

Easy High-Protein Recipes

Protein Pancakes

Ingredients:

- 1/2 cup oats
- 2 eggs
- 1/2 tsp baking powder
- 1 tsp vanilla sugar
- 1 scoop vanilla whey protein powder
- 1 ripe banana

Instructions:

Add oats, eggs, baking powder, vanilla sugar, whey protein powder, and banana into a blender.

Blend until smooth.

Heat a non-stick pan over medium heat.

Pour small amounts of the batter into the pan and cook 2-3 minutes per side.

Serve warm with toppings like fruit or yogurt.

Nutritional Highlights:

- Protein: ~25g
- Low Sugar
- Moderate Carbs
- Good Fats from eggs

High-Protein Yogurt Pasta

Ingredients:

- 1 serving whole-grain or high-protein pasta
- 1/2 cup cottage cheese or Greek yogurt
- Salt, pepper, and herbs to taste

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Instructions:

Boil pasta according to package instructions.

Drain and mix with Greek yogurt or cottage cheese.

Season to taste and serve warm.

Nutritional Highlights:

- Protein: ~30g depending on pasta and yogurt
- Low Cost
- Creamy and satisfying

Tuna Egg Bowl

Ingredients:

- 1 can tuna
- 2 boiled eggs
- Mixed salad greens
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

Boil eggs and slice them.

Mix tuna and greens in a bowl.

Add sliced eggs and drizzle olive oil.

Season and serve.

Nutritional Highlights:

- Protein: ~35g
- Low Carb
- Rich in Omega-3s

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Cottage Cheese Toast

Ingredients:

- 2 slices whole grain bread
- 1/2 cup cottage cheese
- Cherry tomatoes
- Salt and pepper

Instructions:

Toast the bread slices.

Spread cottage cheese over each toast.

Top with sliced cherry tomatoes.

Season with salt and pepper.

Nutritional Highlights:

- Protein: ~20g
- High Fiber
- Low Cost

Greek Yogurt Parfait

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup berries
- 1 tbsp chia seeds
- 1 tbsp honey (optional)

Instructions:

Layer Greek yogurt and berries in a cup.

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Top with chia seeds and honey if desired.

Nutritional Highlights:

- Protein: ~20g
- Low Sugar (if no honey)
- Great for breakfast

Egg & Spinach Wrap

Ingredients:

- 2 eggs
- 1 handful spinach
- 1 whole wheat wrap
- 1 tbsp olive oil

Instructions:

Scramble eggs with spinach in olive oil.

Wrap in tortilla and serve.

Nutritional Highlights:

- Protein: ~22g
- Iron from spinach
- Budget-friendly

Protein Oats

Ingredients:

- 1/2 cup oats
- 1 scoop whey protein
- 1 cup water or milk

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- 1/2 banana

Instructions:

Cook oats with water or milk.

Stir in whey protein and mashed banana.

Nutritional Highlights:

- Protein: ~30g
- Easy and fast
- Filling and warm

Chickpea Salad

Ingredients:

- 1 can chickpeas
- Chopped cucumber, tomatoes, onion
- 1 tbsp olive oil
- Lemon juice

Instructions:

Mix all ingredients in a bowl.

Toss and serve chilled.

Nutritional Highlights:

- Protein: ~18g
- High Fiber
- Plant-based option

Egg Muffins

Ingredients:

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- 4 eggs
- Chopped bell peppers and onions
- Salt, pepper

Instructions:

Preheat oven to 180°C (350°F).

Mix eggs and veggies, pour into muffin tins.

Bake for 15-20 mins.

Nutritional Highlights:

- Protein: ~30g per 4 muffins
- Meal prep friendly
- Portable snack

Lentil Stew

Ingredients:

- 1 cup lentils
- Carrots, onions, tomatoes
- Garlic, cumin, paprika

Instructions:

Sauté veggies and garlic.

Add lentils and spices with water.

Simmer until soft (20-30 mins).

Nutritional Highlights:

- Protein: ~25g per bowl
- High fiber and filling
- Vegan & low cost

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Protein Smoothie

Ingredients:

- 1 scoop whey protein
- 1/2 banana
- 1 cup milk or water
- Ice cubes

Instructions:

Blend all ingredients until smooth.

Serve chilled.

Nutritional Highlights:

- Protein: ~25g
- Great post-workout
- Takes 2 mins

Turkey Lettuce Wraps

Ingredients:

- 100g ground turkey
- Lettuce leaves
- Soy sauce, ginger, garlic

Instructions:

Cook turkey with garlic, ginger, soy sauce.

Scoop into lettuce leaves and eat like tacos.

Nutritional Highlights:

- Protein: ~30g

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- Low carb
- Great for lunch