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Cherry Pomegranate Smoothie



Ingredients

- 1/2 cup ice
- 1/2 cup pitted tart cherries, either fresh or frozen
- 1/2 cup pomegranate juice
- 2 scoops vanilla protein powder
- 2 tbsp. chopped walnuts
- 2 small cooked, peeled beets (or raw beet, scrubbed and chopped)

Instructions

- 1) If using a raw beet, scrub and chop it into small pieces.
- 2) Measure out the tart cherries, pomegranate juice, and chopped walnuts.

3) In a blender, add the ice, tart cherries, pomegranate juice, vanilla protein powder, chopped walnuts, and beet.

4) High-speed blending until smooth and well combined. If the smoothie is too thick, add a little water or more pomegranate juice to reach your desired consistency.

5) Pour the smoothie into two glasses.

6) Serve immediately.

NUTRITION:

Cal: 200

Fat: 6 g

Carb: 24 g

Protein: 15 g

Serving 2

5 minutes for preparation

Cooking time 0 minutes

Banana Almond Smoothie



Ingredients

- 1 cup coconut water
- 1 cup plain Greek yogurt
- 6 tbsp. almond butter
- Two scoops of unflavored or vanilla whey protein powder
- 2 tbsp. hulled hemp seeds
- 2 frozen bananas
- 2 cups ice

Instructions

- 3) In a blender, add the coconut water, Greek yogurt, almond butter, whey protein powder, hulled hemp seeds, frozen banana, and ice.
- 4) Process at high speed until creamy and seamless. If the smoothie is too thick, add a little more coconut water to reach your desired consistency.
- 5) Pour the smoothie into two glasses.
- 6) Serve immediately.

NUTRITION:

Cal: 300
Fat: 18 g
Carb: 20 g
Protein: 22 g

Serving 2
5 minutes for preparation
Cooking time 0 minutes

Berry Shake Smoothie



Ingredients

- 12 oz water
- 1 cup fresh spinach
- 2 cups frozen mixed berries
- 1/2 cup plain low-fat yogurt
- 2 scoops vanilla protein powder
- 1 tbsp. walnuts
- 1 tbsp. ground flaxseed

Instructions

- 1) Measure out the water, spinach, mixed berries, yogurt, protein powder, walnuts, and ground flaxseed.

2) In a blender, add the water, spinach, frozen mixed berries, yogurt, vanilla protein powder, walnuts, and ground flaxseed.

3) Using a high speed, blend until creamy and seamless. Add a bit more water if the smoothie is too thick to reach your desired consistency.

4) Pour the smoothie into two glasses.

5) Serve immediately.

NUTRITION:

Cal: 280

Fat: 8 g

Carb: 30 g

Protein: 25 g

Serving 2

5 minutes for preparation

Cooking time 0 minutes

Chocolate Cherry Smoothie



Ingredients

- 12 oz water, milk, or yogurt (your choice)
- 2 scoops chocolate flavored protein powder
- 2 cups sweet dark cherries, pits removed (fresh or frozen)
- 1 cup fresh spinach
- 1 tbsp. walnuts
- 1 tbsp. ground flaxseed
- 1 tbsp. cacao nibs or dark cocoa powder

Instructions

- 1) Measure out the liquid (water, milk, or yogurt), chocolate protein powder, cherries, spinach, walnuts, ground flaxseed, and cacao nibs or cocoa powder.
- 2) Pit the cherries if using fresh ones.
- 3) In a blender, add the liquid (water, milk, or yogurt), chocolate protein powder, cherries, spinach, walnuts, ground flaxseed, and cacao nibs or cocoa powder.
- 4) Using a high speed, blend until smooth and creamy. If the smoothie is too thick, thin it out with a little additional liquid to get the right consistency.
- 5) Pour the smoothie into two glasses.
- 6) Serve immediately.

