g P
112	Berry spinach immunity booster	171 kcal · 14 g P
113	Carrot orange ginger immunity booster	144 kcal · 2 g P
114	Green detox lemonade	64 kcal · 1 g P
115	Pineapple turmeric digestion tonic	104 kcal · 1 g P
116	Spirulina supergreen smoothie	93 kcal · 4 g P
117	Tropical greens smoothie	185 kcal · 5 g P
118	Watermelon lime refresher	76 kcal · 1 g P

01 BEFORE YOU START

Nutrition was made complicated. It isn’t.

Once you grasp a few principles, staying in balance is remarkably straightforward.

> *Sustainable success comes from gradual, realistic changes. Small adjustments that, over time, produce impressive results.*

Nutrition has been muddled and overhyped by the fitness and health industry for far too long. It has caused many of us to second-guess everything we eat, turning mealtimes into a tedious puzzle. My goal with this book is to simplify things. Once you grasp a few key principles, you will see it is remarkably straightforward to stay in balance, look and feel great, and keep enjoying the foods you love. No pointless restrictions. No complete lifestyle overhaul.

Why take my word for it? You don’t have to. I am not a qualified nutritionist, and nothing in these pages is intended to replace professional guidance. Think of me instead as the friend who has spent over a decade training, coaching and discovering how real people build muscle and lead healthier lives without sacrificing life’s simple pleasures. I have worked with thousands of people who, like you, wanted to be stronger and happier in their own skin. Through all of it, one thing held: sustainable success comes from gradual, realistic changes. Small adjustments that, over time, produce impressive results.

So, what is the plan? In the pages ahead we cut through the jargon and give you the essential tools: how to calculate your calorie and macronutrient needs, which foods to focus on, and how to adapt a recipe to your goal. Then one hundred recipes, each on its own page, each calculated from its ingredients rather than guessed. Whether you are testing the waters or have tried countless diets before, this book is meant to be a companion on the way to a stronger, healthier you. Let’s build some muscle, one meal at a time.

SIGNED *Bogdan Calinescu*

THE ROUTE THROUGH THE BOOK

01 YOUR NUMBERS	02 GOAL AND MACROS	03 THE NUTRIENTS	04 HOW TO READ	05 THE RECIPES
005	006–007	008–012	013	015–118

02 YOUR NUMBERS

Start with maintenance.

Your maintenance calories are your basal metabolic rate, adjusted for how active you are. Two steps, one sheet.

STEP 1 · BASAL METABOLIC RATE

The Mifflin-St Jeor equation, widely recommended for its accuracy. Weight in kg, height in cm, age in years.

WOMEN	$BMR = 10 \times weight + 6.25 \times height - 5 \times age - 161$
MEN	$BMR = 10 \times weight + 6.25 \times height - 5 \times age + 5$

STEP 2 · TOTAL DAILY ENERGY EXPENDITURE

Multiply your BMR by your physical activity level. The result is what you need to eat to stay exactly where you are.

$TDEE = BMR \times PAL$

1.2	Sedentary	little or no exercise
1.375	Lightly active	light exercise 1 to 3 days a week
1.55	Moderately active	moderate exercise 3 to 5 days a week
1.725	Very active	hard exercise 6 to 7 days a week
1.9	Extremely active	hard daily exercise and a physical job

WORKED EXAMPLE

A woman, 70 kg, 165 cm, 30 years old, moderately active.

BMR	$10 \times 70 + 6.25 \times 165 - 5 \times 30 - 161$	1,420 kcal
TDEE	$1{,}420 \times 1.55$	2,201 kcal

She needs roughly 2,200 kcal a day to maintain her current weight. Everything that follows starts from that number.

03 YOUR GOAL

Then point the number at a goal.

Maintenance is the reference. The goal decides which direction you move it, and by how much.

A

Gain muscle.

+10% SURPLUS

A 10% surplus is the golden ratio for a lean bulk: muscle is built at the highest efficiency while fat gain is kept as low as possible. More than that mostly buys you fat.

B

Lose fat.

−10% DEFICIT

Start with a 10% deficit. A healthy rate of loss is no more than 1% of body weight per week, which also helps minimise stretch marks and loose skin. At 80 kg that is a maximum of 800 g a week. Hold the 10% for at least four weeks; if you are not losing close to 1% a week, consider moving to 15%.

C

Recomposition.

MAINTENANCE

Stay at maintenance calories, train hard, and keep protein high. Body composition changes while the scale barely moves. Slower on the scale, faster in the mirror.

THE THREE GOALS, ON THE WORKED EXAMPLE — MAINTENANCE 2,201 KCAL · 70 KG



WHAT TO EXPECT ON THE SCALE

Gain muscle	+0.25 to +0.5% of body weight a week 175 to 350 g at 70 kg
Lose fat	−0.5 to −1% of body weight a week 350 to 700 g at 70 kg
Recomposition	Flat. Progress shows in the mirror and in the lifts, not on the scale.

CHECK AND ADJUST

Weigh yourself on three or four mornings a week and use the weekly average. If the average has not moved in two weeks, change intake by 100 to 150 kcal and hold again. Small moves, then wait.

04 THE MACRONUTRIENTS

Three macronutrients. Four, four, nine.

Every calorie in this book comes from one of three places. Protein and carbohydrate carry 4 kcal per gram; fat carries 9. This is the arithmetic the whole book runs on.



THE TO-DO LIST

Five steps. Do them once, in order, and write the numbers down.

01 Maintenance.

Find your maintenance calories with the sheet on the previous pages.

02 Goal.

Adjust the number for your goal: surplus, deficit or recomposition.

03 Protein.

1.6 to 2.2 g per kg of body weight. Multiply the grams by 4 to see how many of your calories protein takes.

04 Fat.

At least 20% of total calories. Take 20% of your calories and divide by 9 for the grams.

05 Carbohydrate.

Whatever is left. Subtract protein and fat calories from the total, then divide by 4.

THE LIST, WORKED

The same woman: 70 kg, maintenance 2,201 kcal, recomposition, so the goal step changes nothing.

03 Protein — 140 g

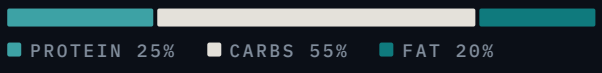
`2 g × 70 kg = 140 g · × 4 = 560 kcal`

04 Fat — 49 g

`20% of 2,201 = 440 kcal · ÷ 9 = 49 g`

05 Carbohydrate — 300 g

`2,201 − 560 − 440 = 1,201 kcal · ÷ 4 = 300 g`



140 g	300 g	49 g
PROTEIN	CARBOHYDRATE	FAT

Write your three numbers down. The split bar on every recipe page is read against them.

05 PROTEIN

Protein is the building material.

An essential macronutrient made of amino acids. It is the primary building block of muscle tissue, and the one most people under-eat.

KEY FUNCTIONS

Muscle repair	Repairs the micro-tears in muscle fibres that training causes, which is how muscle grows and gets stronger.
Muscle protein synthesis	Eating protein switches on MPS, the primary driver of repair, recovery and growth after hard sessions.
Nitrogen balance	To build muscle you must take in more protein than you break down: a positive nitrogen balance.

RECOMMENDED INTAKE

DAILY RANGE	1.6 to 2.2 g per kg of body weight (0.7 to 1 g per lb)
ENERGY	4 kcal per gram

TOP SOURCES

ANIMAL	Chicken, beef, turkey, fish, eggs, dairy
PLANT-BASED	Beans, lentils, tofu, nuts, chickpeas
CONVENIENT	Protein shakes, Icelandic skyr, cottage cheese

PROTEIN PER 100 G

G · RAW



Whey protein powder is the outlier: 80 g per 100 g, 24 g in a 30 g scoop.

140 G A DAY, IN MEALS

BREAKFAST	LUNCH	DINNER	SNACK
35 g	35 g	40 g	30 g

Three to five feeds of 30 to 40 g each do more for muscle than one large one. Every recipe in the book clears 30 g.

06 FATS

Fat runs the systems behind the muscle.

A major energy source with key roles in brain health, hormone production and cell growth. Fat also helps you absorb the nutrients you are eating, which makes it critical on any fitness journey.

KEY FUNCTIONS

Makes protein count	Adequate fat improves nutrient absorption, so the protein you eat reaches the muscle.
Sustained energy	Slow-burning fuel that keeps you going between meals and through long sessions.
Vitamin absorption	A, D, E and K are fat-soluble. Without fat in the meal, they pass through.
Hormone production	Keeps hormones balanced, which supports energy, metabolism and mood.
Brain and joints	Cushions joints, protects organs and keeps the brain sharp.

RECOMMENDED INTAKE

MINIMUM	20% of total calories
ENERGY	9 kcal per gram

TOP SOURCES

WHOLE FOODS	Avocado, nuts, seeds, olives
FATTY FISH	Salmon, mackerel, sardines, trout

FAT PER 100 G

	G
Olive oil	100
Almond butter	56
Peanut butter	51
Cheddar	33
Chia seeds	31
Coconut milk	21
Avocado	15
Salmon	13
Whole egg	10
Sirloin, lean	6

At 9 kcal per gram, the dense sources are the ones to weigh rather than pour.

THREE KINDS OF FAT

Monounsaturated	Olive oil, avocado, nuts, seeds. The bulk of your fat should come from here.
Polyunsaturated	Omega-3 from oily fish, walnuts and chia; omega-6 from seeds and most oils. Eat omega-3 on purpose: oily fish twice a week, or a supplement.
Saturated	Meat, dairy, butter, coconut. Fine in moderation: about a third of your fat, under 10% of calories.

07 CARBOHYDRATES

Carbohydrate is the fuel.

Your body's primary fuel source, converted to glucose to power both muscle and brain, especially in high-intensity work and recovery. Three forms: simple sugars, complex starches and fibre, each with a distinct job.

KEY FUNCTIONS

Primary fuel	The go-to source for quick energy, ideal for fuelling intense training and everyday activity.
Recovery	Restores muscle glycogen after exercise, so the next session starts with full stores.
A sharp brain	Essential for focus, from coordination in the gym to decisions at work.
Protects protein	With enough carbohydrate on board, protein is spared for repair and growth instead of being burned for energy.

RECOMMENDED INTAKE

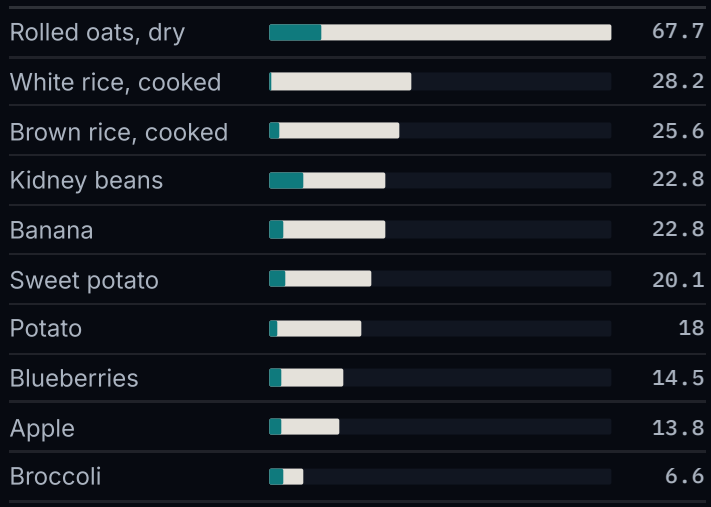
AMOUNT	What remains after protein and fat. Divide the remaining calories by 4.
ENERGY	4 kcal per gram

TOP SOURCES

WHOLE GRAINS	Brown rice, oats, quinoa, whole-grain bread
FRUIT AND VEGETABLES	Bananas, apples, berries, leafy greens
STARCHY VEGETABLES	Potatoes, sweet potatoes, squash

CARBOHYDRATE PER 100 G

G · DARKER IS FIBRE



Fibre is counted inside carbohydrate on every recipe page. Aim for 25 to 35 g of it a day.

AROUND TRAINING

01
1 to 2 h before
A starch and a fruit. Enough to lift with, not enough to feel.

02
During
Water. Carbohydrate only for sessions longer than 90 minutes.

03
After
A starch with protein in the next meal. The window is hours, not minutes.

04
Rest of the day
Fibre-rich sources: vegetables, fruit, beans, whole grains.

08 MICRONUTRIENTS

Small amounts. Not small jobs.

Vitamins and minerals are needed in small quantities but they are crucial for health and performance. Macronutrients provide energy; micronutrients support everything from recovery to immunity to mental clarity.

KEY VITAMINS

Vitamin A	Eye health, immune function and skin.
Vitamin C	Healing, and a powerful antioxidant that supports immunity.
Vitamin D	Bone health and calcium absorption.
Vitamin E	Protects cells from damage; supports skin and immunity.
B vitamins	B6, B12 and folate: energy, metabolism and red blood cell production.

KEY MINERALS

Calcium	Builds and maintains bones and teeth; muscle function.
Iron	Red blood cells and oxygen transport; prevents fatigue.
Magnesium	Muscle and nerve function; helps protein synthesis.
Zinc	Immune health, healing and cellular repair.
Potassium	Fluid balance, muscle contraction and nerve signals.

WHERE TO FIND THEM

GOOD SOURCES, AS USED IN THE RECIPES

	A	C	D	E	B	CA	FE	MG	ZN	K
Eggs	■		■		■				■	
Salmon, oily fish			■		■					■
Lean red meat					■		■		■	
Greek yogurt, dairy	■				■	■				
Spinach, leafy greens	■	■		■			■	■		■
Berries, citrus		■								
Nuts, seeds				■				■	■	
Beans, lentils					■		■	■		■
Banana, potato		■			■			■		■

Vitamin D is the one food rarely covers: skin in sunlight, or the D3 on the next page.

09 SUPPLEMENTS

Tools, not shortcuts.

Supplements cover nutrients you may not get enough of from food. They are not magic. They are useful for energy, recovery and performance when the food is already right.

EVERYDAY SUPPLEMENTS · GENERALLY SAFE FOR DAILY, LONG-TERM USE

SUPPLEMENT	DOSE	NOTE
Protein powder	1 to 2 shakes a day	Whey, casein or plant-based
Creatine	3 g a day	0.1 g per kg for the full benefit
Collagen	5 to 10 g a day	
Multivitamin	Daily	Use a methylated form
Omega-3	At least 2,000 mg EPA and DHA a day	
B-complex	Daily	Methylated form
Vitamin D3 and K2	Minimum 2,000 IU a day	Consider higher strengths depending on where you live
Lutein	20 mg	
Magnesium threonate	300 to 500 mg	1 hour before bed
L-theanine	400 mg	1 hour before bed

WHEN IN THE DAY

01

Morning, with breakfast.

Multivitamin, B-complex, omega-3, vitamin D3 and K2, lutein, collagen. The fat in the meal carries the fat-soluble ones.

02

Around training, any time.

Creatine, every day, timing does not matter. Protein powder wherever a meal falls short.

03

One hour before bed.

Magnesium threonate and L-theanine. Nothing else; let the day end.

There are more worth considering, but they need a more planned approach, such as cycling on and off. The list above is the one you can run every day without thinking about it.

10 HOW TO READ A RECIPE

Every page is a specification.

One recipe per page, always in the same place. Here is what each block means and how the numbers were made.

01

Calories and the energy split

The headline number is per serving. The bar under it shows what share of those calories comes from protein, carbohydrate and fat, so you can see at a glance whether a meal is protein-led or carb-led.

02

The three macros

Grams of protein, carbohydrate and fat per serving. Under carbohydrate: of which sugars, and fibre. Fibre is counted inside carbohydrate, not added on top.

03

Time, difficulty, on the go

Hands-on time. Easy or medium. "On the go" means it travels well or needs no plate.

04

Allergens and dietary notes

The allergens present as written, and the swaps that make the recipe gluten-free or dairy-free where that is possible.

05

Ingredients, preparation, cooking

Every ingredient carries its weight. Preparation is what happens before heat; cooking is what happens on it.

06

Where the calories come from

The ingredients ranked by the calories they contribute. If you need a lighter version, this tells you which line to change.

HOW THE NUMBERS WERE MADE

01 Macros are calculated from the gram weight of each ingredient using USDA FoodData Central reference values.

02 Calories are 4 × protein + 4 × carbohydrate + 9 × fat, with grams rounded first, so the arithmetic on the page checks out by hand.

