



# LO-CARB / HI-RESULTS COOKBOOK

HIGH-PROTEIN NUTRITION FOR PEAK PERFORMANCE



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## **Macro Count Disclaimer**

The macronutrient values provided in this cookbook are estimates based on standard ingredient databases and serving sizes.

**For the most accurate tracking:** We recommend entering each recipe into your preferred nutrition tracking app (such as MyFitnessPal, Cronometer, or similar) using the specific brands and quantities you use.

Actual macronutrient values may vary based on specific ingredient brands, preparation methods, portion sizes, and ingredient substitutions.

# Protein Power Scramble

Start your day with this protein-packed scramble featuring eggs, cottage cheese, and lean meat. Perfect for muscle building and sustained energy.

🕒 Prep Time  
**10 mins**

👤 Servings  
**1**

🕒 Cook Time  
**8 mins**

⚡ Calories  
**580**

## Macronutrients



Protein  
**45g**



Carbs  
**8g**



Fat  
**38g**



## Ingredients

- 3 large whole eggs
- 3 large egg whites
- 1/2 cup low-fat cottage cheese
- 2 oz lean ground turkey (93/7)
- 1/4 cup sharp cheddar cheese, shredded
- 1 cup spinach, chopped
- 1/4 cup bell peppers, diced
- 2 tbsp olive oil
- 1/4 avocado, sliced
- 1 tbsp fresh chives, chopped
- 1/2 tsp garlic powder
- 1/4 tsp paprika
- Salt and pepper to taste

## Instructions

- 1 Heat 1 tbsp olive oil in a large non-stick pan over medium heat.
- 2 Add ground turkey and cook for 3-4 minutes, breaking it up as it cooks.
- 3 Add bell peppers and cook for 2 minutes until softened.
- 4 In a bowl, whisk together whole eggs, egg whites, garlic powder, salt, and pepper.
- 5 Add spinach to the pan and cook until wilted.
- 6 Pour in egg mixture and let set for 30 seconds.
- 7 Add cottage cheese in small dollops around the pan.
- 8 Gently scramble everything together until eggs are just set.
- 9 Top with cheddar cheese and let melt.
- 10 Serve topped with avocado slices, chives, and paprika.

## Chef Tips

- Don't overcook the eggs - they should be creamy and just set.
- Cottage cheese adds significant protein and creaminess.
- Use lean ground turkey for maximum protein with minimal fat.
- This scramble reheats well for meal prep.

## Nutrition Facts

Calories	<b>580</b>
Protein	<b>45g</b>
Carbohydrates	<b>8g</b>
Fat	<b>38g</b>
Fiber	<b>4g</b>
Sugar	<b>5g</b>

## BREAKFAST

# High-Protein Omelet

A fluffy omelet packed with protein from eggs, Greek yogurt, and cheese. This satisfying breakfast provides sustained energy with minimal carbs.

🕒 Prep Time  
**10 mins**

👤 Servings  
**1**

🕒 Cook Time  
**12 mins**

⚡ Calories  
**560**

## Macronutrients



Protein  
**42g**



Carbs  
**6g**



Fat  
**36g**



## Ingredients

- 2 large whole eggs
- 4 large egg whites
- 1/3 cup plain Greek yogurt (0% fat)
- 1/4 cup mozzarella cheese, shredded
- 2 oz deli turkey, sliced thin
- 1/4 cup mushrooms, sliced
- 2 tbsp cream cheese
- 1 tbsp butter
- 1 cup baby spinach
- 1 tbsp fresh herbs (chives, parsley)
- 1/4 tsp garlic powder
- Salt and pepper to taste

## Instructions

- 1 In a bowl, whisk together whole eggs, egg whites, and Greek yogurt until smooth.
- 2 Season with garlic powder, salt, and pepper.
- 3 Heat butter in a large non-stick omelet pan over medium-low heat.
- 4 Add mushrooms and cook for 2-3 minutes until softened.
- 5 Add spinach and cook until wilted. Remove vegetables and set aside.
- 6 Pour egg mixture into the same pan and let set for 1 minute.
- 7 Using a spatula, gently pull edges toward center, tilting pan to let uncooked egg flow underneath.
- 8 When eggs are almost set, add cream cheese, mozzarella, turkey, and vegetables to one half.
- 9 Fold omelet in half and slide onto plate.
- 10 Garnish with fresh herbs and serve immediately.