NUTRITION:

Cal: 300

Fat: 10 g

Carb: 35 g

Protein: 25 g

Serving 2

5 minutes for preparation

Cooking time 0 minutes

Baked Apple Smoothie



Ingredients

- 12 oz water, milk, or yogurt (your choice)
- Two scoops of protein powder with a vanilla taste
- One apple, cut into wedges after the core is removed
- 1 cup fresh spinach
- 1 tbsp. almonds
- 1 tbsp. ground flaxseed
- 1 tbsp. sesame seeds
- Cinnamon to taste
- Ice as needed

Instructions

- 1) Measure out the liquid (water, milk, or yogurt), vanilla protein powder, apple wedges, spinach, almonds, ground flaxseed, and sesame seeds.
- 2) Core and slice the apple.
- 3) In a blender, add the liquid (water, milk, or yogurt), vanilla protein powder, apple wedges, spinach, almonds, ground flaxseed, sesame seeds, and a sprinkle of cinnamon.
- 4) Add ice as needed for desired thickness and chill.
- 5) Using a high speed, blend until smooth and creamy. If the smoothie is too thick, thin it out with a little additional liquid to get the right consistency.
- 6) Pour the smoothie into two glasses.
- 7) Serve immediately, with an extra sprinkle of cinnamon on top if desired.

NUTRITION:

Cal: 270

Fat: 10 g

Carb: 30 g

Protein: 25 g

Serving 2

5 minutes for preparation

Cooking time 0 minutes

High Protein Energy Bombs



Ingredients

- 1 cup rolled oats
- Half a cup of vanilla protein powder (vegetable or whey)
- A half-cup of almond or peanut butter
- 1/4 cup honey or maple syrup
- 1/4 cup cacao nibs or tiny dark chocolate chips
- 1/4 cup ground flaxseed
- 1/4 cup chia seeds
- 1/4 cup unsweetened shredded coconut
- 1 tsp. vanilla extract
- Pinch of salt

Instructions

- 1) Combine the rolled oats, protein powder, chia seeds, ground flaxseed, and a small amount of salt in a large mixing bowl.
- 2) Add the almond butter (or peanut butter), honey (or maple syrup), vanilla extract, and unsweetened shredded coconut.
- 3) Mix until all ingredients are nicely matched. When pushed, the mixture ought to stay together since it is sticky.
- 4) Stir in the mini dark chocolate chips or cacao nibs.
- 5) Using a tbsp. or small cookie scoop, portion out the blend, and form it into balls about one inch in diameter.
- 6) Place the protein bombs on a baking sheet lined with parchment paper.
- 7) Refrigerate for at least 30 minutes to allow them to set.
- 8) Enjoy the high protein bombs immediately or store them for up to a week in the refrigerator or up to a month in the freezer in an airtight container.

NUTRITION:

Cal: 150

Fat: 8 g

Carb: 14 g

Protein: 15 g

Serving 12
10 minutes for preparation
Cooking time 0 minutes

High Protein Banana Orange Bars



Ingredients

- 2 cups rolled oats
- 1 cup vanilla protein powder (whey or plant-based)
- A half-cup of almond or peanut butter
- 1/4 cup honey or maple syrup
- 1/4 cup orange juice
- 1 medium ripe banana, mashed
- 1 tbsp. orange zest (from about 1-2 oranges)
- 1/4 cup chia seeds
- 1/4 cup ground flaxseed
- 1/4 cup unsweetened shredded coconut
- 1 tsp. vanilla extract
- Pinch of salt

Instructions

- 1) Combine the rolled oats, protein powder, chia seeds, ground flaxseed, and a small amount of salt in a large mixing bowl.
- 2) Add the almond butter (or peanut butter), honey (or maple syrup), orange juice, mashed banana, orange zest, vanilla extract, and unsweetened shredded coconut.
- 3) Blend until all components are thoroughly blended and the mixture is sticky and cohesive. If the mixture is too dry, add a little more orange juice or a splash of water.
- 4) Line an 8x8-inch or 9x9-inch baking pan with parchment paper; leave sufficient overhang for simple removal.
- 5) Firmly press the mixture into the pan in an even layer. Use a spatula or the back of a spoon to smooth the top.

