



Quick HIGH PROTEIN RECIPES

EASY, MACRO-FRIENDLY
SNACKS & MEALS TO
HELP YOU STAY ON
TRACK & ACHIEVE YOUR
TRAINING GOALS

BY ROWAN HUMBLE



French Toast

a breakfast classic

INGREDIENTS

5 SLICES OF WEIGHT WATCHERS MULTIGRAIN BREAD
1 CUP OF EGG WHITES
CINNAMON

OPTIONAL:

LOW FAT WHIP
SUGAR-FREE SYRUP

INSTRUCTIONS

Heat a non-stick frying pan on medium heat. Pour your egg whites in a flat dish and add a pinch of cinnamon. Mix.

Once the pan is warm, dip your bread in the egg whites, one slice at a time. Fry in the heated pan for 2-3 minutes per side, until slightly brown. Add optional toppings and serve.

MACROS

C 50g / F 2.5g / P 41g



Protein Cereal

amp up those o's

INGREDIENTS

2 SERVINGS OF ANY
CEREAL (LESS THAN 130
CALS/SERVING)
50 GRAMS WHEY ISOLATE
PROTEIN POWDER
1 CUP OF CASHEW MILK

INSTRUCTIONS

Add protein powder and milk
in a blender or shaker and
mix together.

Pour your cereal into a bowl
and add milk on top.

MACROS

C ~40g / F 6g / P 48g

Choco Chips Pancakes

comfort food

INGREDIENTS

20 GRAMS VEGAN PROTEIN POWDER
1 LARGE EGG
1 TBSP COCONUT FLOUR
100 GRAMS EGG WHITES
20 GRAMS QUICK OATS
10 GRAMS CHOCOLATE CHIPS

INSTRUCTIONS

Add all ingredients except the chocolate chips in a blender. Blend until smooth.

Pour batter onto hot pan and add chocolate chips. Flip when bubbly. Cook 2-3 mins per side.

MACROS

C 27g / F 11g / P 34g



Yogurt Bowl

a berry good option

INGREDIENTS

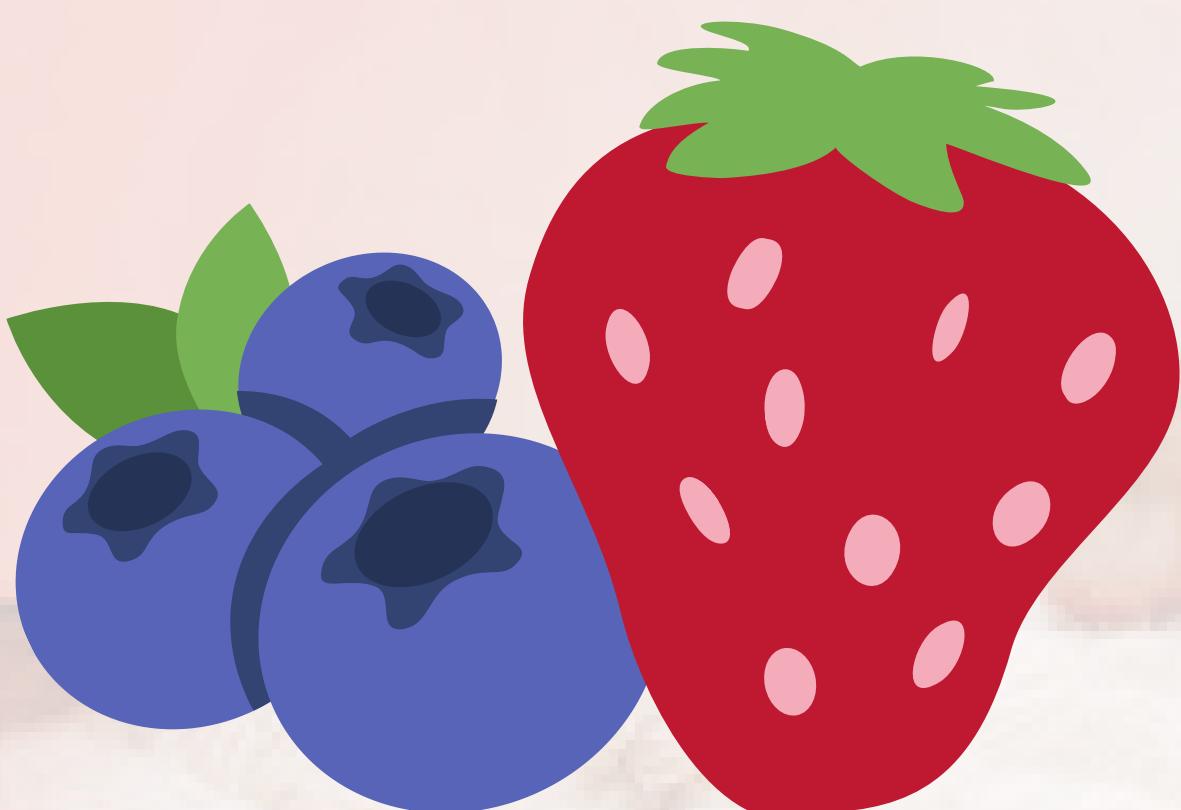
250 GRAMS PLAIN 0% GREEK YOGURT
1 SCOOP WHEY ISOLATE PROTEIN POWDER
50 GRAMS SPECIAL K LOW FAT GRANOLA
100 GRAMS BLUEBERRIES