## Chef Tips

- Greek yogurt in the eggs makes them extra fluffy and adds protein.
- Keep heat at medium-low to prevent burning the bottom.
- Don't overfill the omelet or it will be difficult to fold.
- Use a non-stick pan for easy release.

## Nutrition Facts

Calories	<b>560</b>
Protein	<b>42g</b>
Carbohydrates	<b>6g</b>
Fat	<b>36g</b>
Fiber	<b>2g</b>
Sugar	<b>4g</b>

## BREAKFAST

# Protein Smoothie Bowl

A thick, creamy smoothie bowl loaded with protein powder, Greek yogurt, and nuts. Perfect for post-workout recovery or a quick breakfast.

Prep Time  
**10 mins**

Servings  
**1**

Cook Time  
**0 mins**

Calories  
**550**

## Macronutrients



Protein  
**44g**



Carbs  
**18g**



Fat  
**32g**



## Ingredients

- 2 scoops (60g) whey protein powder (vanilla)
- 1/2 cup plain Greek yogurt (0% fat)
- 1/2 cup unsweetened almond milk
- 1/4 cup frozen berries
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 1/4 avocado
- 1 tsp vanilla extract
- Stevia to taste
- Ice cubes
- Toppings:
  - 2 tbsp chopped almonds
  - 1 tbsp coconut flakes
  - 1 tbsp hemp hearts

## Instructions

- 1 Add protein powder, Greek yogurt, and almond milk to a high-speed blender.
- 2 Add frozen berries, almond butter, chia seeds, and avocado.
- 3 Add vanilla extract and stevia to taste.
- 4 Blend until smooth and thick, adding ice as needed for consistency.
- 5 The mixture should be thick enough to eat with a spoon.
- 6 Pour into a bowl and arrange toppings on top.
- 7 Serve immediately for best texture.

## Chef Tips

- Use frozen fruit to create a thicker, ice cream-like consistency.
- Greek yogurt adds creaminess and significant protein.
- Adjust liquid amount to achieve desired thickness.
- This bowl provides complete amino acids from multiple protein sources.

## Nutrition Facts

Calories	<b>550</b>
Protein	<b>44g</b>
Carbohydrates	<b>18g</b>
Fat	<b>32g</b>
Fiber	<b>10g</b>
Sugar	<b>12g</b>

# Low-Carb Protein Pancakes

Fluffy pancakes made with protein powder, eggs, and cottage cheese. These low-carb pancakes pack a serious protein punch.

⌚ Prep Time  
**10 mins**

👤 Servings  
**1**

⌚ Cook Time  
**15 mins**

⚡ Calories  
**570**

## Macronutrients



Protein  
**43g**



Carbs  
**12g**



Fat  
**35g**



## Ingredients

- 1 scoop (30g) vanilla whey protein powder
- 1/3 cup almond flour
- 1/2 cup cottage cheese (low-fat)
- 2 large eggs
- 2 large egg whites
- 2 tbsp cream cheese, softened
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- Stevia to taste
- 1/4 tsp cinnamon
- Pinch of salt
- Butter for cooking
- Toppings: 2 tbsp chopped pecans, sugar-free syrup

## Instructions

- 1 In a blender, combine cottage cheese, eggs, egg whites, and cream cheese.
- 2 Blend until smooth and creamy.
- 3 In a bowl, whisk together protein powder, almond flour, baking powder, cinnamon, and salt.
- 4 Add the blended mixture to dry ingredients along with vanilla and stevia.
- 5 Mix until just combined - don't overmix.
- 6 Let batter rest for 5 minutes to thicken.
- 7 Heat butter in a non-stick pan over medium-low heat.
- 8 Pour 1/4 cup batter per pancake and cook for 3-4 minutes until bubbles form.
- 9 Flip carefully and cook for another 2-3 minutes until golden.
- 10 Serve topped with chopped pecans and sugar-free syrup.