NUTRITION:

Cal: 180

Fat: 8 g

Carb: 22 g

Protein: 15 g

Serving 12

10 minutes for preparation

Cooking time 0 minutes

- 6) Chill for a minimum of 60 minutes to enable the mixture to firm up.

- 7) Once set, lift the mixture out of the pan using the parchment paper overhang.
- 8) Cut into 12 equal-sized bars.
- 9) Store the bars for up to a week in the refrigerator or up to a month in the freezer in an airtight container.

Cottage Cheese Blueberry Whipped Bowl



Ingredients

- 1 cup cottage cheese
- 1 cup fresh or frozen blueberries
- 1 tbsp. honey or maple syrup
- 2 tbsp. chia seeds
- 2 tbsp. ground flaxseed
- 2 tbsp. unsweetened shredded coconut
- 1/4 cup granola
- 1/4 cup sliced almonds or walnuts
- 1 tsp. vanilla extract
- Fresh mint leaves for garnish (optional)

Instructions

- 1) Utilize a blender or food processor to mix the cottage cheese until smooth and creamy.
- 2) If using fresh blueberries, rinse and dry them. If using frozen blueberries, thaw them slightly.
- 3) In a small bowl, mix the blueberries with the honey or maple syrup.
- 4) Combine the whipped cottage cheese, vanilla extract, chia seeds, and ground flaxseed in a medium-sized mixing basin. Mix well.
- 5) Gently fold in the blueberry mixture.
- 6) Divide the whipped cottage cheese and blueberry mixture evenly between two bowls.
- 7) Top each bowl with 2 tbsp. of unsweetened shredded coconut, 2 tbsp. of granola, and 2 tbsp. of sliced almonds or walnuts.
- 8) Garnish with fresh mint leaves if desired.
- 9) Serve immediately.

NUTRITION:

Cal: 350

Fat: 18 g

Carb: 30 g

Protein: 20 g

Serving 1

10 minutes for preparation
Cooking time 0 minutes

Cottage Cheese with Honey and Nuts



Instructions

- 1) Scoop the cottage cheese into a serving bowl.
- 2) Drizzle the honey evenly over the cottage cheese.
- 3) Sprinkle the chopped mixed nuts over the top of the cottage cheese and honey.
- 4) Optionally, garnish with fresh berries or sliced fruit for added flavor and presentation.

NUTRITION:

Cal: 300
Fat: 15 g
Carb: 20 g
Protein: 20 g

Serving 1

10 minutes for preparation
Cooking time 0 minutes

Ingredients

- 1 cup cottage cheese
- 2 tbsp. honey (or to taste)
- 1 1/4 cup of mixed nuts, including walnuts, almonds, and pecans, chopped
- Fresh berries or sliced fruit for garnish (optional)

Choc-Berry Crunch Bliss Balls



Ingredients

- 1 cup rolled oats
- 1 cup vanilla protein powder (whey or plant-based)
- Half a cup of either peanut or almond butter
- 1/4 cup honey or maple syrup
- One-fourth cup of dried cherries or cranberries, chopped
- 1/4 cup dark chocolate chips
- 1/4 cup chopped almonds or walnuts
- 2 tbsp. cocoa powder
- 1 tsp. vanilla extract
- Pinch of salt

Instructions

- 1) Combine the rolled oats, vanilla protein powder, chopped dried cranberries or cherries, dark chocolate chips, chopped cocoa powder, almonds or walnuts, and a small amount of salt in a large mixing bowl.
- 2) Add the almond butter (or peanut butter), vanilla essence, and honey (or maple syrup) to the dry ingredients.
- 3) Combine all ingredients and stir until well combined. When pushed, the mixture ought to stay together since it is sticky.
- 4) Using a tbsp. or small cookie scoop, portion out the blend, and form it into balls about one inch in diameter.
- 5) If the mixture is too sticky to handle, wet your hands slightly with water.
- 6) Place the bliss balls on a baking sheet lined with parchment paper.
- 7) Refrigerate for at least 30 minutes to allow them to firm up.
- 8) Serve immediately, or store the bliss balls for up to a week in the refrigerator or up to a month in the freezer in an airtight container.

