



30 High-Protein Recipes

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THE EAT METHOD

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Omelette with Smoked Salmon & Feta

3 SERVINGS 5 MINUTES



INGREDIENTS

6 Egg
1/3 cup Fresh Dill (finely chopped, divided)
1 1/2 tsps Butter
1/3 cup Feta Cheese (crumbled)
170 grams Smoked Salmon

NUTRITION

AMOUNT PER SERVING

Calories	271	Sodium	713mg
Fat	17g	Vitamin A	795IU
Saturated	7g	Vitamin C	1mg
Carbs	1g	Calcium	147mg
Fiber	0g	Iron	2mg
Sugar	0g	Vitamin D	473IU
Protein	25g	Magnesium	26mg
Cholesterol	405mg		

DIRECTIONS

- 01 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 02 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

DAIRY-FREE

Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

ADDITIONAL TOPPINGS

Top with capers and/or thinly sliced red onion.

NO DILL

Omit or use another herb such as parsley or fresh chives.

PORTION GUIDE

1 serving equals to: 2 palms of protein and 2 thumbs of fat.



Cherries, Banana & Cottage Cheese

1 SERVING 5 MINUTES



INGREDIENTS

210 grams Cottage Cheese
1 Banana (medium, sliced)
75 grams Cherries (pitted, fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	359	Sodium	663mg
Fat	10g	Vitamin A	419IU
Saturated	4g	Vitamin C	16mg
Carbs	46g	Calcium	190mg
Fiber	5g	Iron	1mg
Sugar	30g	Vitamin D	6IU
Protein	25g	Magnesium	57mg
Cholesterol	36mg		

DIRECTIONS

01 Top the cottage cheese with banana slices and cherries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.



Greek Yogurt with Orange, Blueberries & Pumpkin Seeds

1 SERVING 5 MINUTES



INGREDIENTS

225 grams Plain Greek Yogurt
1/2 Navel Orange (chopped)
50 grams Blueberries
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	333	Sodium	142mg
Fat	13g	Vitamin A	1452IU
Saturated	4g	Vitamin C	61mg
Carbs	30g	Calcium	540mg
Fiber	4g	Iron	2mg
Sugar	17g	Vitamin D	99IU
Protein	28g	Magnesium	106mg
Cholesterol	34mg		

DIRECTIONS

01 Add all of the ingredients to a bowl and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 2/3 cups.

MAKE IT VEGAN

Use a plant-based yogurt alternative instead.

MORE FLAVOR

Add some maple syrup or raw honey.



Yogurt Overnight Oats with Strawberries (HP)

2 SERVINGS 8 HOURS



INGREDIENTS

1/2 cup Oat Milk (unsweetened, plain)
1/2 cup Oats (rolled)
2/3 cup Plain Greek Yogurt
1 tbsp Chia Seeds
1 tbsp Honey
1 1/2 tsp Cinnamon
1/2 cup Strawberries (chopped)
1/2 cup Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	329	Sodium	111mg
Fat	7g	Vitamin A	427IU
Saturated	2g	Vitamin C	26mg
Carbs	39g	Calcium	437mg
Fiber	7g	Iron	2mg
Sugar	14g	Vitamin D	33IU
Protein	31g	Magnesium	99mg
Cholesterol	15mg		

DIRECTIONS

- 01 Add the milk, oats, yogurt, chia seeds, honey, and cinnamon in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Store in the fridge until ready to eat. Serve with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

ADDITIONAL TOPPINGS

Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter or chia jam.

NO OAT MILK

Use any kind of milk or milk alternative instead.



Strawberry & Walnut Yogurt Parfait

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt (divided)
2 tbsps Walnuts (roughly chopped, divided)
1/2 cup Strawberries (chopped, divided)

NUTRITION

AMOUNT PER SERVING

Calories	302	Sodium	141mg
Fat	15g	Vitamin A	1258IU
Saturated	4g	Vitamin C	57mg
Carbs	20g	Calcium	526mg
Fiber	2g	Iron	1mg
Sugar	10g	Vitamin D	99IU
Protein	25g	Magnesium	33mg
Cholesterol	34mg		

DIRECTIONS

01 Place half the yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining yogurt, walnuts, and strawberries. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NUT-FREE

Use sunflower seeds instead of walnuts.