03 Weights are raw unless the recipe says cooked. Milk is semi-skimmed, Greek yogurt is 2% fat and cottage cheese is 2% fat unless stated. One scoop of protein powder is 30 g with 24 g of protein.

04 Ingredients marked optional are not in the totals. Salt, spices and herbs are not counted.

05 Juices made in a juicer assume roughly 75% of the sugars make it into the glass and most of the fibre stays in the pulp.

06 Figures are estimates. Products vary; your scale and your labels are the final word.

01

Breakfast.

Protein first thing. Sweet or savoury, most of them under fifteen minutes.

RECIPES	CALORIES	PROTEIN PER SERVING	ON THE GO
25	395–1,283	32–121 g	7





Almond butter banana oatmeal.

1,076 KCAL PER SERVING

PROTEIN 22% · CARBS 45% · FAT 33%

59 g	120 g	40 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 42 G · FIBRE 16 G

10 MIN · EASY · ON THE GO · ALLERGENS DAIRY · NUTS · GLUTEN

DIETARY NOTES

Can be Gluten-Free with GF oats.
Can be Dairy-Free with almond milk and plant based protein.

INGREDIENTS

- 1 cup rolled oats (approx. 90 g)
- 2 cups whole milk (approx. 480 ml), or almond milk
- 1 scoop whey protein, vanilla (approx. 30 g)
- 2 Tbsp almond butter (approx. 30 g)
- 1 banana, sliced (approx. 118 g)
- Optional: 1 tsp honey (approx. 7 g)

PREPARATION

01 Gather all ingredients.

02 Slice banana.

03 Measure oats, milk, and protein powder.

COOKING

01 In a pot, combine oats and milk over medium heat.

02 Stir until oats are soft (5–7 mins).

03 Remove from heat; stir in protein powder.

04 Top with almond butter and banana slices.

WHERE THE CALORIES COME FROM

	KCAL
Rolled oats	344
Almond butter	198
Banana	116

KCAL PER INGREDIENT

	KCAL
Whole milk	296
Whey protein powder	122
Honey · optional	23



Avocado egg burrito.

749 KCAL PER SERVING

PROTEIN 21% · CARBS 20% · FAT 59%

39 g	38 g	49 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 9 G

10 MIN · EASY · ON THE GO · ALLERGENS DAIRY · EGGS · GLUTEN

DIETARY NOTES

Use GF tortilla if needed.
Omit or swap cheese for Dairy-Free cheese.

INGREDIENTS

- 2 eggs (approx. 100 g)
- 1/2 cup egg whites (approx. 120 g)
- 1/2 avocado (approx. 70 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1/4 cup shredded cheese (approx. 28 g)
- 1 Tbsp olive oil (approx. 15 ml)

PREPARATION

01 Crack eggs into a bowl; whisk with egg whites.

02 Slice avocado.

COOKING

01 Heat olive oil in a pan over medium heat.

02 Scramble eggs until fully cooked.

03 Warm tortilla in another pan or microwave.

04 Fill tortilla with scrambled eggs, cheese, avocado.

05 Fold burrito style and serve hot.

WHERE THE CALORIES COME FROM

Whole-wheat tortilla	186
Olive oil	135
Cheddar, shredded	111

KCAL PER INGREDIENT

Whole egg	139
Avocado	122
Egg white	58



Bacon & spinach egg wrap.

622 KCAL PER SERVING

PROTEIN 23% · CARBS 22% · FAT 55%

36 g	34 g	38 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 5 G

12 MIN · EASY · ON THE GO · ALLERGENS DAIRY · EGGS · GLUTEN

DIETARY NOTES

Use GF tortilla if needed.
Omit or swap cheese for Dairy-Free cheese.

INGREDIENTS

- 2 slices turkey bacon (approx. 50 g)
- 3 eggs (approx. 150 g)
- 1 cup baby spinach (approx. 30 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 2 Tbsp shredded cheese (approx. 14 g)
- 1 tsp olive oil (approx. 5 ml)

PREPARATION

01 Heat skillet; cook bacon until crispy.

02 Whisk eggs in a bowl.

COOKING

01 Remove bacon; set aside.

02 In the same skillet, add olive oil and spinach. Sauté ~1 min.

03 Add whisked eggs; scramble until cooked.

04 Warm tortilla.

05 Fill tortilla with eggs, bacon, cheese. Fold and serve.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Whole egg	208
Turkey bacon	112
Olive oil	45
Whole-wheat tortilla	186
Cheddar, shredded	56
Spinach	9



Banana protein pancakes.

862 KCAL PER SERVING

PROTEIN 26% · CARBS 59% · FAT 15%

55 g	129 g	14 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 29 G · FIBRE 16 G

15 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · EGGS · GLUTEN**

DIETARY NOTES

Use GF flour & GF protein if needed.
Use non-dairy milk for Dairy-Free.

INGREDIENTS

- 1 cup whole-wheat flour (approx. 120 g)
- 1 scoop whey or casein protein, vanilla (approx. 30 g)
- 1 banana, mashed (approx. 118 g)
- 1 cup semi-skimmed milk (approx. 240 ml)
- 1 egg (approx. 50 g)
- 1 tsp baking powder (approx. 4 g)
- Pinch of salt

PREPARATION

01 In a bowl, combine flour, protein powder, baking powder, salt.

02 In another bowl, whisk egg, mashed banana, and milk.

COOKING

01 Mix dry and wet ingredients until combined.

02 Lightly coat a skillet with cooking spray; heat to medium.

03 Pour batter (about 1/4 cup / ~60 ml per pancake).

04 Cook ~2 mins per side or until golden.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Whole-wheat flour	436
Semi-skimmed milk	121
Whole egg	69
Whey protein powder	122
Banana	116
Baking powder	4



Berry protein smoothie.

415 KCAL PER SERVING

PROTEIN 34% · CARBS 33% · FAT 33%

36 g	34 g	15 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 26 G · FIBRE 7 G

3 MIN · EASY · ON THE GO · ALLERGENS DAIRY · NUTS

DIETARY NOTES: Use almond/soy milk and plant-based protein for Dairy-Free/Vegan.

INGREDIENTS

- 1 scoop whey or plant-based protein (approx. 30 g)
- 1 cup mixed berries, frozen (approx. 140 g)
- 1 cup semi-skimmed milk (approx. 240 ml)
- 1 Tbsp peanut butter (approx. 15 g)
- Optional: 1/2 cup Greek yogurt (approx. 120 g)

PREPARATION

01 Measure and prep all ingredients.

COOKING

01 Blend everything until smooth.

WHERE THE CALORIES COME FROM

Whey protein powder	122
Peanut butter	96
Greek yogurt · optional	87

KCAL PER INGREDIENT

Semi-skimmed milk	121
Mixed berries	74



Chicken & waffle sandwich.

646 KCAL PER SERVING

PROTEIN 34% · CARBS 24% · FAT 42%

55 g	39 g	30 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 3 G

20 MIN · MEDIUM · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF waffles if needed.
Omit butter & cheese for Dairy-Free.

INGREDIENTS

- 1 chicken breast (approx. 200 g)
- 2 whole-grain waffles (approx. 45 g each)
- 1 Tbsp butter (approx. 14 g)
- 1–2 lettuce leaves (approx. 15 g)
- 1 slice cheese (approx. 20 g)
- Optional: 1 scoop protein powder (approx. 30 g), if making the waffles from scratch

PREPARATION

01 Season chicken with salt & pepper.

02 (If making waffles from scratch) prepare batter, adding protein powder if desired.

COOKING

01 Grill or pan-sear chicken until internal temp is 165°F (74°C).

02 Toast or cook waffles.

03 Place chicken between waffles; add lettuce and cheese; add butter if desired.

WHERE THE CALORIES COME FROM

Whole-grain waffle	249
Butter	103
Lettuce	3

KCAL PER INGREDIENT

Chicken breast	227
Cheese slice	63
Whey protein powder · op…	122



Chocolate peanut butter shake.

438 KCAL PER SERVING

PROTEIN 36% · CARBS 19% · FAT 45%

39 g	21 g	22 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 17 G · FIBRE 2 G

3 MIN · EASY · ON THE GO · ALLERGENS DAIRY · NUTS

DIETARY NOTES

Dairy-Free with plant-based protein and milk.
Gluten-Free if protein powder is GF.

INGREDIENTS

- 1 scoop chocolate whey or casein protein (approx. 30 g)
- 2 Tbsp peanut butter (approx. 30 g)
- 1 cup semi-skimmed milk (approx. 240 ml)
- 1 cup ice (approx. 240 ml)
- Optional: 1 banana (approx. 118 g)

PREPARATION

01 Measure ingredients.

COOKING

01 Blend everything until smooth.

WHERE THE CALORIES COME FROM

Peanut butter	193
Semi-skimmed milk	121

KCAL PER INGREDIENT

Whey protein powder	122
Banana · optional	116



Cottage cheese & fruit bowl.

395 KCAL PER SERVING

PROTEIN 51% · CARBS 33% · FAT 16%

50 g	33 g	7 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 27 G · FIBRE 3 G

5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Gluten-Free by default (check granola if using).
Not Dairy-Free unless swapping out for dairy-free alternatives.

INGREDIENTS

- 1 cup low-fat cottage cheese (approx. 226 g)
- 1 cup mixed fruit (approx. 150 g)
- 1 scoop protein powder (approx. 30 g)
- Optional: 1/2 cup Greek yogurt (approx. 120 g)
- Optional toppings: honey, granola

PREPARATION

01 Rinse/chop fruit as needed.

02 Mix cottage cheese, Greek yogurt, and protein powder.

COOKING

01 N/A—just assemble in a bowl and top with fruit.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Cottage cheese	186
Mixed fresh fruit	90
Whey protein powder	122
Greek yogurt · optional	87



Double chicken omelet.

953 KCAL PER SERVING

PROTEIN 51% · CARBS 3% · FAT 46%

121 g	7 g	49 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 6 G · FIBRE 0 G

15 MIN · MEDIUM · AT THE TABLE · ALLERGENS **EGGS · DAIRY**

DIETARY NOTES

Use dairy-free cheese for a Dairy-Free version.
Check that chicken is gluten-free (should be by default unless seasoned otherwise).

INGREDIENTS

- 3 eggs (approx. 150 g)
- 4 egg whites (approx. 120 g)
- 8 oz chicken breast, cooked and diced (approx. 225 g)
- 1/2 cup cottage cheese (approx. 113 g)
- 1/4 cup shredded cheese (approx. 28 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt and pepper

PREPARATION

01 Dice or shred the cooked chicken breast.

02 Whisk eggs and egg whites in a bowl; season with salt & pepper.

COOKING

01 Warm olive oil in a skillet over medium heat.

02 Pour in egg mixture; let it partially set (~1 minute).

03 Add chicken, cottage cheese, shredded cheese.

04 Fold the omelet and cook until cheese is melted and eggs are fully set.

WHERE THE CALORIES COME FROM

Chicken breast	352
Olive oil	135
Cottage cheese	93

KCAL PER INGREDIENT

Whole egg	208
Cheddar, shredded	111
Egg white	58



Egg white & cottage cheese scramble.

1,034 KCAL PER SERVING

PROTEIN 36% · CARBS 6% · FAT 58%

94 g	16 g	66 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 12 G · FIBRE 0 G

12 MIN · MEDIUM · AT THE TABLE · ALLERGENS EGGS · DAIRY

DIETARY NOTES

ALLERGENS: EGGS, DAIRY
Use turkey bacon labeled GF if needed.
Swap to dairy-free butter & cheeses for a Dairy-Free option.

INGREDIENTS

- 8 egg whites (approx. 240 g)
- 2 whole eggs (approx. 100 g)
- 1 cup low-fat cottage cheese (approx. 226 g)
- 4 slices turkey bacon (approx. 120 g)
- 1/2 cup shredded cheese (approx. 56 g)
- 1 Tbsp butter (approx. 14 g)
- Salt and pepper

PREPARATION

01 Cook turkey bacon until crispy; set aside.

02 Whisk egg whites and whole eggs together with salt & pepper.

COOKING

01 In the same skillet, melt butter.

02 Pour in egg mixture; scramble until partially set.

03 Stir in cottage cheese, shredded cheese, and crumbled bacon.

04 Continue cooking until cheese melts and eggs are fully cooked.

WHERE THE CALORIES COME FROM

Turkey bacon	270
Cottage cheese	186
Egg white	116

KCAL PER INGREDIENT

Cheddar, shredded	223
Whole egg	139
Butter	103



Egg white & spinach quesadilla.

521 KCAL PER SERVING

PROTEIN 25% · CARBS 25% · FAT 50%

32 g	33 g	29 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 5 G

10 MIN · EASY · AT THE TABLE · ALLERGENS DAIRY · EGGS · GLUTEN

DIETARY NOTES

ALLERGENS: DAIRY, EGGS, GLUTEN
Swap cheese for dairy-free cheese if needed.
Use GF tortilla for Gluten-Free.

INGREDIENTS

- 4 egg whites (approx. 120 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1 cup spinach, chopped (approx. 30 g)
- 1/2 cup shredded cheese (approx. 56 g)
- 1 tsp olive oil (approx. 5 ml)
- Salt and pepper

PREPARATION

01 Whisk egg whites, salt, pepper.

02 Chop spinach.

COOKING

01 Sauté spinach in olive oil.

02 Add egg whites; scramble until cooked.

03 Place tortilla in a skillet; add cheese and egg mixture.

04 Fold tortilla in half; cook each side until cheese melts.

WHERE THE CALORIES COME FROM

Cheddar, shredded	223
Egg white	58
Spinach	9

KCAL PER INGREDIENT

Whole-wheat tortilla	186
Olive oil	45



Greek yogurt parfait.

674 KCAL PER SERVING

PROTEIN 38% · CARBS 38% · FAT 24%

64 g	64 g	18 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 33 G · FIBRE 10 G

5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · GLUTEN**

DIETARY NOTES

ALLERGENS: DAIRY, GLUTEN
Gluten-Free if using GF granola.
Dairy-Free possible with dairy-free yogurt and plant-based protein.

INGREDIENTS

- 1.5 cups Greek yogurt (approx. 340 g)
- 1/2 cup granola (approx. 50 g)
- 1 cup mixed berries (approx. 140 g)
- 1 scoop whey protein, vanilla or unflavoured (approx. 30 g)
- Optional: 1 Tbsp honey (approx. 15 g)

PREPARATION

01 In a bowl, whisk protein powder into Greek yogurt until smooth.

02 Wash berries if fresh.

COOKING

01 N/A—just layer yogurt, berries, granola in a glass or bowl.

WHERE THE CALORIES COME FROM

Greek yogurt	246
Whey protein powder	122
Honey · optional	49

KCAL PER INGREDIENT

Granola	229
Mixed berries	74



Ham & cheese omelet.

517 KCAL PER SERVING

PROTEIN 33% · CARBS 2% · FAT 65%

43 g	3 g	37 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 0 G

10 MIN · EASY · AT THE TABLE · ALLERGENS DAIRY · EGGS

DIETARY NOTES

ALLERGENS: DAIRY, EGGS
Omit cheese or use dairy-free alternative for Dairy-Free.

INGREDIENTS

- 3 eggs (approx. 150 g)
- 2 egg whites (approx. 60 g)
- 2 oz ham, diced (approx. 56 g)
- 1/4 cup shredded cheese (approx. 28 g)
- 1 Tbsp butter (approx. 14 g), or cooking spray
- Salt and pepper

PREPARATION

01 Crack eggs into a bowl; whisk with egg whites.

02 Dice ham if needed.

COOKING

01 Melt butter in a skillet over medium heat.

02 Pour in eggs; let set ~1 min.

03 Add ham and cheese.

04 Fold omelet; cook until cheese melts.

WHERE THE CALORIES COME FROM

Whole egg	208
Butter	103
Egg white	29

KCAL PER INGREDIENT

Cheddar, shredded	111
Ham, sliced	69



High-calorie PB protein smoothie.

878 KCAL PER SERVING

PROTEIN 32% · CARBS 37% · FAT 31%

70 g	82 g	30 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 33 G · FIBRE 10 G

3 MIN · EASY · ON THE GO · ALLERGENS DAIRY · NUTS · GLUTEN

DIETARY NOTES

Swap to GF oats for Gluten-Free.
Use plant-based protein & milk for Dairy-Free/Vegan.