## Chef Tips

- Cottage cheese makes these pancakes incredibly fluffy and protein-rich.
- Cook on medium-low heat to prevent burning the protein powder.
- These pancakes freeze well for quick weekday breakfasts.
- The batter will be thicker than regular pancakes - this is normal.

## Nutrition Facts

Calories	<b>570</b>
Protein	<b>43g</b>
Carbohydrates	<b>12g</b>
Fat	<b>35g</b>
Fiber	<b>6g</b>
Sugar	<b>6g</b>

LUNCH

# Chicken Power Salad

A nutrient-dense salad featuring grilled chicken breast with protein-rich toppings. This satisfying salad provides complete nutrition with minimal carbs.

⌚ Prep Time  
**15 mins**

👤 Servings  
**1**

⌚ Cook Time  
**20 mins**

⌚ Calories  
**590**

## Macronutrients



Protein  
**45g**



Carbs  
**12g**



Fat  
**38g**



## Ingredients

- 6 oz chicken breast, boneless skinless
- 3 cups mixed greens (spinach, arugula, romaine)
- 2 hard-boiled eggs, sliced
- 1/4 cup feta cheese, crumbled
- 1/4 avocado, sliced
- 2 tbsp pumpkin seeds
- 2 tbsp sunflower seeds
- 1/4 cup cucumber, diced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 clove garlic, minced
- 1 tsp Italian seasoning
- Salt and pepper to taste

## Instructions

- 1 Season chicken breast with Italian seasoning, salt, and pepper.
- 2 Grill or pan-cook chicken for 6-7 minutes per side until internal temp reaches 165°F.
- 3 Let chicken rest for 5 minutes, then slice into strips.
- 4 Arrange mixed greens in a large bowl.
- 5 Top with sliced chicken, hard-boiled eggs, feta cheese, and avocado.
- 6 Add cucumber, pumpkin seeds, and sunflower seeds.
- 7 In a small bowl, whisk together olive oil, balsamic vinegar, Dijon, and garlic.
- 8 Season dressing with salt and pepper.
- 9 Drizzle dressing over salad and toss gently to combine.

## Chef Tips

- Use a meat thermometer to ensure chicken is perfectly cooked.
- Hard-boiled eggs add significant protein and healthy fats.
- This salad keeps well in the fridge for up to 2 days (store dressing separately).
- Add different vegetables for variety while keeping carbs low.

## Nutrition Facts

Calories	<b>590</b>
Protein	<b>45g</b>
Carbohydrates	<b>12g</b>
Fat	<b>38g</b>
Fiber	<b>8g</b>
Sugar	<b>6g</b>

LUNCH

# Tuna Protein Bowl

A quick and easy protein bowl featuring tuna, cottage cheese, and healthy fats. Perfect for busy days when you need maximum nutrition fast.

Prep Time  
**10 mins**

Servings  
**1**

Cook Time  
**0 mins**

Calories  
**560**

## Macronutrients



Protein  
**44g**



Carbs  
**10g**



Fat  
**34g**



## Ingredients

- 1 can (5 oz) tuna in water, drained
- 1/2 cup cottage cheese (low-fat)
- 2 hard-boiled eggs, chopped
- 1/4 avocado, diced
- 2 cups mixed greens
- 1/4 cup cherry tomatoes, halved
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp capers
- 1 tbsp fresh dill, chopped
- 1/4 cup cucumber, diced
- 2 tbsp hemp hearts
- 1/2 tsp garlic powder
- Salt and pepper to taste

## Instructions

- 1 Arrange mixed greens in a large bowl as the base.
- 2 In a separate bowl, mix drained tuna with cottage cheese.
- 3 Add garlic powder, salt, and pepper to the tuna mixture.
- 4 Top the greens with the tuna-cottage cheese mixture.
- 5 Add chopped hard-boiled eggs, avocado, cherry tomatoes, and cucumber.
- 6 Sprinkle with capers, hemp hearts, and fresh dill.
- 7 In a small bowl, whisk together olive oil and lemon juice.
- 8 Drizzle dressing over the bowl and serve immediately.

## Chef Tips

- Use high-quality tuna for the best flavor and protein content.
- Cottage cheese adds creaminess and significant protein.
- This bowl is perfect for meal prep - just store dressing separately.
- Add different herbs like parsley or chives for variety.