ADDITIONAL TOPPINGS

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



Chocolate Protein Yogurt with Raspberries

1 SERVING 10 MINUTES



INGREDIENTS

225 grams Plain Greek Yogurt
25 grams Chocolate Protein Powder
60 grams Raspberries
2 tbsps Granola

NUTRITION

AMOUNT PER SERVING

Calories	373	Sodium	183mg
Fat	9g	Vitamin A	1273IU
Saturated	4g	Vitamin C	31mg
Carbs	29g	Calcium	640mg
Fiber	6g	Iron	2mg
Sugar	12g	Vitamin D	99IU
Protein	44g	Magnesium	86mg
Cholesterol	38mg		

DIRECTIONS

- 01 Add the yogurt and protein powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 02 Place in a serving bowl and top with raspberries and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add the raspberries and granola just before serving.

SERVING SIZE

One serving is about 1 3/4 cups.

PROTEIN POWDER

This recipe was developed and tested using whey protein powder. If using another type of protein powder, results may vary.

LIKES IT SWEET

Drizzle with honey.

ADDITIONAL TOPPINGS

Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.



High Protein Blueberry Pancakes

1 SERVING 15 MINUTES



INGREDIENTS

80 grams Egg Whites (1/4 cup)
25 grams Vanilla Protein Powder (1 scoop)
1/2 Banana
15 milliliters Unsweetened Almond Milk (if needed)
25 grams Blueberries (or frozen)
1/2 tsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	218	Sodium	183mg
Fat	3g	Vitamin A	82IU
Saturated	2g	Vitamin C	8mg
Carbs	19g	Calcium	156mg
Fiber	3g	Iron	1mg
Sugar	10g	Vitamin D	6IU
Protein	29g	Magnesium	76mg
Cholesterol	4mg		

DIRECTIONS

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



Protein Orange & Yogurt Pancakes

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Egg
160 grams Plain Greek Yogurt
2 tsps Coconut Sugar
2 tsps Orange Zest
2 tsps Vanilla Extract
120 grams Spelt Flour
1 tsp Baking Powder
1 tsp Coconut Oil (melted)
1 Navel Orange (sliced)

DIRECTIONS

- 01 Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth.
- 02 Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.
- 03 Serve with slices of orange and fresh berries.

NUTRITION

AMOUNT PER SERVING

Calories	435	Sodium	366mg
Fat	10g	Vitamin A	894IU
Saturated	4g	Vitamin C	49mg
Carbs	62g	Calcium	394mg
Fiber	10g	Iron	4mg
Sugar	12g	Vitamin D	76IU
Protein	25g	Magnesium	15mg
Cholesterol	198mg		



Scrambled Eggs & Pinto Beans on Toast

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tps Butter (divided)
85 grams Pinto Beans (cooked)
1/4 tsp Garlic Powder
1/4 tsp Turmeric
1/4 tsp Coriander
Sea Salt & Black Pepper (to taste)
2 Egg (whisked)
1 slice Whole Grain Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	432	Sodium	302mg
Fat	18g	Vitamin A	717IU
Saturated	7g	Vitamin C	1mg
Carbs	42g	Calcium	144mg
Fiber	11g	Iron	5mg
Sugar	3g	Vitamin D	82IU
Protein	26g	Magnesium	91mg
Cholesterol	387mg		

DIRECTIONS

- 01 Heat a nonstick pan over medium heat and melt 1/3 of the butter. Add the beans, garlic, turmeric, and coriander. Stir to combine and cook until just starting to brown and get crispy, about five minutes. Season with salt and pepper, and then remove and set aside.
- 02 In the same skillet, add half of the remaining butter. Add the whisked eggs into the pan and season with salt and pepper. Stir the eggs frequently until cooked through.
- 03 Place the toast on a plate and spread the remaining butter on top. Add the eggs and beans. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Toast the bread just before serving.