INGREDIENTS

- 2 scoops whey protein (approx. 60 g)
- 2 Tbsp peanut butter (approx. 30 g)
- 1 cup whole milk (approx. 240 ml)
- 1 banana (approx. 118 g)
- 1/2 cup rolled oats (approx. 45 g)

PREPARATION

01 Measure ingredients.

COOKING

01 Blend everything until smooth.

WHERE THE CALORIES COME FROM

Whey protein powder	243
Rolled oats	172
Banana	116

KCAL PER INGREDIENT

Peanut butter	193
Whole milk	148



High-protein breakfast burrito.

730 KCAL PER SERVING

PROTEIN 32% · CARBS 21% · FAT 47%

58 g	39 g	38 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 7 G

15 MIN · MEDIUM · AT THE TABLE · ALLERGENS DAIRY · EGGS · GLUTEN

DIETARY NOTES

Use GF tortilla if needed.
Omit or swap cheese for Dairy-Free cheese.

INGREDIENTS

- 2 eggs (approx. 100 g)
- 3 egg whites (approx. 90 g)
- 4 oz lean ground turkey (approx. 113 g)
- 1/4 cup black beans (approx. 40 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1/4 cup shredded cheese (approx. 28 g)
- 1 tsp olive oil (approx. 5 ml)

PREPARATION

01 Brown ground turkey in a skillet; season with salt & pepper.

02 Whisk eggs and egg whites.

COOKING

01 Sauté turkey until cooked through.

02 Add eggs and egg whites; scramble.

03 Warm tortilla; layer turkey-egg mixture, cheese, black beans.

04 Roll burrito and serve.

WHERE THE CALORIES COME FROM

Whole-wheat tortilla	186
Whole egg	139
Olive oil	45
Black beans	37

KCAL PER INGREDIENT

Lean ground turkey	169
Cheddar, shredded	111
Egg white	43



Loaded scrambled eggs.

589 KCAL PER SERVING

PROTEIN 31% · CARBS 6% · FAT 63%

46 g	9 g	41 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 1 G

10 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · EGGS**

DIETARY NOTES Use dairy-free butter & cheese for Dairy-Free.

INGREDIENTS

- 3 eggs (approx. 150 g)
- 3 egg whites (approx. 90 g)
- 1/4 cup shredded cheese (approx. 28 g)
- 1/4 cup diced bell pepper (approx. 40 g)
- 1/4 cup diced onion (approx. 40 g)
- 2 oz turkey sausage, crumbled (approx. 56 g)
- 1 Tbsp butter (approx. 14 g)

PREPARATION

01 Dice peppers and onions.

02 Whisk eggs and egg whites in a bowl.

COOKING

01 Melt butter in a pan; sauté peppers and onions for 2–3 mins.

02 Add sausage.

03 Pour in eggs; gently fold until fully cooked.

04 Top with cheese.

WHERE THE CALORIES COME FROM

Whole egg	208
Butter	103
Egg white	43
Bell pepper	12

KCAL PER INGREDIENT

Cheddar, shredded	111
Turkey sausage	88
Onion	17



Mega PB banana oatmeal.

1,283 KCAL PER SERVING

PROTEIN 27% · CARBS 46% · FAT 27%

85 g	148 g	39 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 40 G · FIBRE 19 G

10 MIN · EASY · AT THE TABLE · ALLERGENS NUTS · DAIRY · GLUTEN

DIETARY NOTES

Use GF oats for Gluten-Free.
Swap to plant-based milk/protein for Dairy-Free or Vegan.

INGREDIENTS

- 1.5 cups rolled oats (approx. 135 g)
- 2 scoops whey protein (approx. 60 g)
- 1 banana (approx. 118 g)
- 1.5 cups whole milk (approx. 360 ml)
- 2 Tbsp peanut butter (approx. 30 g)
- Water as needed for consistency

PREPARATION

01 Measure oats, protein powder, milk, peanut butter, and banana.

02 Slice or mash banana, as preferred.

COOKING

01 In a pot over medium heat, cook oats with milk (and some water if needed) for 5–7 minutes, stirring frequently.

02 Once oats are soft, remove from heat.

03 Stir in protein powder.

04 Top with peanut butter and sliced/mashed banana.

WHERE THE CALORIES COME FROM

Rolled oats	516
Whole milk	222
Banana	116

KCAL PER INGREDIENT

Whey protein powder	243
Peanut butter	193



Overnight oats supreme.

716 KCAL PER SERVING

PROTEIN 27% · CARBS 48% · FAT 25%

48 g	86 g	20 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 15 G · FIBRE 18 G

5 MIN · EASY · ON THE GO · ALLERGENS DAIRY · NUTS · GLUTEN

DIETARY NOTES

Use GF oats for Gluten-Free.
Plant-based milk/protein for Dairy-Free/Vegan.

INGREDIENTS

- 1 cup rolled oats (approx. 90 g)
- 1 scoop casein or whey protein (approx. 30 g)
- 1 cup semi-skimmed milk (approx. 240 ml)
- 2 Tbsp chia seeds (approx. 24 g)
- Optional: 1 Tbsp peanut butter (approx. 15 g)

PREPARATION

01 In a sealable container, combine oats, protein powder, chia seeds.

02 Stir in milk until well mixed.

03 Add peanut butter on top (optional).

COOKING

01 Refrigerate overnight (6–8 hours).

02 In the morning, stir and eat cold or warm slightly.

WHERE THE CALORIES COME FROM

Rolled oats	344
Chia seeds	122
Peanut butter · optional	96

KCAL PER INGREDIENT

Whey protein powder	122
Semi-skimmed milk	121



Protein blueberry waffles.

894 KCAL PER SERVING

PROTEIN 25% · CARBS 49% · FAT 26%

55 g	110 g	26 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 19 G · FIBRE 14 G

15 MIN · MEDIUM · AT THE TABLE · ALLERGENS **DAIRY · EGGS · GLUTEN**

DIETARY NOTES

Use GF flour if needed.
Plant-based milk & protein for Dairy-Free.

INGREDIENTS

- 1 cup whole-wheat flour (approx. 120 g)
- 1 scoop protein powder (approx. 30 g)
- 1 egg (approx. 50 g)
- 1 cup semi-skimmed milk (approx. 240 ml)
- 1 Tbsp melted butter or oil (approx. 14 g)
- 1 tsp baking powder (approx. 4 g)
- 1/2 cup blueberries (approx. 50 g)

PREPARATION

01 Preheat waffle iron.

02 In a bowl, mix flour, protein powder, baking powder, salt.

03 In another bowl, whisk egg, milk, butter.

COOKING

01 Combine wet and dry ingredients.

02 Pour batter into waffle iron; cook until golden brown.

03 Top up with blueberries

WHERE THE CALORIES COME FROM

Whole-wheat flour	436
Semi-skimmed milk	121
Whole egg	69
Baking powder	4

KCAL PER INGREDIENT

Whey protein powder	122
Butter	103
Blueberries	32



Protein-packed breakfast casserole.

737 KCAL

SERVES 2 · PER SERVING

PROTEIN 39% · CARBS 6% · FAT 55%

72 g	11 g	45 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 1 G

40 MIN · MEDIUM · AT THE TABLE · ALLERGENS **DAIRY · EGGS**

DIETARY NOTES Use dairy-free cheese for Dairy-Free.

INGREDIENTS

- 6 eggs (approx. 300 g)
- 4 egg whites (approx. 120 g)
- 1 cup low-fat cottage cheese (approx. 226 g)
- 1 cup chopped vegetables (approx. 100 g)
- 1 cup shredded cheese (approx. 112 g)
- 8 oz lean ground turkey (approx. 225 g)

PREPARATION

01 Preheat oven to 350°F (175°C).

02 Cook ground turkey if needed.

03 Chop veggies.

COOKING

01 Whisk eggs, egg whites, cottage cheese.

02 Stir in cooked turkey, veggies, shredded cheese.

03 Pour into a greased baking dish.

04 Bake 25–30 mins or until set.

WHERE THE CALORIES COME FROM

Cheddar, shredded	223
Lean ground turkey	168
Egg white	29

KCAL PER INGREDIENT · PER SERVING

Whole egg	208
Cottage cheese	93
Mixed vegetables	16



Steak & egg wrap.

664 KCAL PER SERVING

PROTEIN 27% · CARBS 19% · FAT 54%

45 g	31 g	40 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 4 G

15 MIN · MEDIUM · AT THE TABLE · ALLERGENS **EGGS · GLUTEN**

DIETARY NOTES

GF tortilla for Gluten-Free.
Omit steak for a vegetarian version (protein changes significantly).

INGREDIENTS

- 4 oz sirloin steak (approx. 113 g)
- 2 eggs (approx. 100 g)
- 1 egg white (approx. 30 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt and pepper

PREPARATION

01 Season steak with salt & pepper.

02 Whisk eggs and egg white.

COOKING

01 Sear steak in olive oil until desired doneness; slice thin.

02 Scramble eggs in the same pan.

03 Warm tortilla; fill with steak and eggs.

WHERE THE CALORIES COME FROM

	KCAL
Sirloin steak	192
Whole egg	139
Egg white	14

KCAL PER INGREDIENT

	KCAL
Whole-wheat tortilla	186
Olive oil	135



Steak bagel sandwich.

878 KCAL PER SERVING

PROTEIN 35% · CARBS 22% · FAT 43%

76 g	49 g	42 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 6 G · FIBRE 2 G

15 MIN · MEDIUM · AT THE TABLE · ALLERGENS EGGS · DAIRY · GLUTEN

DIETARY NOTES

Use GF bagel if needed.
Omit cheese or use dairy-free cheese for Dairy-Free.

INGREDIENTS

- 8 oz sirloin steak (approx. 225 g)
- 1 bagel (approx. 90 g)
- 2 eggs (approx. 100 g)
- 2 slices cheese (approx. 40 g)
- Salt and pepper
- Optional: 1 tsp olive oil (approx. 5 ml), or cooking spray

PREPARATION

01 Season steak with salt & pepper.

02 Slice bagel; set aside.

03 Crack eggs into a bowl or prep for frying.

COOKING

01 Sear steak in a skillet over medium-high heat to desired doneness; slice thin.

02 Cook or fry eggs.

03 Toast bagel.

04 Layer steak, cheese, and eggs on the bagel.

WHERE THE CALORIES COME FROM

Sirloin steak	381
Whole egg	139
Olive oil · optional	45

KCAL PER INGREDIENT

Bagel	232
Cheese slice	127



Turkey & avocado omelet.

550 KCAL PER SERVING

PROTEIN 31% · CARBS 7% · FAT 62%

42 g	10 g	38 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 5 G

10 MIN · EASY · AT THE TABLE · ALLERGENS **EGGS · DAIRY**

DIETARY NOTES Omit cheese or use dairy-free butter & cheese for Dairy-Free.

INGREDIENTS

- 3 eggs (approx. 150 g)
- 2 egg whites (approx. 60 g)
- 3 oz deli turkey (approx. 85 g)
- 1/2 avocado, sliced (approx. 70 g)
- 1 Tbsp butter (approx. 14 g)
- Salt and pepper
- Optional: 1/4 cup shredded cheese (approx. 28 g)

PREPARATION

01 Whisk eggs, egg whites.

02 Slice avocado and turkey if needed.

COOKING

01 Melt butter in a skillet.

02 Pour in egg mixture; cook until partially set.

03 Add turkey slices, cheese (if using).

04 Fold omelet; top with avocado slices.

WHERE THE CALORIES COME FROM

Whole egg	208
Butter	103
Egg white	29

KCAL PER INGREDIENT

Avocado	122
Deli turkey breast	87
Cheddar, shredded · opti…	111



Ultimate protein pancake tower.

1,040 KCAL PER SERVING

PROTEIN 34% · CARBS 42% · FAT 24%

88 g	109 g	28 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 18 G · FIBRE 14 G

15 MIN · MEDIUM · AT THE TABLE · ALLERGENS EGGS · DAIRY · GLUTEN · NUTS

DIETARY NOTES

ALLERGENS: EGGS, DAIRY, GLUTEN, NUTS
Use GF flour if needed.
Swap to plant-based milk/protein for Dairy-Free.

INGREDIENTS

- 1 cup whole-wheat flour (approx. 120 g)
- 2 scoops whey protein (approx. 60 g)
- 2 eggs (approx. 100 g)
- 1 cup semi-skimmed milk (approx. 240 ml)
- 1 Tbsp peanut butter (approx. 15 g)
- 1 tsp baking powder (approx. 4 g)
- Pinch of salt

PREPARATION

01 Preheat your griddle or pan.

02 In a bowl, whisk flour, protein powder, baking powder, salt.

03 In another bowl, whisk eggs, milk.

COOKING

01 Combine wet and dry ingredients until you get a smooth batter.

02 Pour batter onto a lightly greased pan (~1/4 cup or ~60 ml each).

03 Cook until bubbles form on top (~2 mins), then flip.

04 Stack pancakes, topping each layer with peanut butter.

WHERE THE CALORIES COME FROM

	KCAL
Whole-wheat flour	436
Whole egg	139
Peanut butter	96

KCAL PER INGREDIENT

	KCAL
Whey protein powder	243
Semi-skimmed milk	121
Baking powder	4



Veggie & chicken sausage scramble.

645 KCAL PER SERVING

PROTEIN 30% · CARBS 7% · FAT 63%

48 g	12 g	45 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 6 G · FIBRE 2 G

12 MIN · EASY · AT THE TABLE · ALLERGENS **EGGS**

DIETARY NOTES

Potentially Gluten-Free (check sausage label).
Dairy-Free unless adding cheese.

INGREDIENTS

- 2 chicken sausages, sliced (approx. 130 g)
- 3 eggs (approx. 150 g)
- 2 egg whites (approx. 60 g)
- 1 cup mixed vegetables (approx. 100 g)
- 1 Tbsp olive oil (approx. 15 ml)

PREPARATION

01 Slice chicken sausages.

02 Dice veggies.

03 Whisk eggs and egg whites in a bowl.

COOKING

01 Heat olive oil in a skillet; sauté sausage slices.

02 Add veggies; cook until tender.

03 Pour in eggs; scramble until fully cooked.

WHERE THE CALORIES COME FROM

Chicken sausage	239
Olive oil	135
Egg white	29

KCAL PER INGREDIENT

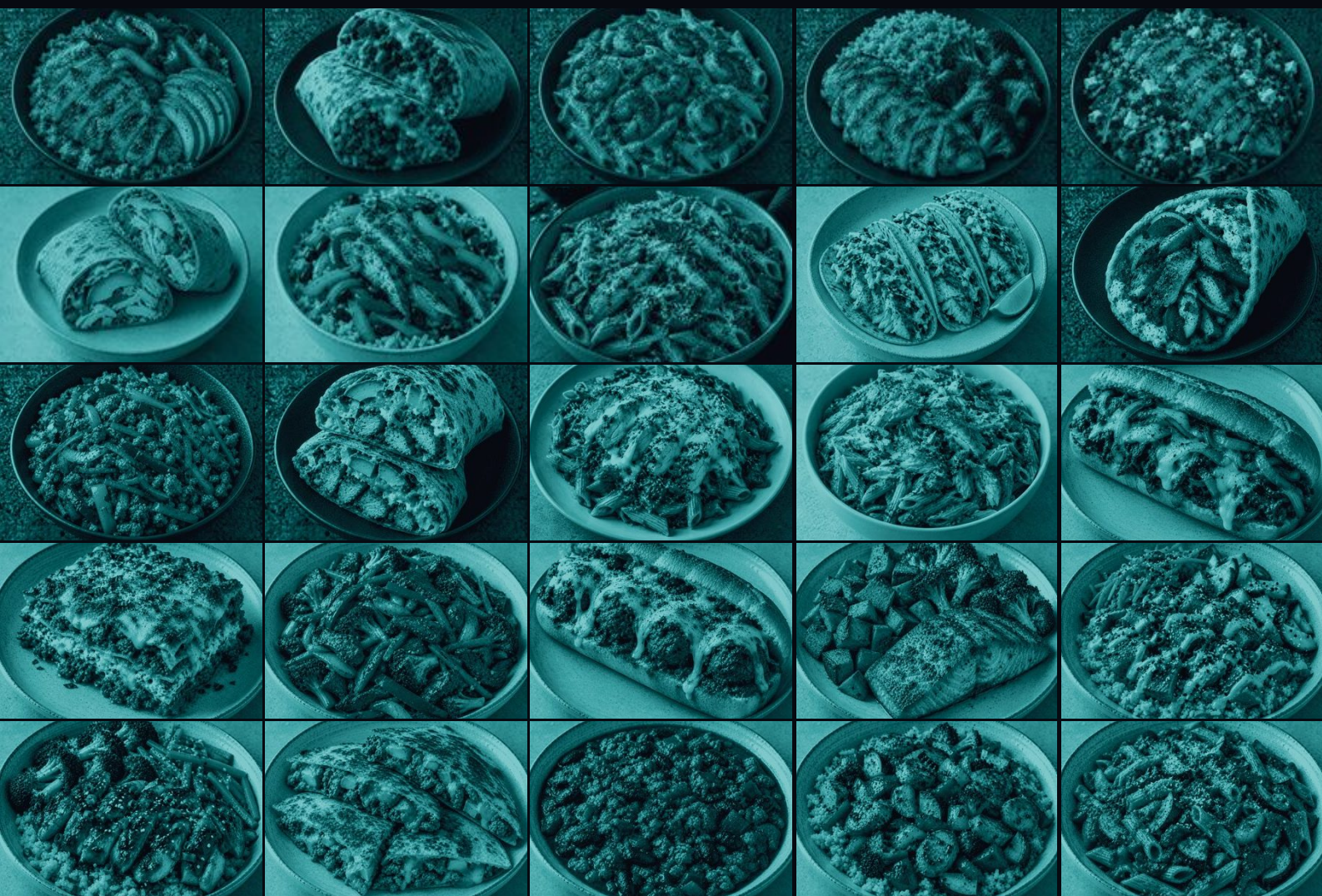
Whole egg	208
Mixed vegetables	33

02

Lunch.

