



LOW CALORIE

10+ HIGH PROTEIN MEALS

UNDER 500 CALORIES

DISCLAIMER

The nutritional information provided in this book, including calories, protein, carbohydrates, and fats, is based on standard ingredient measurements and widely available nutrition data. However, actual values may vary depending on factors such as:

Specific brands of ingredients used, Portion sizes and variations in food weight, Cooking methods (e.g., grilling vs. frying may alter fat content), Ingredient substitutions or modifications.

While we have made every effort to provide accurate and universal macronutrient information, these numbers should be used as a guide rather than an absolute value. If precise nutritional tracking is required, we recommend using a kitchen scale and a nutrition-tracking app to calculate macros based on your specific ingredients and cooking style.

Additionally, this book is intended for general health and wellness purposes. It does not take into account individual dietary needs, allergies, or medical conditions. If you have specific health concerns, dietary restrictions, or medical conditions, please consult a registered dietitian or healthcare professional before making changes to your diet.

By using this book, you acknowledge that any nutritional variations are beyond the control of the author and publisher. The responsibility for ingredient choices, food safety, and dietary decisions lies with the reader.

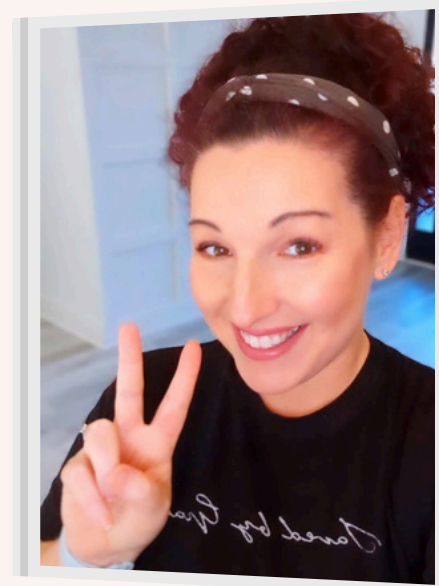
Enjoy your high-protein, delicious meals!



LET'S MAKE DELICIOUS, HIGH- PROTEIN MEALS!

Eating healthy doesn't have to be boring, complicated, or time-consuming. If you're looking for delicious, high-protein meals that will keep you feeling full and energized - without exceeding 500 calories per serving - you're in the right place!

This book is packed with simple, flavorful, and protein-packed recipes designed to help you build muscle, stay lean, and fuel your body with the right nutrients. Whether you're an athlete, fitness enthusiast, or just looking to improve your eating habits, these meals are created to support your goals while tasting amazing.



WHY HIGH-PROTEIN MEALS?

Protein is essential for muscle growth, recovery, and overall health. It helps curb cravings, keeps you full longer, and plays a key role in metabolism. But eating high-protein meals doesn't mean you have to sacrifice flavor or variety! This collection includes everything from hearty power bowls and nutritious wraps to high-protein takes on classic comfort foods—all designed to be simple to prepare and packed with flavor.

- Delicious recipes, each under 500 calories
- Balanced macronutrients to help you hit your daily protein goals
- Easy-to-follow instructions for quick and stress-free cooking
- A mix of meal types - from breakfasts and wraps to nourishing bowls and healthy twists on fast-food favorites



CHICKEN & QUINOA POWER BOWL



PREP
10 MIN



COOK
20 MIN



SERVINGS
2

INGREDIENTS

- 1 cup (185g) cooked quinoa
- 1 cup (150g) grilled chicken breast, diced
- 1/2 cup (75g) cherry tomatoes, halved
- 1/2 cup (50g) cucumber, diced
- 1/4 cup (35g) feta cheese, crumbled
- 1 tbsp (15ml) olive oil
- 1 tbsp (15ml) lemon juice
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- Cook quinoa according to package instructions until tender. Once cooked, fluff with a fork and let it cool slightly.
- While the quinoa is cooking, dice the grilled chicken breast into bite-sized pieces.
- In a large mixing bowl, combine the cooked quinoa, diced chicken, halved cherry tomatoes, diced cucumber, and crumbled feta cheese.
- Drizzle olive oil and lemon juice over the mixture, then season with salt and black pepper to taste.
- Gently toss everything together until well combined.
- Serve immediately or let it chill in the refrigerator for a refreshing, cold meal.