ADDITIONAL TOPPINGS

Hot sauce, fresh cilantro, and/or parsley.

GLUTEN-FREE

Use gluten-free bread.

DAIRY-FREE

Use extra virgin olive oil or plant-based butter.



Spinach Shakshuka

2 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
1 Yellow Onion (large, chopped)
2 Garlic (cloves, crushed)
300 grams Mushrooms (sliced)
450 grams Baby Spinach
4 Egg
15 grams Parsley (about a handful)

NUTRITION

AMOUNT PER SERVING

Calories	318	Sodium	334mg
Fat	18g	Vitamin A	22270...
Saturated	9g	Vitamin C	77mg
Carbs	21g	Calcium	319mg
Fiber	8g	Iron	11mg
Sugar	9g	Vitamin D	93IU
Protein	25g	Magnesium	208mg
Cholesterol	372mg		

DIRECTIONS

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



One Pan Mediterranean Shrimp Orzo

2 SERVINGS 25 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
55 grams Red Onion (chopped)
2 tsps Greek Seasoning
55 grams Orzo (dry)
295 milliliters Water
75 grams Cherry Tomatoes (halved)
65 grams Black Olives (pitted, halved)
285 grams Shrimp (peeled, deveined)
2 tbsps Parsley (chopped)
2 tbsps Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	328	Sodium	1170mg
Fat	9g	Vitamin A	781IU
Saturated	2g	Vitamin C	12mg
Carbs	27g	Calcium	196mg
Fiber	3g	Iron	4mg
Sugar	3g	Vitamin D	2IU
Protein	34g	Magnesium	64mg
Cholesterol	237mg		

DIRECTIONS

- 01 Heat the oil in a large non-stick pot or deep pan over medium heat. Add the onion and Greek seasoning and sauté for two to three minutes. Add the orzo, water, cherry tomatoes, and olives. Stir to combine.
- 02 Cover with a lid, turn the heat to low, and simmer for about 15 minutes or until the water has absorbed and the orzo is almost cooked through.
- 03 Add the shrimp, stir well, and cover the pan with a lid. Cook for another five minutes or until the shrimp is cooked through. Top the orzo with parsley and feta cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Add salt if your Greek seasoning is salt-free.

DAIRY-FREE

Omit the feta cheese or use plant-based cheese instead.



Air Fryer Sesame Salmon Bites

2 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Tamari
1 1/2 tbsps Honey
2 tps Rice Vinegar
1 tsp Sesame Oil
340 grams Salmon Fillet (skinless, cut into large cubes)
2 tps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	316	Sodium	1138mg
Fat	12g	Vitamin A	276IU
Saturated	2g	Vitamin C	0mg
Carbs	14g	Calcium	48mg
Fiber	0g	Iron	2mg
Sugar	12g	Vitamin D	957IU
Protein	40g	Magnesium	69mg
Cholesterol	87mg		

DIRECTIONS

- 01 In a bowl, whisk together the tamari, honey, rice vinegar, and sesame oil. Add the salmon, stir, and marinate for about 15 minutes.
- 02 Preheat the air fryer to 400°F (205°C).
- 03 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 04 Top the salmon with sesame seeds and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Add sriracha or chili flakes to the marinade.

ADDITIONAL TOPPINGS

Top with cilantro or green onion.



Lemon Chicken Skewers with Couscous

2 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Plain Greek Yogurt
1 Lime (juiced, divided)
1 tsp Sea Salt (divided)
225 grams Chicken Breast (cubed)
4 Barbecue Skewers
85 grams Couscous
2 tbsps Mint Leaves (chopped, plus extra for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	316	Sodium	1245mg
Fat	4g	Vitamin A	191IU
Saturated	1g	Vitamin C	8mg
Carbs	36g	Calcium	54mg
Fiber	2g	Iron	1mg
Sugar	1g	Vitamin D	7IU
Protein	32g	Magnesium	54mg
Cholesterol	85mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a bowl, whisk together the yogurt, half of the lime juice, and half of the salt. Add the chicken to the bowl and stir well. Thread the chicken cubes onto the skewers.
- 03 Place the skewers onto the baking sheet. Bake in the oven for 18 to 20 minutes or until the chicken is cooked through.
- 04 Meanwhile, cook the couscous according to the package directions. Once it's finished cooking, add the mint, the remaining lime juice, and salt. Fluff the couscous with a fork.
- 05 Divide the chicken skewers and couscous between plates. Top with more mint, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two 10-inch chicken skewers and 1/2 cup couscous.