Bowls, wraps and pasta that hold up at a desk. The high-cal versions are for the days you are building.

RECIPES	CALORIES	PROTEIN PER SERVING	ON THE GO
25	425–1,425	28–115 g	0





Avocado chicken rice bowl.

874 KCAL PER SERVING

PROTEIN 27% · CARBS 38% · FAT 35%

60 g	82 g	34 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 10 G

30–35 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 8 oz chicken breast (approx. 225 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1/2 avocado (approx. 70 g)
- 1 cup mixed vegetables, e.g. peppers and onion (approx. 100 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt and pepper

PREPARATION

01 Season chicken with salt & pepper.

02 Rinse brown rice (optional).

03 Chop veggies if needed.

COOKING

01 Cook brown rice (per package instructions, ~25–30 mins).

02 Pan-sear or grill chicken in olive oil until internal temp reaches 165°F (74°C).

03 Sauté veggies if desired.

04 Slice avocado.

WHERE THE CALORIES COME FROM

Brown rice	330
Olive oil	135
Mixed vegetables	33

KCAL PER INGREDIENT

Chicken breast	255
Avocado	122



Bean & beef burrito.

831 KCAL PER SERVING

PROTEIN 33% · CARBS 33% · FAT 34%

68 g	70 g	31 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 12 G

20 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Gluten-Free if using GF tortilla.
Dairy-Free if omitting cheese or using vegan cheese.

INGREDIENTS

- 8 oz lean ground beef (approx. 225 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1/2 cup black beans, drained (approx. 85 g)
- 1/4 cup shredded cheese (approx. 28 g)
- 1/2 cup cooked brown rice (approx. 100 g)
- Salt and spices of choice

PREPARATION

01 Season beef with spices (cumin, chili powder, etc.).

02 Drain and rinse black beans.

COOKING

01 Brown ground beef in a skillet until fully cooked.

02 Warm tortilla; layer beef, beans, rice, cheese.

03 Wrap burrito style.

WHERE THE CALORIES COME FROM

Lean ground beef	334
Brown rice	122
Black beans	79

KCAL PER INGREDIENT

Whole-wheat tortilla	186
Cheddar, shredded	111



Cajun shrimp pasta.

840 KCAL PER SERVING

PROTEIN 35% · CARBS 44% · FAT 21%

74 g	91 g	20 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 10 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS GLUTEN · DAIRY · SHELLFISH

DIETARY NOTES

Use GF pasta for Gluten-Free.
Use dairy-free yogurt for Dairy-Free.

INGREDIENTS

- 8 oz shrimp, peeled and deveined (approx. 225 g)
- 4 oz whole-wheat pasta, dry (approx. 115 g)
- 1 Tbsp olive oil (approx. 15 ml)
- 1/2 cup Greek yogurt (approx. 120 g)
- Cajun seasoning, salt and pepper

PREPARATION

01 Season shrimp with Cajun seasoning.

02 Cook pasta according to package directions.

COOKING

01 Sauté shrimp in olive oil over medium-high heat (3–4 mins) until pink.

02 In a separate pan (low heat), combine cooked pasta, Greek yogurt, and extra Cajun seasoning to taste.

03 Stir in shrimp.

WHERE THE CALORIES COME FROM

Whole-wheat pasta	427
Olive oil	135

KCAL PER INGREDIENT

Shrimp	191
Greek yogurt	87



Chicken & brown rice.

756 KCAL PER SERVING

PROTEIN 32% · CARBS 39% · FAT 29%

60 g	75 g	24 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 5 G

30–35 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 8 oz chicken breast (approx. 225 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 cup broccoli florets (approx. 90 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt and pepper

PREPARATION

01 Season chicken with salt & pepper.

02 Rinse brown rice if desired.

03 Chop broccoli into florets.

COOKING

01 Cook rice as per package (~25–30 mins).

02 Bake or grill chicken to 165°F (74°C).

03 Steam or roast broccoli.

WHERE THE CALORIES COME FROM

Brown rice	330
Olive oil	135

KCAL PER INGREDIENT

Chicken breast	255
Broccoli	37



Chicken & quinoa salad.

747 KCAL PER SERVING

PROTEIN 30% · CARBS 33% · FAT 37%

56 g	61 g	31 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 8 G

20–25 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES Use dairy-free cheese for Dairy-Free.

INGREDIENTS

- 6 oz chicken breast (approx. 170 g)
- 1/2 cup quinoa, dry (approx. 90 g)
- 2 cups mixed greens (approx. 70 g)
- 1/4 cup feta cheese (approx. 28 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, optional dressing

PREPARATION

01 Rinse quinoa.

02 Season chicken.

03 Rinse mixed greens.

COOKING

01 Cook quinoa (~15 mins).

02 Grill or bake chicken to 165°F (74°C).

03 Toss greens, quinoa, feta; drizzle olive oil or dressing.

04 Slice chicken, add on top.

WHERE THE CALORIES COME FROM

Quinoa	331
Olive oil	135
Mixed salad greens	16

KCAL PER INGREDIENT

Chicken breast	193
Feta	74



Chicken avocado wrap.

682 KCAL PER SERVING

PROTEIN 39% · CARBS 22% · FAT 39%

66 g	37 g	30 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 9 G

10 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · GLUTEN**

DIETARY NOTES

Use dairy-free cheese for Dairy-Free.
Gluten-Free tortilla if needed.

INGREDIENTS

- 6 oz cooked chicken (approx. 170 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1/2 avocado (approx. 70 g)
- 1/4 cup shredded cheese (approx. 28 g)
- Lettuce and tomato (optional)
- Optional: 1 Tbsp Greek yogurt (approx. 15 g)

PREPARATION

01 Slice chicken (if not already shredded).

02 Mash avocado if preferred.

03 Chop lettuce, tomato.

COOKING

01 Warm tortilla.

02 Layer chicken, avocado, cheese, and optional veggies.

03 Roll up into a wrap.

WHERE THE CALORIES COME FROM

Chicken breast	266
Avocado	122
Greek yogurt · optional	11

KCAL PER INGREDIENT

Whole-wheat tortilla	186
Cheddar, shredded	111



Chicken fajita burrito bowl.

713 KCAL PER SERVING

PROTEIN 37% · CARBS 52% · FAT 11%

66 g	92 g	9 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 6 G · FIBRE 11 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 6 oz cooked chicken (approx. 170 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1/2 cup black beans, drained (approx. 85 g)
- 1/2 bell pepper, sliced (approx. 75 g)
- 1/4 onion, sliced (approx. 40 g)
- Fajita seasoning

PREPARATION

01 Season chicken with fajita seasoning.

02 Slice bell pepper, onion.

03 Rinse black beans.

COOKING

01 Grill or sauté chicken, peppers, onions in a skillet.

02 Cook brown rice (25–30 mins).

03 Layer rice, beans, chicken, veggies in a bowl.

04 Squeeze of lime (optional)

WHERE THE CALORIES COME FROM

Brown rice	330
Black beans	79
Onion	17

KCAL PER INGREDIENT

Chicken breast	266
Bell pepper	23



Chicken pesto pasta.

960 KCAL PER SERVING

PROTEIN 30% · CARBS 36% · FAT 34%

71 g	88 g	36 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 11 G

20 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF pasta for Gluten-Free.
Choose a dairy-free pesto if needed.

INGREDIENTS

- 6 oz cooked chicken (approx. 170 g)
- 4 oz whole-wheat pasta, dry (approx. 115 g)
- 2 Tbsp pesto (approx. 30 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt and pepper

PREPARATION

01 Season chicken.

02 Bring water to boil for pasta.

COOKING

01 Cook pasta ~8–10 mins.

02 Meanwhile, pan-sear chicken in olive oil; cook thoroughly.

03 Drain pasta; toss with pesto.

04 Slice chicken and add on top.

WHERE THE CALORIES COME FROM

Whole-wheat pasta	427
Basil pesto	136

KCAL PER INGREDIENT

Chicken breast	266
Olive oil	135



Fish tacos.

507 KCAL PER SERVING

PROTEIN 35% · CARBS 31% · FAT 34%

45 g	39 g	19 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 7 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · FISH**

DIETARY NOTES

Use GF tortillas for Gluten-Free.
Add dairy-free or light crema if you like.

INGREDIENTS

- 8 oz white fish, e.g. cod or tilapia (approx. 225 g)
- 3 small corn tortillas (approx. 78 g)
- 1 cup cabbage or coleslaw mix (approx. 75 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Cumin, chili powder, garlic powder

PREPARATION

01 Season fish with spices.

02 Shred cabbage if not using coleslaw mix.

COOKING

01 Pan-sear or bake fish until flakes easily (~3–4 mins per side).

02 Warm tortillas.

03 Fill tortillas with fish, cabbage.

WHERE THE CALORIES COME FROM

Corn tortilla	177
Olive oil	135

KCAL PER INGREDIENT

Cod / white fish	174
Cabbage / coleslaw mix	22



Greek chicken gyro.

425 KCAL PER SERVING

PROTEIN 44% · CARBS 37% · FAT 19%

47 g	39 g	9 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 2 G

20–25 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Gluten-Free if using GF pita.
Omit feta or use dairy-free alternatives for Dairy-Free.

INGREDIENTS

- 6 oz chicken breast (approx. 170 g)
- 1 pita (approx. 60 g)
- 1/4 cup tzatziki (approx. 60 g)
- 1/2 cup chopped tomato and cucumber (approx. 75 g)
- Lettuce leaves (optional)
- Oregano, garlic and onion powder
- Optional: 1/4 cup feta cheese (approx. 28 g)

PREPARATION

01 Marinate chicken in Greek seasoning or olive oil + oregano, garlic.

02 Chop tomatoes, cucumbers.

COOKING

01 Grill or bake chicken until 165°F (74°C).

02 Warm pita.

03 Spread tzatziki on pita, add chopped veggies, chicken. Top with feta if desired.

WHERE THE CALORIES COME FROM

Chicken breast	193
Tzatziki	57
Feta · optional	74

KCAL PER INGREDIENT

Pita bread	162
Tomato & cucumber	15



Ground turkey stir-fry.

522 KCAL PER SERVING

PROTEIN 34% · CARBS 7% · FAT 59%

45 g	9 g	34 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 3 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS SOY · GLUTEN

DIETARY NOTES Gluten-Free if using GF soy sauce.

INGREDIENTS

- 8 oz lean ground turkey (approx. 225 g)
- 1 cup mixed vegetables, e.g. carrot, peppers, onion (approx. 110 g)
- 1 Tbsp soy sauce (approx. 15 ml), GF if needed
- 1 Tbsp olive oil (approx. 15 ml)
- Optional: garlic, ginger

PREPARATION

01 Chop veggies.

02 Season ground turkey with salt & pepper.

COOKING

01 Sauté ground turkey in olive oil until browned.

02 Add veggies; stir-fry until tender.

03 Drizzle soy sauce; cook 1 more minute.

WHERE THE CALORIES COME FROM

Lean ground turkey	336
Stir-fry vegetables	44

KCAL PER INGREDIENT

Olive oil	135
Soy sauce	9



High-cal chicken avocado wrap.

1,201 KCAL PER SERVING

PROTEIN 31% · CARBS 15% · FAT 54%

92 g	44 g	73 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 14 G

10–15 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF tortilla for Gluten-Free.
Omit dairy or use dairy-free cheese & yogurt for Dairy-Free.

INGREDIENTS

- 8 oz chicken breast, cooked (approx. 225 g)
- 1 large whole-wheat tortilla (approx. 60 g)
- 1 avocado (approx. 140 g)
- 1/2 cup shredded cheese (approx. 56 g)
- 2 Tbsp sour cream or Greek yogurt (approx. 30 g)
- 1 Tbsp olive oil (approx. 15 ml)

PREPARATION

01 Slice or shred cooked chicken.

02 Mash or slice avocado.

03 Grate cheese if needed.

COOKING

01 Warm tortilla.

02 Drizzle chicken with olive oil or use it in cooking.

03 Layer chicken, avocado, cheese, sour cream on tortilla.

04 Wrap and serve.

WHERE THE CALORIES COME FROM

Chicken breast	352
Cheddar, shredded	223
Olive oil	135

KCAL PER INGREDIENT

Avocado	244
Whole-wheat tortilla	186
Sour cream	61



High-cal chicken Parmesan pasta.

1,425 KCAL PER SERVING

PROTEIN 32% · CARBS 42% · FAT 26%

115 g	149 g	41 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 18 G · FIBRE 20 G

25–30 MIN · MEDIUM · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF pasta if needed.
Dairy-free cheeses for Dairy-Free.

INGREDIENTS

- 8 oz chicken breast, cooked (approx. 225 g)
- 6 oz whole-wheat pasta, dry (approx. 170 g)
- 1 cup marinara sauce (approx. 240 ml)
- 1/2 cup mozzarella (approx. 56 g)
- 2 Tbsp Parmesan (approx. 10 g)
- 1 Tbsp olive oil (approx. 15 ml)

PREPARATION

01 Season chicken with salt & pepper.

02 Boil water for pasta.

COOKING

01 Cook pasta ~8–10 mins.

02 In a skillet with olive oil, cook chicken thoroughly (~6–8 mins/side).

03 Heat marinara sauce; add chicken.

04 Combine pasta, sauce, chicken. Top with mozzarella & Parmesan; let cheese melt.

WHERE THE CALORIES COME FROM

Whole-wheat pasta	631
Mozzarella	141
Marinara sauce	123

KCAL PER INGREDIENT

Chicken breast	352
Olive oil	135
Parmesan	39



High-cal salmon pesto pasta.

1,384 KCAL PER SERVING

PROTEIN 20% · CARBS 31% · FAT 49%

68 g	107 g	76 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 13 G

20–25 MIN · MEDIUM · AT THE TABLE · ALLERGENS **GLUTEN · FISH · DAIRY**

DIETARY NOTES

GF pasta for Gluten-Free.
Dairy-free pesto if needed.

INGREDIENTS

- 8 oz salmon fillet (approx. 225 g)
- 5 oz whole-wheat pasta, dry (approx. 140 g)
- 2 Tbsp pesto (approx. 30 g)
- 2 Tbsp olive oil (approx. 30 ml)
- Salt and pepper

PREPARATION

01 Season chicken with salt & pepper.

02 Boil water for pasta.

COOKING

01 Cook pasta ~8–10 mins.

02 In a pan, sear salmon in 1 Tbsp olive oil ~3–4 mins/side or until internal temp ~145°F (63°C).

03 Toss pasta with pesto and remaining 1 Tbsp olive oil.

04 Plate pasta, add salmon on top.

WHERE THE CALORIES COME FROM

Whole-wheat pasta	519
Olive oil	270

KCAL PER INGREDIENT

Salmon	455
Basil pesto	136



High-cal steak & cheese sandwich.