## Nutrition Facts

Calories	<b>560</b>
Protein	<b>44g</b>
Carbohydrates	<b>10g</b>
Fat	<b>34g</b>
Fiber	<b>6g</b>
Sugar	<b>6g</b>

LUNCH

# Turkey Lettuce Wraps

Flavorful ground turkey wrapped in crisp lettuce leaves with protein-rich toppings. A satisfying, low-carb meal that's perfect for lunch.

🕒 Prep Time  
**15 mins**

👤 Servings  
**1**

🕒 Cook Time  
**10 mins**

⚡ Calories  
**540**

## Macronutrients



Protein  
**42g**



Carbs  
**8g**



Fat  
**36g**



## Ingredients

- 5 oz lean ground turkey (93/7)
- 6-8 large butter lettuce leaves
- 1/4 cup Greek yogurt (0% fat)
- 2 tbsp cream cheese
- 1/4 cup sharp cheddar cheese, shredded
- 1/4 avocado, diced
- 2 tbsp olive oil
- 1/4 cup onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh cilantro, chopped
- 1 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp chili powder
- Salt and pepper to taste

## Instructions

- 1 Heat 1 tbsp olive oil in a large pan over medium-high heat.
- 2 Add diced onion and cook for 2-3 minutes until softened.
- 3 Add ground turkey and cook for 5-6 minutes, breaking it up as it cooks.
- 4 Add garlic, cumin, paprika, chili powder, salt, and pepper.
- 5 Cook for another 2 minutes until turkey is fully cooked.
- 6 Remove from heat and stir in cream cheese until melted.
- 7 Mix Greek yogurt with remaining olive oil and a pinch of salt.
- 8 Arrange lettuce leaves on a plate.
- 9 Fill each leaf with turkey mixture, then top with cheddar cheese and avocado.
- 10 Drizzle with Greek yogurt sauce and garnish with cilantro.

## Chef Tips

- Choose large, sturdy lettuce leaves that won't tear when filled.
- Greek yogurt adds protein and creaminess without many carbs.
- This filling can be made ahead and reheated when ready to serve.
- Add hot sauce or salsa for extra flavor without carbs.

## Nutrition Facts

Calories	<b>540</b>
Protein	<b>42g</b>
Carbohydrates	<b>8g</b>
Fat	<b>36g</b>
Fiber	<b>4g</b>
Sugar	<b>4g</b>

LUNCH

# Salmon Zoodle Bowl

Pan-seared salmon over zucchini noodles with a protein-rich cream sauce. This omega-3 packed meal provides sustained energy with minimal carbs.

⌚ Prep Time  
**15 mins**

👤 Servings  
**1**

⌚ Cook Time  
**12 mins**

⚡ Calories  
**580**

## Macronutrients



Protein  
**43g**



Carbs  
**14g**



Fat  
**38g**



## Ingredients

- 6 oz salmon fillet, skin removed
- 2 large zucchini, spiralized
- 1/4 cup Greek yogurt (0% fat)
- 2 tbsp cream cheese
- 2 tbsp parmesan cheese, grated
- 2 tbsp olive oil
- 1 tbsp butter
- 2 cloves garlic, minced
- 1/4 cup cherry tomatoes, halved
- 2 tbsp fresh basil, chopped
- 1 tbsp lemon juice
- 1/2 tsp dried dill
- Salt and pepper to taste

## Instructions

- 1 Season salmon fillet with salt, pepper, and dried dill.
- 2 Heat 1 tbsp olive oil in a large pan over medium-high heat.
- 3 Cook salmon for 4-5 minutes per side until golden and cooked through.
- 4 Remove salmon and set aside to rest.
- 5 In the same pan, add butter and garlic, sauté for 1 minute.
- 6 Add zucchini noodles and cook for 2-3 minutes until just tender.
- 7 In a small bowl, mix Greek yogurt, cream cheese, and parmesan.
- 8 Add the yogurt mixture to the pan with zoodles and toss gently.
- 9 Add cherry tomatoes and cook for 1 minute until warmed.
- 10 Flake salmon into large pieces and add to the pan.
- 11 Drizzle with remaining olive oil and lemon juice, garnish with basil.