MORE FLAVOR

Marinate the chicken overnight.

ADDITIONAL TOPPINGS

Top with feta cheese.

NO MINT LEAVES

Omit or use dill instead.



Air Fryer Parmesan Tomatoes with Chicken

3 SERVINGS 25 MINUTES



INGREDIENTS

340 grams Chicken Breast
1 1/3 tbsps Italian Seasoning (divided)
1 tsp Sea Salt (divided)
2 Tomato (large, sliced horizontally)
55 grams Parmigiano Reggiano
15 grams Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	223	Sodium	991mg
Fat	8g	Vitamin A	1701IU
Saturated	5g	Vitamin C	19mg
Carbs	3g	Calcium	216mg
Fiber	1g	Iron	1mg
Sugar	0g	Vitamin D	1IU
Protein	32g	Magnesium	40mg
Cholesterol	99mg		

DIRECTIONS

- 01 Preheat the air fryer to 380°F (195°C).
- 02 Season the chicken breast with half of the Italian seasoning and half of the sea salt. Add to the air fryer and cook for eight to 10 minutes. Set aside. The chicken will not be cooked through yet.
- 03 Meanwhile, season the tomatoes with the remaining Italian seasoning and the remaining sea salt. Top each slice with parmesan cheese.
- 04 Add the tomato slices to the air fryer basket with the chicken (or use a second basket if you have a dual option). Cook the tomatoes and chicken for eight minutes, or until the cheese has started to brown on the tomatoes and the chicken is cooked through.
- 05 Remove from the air fryer and top the tomato slices with parsley. Enjoy!

NOTES

LEFTOVERS

Tomatoes are best enjoyed immediately. Both chicken and tomato slices may be refrigerated in an airtight container for up to three days. Reheat in the air fryer or oven.

SERVING SIZE

One serving is equal to approximately three tomato slices and one chicken breast.

ADDITIONAL TOPPINGS

Breadcrumbs on the tomato slices.

DAIRY-FREE

Use dairy-free cheese instead.



Hummus & Chicken Pita Wrap

2 SERVINGS 20 MINUTES



INGREDIENTS

2 **tsps** Extra Virgin Olive Oil
1 **tbps** Greek Seasoning
225 **grams** Chicken Breast (boneless, skinless, cubed)
60 **grams** Hummus
2 Whole Wheat Pita
1/4 Cucumber (medium, sliced)
2 **tbps** Parsley

NUTRITION

AMOUNT PER SERVING

Calories	423	Sodium	1414mg
Fat	14g	Vitamin A	401IU
Saturated	2g	Vitamin C	6mg
Carbs	42g	Calcium	41mg
Fiber	6g	Iron	4mg
Sugar	3g	Vitamin D	1IU
Protein	34g	Magnesium	106mg
Cholesterol	82mg		

DIRECTIONS

- 01 In a bowl, mix together the oil and Greek seasoning. Add the chicken and toss to combine.
- 02 Heat a pan over medium heat. Add the marinated chicken and cook for four to five minutes per side or until cooked through and browned.
- 03 Spread the hummus over each pita. Arrange the chicken, cucumber, and parsley on top. Wrap the pita and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately after assembling. Chicken can be refrigerated in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one pita wrap.

MORE FLAVOR

Add lemon juice to the marinade.

ADDITIONAL TOPPINGS

Top with tahini sauce and tomato.

GLUTEN-FREE

Use a gluten-free pita instead.