879 KCAL PER SERVING

PROTEIN 30% · CARBS 22% · FAT 48%

66 g	48 g	47 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 2 G

15–25 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF roll for Gluten-Free.
Swap cheese & butter for dairy-free alternative if needed.

INGREDIENTS

- 8 oz sirloin or flank steak (approx. 225 g)
- 1 hoagie roll (approx. 90 g)
- 2 slices provolone (approx. 40 g)
- 1 Tbsp butter (approx. 14 g)
- Optional: onion and peppers for sautéing

PREPARATION

01 Slice steak thin if not already.

02 Prep onions/peppers if using.

COOKING

01 In a skillet, melt butter; sear steak slices until desired doneness.

02 Sauté onions/peppers if desired.

03 Toast hoagie roll; add steak and cheese. Let cheese melt.

WHERE THE CALORIES COME FROM

Sirloin steak	381
Provolone	140

KCAL PER INGREDIENT

Hoagie / sub roll	248
Butter	103



High-cal turkey lasagna.

1,156 KCAL

SERVES 2 · PER SERVING

PROTEIN 29% · CARBS 33% · FAT 38%

85 g	96 g	48 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 15 G · FIBRE 7 G

45–50 MIN · MEDIUM · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

GF noodles if needed.
Dairy-free cheeses for Dairy-Free.

INGREDIENTS

- 1 lb lean ground turkey (approx. 450 g)
- 8 lasagne sheets (approx. 190 g)
- 2 cups marinara sauce (approx. 480 ml)
- 1 cup ricotta (approx. 240 g)
- 1 cup mozzarella (approx. 112 g)
- Italian seasoning

PREPARATION

01 Preheat oven to 375°F (190°C).

02 Boil lasagna noodles (~8–10 mins).

03 Brown turkey with seasonings.

COOKING

01 In a baking dish, layer marinara, noodles, turkey, ricotta, and mozzarella in multiple layers.

02 Bake ~25 mins, until cheese is melted and bubbly.

WHERE THE CALORIES COME FROM

Lasagne sheets	347
Ricotta	209
Marinara sauce	123

KCAL PER INGREDIENT · PER SERVING

Lean ground turkey	336
Mozzarella	141



Lean beef & veggie stir-fry.

492 KCAL PER SERVING

PROTEIN 42% · CARBS 7% · FAT 51%

52 g	8 g	28 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 3 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS SOY · GLUTEN

DIETARY NOTES Gluten-Free if using GF soy sauce.

INGREDIENTS

- 8 oz lean beef, e.g. sirloin (approx. 225 g)
- 1 cup mixed stir-fry vegetables (approx. 100 g)
- 1 Tbsp soy sauce (approx. 15 ml), GF if needed
- 1 Tbsp olive oil (approx. 15 ml)
- Optional: garlic, ginger, chili flakes

PREPARATION

01 Slice beef thinly.

02 Chop veggies if not using pre-cut.

COOKING

01 Heat oil in a wok or skillet.

02 Stir-fry beef until browned.

03 Add veggies; cook until tender.

04 Drizzle soy sauce; stir briefly.

WHERE THE CALORIES COME FROM

Sirloin, lean	308
Stir-fry vegetables	40

KCAL PER INGREDIENT

Olive oil	135
Soy sauce	9



Meatball marinara sub.

929 KCAL PER SERVING

PROTEIN 23% · CARBS 30% · FAT 47%

53 g	69 g	49 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 13 G · FIBRE 5 G

20–25 MIN · MEDIUM · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF roll for Gluten-Free.
Dairy-free cheese for Dairy-Free.

INGREDIENTS

- 6 meatballs, beef or turkey (approx. 250 g)
- 1 sub roll (approx. 80 g)
- 1/2 cup marinara sauce (approx. 120 ml)
- 1/4 cup shredded mozzarella (approx. 28 g)
- Italian seasoning

PREPARATION

01 Prepare or thaw meatballs if pre-made.

02 Season sauce if desired.

COOKING

01 Cook/bake meatballs to safe internal temp.

02 Warm marinara sauce; combine with meatballs.

03 Toast sub roll; add meatballs, sauce, cheese.

WHERE THE CALORIES COME FROM

Meatballs	580
Mozzarella	70

KCAL PER INGREDIENT

Hoagie / sub roll	220
Marinara sauce	61



Salmon & sweet potato bake.

754 KCAL PER SERVING

PROTEIN 27% · CARBS 18% · FAT 55%

51 g	34 g	46 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 7 G · FIBRE 7 G

30–35 MIN · EASY · AT THE TABLE · ALLERGENS **FISH**

DIETARY NOTES Check seasoning.

INGREDIENTS

- 8 oz salmon fillet (approx. 225 g)
- 1 medium sweet potato (approx. 140 g)
- 1 cup broccoli florets (approx. 90 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, optional herbs

PREPARATION

01 Preheat oven to 400°F (205°C).

02 Wash and chop sweet potato into cubes.

03 Season salmon and veggies.

COOKING

01 Roast sweet potato ~20 mins.

02 Add salmon and broccoli to the tray; drizzle olive oil.

03 Roast another 12–15 mins or until salmon is 145°F (63°C) internally.

WHERE THE CALORIES COME FROM

Salmon	455
Sweet potato	123
Olive oil	135
Broccoli	37

KCAL PER INGREDIENT



Spicy tuna bowl.

555 KCAL PER SERVING

PROTEIN 35% · CARBS 54% · FAT 11%

49 g	74 g	7 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 3 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS FISH · DAIRY · EGGS

DIETARY NOTES None.

INGREDIENTS

- 6 oz tuna steak (approx. 170 g), or 2 cans tuna, drained
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 Tbsp sriracha (approx. 15 ml)
- 1 Tbsp light mayo or Greek yogurt (approx. 15 g)
- Optional: chopped cucumber, carrot

PREPARATION

01 If using steak, season with salt & pepper. If using canned tuna, drain well.

02 Mix sriracha and mayo/Greek yogurt to create spicy sauce.

COOKING

01 Cook brown rice (~25–30 mins).

02 If tuna steak: sear or grill to desired doneness. Flake or slice. If canned: ready to use.

03 Layer rice, tuna, veggies. Top with spicy sauce.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Brown rice	330
Light mayonnaise	32
Tuna steak	174
Sriracha	15



Teriyaki chicken bowl.

587 KCAL PER SERVING

PROTEIN 33% · CARBS 56% · FAT 11%

49 g	82 g	7 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 6 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS SOY · GLUTEN · SESAME

DIETARY NOTES None.

INGREDIENTS

- 6 oz chicken breast (approx. 170 g)
- 2 Tbsp teriyaki sauce (approx. 30 ml)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 cup steamed vegetables, broccoli and carrot (approx. 100 g)

PREPARATION

01 Marinate chicken in teriyaki sauce if time allows.

02 Rinse rice if desired.

COOKING

01 Cook rice (~25–30 mins).

02 Grill or sauté chicken to 165°F (74°C).

03 Steam or stir-fry veggies.

04 Slice chicken and place over rice, drizzle extra teriyaki sauce if desired.

WHERE THE CALORIES COME FROM

Brown rice	330
Stir-fry vegetables	40

KCAL PER INGREDIENT

Chicken breast	193
Teriyaki sauce	26



Turkey & avocado quesadilla.

833 KCAL PER SERVING

PROTEIN 25% · CARBS 18% · FAT 57%

52 g	37 g	53 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 9 G

10–12 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN · DAIRY**

DIETARY NOTES

Use GF tortilla for Gluten-Free.
Dairy-free cheese or omit cheese for Dairy-Free.

INGREDIENTS

- 6 oz lean ground turkey (approx. 170 g), or sliced deli turkey
- 1 large whole-wheat tortilla (approx. 60 g)
- 1/2 avocado (approx. 70 g)
- 1/2 cup shredded cheese (approx. 56 g)
- 1 tsp olive oil (approx. 5 ml)

PREPARATION

01 Cook or warm turkey if needed.

02 Mash or slice avocado.

COOKING

01 In a skillet, warm tortilla in olive oil.

02 Add turkey, cheese, avocado on half the tortilla.

03 Fold tortilla in half; cook each side until cheese melts.

WHERE THE CALORIES COME FROM

Lean ground turkey	254
Whole-wheat tortilla	186
Olive oil	45

KCAL PER INGREDIENT

Cheddar, shredded	223
Avocado	122



Turkey chili.

552 KCAL

SERVES 2 · PER SERVING

PROTEIN 39% CARBS 28% FAT 33%

55 g	38 g	20 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 6 G · FIBRE 11 G

25–30 MIN EASY AT THE TABLE ALLERGENS NONE

DIETARY NOTES Check seasoning.

INGREDIENTS

- 1 lb lean ground turkey (approx. 450 g)
- 1 can kidney beans, drained (approx. 255 g drained)
- 1 can diced tomatoes (approx. 400 g)
- 1/2 cup chicken broth (approx. 120 ml)
- Chili seasoning, salt

PREPARATION

01 Drain beans, tomatoes.

02 Season turkey with chili seasoning.

COOKING

01 Brown turkey in a pot.

02 Add beans, tomatoes, broth.

03 Simmer 15–20 mins.

WHERE THE CALORIES COME FROM

Lean ground turkey	336
Diced tomatoes	45

KCAL PER INGREDIENT · PER SERVING

Kidney beans	166
Chicken / fish broth	3



Veggie & chicken sausage rice.

913 KCAL PER SERVING

PROTEIN 19% · CARBS 36% · FAT 45%

44 g	83 g	45 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 7 G · FIBRE 5 G

30 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES: Gluten-Free if sausage and rice are GF.

INGREDIENTS

- 3 chicken sausages (approx. 225 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 cup mixed vegetables (approx. 100 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt and pepper

PREPARATION

01 Slice sausages.

02 Rinse rice if desired.

03 Chop veggies if needed.

COOKING

01 Cook brown rice (~25–30 mins).

02 In a skillet with olive oil, sauté sausage slices until browned.

03 Add veggies; cook until tender.

04 Stir in cooked rice or serve sausage & veggies over rice.

WHERE THE CALORIES COME FROM

Chicken sausage	414
Olive oil	135

KCAL PER INGREDIENT

Brown rice	330
Mixed vegetables	33



Veggie protein pasta.

642 KCAL PER SERVING

PROTEIN 17% · CARBS 52% · FAT 31%

28 g	83 g	22 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 12 G · FIBRE 15 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES: Can be Gluten-Free if pasta is GF.

INGREDIENTS

- 4 oz chickpea or lentil pasta, dry (approx. 115 g)
- 1 cup mixed vegetables, e.g. courgette, peppers (approx. 100 g)
- 1/2 cup marinara sauce (approx. 120 ml)
- 1 Tbsp olive oil (approx. 15 ml)
- Chili seasoning, salt

PREPARATION

01 Chop veggies.

02 Bring water to boil for pasta.

COOKING

01 Cook pasta ~8–10 mins.

02 Sauté veggies in olive oil.

03 Add marinara sauce; simmer.

04 Combine sauce with pasta.

WHERE THE CALORIES COME FROM

Chickpea pasta	409
Marinara sauce	61

KCAL PER INGREDIENT

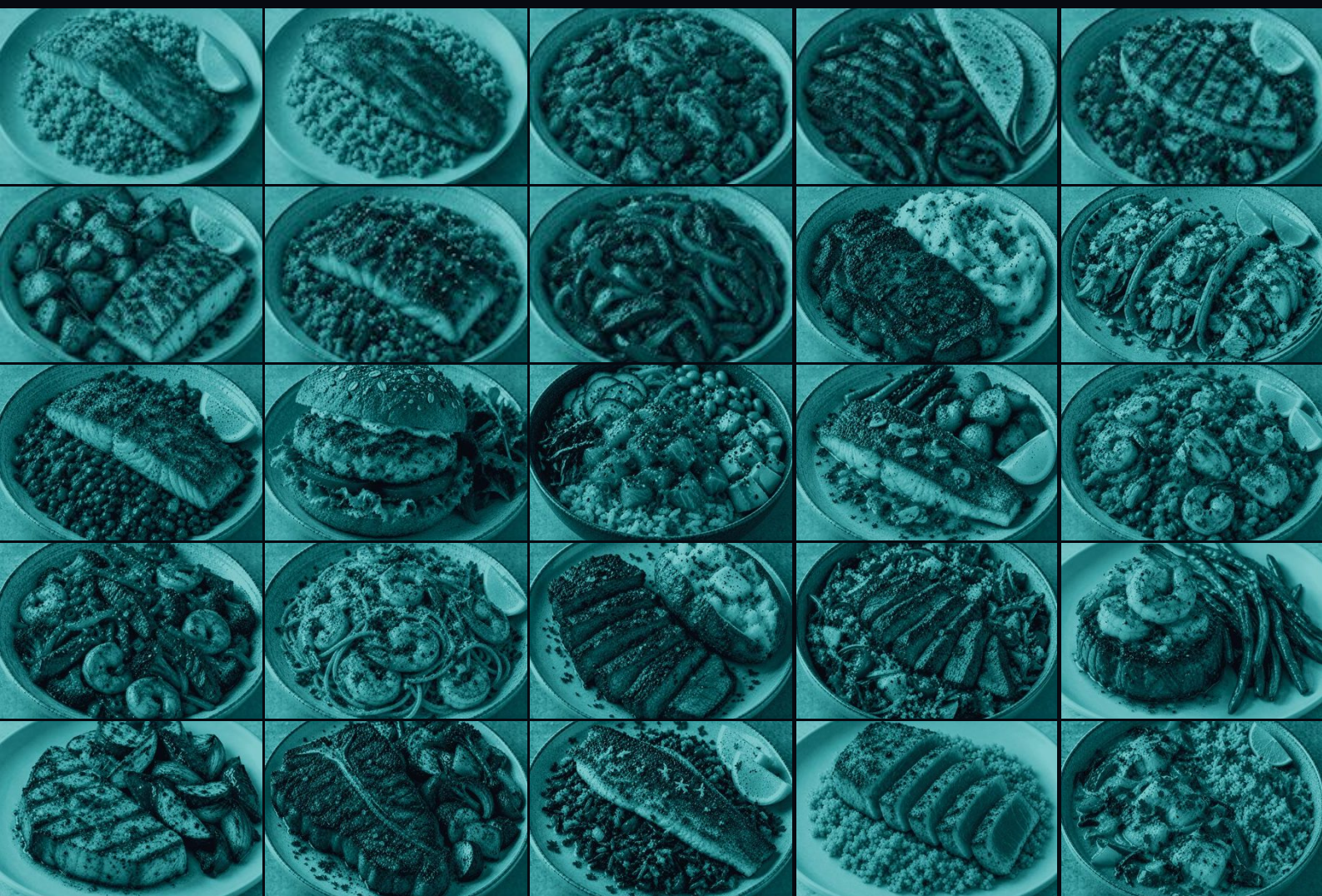
Olive oil	135
Mixed vegetables	33

03

Dinner.

Fish and steak, mostly. A protein, a starch, a vegetable, and the pan does the rest.

RECIPES	CALORIES	PROTEIN PER SERVING	ON THE GO
25	412–1,175	42–80 g	0





Baked salmon with couscous.

1,040 KCAL PER SERVING

PROTEIN 24% · CARBS 34% · FAT 42%

63 g	89 g	48 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 10 G

20–25 MIN · EASY · AT THE TABLE · ALLERGENS **FISH · WHEAT**

DIETARY NOTES Swap to Gluten-Free grain (e.g., quinoa) if needed.

INGREDIENTS

- 8 oz salmon fillet (approx. 225 g)
- 3/4 cup whole-wheat couscous, dry (approx. 120 g)
- 1 cup broth or water (approx. 240 ml)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, lemon juice

PREPARATION

01 Preheat oven to 400°F (205°C).

02 Season salmon with salt, pepper, a drizzle of olive oil.

03 Measure couscous, set aside.

COOKING

01 Bake salmon on a tray for ~12–15 mins until internal temp ~145°F (63°C).

02 Boil broth/water; remove from heat, stir in couscous. Cover ~5 mins.

03 Fluff couscous with fork; serve with salmon.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Salmon	455
Olive oil	135
Wholewheat couscous	432
Chicken / fish broth	12



Cajun tilapia with brown rice.