INSTRUCTIONS

Spoon the Greek yogurt into a bowl. Add in protein powder and mix thoroughly until incorporated. Top with granola, blueberries, and cinnamon for a touch of sweetness!

MACROS

C 50g / F 2.5g / P 50g





Green Smoothie

eat those greens!

INGREDIENTS

- 1 CUP OF SPINACH
- 1 SCOOP WHEY ISOLATE PROTEIN POWDER (VANILLA)
- 1 TSP CINNAMON
- 1 TBSP NATURAL PEANUT BUTTER
- 1 MEDIUM BANANA (FROZEN)
- 1 CUP UNSWEETENED CASHEW MILK

INSTRUCTIONS

Put all ingredients into a high-powered blender. Blend at high speed until smooth. If your banana isn't frozen, add a few ice cubes. Add more or less cashew milk to create the desired consistency. Pour into a glass.

MACROS

C 37g / F 11.5g / P 31g



Flatbread Pizza



INGREDIENTS

1 JOSEPH'S LAVASH FLATBREAD
20 SLICES OF BUTTERBALL TURKEY PEPPERONI
45 GRAMS PART SKIM MOZZARELLA
VEGETABLES & PIZZA SAUCE TO TASTE

INSTRUCTIONS

Spread pizza sauce on flatbread. Top with turkey pepperoni and vegetables of your liking. Top with cheese and bake at 350F for 8-10 minutes.

MACROS

C 16g / F 15g / P 32g

INGREDIENTS

100 GRAMS LIVIVA BLACK BEAN PASTA (DRY)
50 GRAMS CHICKEN BREAST OR 40 GRAMS EXTRA LEAN GROUND BEEF, COOKED
2 TBSP RED PASTA SAUCE OF CHOICE OR 1 TBSP CLASSICO BASIL PESTO

INSTRUCTIONS

Cook pasta as directed. Heat sauce and pre-cooked meat of choice and mix together. Top with optional fresh basil and spices.

MACROS

C ~20g / F 10g / P 52g

Simple Pasta



INGREDIENTS

1/3 CUP ROLLED OATS
40 GRAMS SLICED BANANA
2/3 CUPS UNSWEETENED CASHEW MILK
1/2 SCOOP WHEY ISOLATE PROTEIN POWDER (VANILLA)
1/2 TBSP CHIA SEEDS
1 TBSP NATURAL PEANUT BUTTER
1/2 TSP VANILLA EXTRACT
1 TSP PURE MAPLE SYRUP

INSTRUCTIONS

Combine oats, chia seeds, protein powder, maple syrup, peanut butter, and vanilla. Stir to combine. Add in cashew milk and mix until fully incorporated.

Cover and chill overnight, or for a minimum of 4 hours. Add sliced bananas on top when ready to eat.

MACROS

C 30g / **F** 11g / **P** 23g

a quick brekky

*Overnight
Oats*



Chicken Wrap

wrap it up!

INGREDIENTS

- 1 DEMPSTERS ANCIENT GRAINS WRAP
- 100 GRAMS CHICKEN BREAST, COOKED
- 1 TBSP BBQ SAUCE
- 50 GRAMS 0% PLAIN GREEK YOGURT
- 40 GRAMS AVOCADO

INSTRUCTIONS

Spread the Greek yogurt along the surface of the wrap. Add chicken, bbq sauce, and cut up avocado on top. Then, wrap it to your liking.