Warm Chicken & Bell Pepper Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

455 grams Chicken Breast (boneless, skinless, cut into thick strips)
Sea Salt & Black Pepper (to taste)
30 grams Arrowroot Powder
3 tbsps Extra Virgin Olive Oil
2 Red Bell Pepper (small, thickly sliced)
3 tbsps Fresh Dill (chopped, plus more for garnish)
2 tbsps Garlic Powder
2 tbsps Red Wine Vinegar
10 leaves Romaine (chopped)
2 tbsps Sunflower Seeds (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	320	Sodium	63mg
Fat	15g	Vitamin A	8026IU
Saturated	2g	Vitamin C	79mg
Carbs	17g	Calcium	41mg
Fiber	4g	Iron	2mg
Sugar	4g	Vitamin D	1IU
Protein	28g	Magnesium	58mg
Cholesterol	82mg		

DIRECTIONS

- 01 Season the chicken with salt and pepper, then lightly coat in arrowroot powder, shaking off excess.
- 02 Heat the oil in a large pan over medium high heat and cook the chicken for five to seven minutes.
- 03 Add the bell peppers, dill, and the garlic to the pan then stir in the vinegar. Cook for an additional three to four minutes until the peppers are soft and the chicken is cooked through.
- 04 Divide the romaine leaves evenly between plates. Top with the chicken and peppers. Garnish with sunflower seeds and fresh dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

MAKE IT VEGAN

Use black beans, lentils, or tofu instead of chicken.

MORE FLAVOR

Use toasted pine nuts instead of sunflower seeds. Add tomatoes, cucumbers, and green onions.



Spicy Shrimp & Edamame Rice Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

100 grams Basmati Rice (dry, rinsed)
1 1/2 tbsps Mayonnaise
1 tsp Sriracha
1/4 Lemon (medium, juiced)
225 grams Shrimp, Cooked
80 grams Frozen Edamame (defrosted)
1/4 Cucumber (medium, sliced)
1 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	421	Sodium	265mg
Fat	10g	Vitamin A	486IU
Saturated	2g	Vitamin C	7mg
Carbs	46g	Calcium	115mg
Fiber	3g	Iron	2mg
Sugar	2g	Vitamin D	1IU
Protein	36g	Magnesium	76mg
Cholesterol	219mg		

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 In a bowl, whisk together the mayonnaise, sriracha, and lemon juice.
- 03 Divide the rice, shrimp, edamame, and cucumber evenly between bowls. Top with green onion and drizzle with the spicy mayonnaise. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1/2 cup rice with shrimp, cucumber, edamame, and dressing.

NO GREEN ONION

Omit or use cilantro instead.

NO BASMATI RICE

Use brown rice or jasmine rice.



Shrimp & Black Bean Tacos

4 SERVINGS 15 MINUTES



INGREDIENTS

170 grams Black Beans (cooked)
1 Lime (juiced, divided)
1 tbsp Cilantro (chopped, plus extra for garnish)
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil
455 grams Shrimp (peeled, deveined)
1 tsp Taco Seasoning
8 Corn Tortilla (small)
60 milliliters Cilantro Lime Dressing

NUTRITION

AMOUNT PER SERVING

Calories	398	Sodium	345mg
Fat	13g	Vitamin A	25IU
Saturated	1g	Vitamin C	3mg
Carbs	40g	Calcium	288mg
Fiber	6g	Iron	2mg
Sugar	0g	Vitamin D	0IU
Protein	29g	Magnesium	71mg
Cholesterol	183mg		

DIRECTIONS

- 01 In a bowl, add the black beans, half of the lime juice, and cilantro. Use a fork and smash the beans. Season with salt and pepper.
- 02 Heat the oil in a pan over medium-high heat. Add shrimp, taco seasoning, and the remaining lime juice. Stir to mix and season with salt and pepper. Cook for about five minutes, stirring occasionally, or until cooked through.
- 03 Spread the smashed beans on top of the tortillas. Top with shrimp and drizzle with cilantro lime dressing. Garnish with cilantro and enjoy!

NOTES

LEFTOVERS

Best enjoy immediately. Refrigerate the smashed beans and shrimp in separate containers for up to three days. Assemble before serving.