673 KCAL PER SERVING

PROTEIN 31% · CARBS 41% · FAT 28%

52 g	69 g	21 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 1 G · FIBRE 3 G

30 MIN · EASY · AT THE TABLE · ALLERGENS FISH

DIETARY NOTES Gluten-Free if all ingredients are GF.

INGREDIENTS

- 8 oz tilapia fillets (approx. 225 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Cajun seasoning, salt, pepper

PREPARATION

01 Season tilapia with Cajun spice, salt, pepper.

02 Rinse brown rice (optional).

COOKING

01 Cook rice according to package (~25–30 mins).

02 Pan-sear tilapia in olive oil over medium-high heat, ~3–4 mins per side until fish flakes easily.

WHERE THE CALORIES COME FROM

Brown rice	330
Olive oil	135

KCAL PER INGREDIENT

Tilapia	215



Catfish jambalaya.

1,043 KCAL PER SERVING

PROTEIN 31% · CARBS 32% · FAT 37%

80 g	84 g	43 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 7 G · FIBRE 5 G

35–40 MIN · MEDIUM · AT THE TABLE · ALLERGENS **FISH**

DIETARY NOTES Gluten-Free if sausage and broth are GF.

INGREDIENTS

- 8 oz catfish (approx. 225 g)
- 1/2 lb chicken sausage, sliced (approx. 225 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 cup chicken broth (approx. 240 ml)
- 1 cup chopped celery, onion and peppers (approx. 100 g)

PREPARATION

01 Season catfish with Cajun spice.

02 Slice sausage, chop veggies.

COOKING

01 In a pot, sauté sausage and veggies.

02 Add rice, broth; simmer ~25 mins.

03 Add catfish chunks on top; cover and cook ~10 more mins until fish is flaky.

WHERE THE CALORIES COME FROM

Chicken sausage	414
Catfish	256
Chicken / fish broth	12

KCAL PER INGREDIENT

Brown rice	330
Mixed vegetables	33



Flank steak fajitas.

873 KCAL PER SERVING

PROTEIN 27% · CARBS 30% · FAT 43%

60 g	66 g	41 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 6 G · FIBRE 10 G

20–25 MIN · EASY · AT THE TABLE · ALLERGENS **GLUTEN**

DIETARY NOTES Use GF tortillas if needed.

INGREDIENTS

- 8 oz flank steak (approx. 225 g)
- 2 whole-wheat tortillas (approx. 120 g)
- 1 cup sliced bell peppers and onion (approx. 100 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Fajita seasoning, salt

PREPARATION

01 Season flank steak with fajita seasoning.

02 Slice peppers and onions.

COOKING

01 Cook steak in a hot skillet or grill ~4–5 mins per side (medium rare) or to preference; let rest, then slice.

02 Sauté peppers and onions in olive oil.

03 Warm tortillas, fill with sliced steak and veggies.

WHERE THE CALORIES COME FROM

Whole-wheat tortilla	372
Olive oil	135

KCAL PER INGREDIENT

Flank steak	339
Mixed vegetables	33



Grilled swordfish with quinoa.

784 KCAL PER SERVING

PROTEIN 29% · CARBS 30% · FAT 41%

57 g	58 g	36 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 0 G · FIBRE 6 G

20–25 MIN · MEDIUM · AT THE TABLE · ALLERGENS FISH

DIETARY NOTES Gluten-Free if quinoa is certified GF.

INGREDIENTS

- 8 oz swordfish steak (approx. 225 g)
- 1/2 cup quinoa, dry (approx. 90 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, herbs

PREPARATION

01 Rinse quinoa.

02 Season swordfish with salt, pepper, optional herbs (e.g., rosemary).

COOKING

01 Cook quinoa (~15 mins) in water or broth (2:1 ratio).

02 Grill swordfish ~3–4 mins per side until internal temp ~145°F (63°C).

WHERE THE CALORIES COME FROM

Quinoa	331
Olive oil	135

KCAL PER INGREDIENT

Swordfish	313



Halibut & roasted potatoes.

462 KCAL PER SERVING

PROTEIN 39% · CARBS 26% · FAT 35%

45 g	30 g	18 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 1 G · FIBRE 2 G

30–35 MIN · EASY · AT THE TABLE · ALLERGENS FISH

DIETARY NOTES None.

INGREDIENTS

- 8 oz halibut fillet (approx. 225 g)
- 1 cup potatoes, cubed (approx. 165 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, rosemary

PREPARATION

01 Preheat oven to 400°F (205°C).

02 Cube potatoes; toss with olive oil, salt, pepper, rosemary.

COOKING

01 Roast potatoes ~20 mins.

02 Add halibut on same tray or separate dish; bake ~10–12 mins more until fish flakes easily.

WHERE THE CALORIES COME FROM

Halibut	194
Potato	134

KCAL PER INGREDIENT

Olive oil	135



Miso-glazed cod & brown rice.

594 KCAL PER SERVING

PROTEIN 34% · CARBS 57% · FAT 9%

51 g	84 g	6 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 9 G · FIBRE 5 G

30–35 MIN · MEDIUM · AT THE TABLE · ALLERGENS FISH · SOY · SESAME

DIETARY NOTES: Gluten-Free if miso is GF.

INGREDIENTS

- 8 oz cod fillet (approx. 225 g)
- 2 Tbsp miso paste (approx. 30 g)
- 1 Tbsp mirin or rice vinegar (approx. 15 ml)
- 1/2 cup brown rice, dry (approx. 90 g)
- Optional: 1 tsp sesame oil (approx. 5 ml)

PREPARATION

01 Whisk miso paste with mirin (and sesame oil if desired).

02 Rinse brown rice (optional).

COOKING

01 Cook brown rice (~25–30 mins).

02 Marinate cod with miso mixture ~10 mins if time allows.

03 Broil or bake cod (400°F/205°C) ~10–12 mins, until flakes easily.

WHERE THE CALORIES COME FROM

Brown rice	330
Miso paste	62
Sesame oil · optional	45

KCAL PER INGREDIENT

Cod / white fish	174
Mirin	27



Pepper steak.

581 KCAL PER SERVING

PROTEIN 34% · CARBS 8% · FAT 58%

50 g	12 g	37 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 7 G · FIBRE 3 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS SOY · GLUTEN

DIETARY NOTES Gluten-Free if using GF soy sauce.

INGREDIENTS

- 8 oz sirloin steak (approx. 225 g)
- 1 cup bell peppers, sliced (approx. 100 g)
- 1/2 cup onion, sliced (approx. 60 g)
- 1 Tbsp soy sauce (approx. 15 ml), GF if needed
- 1 Tbsp olive oil (approx. 15 ml), black pepper to taste

PREPARATION

01 Slice steak against the grain.

02 Slice peppers, onions.

COOKING

01 Heat oil in a wok/skillet; stir-fry steak slices.

02 Add peppers, onions; continue stir-frying.

03 Drizzle soy sauce, season with black pepper.

WHERE THE CALORIES COME FROM

Sirloin steak	381
Bell pepper	31
Soy sauce	9

KCAL PER INGREDIENT

Olive oil	135
Onion	26



Ribeye with garlic mashed potatoes.

1,175 KCAL PER SERVING

PROTEIN 21% · CARBS 19% · FAT 60%

61 g	55 g	79 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 4 G

25–30 MIN · MEDIUM · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES Use plant-based butter/milk for Dairy-Free if desired.

INGREDIENTS

- 10 oz ribeye steak (approx. 280 g)
- 2 medium potatoes (approx. 300 g)
- 1 Tbsp butter (approx. 14 g)
- 2 Tbsp semi-skimmed milk (approx. 30 ml)
- Salt, pepper, garlic powder

PREPARATION

01 Peel and chop potatoes.

02 Season ribeye with salt & pepper.

COOKING

01 Boil potatoes ~15 mins; drain. Mash with butter, milk, garlic powder.

02 In a hot skillet, cook ribeye ~4–5 mins per side (medium- rare) or to preference. Let rest ~5 mins before cutting.

WHERE THE CALORIES COME FROM

Ribeye steak	818
Butter	103

KCAL PER INGREDIENT

Potato	244
Semi-skimmed milk	15



Salmon & avocado tacos.

1,012 KCAL PER SERVING

PROTEIN 21% · CARBS 19% · FAT 60%

53 g	47 g	68 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 14 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS **FISH · GLUTEN**

DIETARY NOTES Gluten-Free if using GF tortillas.

INGREDIENTS

- 8 oz salmon (approx. 225 g)
- 3 small corn tortillas (approx. 78 g)
- 1 avocado (approx. 140 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Chili powder, cumin

PREPARATION

01 Season salmon with chili powder, cumin, salt.

02 Mash avocado with salt & pepper or slice.

COOKING

01 Pan-sear salmon in olive oil until internal temp ~145°F (63°C).

02 Warm tortillas.

03 Fill tortillas with flaked salmon, avocado.

WHERE THE CALORIES COME FROM

	kcal
Salmon	455
Corn tortilla	177

KCAL PER INGREDIENT

	kcal
Avocado	244
Olive oil	135



Salmon & lentils.

930 KCAL PER SERVING

PROTEIN 30% · CARBS 26% · FAT 44%

69 g	60 g	46 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 10 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS FISH · SOY · EGGS · DAIRY

DIETARY NOTES None.

INGREDIENTS

- 8 oz salmon fillet (approx. 225 g)
- 1/2 cup dry lentils (approx. 95 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, herbs
- Optional: asparagus, edamame, sriracha mayo

PREPARATION

01 Rinse lentils.

02 Season salmon with salt, pepper.

COOKING

01 Simmer lentils in water/broth for ~20–25 mins until tender.

02 Bake or pan-sear salmon ~12–15 mins (oven) or ~4–5 mins per side (pan).

WHERE THE CALORIES COME FROM

Salmon	455
Olive oil	135

KCAL PER INGREDIENT

Lentils	344



Salmon burgers.

925 KCAL PER SERVING

PROTEIN 27% · CARBS 22% · FAT 51%

62 g	50 g	53 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 4 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS **FISH · WHEAT · EGGS**

DIETARY NOTES: Use GF breadcrumbs and bun if needed.

INGREDIENTS

- 8 oz salmon, skinless (approx. 225 g)
- 1 egg (approx. 50 g)
- 1/4 cup panko or breadcrumbs (approx. 30 g)
- 1 Tbsp olive oil (approx. 15 ml)
- 1 whole-wheat bun (approx. 60 g)
- Optional: lettuce, tomato and a light sauce, e.g. Greek yogurt with herbs

PREPARATION

01 Finely chop salmon.

02 Mix salmon, egg, breadcrumbs, salt, pepper. Form patties.

COOKING

01 Pan-fry in olive oil ~3–4 mins per side until internal temp ~145°F (63°C).

02 Toast the bun.

WHERE THE CALORIES COME FROM

Salmon	455
Olive oil	135
Whole egg	69

KCAL PER INGREDIENT

Whole-wheat bun	156
Panko breadcrumbs	108



Salmon poke bowl.

804 KCAL PER SERVING

PROTEIN 22% · CARBS 38% · FAT 40%

44 g	76 g	36 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 1 G · FIBRE 8 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS FISH · SOY · GLUTEN

DIETARY NOTES Gluten-Free if using GF soy sauce.

INGREDIENTS

- 6 oz salmon (approx. 170 g), sushi-grade if raw, or cooked
- 1/2 cup brown rice, dry (approx. 90 g)
- 1 Tbsp soy sauce (approx. 15 ml), GF if needed
- 1/2 avocado (approx. 70 g)
- Optional: cucumber, edamame, sriracha mayo

PREPARATION

01 Cook rice (~25–30 mins).

02 Cube salmon if using sushi- grade, or flake cooked salmon.

03 Slice avocado, cucumber.

COOKING

01 If raw sushi-grade, no cooking needed. If not sushi-grade, cook salmon thoroughly.

02 Assemble bowl: rice, salmon, toppings.

WHERE THE CALORIES COME FROM

Salmon	344
Avocado	122

KCAL PER INGREDIENT

Brown rice	330
Soy sauce	9



Sea bass in white wine sauce.

412 KCAL PER SERVING

PROTEIN 41% · CARBS 4% · FAT 35% · ALCOHOL 20%

42 g	4 g	16 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 1 G · FIBRE 0 G

15–20 MIN · MEDIUM · AT THE TABLE · ALLERGENS FISH · DAIRY · ALCOHOL

DIETARY NOTES Use olive oil instead of butter for Dairy-Free.

INGREDIENTS

- 8 oz sea bass fillet (approx. 225 g)
- 1/2 cup dry white wine (approx. 120 ml)
- 1 Tbsp butter (approx. 14 g)
- 1 clove garlic, minced (approx. 3 g)
- Salt, pepper

PREPARATION

01 Season sea bass with salt, pepper.

02 Mince garlic.

COOKING

01 In a pan, melt butter; sauté garlic briefly.

02 Add sea bass fillet; cook ~3 mins per side.

03 Pour in white wine, simmer until fish flakes (~3 more mins).

WHERE THE CALORIES COME FROM

Sea bass	206
Dry white wine	94

KCAL PER INGREDIENT

Butter	103
Garlic	5



Seafood paella.

891 KCAL PER SERVING

PROTEIN 28% · CARBS 69% · FAT 3%

62 g	154 g	3 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 8 G

25–30 MIN · MEDIUM · AT THE TABLE · ALLERGENS **FISH · SHELLFISH**

DIETARY NOTES Check if broth is GF.

INGREDIENTS

- 4 oz white fish (approx. 115 g)
- 4 oz shrimp (approx. 115 g)
- 1 cup short-grain rice, dry (approx. 180 g)
- 2 cups chicken or fish broth (approx. 480 ml)
- 1/2 cup peas (approx. 75 g)
- Saffron, smoked paprika

PREPARATION

01 Season seafood lightly.

02 Warm broth, add saffron.

COOKING

01 In a wide pan, toast rice with paprika in a little oil.

02 Add broth, simmer ~15 mins.

03 Place fish and shrimp on top; cook until seafood is done (another ~5–7 mins).

04 Stir in peas near the end.

WHERE THE CALORIES COME FROM

	kcal
Short-grain rice	624
Cod / white fish	89
Chicken / fish broth	24

KCAL PER INGREDIENT

	kcal
Shrimp	98
Peas	59



Shrimp & steak stir-fry.

620 KCAL PER SERVING

PROTEIN 48% CARBS 6% FAT 46%

74 g	9 g	32 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 3 G

15–20 MIN MEDIUM AT THE TABLE ALLERGENS SHELLFISH · SOY · GLUTEN

DIETARY NOTES Gluten-Free if using GF soy sauce.

INGREDIENTS

- 6 oz sirloin steak (approx. 170 g)
- 6 oz shrimp (approx. 170 g)
- 1 cup mixed vegetables, e.g. broccoli, carrot (approx. 100 g)
- 2 Tbsp soy sauce (approx. 30 ml), GF if needed
- 1 Tbsp olive oil (approx. 15 ml)

PREPARATION

01 Slice steak thin.

02 Peel, devein shrimp if needed.

03 Chop veggies.

COOKING

01 Heat oil in wok/skillet. Stir-fry steak slices ~2–3 mins.

02 Add shrimp; cook until pink.

03 Add veggies, soy sauce, stir-fry until tender.

WHERE THE CALORIES COME FROM

Sirloin steak	288
Olive oil	135
Soy sauce	17

KCAL PER INGREDIENT

Shrimp	144
Stir-fry vegetables	40



Shrimp scampi with whole wheat pasta.

730 KCAL PER SERVING

PROTEIN 35% · CARBS 48% · FAT 17%

63 g	88 g	14 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 4 G · FIBRE 10 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS **SHELLFISH · GLUTEN · DAIRY**

DIETARY NOTES

S2
Use GF pasta for Gluten-Free.
Replace butter with oil for Dairy-Free.