NUTRITION:
Cal: 120; **Fat:** 6 g; **Carb:** 12 g;
Protein: 7 g

Serving 12
10 minutes for preparation
Cooking time 0 minutes



LEAN AND HEARTY BEEF AND PORK DISHES

Ground Beef with Marinara Sauce and Cheese



Ingredients

- 1 lb ground beef (preferably lean)
- 1 tbsp. olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 can (15 oz) crushed tomatoes
- 1 can (8 oz) tomato sauce
- 1 tsp. dried oregano
- 1 tsp. dried basil
- Salt and pepper, to taste
- 1 cup shredded mozzarella cheese
- Fresh basil leaves, chopped, for garnish (optional)

- Cooked pasta or crusty bread for serving

Instructions

- 1) Over medium-high heat, place a large skillet. Warm the olive oil.
- 2) Add chopped onion and sauté for 2-3 minutes until it becomes clear.
- 3) Continue cooking after adding the minced garlic (30 seconds until fragrant).
- 4) Scoop up and fry the ground beef in the skillet over medium heat, breaking it up with a spoon for about 5 minutes.
- 5) Stir in crushed tomatoes, tomato sauce, dried oregano, dried basil, salt, and pepper.
- 6) After bringing to a simmer, cook for 1-2 minutes to combine flavors and thicken slightly.
- 7) Sprinkle shredded mozzarella cheese evenly over the top of the beef mixture.

NUTRITION:

Cal: 400

Fat: 25 g

Carb: 15 g

Protein: 30 g

Serving 2

5 minutes for preparation

Cooking time 10 minutes

- 8) Place a cover on the skillet and allow the cheese to melt over medium-low heat for 2 minutes or until bubbly and melted.

- 9) Garnish with chopped fresh basil leaves, if desired.
- 10) Serve hot over cooked pasta or with crusty bread for dipping.

Optional:

- 11) Add a pinch of red pepper flakes for a hint of heat.
- 12) Replace mozzarella with Parmesan or a blend of Italian cheeses for a different flavor.

Pork Bites with Onion



Ingredients

- 1 lb pork tenderloin or pork loin cut into bite-sized pieces
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- 1 onion, thinly sliced
- 1 tsp. smoked paprika
- 1/2 tsp. dried thyme
- Salt and pepper, to taste
- Fresh parsley, chopped, for garnish (optional)

Instructions

- 1) Pat the pork pieces dry with paper towels. Season with salt, pepper, smoked paprika, and dried thyme.
- 2) Over medium-high heat, place a large skillet. Warm the olive oil.
- 3) Add minced garlic and sauté for about 30 seconds until fragrant.
- 4) Add pork pieces to the skillet all at once. Simmer for 2 to 3 minutes per side or until browned and well cooked. Take out and place aside the pork from the skillet.
- 5) In the same skillet, add sliced onion. Sauté for 2-3 minutes until softened and lightly caramelized.
- 6) Put the cooked pork back in the skillet together with the sautéed onions. Stir well to combine and heat through.
- 7) If preferred, garnish with finely chopped fresh parsley.
- 8) Serve hot as an appetizer or main dish.