SERVING SIZE

One serving is equal to two tacos.

ADDITIONAL TOPPINGS

Red onion, cabbage, and/or salsa.



Shrimp & Cabbage Taco Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

225 grams Shrimp (peeled, deveined)
1/4 tsp Chili Powder
Sea Salt & Black Pepper (to taste)
2 tbsps Avocado Oil (divided)
75 grams Plain Greek Yogurt
2 tbsps Lime Juice
1/2 tsp Raw Honey
4 grams Cilantro (finely chopped)
265 grams Green Cabbage (finely shredded)
55 grams Red Onion (diced)
15 grams Corn Tortilla Chips (crushed)

NUTRITION

AMOUNT PER SERVING

Calories	337	Sodium	195mg
Fat	17g	Vitamin A	586IU
Saturated	2g	Vitamin C	58mg
Carbs	19g	Calcium	231mg
Fiber	4g	Iron	2mg
Sugar	8g	Vitamin D	17IU
Protein	29g	Magnesium	70mg
Cholesterol	188mg		

DIRECTIONS

- 01 Pat the shrimp dry and place in a bowl. Toss with chili powder, salt, and pepper.
- 02 Heat a non-stick pan over medium heat. Add 1/4 of the oil and the shrimp. Cook for two to three minutes per side, until pink and cooked through. Remove and set aside.
- 03 In a small bowl, whisk together the yogurt, lime juice, remaining oil, honey, and cilantro. Season with salt and pepper.
- 04 Place the cabbage in a large bowl. Pour about half of the dressing on and toss well to combine. Add the red onion and tortilla chips and top with the shrimp. Drizzle with the remaining dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

DRESSING

If the dressing is too thick, thin it out with a splash of water.

MORE FLAVOR

Add hot sauce to the dressing or drizzle on top.

ADDITIONAL TOPPINGS

Top with more cilantro, avocado, shredded carrot, or mango.

DAIRY-FREE

Use a dairy-free yogurt.



One Pan Chicken Fajitas

6 SERVINGS 35 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
3 tbsps Fajita Seasoning
Sea Salt & Black Pepper (to taste)
680 grams Chicken Breast (boneless, skinless, sliced)
1 Yellow Onion (medium, sliced)
1 Orange Bell Pepper (medium, sliced)
1 Red Bell Pepper (medium, sliced)
1 Green Bell Pepper (medium, sliced)
12 Corn Tortilla (small, warmed)

NUTRITION

AMOUNT PER SERVING

Calories	354	Sodium	362mg
Fat	9g	Vitamin A	950IU
Saturated	1g	Vitamin C	98mg
Carbs	36g	Calcium	219mg
Fiber	4g	Iron	2mg
Sugar	3g	Vitamin D	1IU
Protein	28g	Magnesium	40mg
Cholesterol	82mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 02 In a small bowl, combine the oil, fajita seasoning, salt, and pepper.
- 03 Toss the chicken, veggies, and oil mixture together on the prepared sheet pan and spread out evenly. Bake for 20 to 25 minutes until the chicken is cooked through and the veggies are soft.
- 04 Serve with corn tortillas and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two fajitas.

ADDITIONAL TOPPINGS

Cheese, sour cream, lettuce, avocado, and/or jalapeños.



Mediterranean Turkey & Rice Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

100 grams Basmati Rice (dry, rinsed)
1 tsp Extra Virgin Olive Oil
1/2 Yellow Onion (small, diced)
285 grams Extra Lean Ground Turkey
1 tbsp Greek Seasoning
120 grams Diced Tomatoes (from the can, with the juices)
Sea Salt & Black Pepper (to taste)
75 grams Cherry Tomatoes (halved)
1/4 Cucumber (medium, sliced)
55 grams Tzatziki

NUTRITION

AMOUNT PER SERVING

Calories	478	Sodium	1132mg
Fat	16g	Vitamin A	803IU
Saturated	4g	Vitamin C	13mg
Carbs	49g	Calcium	120mg
Fiber	3g	Iron	3mg
Sugar	6g	Vitamin D	20IU
Protein	33g	Magnesium	39mg
Cholesterol	110mg		