## Chef Tips

- Don't overcook the zucchini noodles to avoid them becoming mushy.
- Let salmon rest before flaking to keep it moist.
- Greek yogurt creates a creamy sauce while adding protein.
- This dish is best served immediately while warm.

## Nutrition Facts

Calories	<b>580</b>
Protein	<b>43g</b>
Carbohydrates	<b>14g</b>
Fat	<b>38g</b>
Fiber	<b>4g</b>
Sugar	<b>8g</b>

## DINNER

# Lean Beef Power Plate

A hearty dinner featuring lean beef with low-carb vegetables and protein-rich sides. This complete meal provides optimal nutrition for muscle recovery.

⌚ Prep Time  
**15 mins**

👤 Servings  
**1**

⌚ Cook Time  
**20 mins**

⚡ Calories  
**600**

## Macronutrients



Protein  
**45g**



Carbs  
**12g**



Fat  
**40g**



## Ingredients

- 6 oz lean beef sirloin, trimmed
- 2 cups broccoli florets
- 1 cup cauliflower, chopped
- 1/4 cup cottage cheese (low-fat)
- 2 tbsp olive oil
- 2 tbsp butter
- 1/4 cup sharp cheddar cheese, shredded
- 2 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tsp thyme
- 1/2 tsp paprika
- Salt and pepper to taste
- 1 tbsp fresh parsley for garnish

## Instructions

- 1 Season beef sirloin with salt, pepper, paprika, and thyme.
- 2 Heat 1 tbsp olive oil in a large pan over medium-high heat.
- 3 Cook beef for 4-5 minutes per side for medium-rare, or to desired doneness.
- 4 Remove beef and let rest for 5 minutes, then slice.
- 5 Steam broccoli and cauliflower until tender-crisp, about 5-6 minutes.
- 6 In a small pan, heat butter and sauté garlic for 1 minute.
- 7 Toss steamed vegetables with garlic butter and rosemary.
- 8 Top vegetables with cottage cheese and cheddar cheese.
- 9 Arrange sliced beef alongside vegetables on the plate.
- 10 Drizzle with remaining olive oil and garnish with fresh parsley.

## Chef Tips

- Use a meat thermometer to achieve perfect doneness.
- Let beef rest to redistribute juices for maximum tenderness.
- Cottage cheese adds significant protein and creaminess to vegetables.
- This meal provides complete amino acids and essential nutrients.

## Nutrition Facts

Calories	<b>600</b>
Protein	<b>45g</b>
Carbohydrates	<b>12g</b>
Fat	<b>40g</b>
Fiber	<b>6g</b>
Sugar	<b>6g</b>

## DINNER

# Chicken Stuffed Peppers

Bell peppers stuffed with a protein-rich mixture of ground chicken and cottage cheese, paired with mozzarella and parmesan. A complete, satisfying meal with minimal carbs.

Prep Time  
**20 mins**

Cook Time  
**30 mins**

Servings  
**1**

Calories  
**570**

## Macronutrients



Protein  
**44g**



Carbs  
**16g**



Fat  
**34g**



## Ingredients

- 2 large bell peppers, tops cut and seeds removed
- 5 oz lean ground chicken (93/7)
- 1/2 cup cottage cheese (low-fat)
- 1/4 cup mozzarella cheese, shredded
- 2 tbsp parmesan cheese, grated
- 2 tbsp olive oil
- 1/4 cup onion, diced
- 2 cloves garlic, minced
- 1/4 cup zucchini, diced
- 2 tbsp fresh basil, chopped
- 1 tsp Italian seasoning
- 1/2 tsp paprika
- Salt and pepper to taste

## Instructions

- 1 Preheat oven to 400°F (200°C).
- 2 Cut tops off bell peppers and remove seeds and membranes.
- 3 Heat olive oil in a large pan over medium heat.
- 4 Sauté onion and garlic until softened, about 3 minutes.
- 5 Add ground chicken and cook for 5-6 minutes until browned.
- 6 Add diced zucchini and cook for 2 minutes.
- 7 Season with Italian seasoning, paprika, salt, and pepper.
- 8 Remove from heat and stir in cottage cheese and half the mozzarella.
- 9 Stuff bell peppers with the chicken mixture.
- 10 Top with remaining mozzarella and parmesan cheese.
- 11 Bake for 20-25 minutes until peppers are tender and cheese is golden.
- 12 Garnish with fresh basil before serving.