Optional:

- 9) Add a splash of white wine or chicken broth when sautéing the onions for extra flavor

NUTRITION:

Cal: 300

Fat: 15 g

Carb: 5 g

Protein: 25 g

Serving 2
5 minutes for preparation
Cooking time 10 minutes

Beef Medallions with Mushroom Sauce



Ingredients

- 1 lb beef tenderloin or sirloin steaks, cut into medallions
- Salt and pepper, to taste
- 2 tbsp. olive oil
- 2 tbsp. butter
- 8 oz cremini mushrooms, sliced
- 2 cloves garlic, minced
- 1/2 cup beef broth
- 1/2 cup heavy cream
- 1 tbsp. Dijon mustard
- 1 tbsp. Worcestershire sauce
- Fresh parsley, chopped, for garnish (optional)

Instructions

- 1) Season the beef medallions with salt and pepper on both sides.
- 2) Over medium-high heat, place a large skillet. Warm the olive oil.
- 3) Add the beef medallions to the skillet and cook for 2-3 minutes per side or until desired doneness (medium-rare to medium). Remove from skillet and set aside.
- 4) In the same skillet, add butter and melt over medium heat.
- 5) Add sliced mushrooms and sauté for 3-4 minutes until mushrooms are tender and golden brown.
- 6) Add minced garlic to the skillet with the mushrooms. Sauté for about 1 minute until fragrant.
- 7) Deglaze the skillet by pouring in beef broth, being careful to scrape away any bits of brown food from the skillet's bottom.
- 8) Stir in heavy cream, Dijon mustard, and Worcestershire sauce.

NUTRITION:

Cal: 400
Fat: 30 g
Carb: 5 g
Protein: 30 g

Serving 2
5 minutes for preparation
Cooking time 10 minutes

- 9) Cook, covered, at a simmer for 2 minutes until the sauce thickens slightly.

10) Return the cooked beef medallions to the skillet with the mushroom sauce. Cook for another minute to heat through, and coat the beef with the sauce.

11) If preferred, garnish with finely chopped fresh parsley.

12) Serve hot with your choice of side foods such as roasted veggies, rice, or mashed potatoes.

Optional:

13) Add a splash of dry white wine or brandy when deglazing the skillet for extra flavor.

14) Replace heavy cream with sour cream or Greek yogurt for a tangier sauce.

Quick Pork Chops with Pan Sauce



Components

- Two 1-inch-thick, bone-in pork chops
- Salt and pepper, to taste
- 1 tbsp. olive oil
- 1 tbsp. butter
- 2 cloves garlic, minced
- Half a cup white wine or chicken broth
- 1/4 cup heavy cream or half-and-half
- 1 tbsp. Dijon mustard
- 1 tbsp. freshly cut herbs, such as parsley, thyme, or rosemary
- Lemon wedges for serving (optional)

Instructions

- 1) Using paper towels, pat dry the pork chops. Give each side a good dusting of salt and pepper.
- 2) Over medium-high heat, place a large skillet. Warm the olive oil until shimmering.
- 3) Put the chops of pork in the skillet and sear until browned and cooked through, each side for three to four minutes (internal temperature reaches 145°F or 63°C). Take out and reserve the pork chops from the skillet.
- 4) Reduce heat to medium. Melt the butter in the skillet.
- 5) In the skillet, add the minced garlic and heat it until fragrant, about 30 seconds.
- 6) Pour in chicken broth (or white wine) and remove any browned remnants from the base of the skillet.
- 7) Let the broth simmer for 1-2 minutes to reduce slightly.
- 8) Add heavy cream (or half-and-half) and stir. Additionally, Dijon mustard. Simmer for an additional minute to thicken the sauce slightly.

NUTRITION:

Cal: 400
Fat: 25 g
Carb: 3 g
Protein: 30 g

Serving 2
5 minutes for preparation
Cooking time 10 minutes

- 10) Sprinkle chopped fresh herbs over the pork chops.
- 11) Serve hot, drizzled with the pan sauce.
- 12) Garnish with lemon wedges on the side, if desired.

Optional:

- 13) Add a pinch of red pepper flakes or paprika for a hint of spice.
- 14) Serve with roasted vegetables or a side salad.