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat the oil in pan over medium heat. Add the onion and sauté for about five minutes. Add in the turkey, stir and break it up as it cooks for about 10 minutes.
- 03 Add the Greek seasoning, diced tomatoes, salt, and pepper. Stir and cook for about 10 minutes or until everything has cooked.
- 04 Divide the rice, turkey, cherry tomatoes, and cucumbers between serving bowls. Top with tzatziki and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/2 cup rice, 2/3 cup turkey, one cup cucumber and tomatoes, and two tablespoons of tzatziki.

MORE FLAVOR

Add bell pepper and garlic to the turkey mixture.

ADDITIONAL TOPPINGS

Add green onion.



Baked Cod with Chickpeas & Tomatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

240 grams Diced Tomatoes (from the can, with the juices)
150 grams Cherry Tomatoes
165 grams Chickpeas (cooked)
1/4 Yellow Onion (medium, diced)
2 Garlic (clove, minced)
Sea Salt & Black Pepper (to taste)
2 Cod Fillet
1 tbsp Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	374	Sodium	157mg
Fat	4g	Vitamin A	1395IU
Saturated	1g	Vitamin C	29mg
Carbs	32g	Calcium	118mg
Fiber	9g	Iron	5mg
Sugar	10g	Vitamin D	83IU
Protein	50g	Magnesium	123mg
Cholesterol	99mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 In an oven safe dish, add the diced tomatoes, cherry tomatoes, chickpeas, onion, and garlic. Stir and season the mixture with salt and pepper.
- 03 Transfer the dish into the oven and bake for about 10 to 15 minutes. Season the cod fillets with salt and pepper.
- 04 Remove the dish from the oven, stir, and place the cod fillets on top. Bake in the oven for another 10 to 12 minutes.
- 05 Sprinkle with parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup chickpea mixture and one cod fillet.

MORE FLAVOR

Add paprika and bell pepper into the chickpea mixture.

FILLET SIZE

One cod fillet is equal to 231 grams or eight ounces.



Ham & Onion Mini Quiche

4 SERVINGS 30 MINUTES



INGREDIENTS

6 Egg (large)
2 tsps Dijon Mustard
Sea Salt & Black Pepper (to taste)
225 grams Sliced Ham (thick, one slice per egg cup)
1 Tomato (large, chopped)
6 stalks Green Onion (sliced)
55 grams Parmigiano Reggiano (grated)
1 tbsp Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	250	Sodium	827mg
Fat	15g	Vitamin A	1675IU
Saturated	6g	Vitamin C	7mg
Carbs	3g	Calcium	207mg
Fiber	1g	Iron	2mg
Sugar	1g	Vitamin D	63IU
Protein	26g	Magnesium	26mg
Cholesterol	329mg		

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Grease or line a muffin tray or use a silicone muffin tray.
- 02 Whisk together the eggs and mustard until combined. Season with salt and pepper.
- 03 Line each cup with a slice of ham. Divide the tomatoes, green onions, parmesan, and basil evenly among the muffin cups. Pour the egg mixture over the top.
- 04 Bake for 20 to 25 minutes or until puffed and cooked through. Let cool for five minutes before removing from the cups.
- 05 Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is three egg cups.

ADDITIONAL TOPPINGS

Hot sauce.



One Pan Chicken & Broccoli

2 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Coconut Aminos
1 tbsp Arrowroot Powder
2 tsps Apple Cider Vinegar
1/2 tsp Sea Salt
120 milliliters Chicken Broth (divided)
340 grams Chicken Breast (thinly sliced)
365 grams Broccoli (chopped into florets)
35 grams Bamboo Shoots (sliced, optional)
1 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)

NUTRITION

AMOUNT PER SERVING

Calories	307	Sodium	1229mg
Fat	5g	Vitamin A	1188IU
Saturated	1g	Vitamin C	163mg
Carbs	20g	Calcium	101mg
Fiber	5g	Iron	2mg
Sugar	7g	Vitamin D	2IU
Protein	44g	Magnesium	89mg
Cholesterol	125mg		