INGREDIENTS

- 8 oz shrimp (approx. 225 g)
- 4 oz whole-wheat pasta, dry (approx. 115 g)
- 1 Tbsp butter (approx. 14 g)
- 2 cloves garlic, minced (approx. 6 g)
- Optional: 1/4 cup white wine (approx. 60 ml)

PREPARATION

01 Season shrimp with salt, pepper.

02 Mince garlic.

COOKING

01 Cook pasta ~8–10 mins.

02 In a skillet, melt butter; sauté garlic. Add shrimp; cook until pink.

03 Deglaze with white wine if using. Stir in cooked pasta.

WHERE THE CALORIES COME FROM

Whole-wheat pasta	427
Butter	103
Dry white wine · optional	47

KCAL PER INGREDIENT

Shrimp	191
Garlic	10



Sirloin steak & baked potato.

765 KCAL PER SERVING

PROTEIN 28% · CARBS 28% · FAT 44%

54 g	54 g	37 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 4 G

50–60 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 8 oz sirloin steak (approx. 225 g)
- 1 large russet potato (approx. 300 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper

PREPARATION

01 Preheat oven to 400°F (205°C).

02 Wash potato; poke holes with a fork.

03 Season steak with salt & pepper.

COOKING

01 Bake potato ~45–60 mins until soft.

02 Cook steak in a hot skillet or grill ~4–5 mins per side (medium-rare) or desired doneness. Let rest 5 mins.

WHERE THE CALORIES COME FROM

Sirloin steak	381
Olive oil	135

KCAL PER INGREDIENT

Potato	244



Steak & quinoa salad.

773 KCAL PER SERVING

PROTEIN 26% · CARBS 31% · FAT 43%

50 g	60 g	37 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 1 G · FIBRE 8 G

20–25 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 6 oz sirloin steak (approx. 170 g)
- 1/2 cup quinoa, dry (approx. 90 g)
- 2 cups mixed greens (approx. 70 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, optional dressing

PREPARATION

01 Rinse quinoa.

02 Season steak.

03 Rinse mixed greens.

COOKING

01 Cook quinoa (~15 mins).

02 Grill or pan-sear steak to desired doneness; slice thin.

03 Toss quinoa, greens, optional dressing; top with steak slices.

WHERE THE CALORIES COME FROM

Quinoa	331
Olive oil	135

KCAL PER INGREDIENT

Sirloin steak	288
Mixed salad greens	16



Surf & turf: filet mignon & shrimp.

550 KCAL PER SERVING

PROTEIN 51% · CARBS 0% · FAT 49%

70 g	0 g	30 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 0 G · FIBRE 0 G

15–20 MIN · MEDIUM · AT THE TABLE · ALLERGENS **SHELLFISH · DAIRY**

DIETARY NOTES Use olive oil instead of butter for Dairy-Free.

INGREDIENTS

- 6 oz filet mignon (approx. 170 g)
- 6 oz shrimp (approx. 170 g)
- 1 Tbsp butter (approx. 14 g), or olive oil
- Salt, pepper, garlic

PREPARATION

01 Season filet mignon with salt & pepper.

02 Peel, devein shrimp if needed.

COOKING

01 Cook filet in a hot skillet or grill: ~4–5 mins per side for medium-rare; let rest.

02 Sauté shrimp in butter/oil with garlic until pink (~2–3 mins).

WHERE THE CALORIES COME FROM

Filet mignon	303
Butter	103

KCAL PER INGREDIENT

Shrimp	144



Swordfish & roasted veggies.

494 KCAL PER SERVING

PROTEIN 37% · CARBS 8% · FAT 55%

46 g	10 g	30 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 3 G

25–30 MIN · EASY · AT THE TABLE · ALLERGENS **FISH**

DIETARY NOTES None.

INGREDIENTS

- 8 oz swordfish steak (approx. 225 g)
- 1 cup vegetables for roasting, e.g. courgette, peppers, onion (approx. 150 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper

PREPARATION

01 Preheat oven to 400°F (205°C).

02 Chop veggies, drizzle with olive oil, salt, pepper.

COOKING

01 Roast veggies ~20 mins.

02 Meanwhile, grill or pan-sear swordfish ~3–4 mins each side until 145°F (63°C).

WHERE THE CALORIES COME FROM

Swordfish	313
Mixed vegetables	50

KCAL PER INGREDIENT

Olive oil	135



T-bone steak & veggies.

870 KCAL PER SERVING

PROTEIN 27% · CARBS 5% · FAT 68%

58 g	11 g	66 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 5 G · FIBRE 4 G

20–25 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 10 oz T-bone steak (approx. 280 g)
- 1 cup mixed vegetables (approx. 150 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper

PREPARATION

01 Season T-bone with salt, pepper.

02 Chop veggies (e.g., zucchini, peppers) if needed.

COOKING

01 Grill or pan-sear T-bone ~4–5 mins per side (medium-rare) or to preference.

02 Sauté or roast veggies in olive oil.

WHERE THE CALORIES COME FROM

T-bone steak	680
Stir-fry vegetables	60

KCAL PER INGREDIENT

Olive oil	135



Trout & wild rice.

738 KCAL PER SERVING

PROTEIN 31% CARBS 33% FAT 36%

57 g	60 g	30 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 5 G

35–45 MIN EASY AT THE TABLE ALLERGENS FISH

DIETARY NOTES Swap couscous for Gluten-Free grain if needed.

INGREDIENTS

- 8 oz trout fillet (approx. 225 g)
- 1/2 cup wild rice, dry (approx. 80 g)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper

PREPARATION

01 Rinse wild rice if needed.

02 Season trout with salt, pepper.

COOKING

01 Cook wild rice according to package (~30–40 mins).

02 Pan-sear or bake trout ~10–12 mins until flakes easily.

WHERE THE CALORIES COME FROM

Trout	305
Olive oil	135

KCAL PER INGREDIENT

Wild rice	295



Tuna steak & couscous.

815 KCAL PER SERVING

PROTEIN 35% · CARBS 44% · FAT 21%

72 g	89 g	19 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 2 G · FIBRE 10 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS FISH · WHEAT

DIETARY NOTES: Swap couscous for Gluten-Free grain if needed.

INGREDIENTS

- 8 oz tuna steak (approx. 225 g)
- 3/4 cup whole-wheat couscous, dry (approx. 120 g)
- 1 cup broth or water (approx. 240 ml)
- 1 Tbsp olive oil (approx. 15 ml)
- Salt, pepper, optional lemon

PREPARATION

01 Season tuna with salt & pepper.

02 Measure couscous, set aside.

COOKING

01 Bring broth to boil; remove from heat. Stir in couscous; cover ~5 mins.

02 Pan-sear or grill tuna steak ~2–3 mins per side (medium-rare) or to preference.

WHERE THE CALORIES COME FROM

Wholewheat couscous	432
Olive oil	135

KCAL PER INGREDIENT

Tuna steak	230
Chicken / fish broth	12



White fish curry.

1,033 KCAL PER SERVING

PROTEIN 20% · CARBS 30% · FAT 50%

52 g	78 g	57 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 4 G

30–35 MIN · MEDIUM · → AT THE TABLE · ALLERGENS **FISH**

DIETARY NOTES None.

INGREDIENTS

- 8 oz white fish, e.g. cod or haddock (approx. 225 g)
- 1 cup coconut milk (approx. 240 ml)
- 1 Tbsp curry paste (approx. 15 g)
- 1/2 cup brown rice, dry (approx. 90 g)
- Optional: onion, peppers

PREPARATION

01 Season fish with salt.

02 Chop onions, peppers if using.

03 Rinse brown rice.

COOKING

01 Cook rice (~25–30 mins).

02 In a pan, sauté onions/peppers if desired. Add curry paste, coconut milk. Simmer.

03 Add fish chunks. Simmer ~8–10 mins until fish flakes easily.

WHERE THE CALORIES COME FROM

	kcal
Coconut milk	506
Cod / white fish	174

KCAL PER INGREDIENT

	kcal
Brown rice	330
Curry paste	23

04

Sweet snacks.

Dessert that counts toward your protein target instead of against it.

RECIPES	CALORIES	PROTEIN PER SERVING	ON THE GO
15	184–431	28–48 g	1





Apple cinnamon protein shake.

328 KCAL PER SERVING

PROTEIN 51% · CARBS 27% · FAT 22%

42 g	22 g	8 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 15 G · FIBRE 4 G

3–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Gluten-Free if protein powder is GF.
Dairy-Free if using plant-based protein/yogurt.

INGREDIENTS

- 1 scoop vanilla protein powder (approx. 30 g)
- 3/4 cup Greek yogurt (approx. 170 g)
- 1 small apple, chopped (approx. 70 g)
- 1 cup unsweetened almond milk (approx. 240 ml)
- 1/2 tsp cinnamon (approx. 1–2 g)

PREPARATION

01 Core and chop apple.

02 Measure all other ingredients.

COOKING

01 Blend everything until smooth.

WHERE THE CALORIES COME FROM

Greek yogurt	123
Apple	41
Cinnamon	7

KCAL PER INGREDIENT

Whey protein powder	122
Almond milk	36



Blueberry Greek yogurt parfait.

330 KCAL PER SERVING

PROTEIN 57% · CARBS 27% · FAT 16%

47 g	22 g	6 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 17 G · FIBRE 2 G

2–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Gluten-Free if protein powder is GF.
Dairy-Free if using plant-based protein/yogurt.

INGREDIENTS

- 1 cup Greek yogurt (approx. 225 g)
- 1 scoop whey or casein protein, vanilla (approx. 30 g)
- 1/2 cup blueberries (approx. 70 g)
- Optional: 1 Tbsp chia seeds (approx. 12 g)

PREPARATION

01 In a bowl, whisk protein powder into Greek yogurt.

02 Rinse blueberries if fresh.

COOKING

01 N/A—assembly only. Layer yogurt mixture with blueberries (and chia seeds if using).

WHERE THE CALORIES COME FROM

Greek yogurt	163
Blueberries	44

KCAL PER INGREDIENT

Whey protein powder	122
Chia seeds · optional	61



Chocolate cottage cheese bowl.

303 KCAL PER SERVING

PROTEIN 63% · CARBS 16% · FAT 21%

48 g	12 g	7 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 11 G · FIBRE 0 G

2–5 MIN · EASY · AT THE TABLE · ALLERGENS DAIRY

DIETARY NOTES

C
Gluten-Free if protein powder is GF.
Dairy-Free possible with a dairy-free cottage cheese alternative.

INGREDIENTS

- 1 cup low-fat cottage cheese (approx. 220 g)
- 1 scoop chocolate protein powder (approx. 30 g)
- Optional: 1 tsp cocoa powder (approx. 2 g)

PREPARATION

01 In a bowl, mix cottage cheese and protein powder until smooth.

02 Add cocoa powder if you prefer a richer chocolate flavour.

COOKING

01 N/A—simply stir to combine.

WHERE THE CALORIES COME FROM

Cottage cheese	181
Cocoa powder · optional	9

KCAL PER INGREDIENT

Whey protein powder	122



Chocolate PB protein shake.

265 KCAL PER SERVING

PROTEIN 44% · CARBS 12% · FAT 44%

29 g	8 g	13 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 3 G · FIBRE 2 G

2–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · NUTS**

DIETARY NOTES

Use plant-based protein/yogurt for Dairy-Free. 10
Check peanut butter brand if Gluten-Free.

INGREDIENTS

- 1 scoop chocolate whey or casein protein (approx. 30 g)
- 1 Tbsp peanut butter (approx. 16 g)
- 1 cup unsweetened almond milk (approx. 240 ml)
- Optional: 1/2 cup Greek yogurt (approx. 120 g)

PREPARATION

01 Measure ingredients.

COOKING

01 Blend everything until smooth.

WHERE THE CALORIES COME FROM

Whey protein powder	122
Almond milk	36

KCAL PER INGREDIENT

Peanut butter	103
Greek yogurt · optional	87



Frozen yogurt protein bark. NEW

431 KCAL PER SERVING

PROTEIN 45% · CARBS 32% · FAT 23%

48 g	35 g	11 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 27 G · FIBRE 4 G

5 MIN · EASY · ON THE GO · ALLERGENS DAIRY

DIETARY NOTES

Dairy-free with a thick plant-based yogurt and plant protein. Gluten-free as written; check the chocolate chips.

INGREDIENTS

- 1 cup Greek yogurt (approx. 225 g)
- 1 scoop vanilla protein powder (approx. 30 g)
- 1/2 cup mixed berries (approx. 70 g)
- 1 Tbsp dark chocolate chips (approx. 15 g)
- 1 tsp honey (approx. 7 g)

PREPARATION

01 Line a small tray with baking paper.

02 Whisk the protein powder into the yogurt until smooth; stir in the honey.

03 Spread 1 cm thick, scatter the berries and chocolate chips over the top.

COOKING

01 Freeze flat for at least 3 hours, until solid.

02 Break into shards. Keep frozen; eat straight from the freezer.

WHERE THE CALORIES COME FROM

Greek yogurt	163
Dark chocolate chips	80
Honey	23

KCAL PER INGREDIENT

Whey protein powder	122
Mixed berries	37



Greek yogurt fruit dip.

326 KCAL PER SERVING

PROTEIN 57% · CARBS 26% · FAT 17%

47 g	21 g	6 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 17 G · FIBRE 2 G

2–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Gluten-Free if protein is GF.
Dairy-Free possible with plant-based yogurt/protein.

INGREDIENTS

- 1 cup Greek yogurt (approx. 225 g)
- 1 scoop vanilla protein powder (approx. 30 g)
- Fruit for dipping: berries, kiwi, apple (approx. 70 g)

PREPARATION

01 In a bowl, whisk protein powder into Greek yogurt.

02 Add honey or sweetener if desired.

COOKING

01 No cooking. Serve chilled with the fruit.

WHERE THE CALORIES COME FROM

	KCAL
Greek yogurt	163
Mixed fresh fruit	42

KCAL PER INGREDIENT

	KCAL
Whey protein powder	122



High-protein chia pudding.

370 KCAL PER SERVING

PROTEIN 39% · CARBS 27% · FAT 34%

36 g	25 g	14 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 14 G · FIBRE 9 G

5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Use plant-based milk/protein for Dairy-Free/Vegan.
Gluten-Free if powder is GF.

INGREDIENTS

- 1 scoop casein or whey protein (approx. 30 g)
- 1 cup semi-skimmed milk (approx. 240 ml), dairy or non-dairy
- 2 Tbsp chia seeds (approx. 24 g)

PREPARATION

01 In a sealable container, whisk protein powder into milk.

02 Stir in chia seeds thoroughly.

COOKING

01 Refrigerate overnight (or at least 4 hours) to let chia seeds gel.

WHERE THE CALORIES COME FROM

Whey protein powder	122
Semi-skimmed milk	121

KCAL PER INGREDIENT

Chia seeds	122



High-protein iced coffee.

184 KCAL PER SERVING

PROTEIN 60% · CARBS 20% · FAT 20%

28 g	9 g	4 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 0 G

5–10 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Ca
Use plant-based milk/protein for Dairy-Free/Vegan.
Gluten-Free if powder is GF.

INGREDIENTS

- 1 scoop casein or whey protein (approx. 30 g)
- 1 cup black coffee, cooled (approx. 240 ml)
- 1/2 cup semi-skimmed milk (approx. 120 ml)
- Ice cubes

PREPARATION

01 Brew coffee; let it cool.

02 In a shaker or blender, mix protein with milk.

COOKING

01 Pour coffee over ice.

02 Add protein mixture; stir or shake.

WHERE THE CALORIES COME FROM

Whey protein powder	122
Black coffee	1

KCAL PER INGREDIENT

Semi-skimmed milk	60



Mocha protein pudding.

244 KCAL PER SERVING

PROTEIN 64% · CARBS 21% · FAT 15%

39 g	13 g	4 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 12 G · FIBRE 0 G

3–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Carb
Gluten-Free if protein is GF.
Dairy-Free if using plant-based milk/yogurt/protein.

INGREDIENTS

- 1 scoop chocolate or mocha protein powder (approx. 30 g)
- 1/2 cup Greek yogurt (approx. 113 g)
- 1/2 cup skimmed milk (approx. 120 ml)
- 1 tsp instant coffee (approx. 2 g)
- Optional sweetener, e.g. stevia

PREPARATION

01 In a bowl, whisk protein powder with milk until mostly dissolved.

02 Stir in Greek yogurt, instant coffee, and sweetener.

COOKING

01 N/A—just mix well. You can chill for 15–30 mins for a thicker texture.

WHERE THE CALORIES COME FROM

Whey protein powder	122
Skimmed milk	41

KCAL PER INGREDIENT

Greek yogurt	82



Orange creamsicle protein shake.

