



PeakFitness

PROTEIN

Recipes





High Protein **RECIPES**

Enjoy delicious high protein recipes! Mix and match for every meal of the day and start improving your health and achieving your body goals in no time.



Breakfast CHICKEN SAUSAGES



	COOKING TIME
20 Mins	4

Nutrition:

Calories:	197
Protein:	20g
Carbs:	1g
Fats:	13g

INGREDIENTS

- 1lb extra lean ground chicken
- ¼ cup parsley (very finely chopped)
- 3 garlic cloves (minced)
- ¼ tsp sea salt
- 1 tbsp extra virgin olive oil

DIRECTIONS

1. In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
2. Heat the oil in a non-stick pan over medium heat.
3. Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

Breakfast TURKEY PATTIES



	COOKING TIME
1 Hr	5

Nutrition:

Calories:	159
Protein:	17g
Carbs:	5g
Fats:	8g

INGREDIENTS

- 1 sweet potato (medium, peeled, chopped)
- 1 lb extra lean ground turkey
- 1 garlic clove (minced)
- 1 ½ tsp Italian seasoning
- 1 tsp sea salt

DIRECTIONS

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool. Using a paper towel, gently pat the turkey to remove excess moisture.
3. Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet. Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!



Breakfast SAUSAGE WITH AVOCADO



COOKING TIME



SERVES

15 Mins

2

Nutrition:

Calories:	554
Protein:	23g
Carbs:	24g
Fats:	40g

INGREDIENTS

- 8 oz lamb sausage (sliced)
- 1 apple (cored, chopped)
- ½ tsp cinnamon
- 1 avocado (pitted, halved)

DIRECTIONS

1. Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
2. Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

Lunch



SWEDISH MEATBALLS



COOKING TIME



SERVES

4 Hrs

4

Nutrition:

Calories:	266
Protein:	24g
Carbs:	9g
Fats:	15g

INGREDIENTS

- 1 lb extra lean ground turkey
- ½ cup parsley (chopped and divided)
- 1 tsp onion powder
- ¾ tsp sea salt
- 3 cups mushrooms (sliced)
- 1 white onion (chopped)
- ½ cup canned coconut milk
- 3 tbsps. coconut aminos (or tamari)

DIRECTIONS

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Lunch

EGG ROLL IN A BOWL



COOKING TIME



SERVES

30 Mins

4

Nutrition:

Calories:	407
Protein:	26g
Carbs:	21g
Fats:	26g

INGREDIENTS

- 2 tbsps. avocado oil
- 1 yellow onion (medium, diced)
- 5 stalks green onion (diced)
- 5 garlic cloves (minced)
- 1 tbsp. ginger (peeled and grated)
- 1 lb lean ground pork
- 6 cups coleslaw mix
- 2 cups bean sprouts
- ¼ cup coconut aminos

DIRECTIONS

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Lunch

COD & SEA VEGGIE SOUP



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COOKING TIME



SERVES

6 Hrs

4

Nutrition:

Calories:	423
Protein:	49g
Carbs:	28g
Fats:	12g

INGREDIENTS

- 3 tbsps. coconut oil
- 1 yellow onion (medium, diced)
- 4 cups mushrooms (sliced)
- 3 garlic cloves (minced)
- 2 tbsps. ginger (peeled and grated)
- 1 ½ oz dulse (torn apart into small pieces)
- 2 sweet potato (medium, diced)
- 4 cod fillet (cubed)
- 8 cups vegetable broth (or bone broth)

DIRECTIONS

1. Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
2. Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
3. Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
4. Divide between bowls and enjoy!

Dinner

SALMON PATTIES WITH SALAD



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COOKING TIME



SERVES

20 Mins

2

Nutrition:

Calories:	466
Protein:	36g
Carbs:	18g
Fats:	28g

INGREDIENTS

- 2 ½ tbsp. extra virgin olive oil (divided)
- 1 tbsp lime juice
- 1 tsp maple syrup
- ¼ tsp sea salt (divided)
- 1 cucumber (large, thinly sliced)
- 1 bulb fennel (small, thinly sliced)
- ¼ cup fresh dill (chopped)
- 121 oz salmon fillet (skinless, chopped
• into small chunks)
- 2 stalks green onion (chopped)
- 1 tbsp ginger (grated)

DIRECTIONS

1. In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
2. In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
3. Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
4. Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
5. Divide the salad and salmon patties between plates and enjoy!

Dinner

BISON WITH RAPINI



COOKING TIME



SERVES

20 Mins

4

Nutrition:

Calories:	276
Protein:	33g
Carbs:	15g
Fats:	11g

INGREDIENTS

- 1 bunch rapini (large, chopped)
- 1 ¼ lb ground bison
- 1 tsp oregano (dried)
- ½ tsp dried thyme
- ¼ tsp sea salt (to taste)
- ⅓ cup raisins

DIRECTIONS

1. Bring a pot of water to a boil. Cook the rapini for two minutes or until tender crisp. Drain and set aside.
2. Meanwhile, heat a pan over medium heat. Add the bison, oregano, thyme, salt, and raisins. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
3. Divide the rapini and bison onto plates and enjoy!

Dinner

LEAN PORK NOODLE SOUP



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COOKING TIME



SERVES

25 Mins

4

Nutrition:

Calories:	288
Protein:	23g
Carbs:	8g
Fats:	19g

INGREDIENTS

- 1 lb lean ground pork
- 1 tbsp blackstrap molasses
- ¾ tsp sea salt (divided, to taste)
- ¼ tsp cinnamon (ground)
- 4 cups chicken broth
- 1 tsp fish sauce
- 8 oz shiratake noodles (rinsed, drained)
- 4 cups baby spinach
- 4 stalks green onion (sliced)

DIRECTIONS

1. Heat a large pot over medium heat. Add the pork, molasses, and half the salt. Use a spoon to break up the pork and stir until cooked through, about eight minutes.
2. Stir in the cinnamon, broth, and fish sauce. Bring to a boil, then lower to a simmer for 10 minutes. Season with more salt, if needed.
3. Divide the noodles and spinach into bowls. Scoop the broth and pork into each bowl. Top with green onions and enjoy!

Thank You!

LET'S STAY IN TOUCH

Thank you for embarking on this protein-packed journey with us in the "Guide to Protein." I hope the information and insights shared have empowered you to make informed choices on your path to a healthier lifestyle.

Remember, your journey doesn't end here. Stay connected for more tips, recipes, and resources to fuel your fitness goals. Your commitment to well-being inspires us all. Here's to a protein-rich future and a healthier, stronger you!

Wishing you continued success on your fitness journey!



**CHECK OUT HOW WE CAN HELP
YOU REACH YOUR GOALS!**



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