DIRECTIONS

- 01 Make the sauce by mixing the coconut aminos, arrowroot powder, vinegar, salt, and 3/4 of the broth in a bowl.
- 02 In a large pan, heat the remaining broth over medium-high heat. Add the chicken and broccoli to the pan. Cook for three to four minutes or until the chicken is cooked through.
- 03 Add the bamboo shoots, garlic, and ginger. Cook for one more minute.
- 04 Add the sauce and stir. Cook for two to three minutes or until everything is warmed through and the sauce has thickened.
- 05 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Use your choice of meat.

ADDITIONAL TOPPINGS

Green onions, cilantro, chili flakes, and/or Thai basil.



Berry Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	370	Sodium	93mg
Fat	17g	Vitamin A	773IU
Saturated	6g	Vitamin C	57mg
Carbs	33g	Calcium	674mg
Fiber	12g	Iron	3mg
Sugar	18g	Vitamin D	101IU
Protein	25g	Magnesium	119mg
Cholesterol	4mg		

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

Calories	312	Sodium	317mg
Fat	10g	Vitamin A	873IU
Saturated	0g	Vitamin C	100mg
Carbs	36g	Calcium	925mg
Fiber	16g	Iron	4mg
Sugar	12g	Vitamin D	151IU
Protein	27g	Magnesium	159mg
Cholesterol	4mg		



The Strawberry Burst Breakfast Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Banana (sliced, frozen)
145 grams Frozen Strawberries
2 tbsps Quick Oats
50 grams Vanilla Protein Powder (2 scoops)
2 tbsps All Natural Peanut Butter
360 milliliters Unsweetened Almond Milk

DIRECTIONS

01 Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

NUTRITION

AMOUNT PER SERVING

Calories	302	Sodium	165mg
Fat	11g	Vitamin A	445IU
Saturated	2g	Vitamin C	35mg
Carbs	29g	Calcium	481mg
Fiber	6g	Iron	2mg
Sugar	12g	Vitamin D	76IU
Protein	25g	Magnesium	119mg
Cholesterol	4mg		



The Power Breaky Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

150 grams Frozen Blueberries
1 Banana
1/4 cup Quick Oats
2 tbsps Almond Butter
480 milliliters Unsweetened Almond Milk
15 grams Pitted Dates (2 dates)
50 grams Vanilla Protein Powder (2 scoops)

DIRECTIONS

01 Place all the ingredients into a high-speed blender and blend until smooth. Serve straight away.

NUTRITION

AMOUNT PER SERVING

Calories	367	Sodium	203mg
Fat	13g	Vitamin A	572IU
Saturated	1g	Vitamin C	7mg
Carbs	41g	Calcium	641mg
Fiber	9g	Iron	2mg
Sugar	19g	Vitamin D	101IU
Protein	26g	Magnesium	147mg
Cholesterol	4mg		



Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

360 grams Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
20 grams Cacao Powder
50 grams Chocolate Protein Powder
480 milliliters Unsweetened Almond Milk
1 tbsp Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Sodium	235mg
Fat	16g	Vitamin A	593IU
Saturated	2g	Vitamin C	67mg
Carbs	50g	Calcium	695mg
Fiber	17g	Iron	4mg
Sugar	20g	Vitamin D	101IU
Protein	31g	Magnesium	236mg
Cholesterol	4mg		

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.



Hot Chocolate Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

240 milliliters Unsweetened Almond Milk
90 grams Frozen Cauliflower
1/2 Banana
25 grams Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	265	Sodium	514mg
Fat	8g	Vitamin A	546IU
Saturated	1g	Vitamin C	33mg
Carbs	31g	Calcium	674mg
Fiber	14g	Iron	4mg
Sugar	8g	Vitamin D	101IU
Protein	26g	Magnesium	142mg
Cholesterol	4mg		

DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 02 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

NOTES

NUT-FREE

Use coconut milk or another nut-free milk instead.

MORE FLAVOR

Add ground cinnamon.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