## Chef Tips

- Choose peppers that can stand upright for even cooking.
- Cottage cheese adds significant protein and keeps the filling moist.
- This recipe can be made ahead and reheated.
- Add different herbs and spices for variety.

## Nutrition Facts

Calories	<b>570</b>
Protein	<b>44g</b>
Carbohydrates	<b>16g</b>
Fat	<b>34g</b>
Fiber	<b>6g</b>
Sugar	<b>10g</b>

## DINNER

# Shrimp Protein Stir-Fry

Quick and flavorful shrimp stir-fry with low-carb vegetables and protein-rich additions. Perfect for busy weeknight dinners.

🕒 Prep Time  
**15 mins**

👤 Servings  
**1**

🕒 Cook Time  
**10 mins**

⚡ Calories  
**550**

## Macronutrients



Protein  
**42g**



Carbs  
**14g**



Fat  
**36g**



## Ingredients

- 6 oz large shrimp, peeled and deveined
- 2 large eggs, beaten
- 2 cups mixed stir-fry vegetables (broccoli, snap peas, bell peppers)
- 1/4 cup edamame, shelled
- 3 tbsp olive oil
- 2 tbsp sesame oil
- 2 tbsp soy sauce (low sodium)
- 1 tbsp rice vinegar
- 2 cloves garlic, minced
- 1 tsp ginger, grated
- 2 tbsp sesame seeds
- 2 green onions, sliced
- 1/4 tsp red pepper flakes
- Salt and pepper to taste

## Instructions

- 1 Season shrimp with salt and pepper.
- 2 Heat 1 tbsp olive oil in a large wok or pan over high heat.
- 3 Add shrimp and cook for 2-3 minutes per side until pink and cooked through.
- 4 Remove shrimp and set aside.
- 5 Add 1 tbsp olive oil to the same pan.
- 6 Pour in beaten eggs and scramble until just set. Remove and set aside.
- 7 Add remaining olive oil and sesame oil to the pan.
- 8 Add garlic and ginger, stir-fry for 30 seconds.
- 9 Add mixed vegetables and edamame, stir-fry for 3-4 minutes.
- 10 Return shrimp and eggs to the pan.
- 11 Add soy sauce, rice vinegar, and red pepper flakes. Toss to combine.
- 12 Garnish with sesame seeds and green onions.

## Chef Tips

- Don't overcook the shrimp to keep them tender and juicy.
- Use the highest heat possible for authentic stir-fry flavor.
- Have all ingredients prepped before starting to cook.
- Eggs add extra protein and create a more filling meal.

## Nutrition Facts

Calories	<b>550</b>
Protein	<b>42g</b>
Carbohydrates	<b>14g</b>
Fat	<b>36g</b>
Fiber	<b>6g</b>
Sugar	<b>6g</b>

## DINNER

# Turkey Protein Burger

A protein-packed turkey burger with cheese and avocado, served lettuce-wrap style. This satisfying meal provides complete nutrition with minimal carbs.

🕒 Prep Time  
**15 mins**

👤 Servings  
**1**

🕒 Cook Time  
**15 mins**

⚡ Calories  
**590**

## Macronutrients



Protein  
**45g**



Carbs  
**8g**



Fat  
**40g**



## Ingredients

- 6 oz lean ground turkey (93/7)
- 1 large egg white
- 2 tbsp cottage cheese (low-fat)
- 1 slice sharp cheddar cheese
- 1/4 avocado, sliced
- Large lettuce leaves for wrapping
- 2 tbsp olive oil
- 1 tbsp Dijon mustard
- 1/4 cup onion, finely diced
- 1 clove garlic, minced
- 1 tsp Worcestershire sauce
- 1/2 tsp paprika
- 1/4 tsp black pepper
- Salt to taste
- Tomato slices and pickles for serving