301 KCAL PER SERVING

PROTEIN 56% · CARBS 29% · FAT 15%

42 g	22 g	5 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 18 G · FIBRE 1 G

3–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Gluten-Free if protein is GF.
Dairy-Free if using plant-based milk/yogurt/protein.

INGREDIENTS

- 1 scoop vanilla protein powder (approx. 30 g)
- 3/4 cup Greek yogurt (approx. 170 g)
- 1/2 cup 100% orange juice (approx. 120 ml)
- 1/2 cup cold water or ice (approx. 120 ml)
- Optional sweetener, e.g. stevia

PREPARATION

01 Measure ingredients.

02 Combine everything in a blender.

COOKING

01 Blend until smooth.

WHERE THE CALORIES COME FROM

Greek yogurt	123
Orange juice	55

KCAL PER INGREDIENT

Whey protein powder	122



Protein banana bread mug cake.

222 KCAL PER SERVING

PROTEIN 52% · CARBS 40% · FAT 8%

29 g	22 g	2 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 3 G

3–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · WHEAT · EGGS**

DIETARY NOTES

Gluten-Free if using GF oat flour/protein.
Dairy-Free if using plant-based protein.

INGREDIENTS

- 1/2 ripe banana (approx. 55 g)
- 1 scoop vanilla or banana protein powder (approx. 30 g)
- 1 Tbsp whole-wheat or oat flour (approx. 8 g)
- 1 egg white (approx. 30 g)
- Optional sweetener, cinnamon

PREPARATION

01 Mash banana in a mug.

02 Stir in protein powder, flour, egg white, cinnamon, and sweetener if desired.

COOKING

01 Microwave for 60–90 seconds, checking after 60. Cook until centre is just set.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Whey protein powder	122
Whole-wheat flour	29
Banana	54
Egg white	14



Protein cheesecake bites.

388 KCAL PER SERVING

PROTEIN 39% · CARBS 14% · FAT 47%

38 g	14 g	20 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 10 G · FIBRE 0 G

3–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES

Ca
Gluten-Free if protein is GF.
Dairy-Free if using plant-based yogurt/protein.
INGREDIENTS PREPARATION

INGREDIENTS

- 1/2 cup low-fat cream cheese (approx. 112 g)
- 1 scoop vanilla protein powder (approx. 30 g)
- 1/4 cup Greek yogurt (approx. 56 g)
- Optional sweetener, e.g. stevia

PREPARATION

01 In a bowl, combine cream cheese, Greek yogurt, protein powder, and sweetener.

02 Stir until smooth.

COOKING

01 Spoon into small silicone moulds or mini muffin liners.

02 Freeze for ~1 hour until set.

03 Top each bite with a slice of strawberry or sugar-free jam.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Cream cheese	226
Greek yogurt	40
Whey protein powder	122



Protein pancake bites.

343 KCAL PER SERVING

PROTEIN 38% · CARBS 54% · FAT 8%

33 g	46 g	3 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 10 G · FIBRE 2 G

15–20 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · EGGS**

DIETARY NOTES

Ca
Use GF pancake mix for Gluten-Free.
Plant-based protein for Dairy-Free.

INGREDIENTS

- 1/2 cup pancake mix (approx. 60 g)
- 1 scoop whey or casein protein (approx. 30 g)
- 1 egg white (approx. 30 g)
- 1/2 cup water or milk (approx. 120 ml)
- Optional: berries, syrup, sweetener, cinnamon

PREPARATION

01 Preheat oven to 350°F (175°C).

02 Mix pancake mix, protein powder, egg white, and liquid.

COOKING

01 Pour batter into mini muffin tin (makes ~12 mini muffins).

02 Bake 10–12 mins until golden.

03 Top with sugar-free syrup or fresh berries.

WHERE THE CALORIES COME FROM

Pancake mix	208
Egg white	14

KCAL PER INGREDIENT

Whey protein powder	122



Protein rice pudding.

298 KCAL PER SERVING

PROTEIN 42% · CARBS 52% · FAT 6%

31 g	39 g	2 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 2 G

5–7 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY · WHEAT · EGGS**

DIETARY NOTES

Gluten-Free if using GF oat flour/protein.
Dairy-Free if using plant-based protein.

INGREDIENTS

- 1/2 cup cooked rice (approx. 100 g)
- 1/2 cup skimmed milk (approx. 120 ml)
- 1 scoop vanilla protein powder (approx. 30 g)
- 1/2 tsp cinnamon (approx. 2 g)
- Optional sweetener

PREPARATION

01 Warm cooked rice in a pot with skim milk.

02 Stir in protein powder, cinnamon, and sweetener once the mixture is hot.

COOKING

01 Simmer on low for ~3 mins, stirring constantly.

02 Remove from heat when it thickens to desired consistency.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
White rice	126
Skimmed milk	41
Whey protein powder	122
Cinnamon	7



Strawberry protein smoothie.

323 KCAL PER SERVING

PROTEIN 50% · CARBS 30% · FAT 20%

41 g	24 g	7 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 19 G · FIBRE 3 G

3–5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES Gluten-Free if protein is GF.

INGREDIENTS

- 1 scoop vanilla protein (approx. 30 g)
- 1/2 cup low-fat cottage cheese (approx. 110 g)
- 1 cup strawberries, fresh or frozen (approx. 140 g)
- 1/2 cup semi-skimmed milk (approx. 120 ml)

PREPARATION

01 Measure all ingredients.

02 Hull strawberries if fresh.

COOKING

01 Blend until smooth.

WHERE THE CALORIES COME FROM

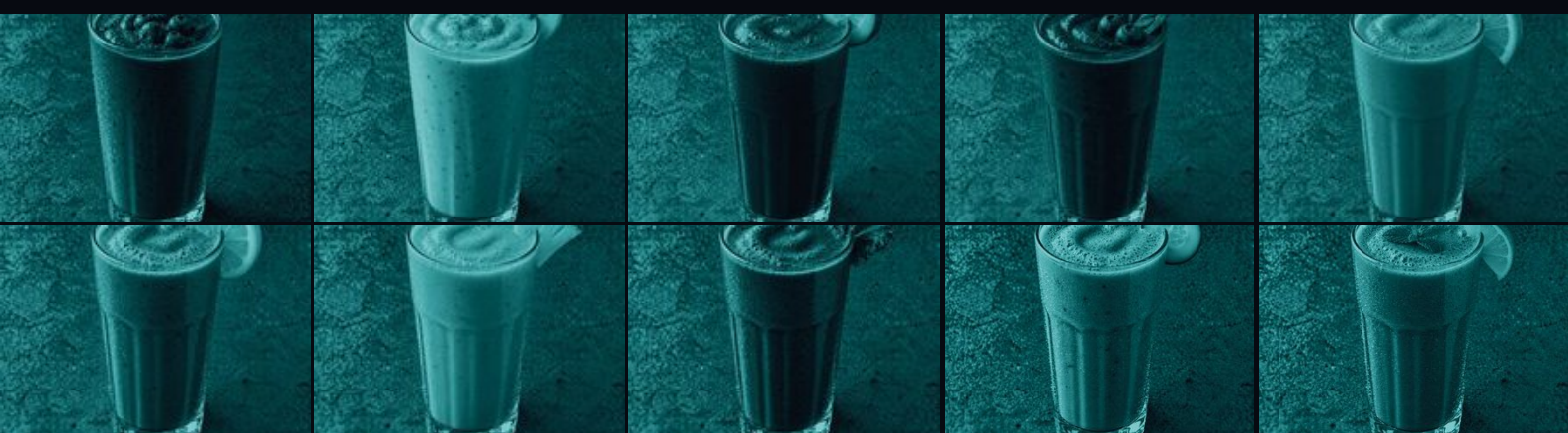
	KCAL PER INGREDIENT
Whey protein powder	122
Cottage cheese	91
Semi-skimmed milk	60
Strawberries	51

05

Smoothies and juices.

Light, fast and mostly fruit. Not meals: hydration, vitamins and a little fuel between them.

RECIPES	CALORIES	PROTEIN PER SERVING	ON THE GO
10	64–327	1–14 g	0





Açaí berry boost smoothie.

192 KCAL PER SERVING

PROTEIN 27% · CARBS 35% · FAT 38%

13 g	17 g	8 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 10 G · FIBRE 5 G

5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES Dairy-Free if using plant-based yogurt.

INGREDIENTS

- 1 açaí purée packet, unsweetened (approx. 100 g)
- 1/2 cup mixed berries, fresh or frozen (approx. 70 g)
- 1/2 cup Greek yogurt (approx. 120 g), or plant-based yogurt
- 1/2 cup water (approx. 120 ml), or milk

PREPARATION

01 Slightly thaw acai purée if frozen solid.

02 Add all ingredients to a blender; blend until smooth.

COOKING

01 No cooking. Blend until smooth and serve cold.

WHERE THE CALORIES COME FROM

Greek yogurt	87
Mixed berries	37

KCAL PER INGREDIENT

Açaí purée	65



Avocado-banana energy smoothie.

327 KCAL PER SERVING

PROTEIN 12% · CARBS 47% · FAT 41%

10 g	38 g	15 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 24 G · FIBRE 7 G

5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES Dairy-Free if using almond/coconut milk.

INGREDIENTS

- 1/2 avocado (approx. 70 g)
- 1 small banana (approx. 90 g)
- 1 cup semi-skimmed milk (approx. 240 ml), dairy or plant-based
- Optional: 1 cup spinach (approx. 30 g)
- Optional: 1 Tbsp nut butter (approx. 15 g)

PREPARATION

01 Peel banana, avocado; chop.

02 Rinse spinach if using.

03 Blend all ingredients until smooth.

COOKING

01 No cooking. Blend until smooth and serve cold.

WHERE THE CALORIES COME FROM

	KCAL
Avocado	122
Banana	88
Spinach · optional	9

KCAL PER INGREDIENT

	KCAL
Semi-skimmed milk	121
Peanut butter · optional	96



Beetroot apple cucumber energiser.

104 KCAL PER SERVING

PROTEIN 8% · CARBS 92% · FAT 0%

2 g	24 g	0 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 21 G · FIBRE 1 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 1 medium beetroot, peeled (approx. 150 g)
- 1 apple, cored (approx. 150 g)
- 1/2 cucumber (approx. 100 g)

PREPARATION

01 Peel beetroot if desired.

02 Rinse apple, cucumber.

03 Chop everything into chunks.

COOKING

01 Run everything through the juicer. Drink straight away.

WHERE THE CALORIES COME FROM

Apple	55
Cucumber	11

KCAL PER INGREDIENT

Beetroot	38



Berry spinach immunity booster.

171 KCAL PER SERVING

PROTEIN 33% · CARBS 51% · FAT 16%

14 g	22 g	3 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 15 G · FIBRE 6 G

5 MIN · EASY · AT THE TABLE · ALLERGENS **DAIRY**

DIETARY NOTES Dairy-Free if using plant-based yogurt.

INGREDIENTS

- 1 cup mixed berries, fresh or frozen (approx. 140 g)
- 1 cup spinach (approx. 30 g)
- 1/2 cup Greek yogurt (approx. 120 g)
- 1/2 cup water (approx. 120 ml), or milk
- Optional sweetener, e.g. honey

PREPARATION

01 Rinse spinach and berries if fresh.

02 Add all ingredients to a blender.

COOKING

01 No cooking. Blend until smooth and serve cold.

WHERE THE CALORIES COME FROM

Greek yogurt	87
Spinach	9

KCAL PER INGREDIENT

Mixed berries	74



Carrot orange ginger immunity booster.

144 KCAL PER SERVING

PROTEIN 6% · CARBS 94% · FAT 0%

2 g	34 g	0 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 28 G · FIBRE 1 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 3 medium carrots, peeled (approx. 200 g)
- 2 oranges, peeled (approx. 300 g)
- 1-inch piece fresh ginger, peeled (approx. 10 g)

PREPARATION

01 Rinse/peel carrots.

02 Peel oranges and ginger.

03 Chop into juicer-friendly pieces.

COOKING

01 Run everything through the juicer. Drink straight away.

WHERE THE CALORIES COME FROM

Orange	94
Fresh ginger	6

KCAL PER INGREDIENT

Carrot	48



Green detox lemonade.

64 KCAL PER SERVING

PROTEIN 6% · CARBS 94% · FAT 0%

1 g	15 g	0 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 12 G · FIBRE 0 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 2 cups spinach (approx. 60 g)
- 1 green apple, cored (approx. 150 g)
- Juice of 1/2 lemon (approx. 25 ml)
- Optional: 1 celery stalk (approx. 40 g)

PREPARATION

01 Wash spinach well.

02 Rinse apple, celery; chop.

03 Juice spinach first, then apple, lemon, celery.

COOKING

01 Run everything through the juicer. Drink straight away.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Apple	55
Lemon juice	5
Spinach	8
Celery · optional	3



Pineapple turmeric digestion tonic.

104 KCAL PER SERVING

PROTEIN 4% · CARBS 96% · FAT 0%

1 g	25 g	0 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 18 G · FIBRE 1 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 1 cup pineapple (approx. 165 g)
- 1/2 apple (approx. 75 g)
- 1-inch piece fresh turmeric (approx. 10 g), or 1/2 tsp ground
- Optional: small piece fresh ginger

PREPARATION

01 Peel/core pineapple.

02 Rinse apple, chop.

03 Peel turmeric if using fresh.

COOKING

01 Run everything through the juicer. Drink straight away.

WHERE THE CALORIES COME FROM

Pineapple	61
Fresh turmeric	18

KCAL PER INGREDIENT

Apple	27



Spirulina supergreen smoothie.

93 KCAL PER SERVING

PROTEIN 17% · CARBS 73% · FAT 10%

4 g	17 g	1 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 8 G · FIBRE 3 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 1 cup kale or spinach (approx. 30 g)
- 1/2 banana (approx. 50 g)
- 1/2 cup cucumber (approx. 75 g)
- 1 tsp spirulina powder (approx. 3 g)
- 1 cup water (approx. 240 ml), or coconut water

PREPARATION

01 Rinse kale/spinach and cucumber.

02 Peel and slice banana.

03 Add all ingredients to a blender; blend until smooth.

COOKING

01 No cooking. Blend until smooth and serve cold.

WHERE THE CALORIES COME FROM

Banana	49
Cucumber	14

KCAL PER INGREDIENT

Kale	18
Spirulina powder	12



Tropical greens smoothie.

185 KCAL PER SERVING

PROTEIN 11% · CARBS 84% · FAT 5%

5 g	39 g	1 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 31 G · FIBRE 7 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 1 cup mango, fresh or frozen (approx. 165 g)
- 1/2 cup cucumber, chopped (approx. 75 g)
- 1 cup kale or spinach (approx. 30 g)
- 1 cup coconut water (approx. 240 ml)

PREPARATION

01 Wash kale/spinach.

02 Peel and chop mango if fresh.

03 Dice cucumber.

04 Blend all ingredients until smooth.

COOKING

01 No cooking. Blend until smooth and serve cold.

WHERE THE CALORIES COME FROM

Mango	110
Kale	18

KCAL PER INGREDIENT

Coconut water	47
Cucumber	14



Watermelon lime refresher.

76 KCAL PER SERVING

PROTEIN 5% · CARBS 95% · FAT 0%

1 g	18 g	0 g
PROTEIN	CARBOHYDRATE	FAT

CARBOHYDRATE OF WHICH SUGARS 14 G · FIBRE 0 G

5 MIN · EASY · AT THE TABLE · ALLERGENS NONE

DIETARY NOTES None.

INGREDIENTS

- 2 cups watermelon chunks (approx. 300 g)
- Juice of 1 lime (approx. 30 ml)
- Optional: 4–5 mint leaves

PREPARATION

01 Remove rind from watermelon; chop.

02 Juice watermelon and lime (or blend & strain).

COOKING

01 Run everything through the juicer. Drink straight away.

WHERE THE CALORIES COME FROM

	KCAL PER INGREDIENT
Watermelon	72
Lime juice	8

The recipes are the easy part.

Knowing your numbers, hitting them most days, and adjusting when the evidence says so: that is the method. If you want it specified for your body rather than for the average one, the application is on the site.

APPLY FOR PRIVATE COACHING

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