



Healthy Recipes Collection – Lift & Grow

1. High-Protein Chicken Bowl

Ingredients:

- 150g grilled chicken breast
- 1 cup brown rice
- ½ cup black beans
- ½ avocado, sliced
- Salsa or hot sauce (optional)

Instructions:

1. Cook the rice and beans.
2. Grill the chicken with olive oil, salt, and pepper.
3. Assemble in a bowl, top with avocado and salsa.

2. Protein Smoothie (Post-Workout)

Ingredients:

- 1 scoop whey protein
- 1 banana
- 1 tbsp peanut butter
- 1 cup milk or almond milk

- ½ cup oats

Instructions:

1. Blend all ingredients until smooth.
2. Drink chilled after workout for quick recovery.

3. Oat & Berry Protein Pancakes

Ingredients:

- 1 cup rolled oats
- 2 eggs
- ½ cup Greek yogurt
- 1 scoop vanilla whey protein
- ½ cup blueberries

Instructions:

1. Blend oats, eggs, yogurt, and whey into a batter.
2. Cook on a non-stick pan like pancakes.
3. Top with blueberries and a drizzle of honey.

4. Salmon with Quinoa & Veggies

Ingredients:

- 200g salmon fillet
- 1 cup quinoa
- 1 cup broccoli & carrots (steamed)
- Olive oil, lemon juice, salt, pepper

Instructions:

1. Cook quinoa according to instructions.
2. Grill salmon with olive oil, lemon, salt, and pepper.
3. Serve with quinoa and veggies on the side.

5. Egg & Avocado Toast

Ingredients:

- 2 slices whole wheat bread
- 2 boiled or poached eggs
- ½ avocado (mashed)
- Salt, pepper, chili flakes

Instructions:

1. Toast the bread.
2. Spread mashed avocado.
3. Top with sliced eggs, sprinkle seasoning.

6. Cottage Cheese Power Snack


Ingredients:

- 1 cup low-fat cottage cheese
- 1 tbsp flax or chia seeds
- ½ cup pineapple chunks (or berries)

Instructions:

1. Mix all ingredients in a bowl.

2. Enjoy as a high-protein evening snack.

 These recipes are:

- **High-protein & nutrient-dense**
- **Quick to prepare** (great for busy people)
- **Perfect for meal prep**