Feel free to bolster the micronutrient content by adding lettuce, sprouts, or spinach!

MACROS

C 40g / F 12g / P 42g

Classic PB+J

comfort food

INGREDIENTS

4 SLICES OF WEIGHT WATCHERS BREAD
26 GRAMS PB2 (DRY)
1/2 TBSP NATURAL PEANUT BUTTER
30 GRAMS NO SUGAR ADDED STRAWBERRY JAM

INSTRUCTIONS

Mix powdered PB2 as instructed to form a paste. Then, mix with natural peanut butter.

Spread jam and mixed peanut butter on bread.

MACROS

C 48g / F 12g / P 26g



INGREDIENTS

1 CUP UNSWEETENED CASHEW MILK
40 GRAMS AVOCADO
1 LARGE BANANA (FROZEN)
1 TBSP CHIA SEEDS
1 SCOOP WHEY ISOLATE PROTEIN POWDER (VANILLA)
1 TSP ALMOND BUTTER
1 TBSP HEMP HEARTS
1 MEDJOOL DATE, PITTED
1/2 TSP CINNAMON
1/4 TSP VANILLA EXTRACT
2 ICE CUBES

INSTRUCTIONS

Add the cashew milk into a high-powered blender, followed by the rest of the ingredients. Blend until thick and smooth. If necessary, add more cashew milk to reach desired consistency.

Pour into a bowl and top with fresh fruit of your choosing.

MACROS

C 60g / **F** 21g / **P** 40g (without fruit)

frothy deliciousness

Smoothie
Bowl

Muffin Burgers

stack it up high

INGREDIENTS

2 ENGLISH MUFFINS
120 GRAMS EXTRA LEAN GROUND BEEF
1 SLICE KRAFT FAT-FREE CHEESE SLICE, SPLIT IN TWO
1/4 CUP 0% PLAIN GREEK YOGURT

OPTIONAL:
VEGETABLES
LOW CALORIE SAUCES

INSTRUCTIONS

Season the ground beef with salt, pepper, and spices to your liking. Form into two patties. Grill patties on the stove top on medium-high heat for 5-7 minutes per side. In the last minute of cook time, add the split cheese slice on top to melt it.

Spread the Greek yogurt on each of the english muffins. Top your patties with lettuce, tomato, pickles, or any other vegetable you fancy. To really round out your burgers, add low calorie sauces, such as yellow mustard or hot sauce.

MACROS

C 50g / F 12g / P 40g



Zesty Tuna Salad

way less boring



INGREDIENTS

- 1 CAN FLAKED LIGHT TUNA, DRAINED
- 50 GRAMS 0% PLAIN GREEK YOGURT
- 1 TSP DIJON MUSTARD
- 1/2 TSP SALT
- 1/4 TSP PEPPER
- SQUEEZE OF LEMON JUICE
- 1/2 TBSP HORSERADISH
- 1 STALK OF CELERY, DICED
- 1 FLATOUP PROTEIN UP FLATBREAD

INSTRUCTIONS

Mix all ingredients together in a bowl to make a tuna salad. Spoon onto flatbread and top with veggies of your choosing. Wrap as desired.

MACROS

C 23g / F 4g / P 48g



FroYo Bites

delicious dots

INGREDIENTS

- 1.5 CUPS FRESH STRAWBERRIES
- 1 TBSP HONEY
- 1 TBSP COCONUT OIL
- 1/2 SCOOP WHEY ISOLATE PROTEIN POWDER (VANILLA)
- 1 CUP 0% PLAIN GREEK YOGURT

INSTRUCTIONS

Wash and dice strawberries. Add honey, coconut oil, and protein powder with strawberries in a blender. Blend until smooth.

Pour strawberry puree into a bowl and mix in yogurt.

Line a baking sheet with parchment paper. Pour mixture into small circular dots on the sheet, spacing them apart evenly. Put baking sheet in the freezer and freeze FroYo dots until firm.

MACROS

C 43g / F 14g / P 39g

Protein Pudding



INGREDIENTS

1 PACKAGE NO SUGAR ADDED JELLO PUDDING MIX
1 CUP UNSWEETENED CASHEW MILK
40 GRAMS CASEIN PROTEIN POWDER

OPTIONAL:

APPROX. 100 CALS OF TOPPINGS

INSTRUCTIONS

Mix all ingredients together and chill to your liking. Add toppings of your choosing.