## Instructions

- 1 In a bowl, mix ground turkey, egg white, cottage cheese, and diced onion.
- 2 Add garlic, Worcestershire sauce, paprika, salt, and pepper.
- 3 Mix gently until just combined - don't overmix.
- 4 Form into one large patty about 3/4 inch thick.
- 5 Heat olive oil in a pan over medium-high heat.
- 6 Cook burger for 6-7 minutes per side until internal temp reaches 165°F.
- 7 In the last minute, top with cheddar cheese and let melt.
- 8 Remove from heat and let rest for 2 minutes.
- 9 Arrange lettuce leaves on a plate.
- 10 Place burger on lettuce and top with avocado slices.
- 11 Add tomato, pickles, and Dijon mustard.
- 12 Wrap in lettuce leaves and serve immediately.

## Chef Tips

- Cottage cheese keeps the burger moist and adds protein.
- Don't press down on the burger while cooking to retain juices.
- Use a meat thermometer to ensure proper doneness.
- This burger can be grilled instead of pan-cooked.

## Nutrition Facts

Calories	<b>590</b>
Protein	<b>45g</b>
Carbohydrates	<b>8g</b>
Fat	<b>40g</b>
Fiber	<b>4g</b>
Sugar	<b>4g</b>

# Protein Energy Bites

Portable energy bites packed with protein powder, nuts, and seeds. Perfect for pre-workout fuel or between-meal snacks.

🕒 Prep Time  
15 mins

👤 Servings  
8

Cook Time  
🕒 0 mins (30 mins refrigeration)

⚡ Calories  
180

## Macronutrients

grams

Protein  
12g

grams

Carbs  
8g

grams

Fat  
12g



## Ingredients

- 1 scoop (30g) vanilla whey protein powder
- 1/2 cup almond butter
- 1/4 cup ground flaxseed
- 2 tbsp chia seeds
- 2 tbsp hemp hearts
- 2 tbsp coconut oil, melted
- 1 tbsp honey
- 1 tsp vanilla extract
- 1/4 tsp cinnamon
- Pinch of salt
- 2 tbsp mini dark chocolate chips (optional)

## Instructions

- 1 In a large bowl, mix protein powder, ground flaxseed, chia seeds, and hemp hearts.
- 2 Add almond butter, melted coconut oil, honey, and vanilla extract.
- 3 Add cinnamon and salt, mix until well combined.
- 4 If mixture is too dry, add a little more coconut oil.
- 5 Fold in chocolate chips if using.
- 6 Roll mixture into 8 balls using your hands.
- 7 Place on a parchment-lined tray and refrigerate for 30 minutes.
- 8 Store in refrigerator for up to one week.

## Chef Tips

- Use a high-quality whey protein powder for best taste and texture.
- These bites are perfect for post-workout recovery.
- Make a double batch and freeze half for later.
- Adjust sweetness by adding more or less honey.

## Nutrition Facts

Calories	180
Protein	12g
Carbohydrates	8g
Fat	12g
Fiber	4g
Sugar	4g

# High-Protein Greek Yogurt

A protein-boosted Greek yogurt parfait with nuts and seeds. This simple snack provides sustained energy and muscle-building nutrients.

Prep Time  
**5 mins**

Cook Time  
**0 mins**

Servings  
**1**

Calories  
**320**

## Macronutrients



Protein  
**40g**



Carbs  
**12g**



Fat  
**12g**



## Ingredients

- 1 cup plain Greek yogurt (0% fat)
- 1 scoop (30g) vanilla whey protein powder
- 2 tbsp almond butter
- 1 tbsp chopped walnuts
- 1 tbsp hemp hearts
- 1 tsp chia seeds
- 1/4 cup fresh berries
- 1 tsp honey
- 1/4 tsp cinnamon
- 1 tbsp coconut flakes

## Instructions

- 1 In a bowl, whisk together Greek yogurt and protein powder until smooth.
- 2 Add honey and cinnamon, mix well.
- 3 Swirl in almond butter for a marbled effect.
- 4 Top with fresh berries, chopped walnuts, and hemp hearts.
- 5 Sprinkle with chia seeds and coconut flakes.
- 6 Serve immediately or refrigerate for up to 2 days.

## Chef Tips

- Choose a high-quality protein powder that mixes well with yogurt.
- This parfait is perfect for post-workout recovery.
- Use frozen berries if fresh aren't available.
- Add different nuts and seeds for variety.

## Nutrition Facts

Calories	<b>320</b>
Protein	<b>40g</b>
Carbohydrates	<b>12g</b>
Fat	<b>12g</b>
Fiber	<b>6g</b>
Sugar	<b>8g</b>

# Protein Smoothie Variations

A collection of high-protein smoothies perfect for post-workout recovery or meal replacement. Each variation provides complete amino acids.

⌚ Prep Time  
**5 mins**

☕ Servings  
**1**

⌚ Cook Time  
**0 mins**

⚡ Calories  
**400**

## Macronutrients



Protein  
**42g**



Carbs  
**15g**



Fat  
**20g**



## Ingredients

- Base Recipe:
- 2 scoops (60g) whey protein powder
- 1 cup unsweetened almond milk
- 1/2 cup Greek yogurt (0% fat)
- 1 tbsp almond butter
- Ice cubes
- 
- Chocolate Peanut Butter:
- Base + 1 tbsp cocoa powder + 1 tbsp peanut butter
- 
- Berry Vanilla:
- Base + 1/2 cup mixed berries + 1 tsp vanilla extract
- 
- Green Power:
- Base + 1 cup spinach + 1/4 avocado + 1 tsp honey

## Instructions

- 1 Add all base ingredients to a high-speed blender.
- 2 Add ingredients for your chosen variation.
- 3 Blend until smooth and creamy, about 60 seconds.
- 4 Add ice cubes and blend again until desired consistency.
- 5 Taste and adjust sweetness if needed.
- 6 Pour into a glass and enjoy immediately.

## Chef Tips

- Use cold ingredients for the best texture.
- Greek yogurt adds creaminess and extra protein.
- Prep smoothie ingredients in freezer bags for quick blending.
- These smoothies are perfect within 30 minutes post-workout.

## Nutrition Facts

Calories	<b>400</b>
Protein	<b>42g</b>
Carbohydrates	<b>15g</b>
Fat	<b>20g</b>
Fiber	<b>6g</b>
Sugar	<b>10g</b>

# Low-Carb Protein Snacks

A collection of high-protein, low-carb snacks perfect for maintaining energy levels between meals while hitting protein goals.

Prep Time  
**Varies**

Cook Time  
**Varies**

Servings  
**Varies**

Calories  
**Varies**

## Macronutrients



Protein  
**Varies**



Carbs  
**Varies**



Fat  
**Varies**



## Ingredients

- Hard-Boiled Egg Bites:
- 6 hard-boiled eggs
- 2 tbsp Greek yogurt
- 1 tbsp Dijon mustard
- Paprika and chives
- 
- Protein Cheese Crisps:
- 1 cup shredded cheese
- 1 tbsp protein powder
- Seasonings of choice
- 
- Turkey Roll-Ups:
- 4 oz sliced turkey
- 4 oz cream cheese
- Cucumber sticks
- Fresh herbs

## Instructions

- 1 Hard-Boiled Egg Bites:
- 2 Cut eggs in half, mix yolks with Greek yogurt and mustard.
- 3 Refill whites and garnish with paprika and chives.
- 4
- 5 Protein Cheese Crisps:
- 6 Mix cheese with protein powder, bake at 400°F for 5-7 minutes.
- 7
- 8 Turkey Roll-Ups:
- 9 Spread cream cheese on turkey slices, add cucumber.
- 10 Roll up and secure with toothpicks.

## Chef Tips

- These snacks are perfect for meal prep and portion control.
- Store all snacks in airtight containers in the refrigerator.
- Each snack provides 15-25g protein with minimal carbs.
- Rotate between different snacks to prevent boredom.

## Nutrition Facts

Calories	<b>Varies by snack</b>
Protein	<b>15-25g per serving</b>
Carbohydrates	<b>2-8g per serving</b>
Fat	<b>8-15g per serving</b>
Fiber	<b>1-3g per serving</b>
Sugar	<b>1-4g per serving</b>