MACROS

C 30g / F 5g / P 35g (w/o toppings)

INGREDIENTS

40 GRAMS WHEY ISOLATE PROTEIN POWDER (OR CASEIN)
1 CUP UNSWEETENED CASHEW MILK
100 GRAMS 0% PLAIN GREEK YOGURT
6 LARGE ICE CUBES

OPTIONAL:

1/4 TSP GUAR GUM (THICKENER)
APPROX. 100 CALS OF TOPPINGS

INSTRUCTIONS

Blend all ingredients in a high-powered blender and freeze until solid.

MACROS

C 10g / F 3g / P 45g (w/o toppings)

Protein Ice Cream



Mini Turkey Loaves

petite eats

INGREDIENTS

- 1 SMALL ONION, MINCED
- 1 TSP OLIVE OIL
- 544 GRAMS LEAN GROUND TURKEY
- 1/2 CUP ROLLED OATS
- 1/4 CUP PRIMAL KITCHEN KETCHUP
- 2 TSP WORCESTERSHIRE SAUCE
- 1 LARGE EGG
- 1 TSP OREGANO
- 1 TSP SALT

INSTRUCTIONS

Saute onion in olive oil a pan until translucent. When cooked, mix in a large bowl with remaining ingredients. Form mixture into 4 patties and cook on a baking sheet at 350F for 40 minutes.

MACROS

C 14g / F 5g / P 29g

PB Protein Bites

a sweet treat

INGREDIENTS

- 1/2 CUP NATURAL PEANUT BUTTER
- 1/3 CUP WHEY ISOLATE PROTEIN POWDER (VANILLA)
- 1/3 CUP GROUND FLAXSEED
- 1/4 CUP HONEY
- 1/2 CUP ROLLED OATS
- 1/2 TSP CINNAMON
- 1 TSP VANILLA EXTRACT
- 1 TBSP CHIA SEEDS
- 1 TBSP MINI CHOCOLATE CHIPS

INSTRUCTIONS

Add all the wet ingredients together in a large bowl and use your hands to combine well. Next, add all dry ingredients into the wet ingredients and incorporate with your hands. Roll dough into balls (recipe should yield approximately 10 bites.) Refrigerate until set.

MACROS

C 14g / F 8g / P 7g (per bite)

INGREDIENTS

1 LB GROUND CHICKEN
1.5 CUPS SWEET POTATO, SHREDDED
3 TBSP ALMOND FLOUR
1 TBSP CHILI POWDER
2 TSP GARLIC POWDER
1 TSP ONION POWDER
1 TSP SMOKED PAPRIKA (OR PAPRIKA)
1 TSP SALT

INSTRUCTIONS

Using a grater, shred the sweet potatoes. Combine with all remaining ingredients in a bowl. Using your hands, form the mixture into 1/4 inch egg-shaped patties.

Cook patties on a parchment lined baking sheet at 350F for 25 minutes, flipping halfway through cooking time.

Tip: If mixture is too sticky, chill for 20 minutes prior to shaping.

MACROS

C 25g / **F** 15g / **P** 54g (per half recipe)

bite-sized yum

Chicken
Nuggets



Shrimp Zoodles

super spirals

INGREDIENTS

3 MEDIUM ZUCCHINI, SPIRALIZED
454 GRAMS RAW SHRIMP, PEELED & DEVEINED
1 TBSP OLIVE OIL
1 TBSP BUTTER
3 GARLIC CLOVES, MINCED
1 TSP ITALIAN SEASONING
1/2 TSP RED PEPPER FLAKES
FRESH PARSLEY, CHOPPED



INSTRUCTIONS

Buy pre-spiralized zucchini noodles or prepare zucchini with a spiralizer.

Heat oil in pan on medium heat and add shrimp. Add salt, garlic, Italian seasoning, and red pepper flakes. Cook for 1 minute or until shrimp is pink. Remove from pan and set aside.

Add butter and zucchini noodles to the pan and cook for 2 minutes or until tender. Add shrimp back into the pan and stir together. Top with parsley and serve.

MACROS

C 13g / F 15g / P 34g (per half recipe)