PER SERVING

PROTEIN
42g

CARBS
45g

FATS
12g

KCAL
480



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TURKEY & SPINACH OMELETTE



PREP
5 MIN



COOK
10 MIN



SERVINGS
1

INGREDIENTS

- 3 large eggs
- 1/2 cup (85g) ground turkey, cooked
- 1/2 cup (30g) fresh spinach, chopped
- 1/4 cup (28g) shredded cheese
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp (5ml) olive oil

INSTRUCTIONS

- Heat a non-stick pan over medium heat and add the olive oil.
- In a small bowl, whisk the eggs together with salt and black pepper until fully combined.
- Pour the egg mixture into the heated pan, swirling gently to cover the surface evenly.
- Allow the eggs to cook undisturbed for about 1-2 minutes until the edges begin to set.
- Sprinkle the cooked ground turkey, chopped spinach, and shredded cheese evenly over one side of the omelette.
- Using a spatula, carefully fold the omelette in half, pressing down slightly to seal in the ingredients.
- Cook for an additional 2-3 minutes, until the cheese melts and the omelette is golden brown.
- Slide onto a plate and serve warm.

PER SERVING

PROTEIN
38g

CARBS
5g

FATS
16g

KCAL
320



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GREEK YOGURT PARFAIT

PREP
5 MINCHILL
10 MINSERVINGS
1

INGREDIENTS

- 1 cup (245g) Greek yogurt
- 1/4 cup (40g) organic granola
- 1/2 cup (75g) mixed berries
- 1 tbsp (15ml) honey
- 1 tbsp (10g) chia seeds

INSTRUCTIONS

- In a glass or serving bowl, spread half of the Greek yogurt at the bottom to create the first layer.
- Add half of the mixed berries, granola, and chia seeds evenly over the yogurt.
- Repeat with another layer of Greek yogurt, followed by the remaining berries, granola, and chia seeds.
- Drizzle honey on top to add a touch of natural sweetness.
- Cover and refrigerate for at least 10 minutes to allow the flavors to blend.
- Serve chilled for a refreshing and protein-packed snack or breakfast.

PER SERVING

PROTEIN
40gCARBS
32gFATS
7gKCAL
350

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SPICY TUNA AVOCADO WRAP



PREP
5 MIN



COOK
0 MIN



SERVINGS
1

INGREDIENTS

- 1 gluten free wrap
- 1/2 can (56g) tuna, drained
- 1/4 cup (60g) mashed avocado
- 1 tbsp (15g) Greek yogurt
- 1/4 tsp chili powder
- 1/4 tsp garlic powder
- 1/2 tsp lemon juice
- 1/2 cup (40g) lettuce, chopped

INSTRUCTIONS

- In a small bowl, mash the avocado with a fork until smooth, then mix in the drained tuna, Greek yogurt, chili powder, garlic powder, and lemon juice. Stir until well combined and creamy.
- Lay the gluten free wrap on a clean surface.
- Spread the tuna and avocado mixture evenly across the center of the tortilla, leaving a small border around the edges.
- Sprinkle the chopped lettuce over the top of the mixture for added crunch and freshness.
- Carefully fold in the sides of the wrap, then roll it up tightly from the bottom to form a secure wrap.
- Slice the wrap in half for easy eating and serve immediately.

PER SERVING

PROTEIN
44g

CARBS
28g

FATS
14g

KCAL
420



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EGG WHITE & VEGGIE SCRAMBLE



PREP
5 MIN



COOK
10 MIN



SERVINGS
1

INGREDIENTS

- 4 large egg whites
- 1/2 cup (75g) bell peppers, diced
- 1/2 cup (50g) mushrooms, sliced
- 1/4 cup (30g) onions, diced
- 1 tsp (5ml) olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- Heat olive oil in a non-stick pan over medium heat.
- Add diced onions, bell peppers, and mushrooms, cooking for 3-4 minutes until softened.
- In a bowl, whisk egg whites with salt and black pepper until slightly frothy.
- Pour the egg whites into the pan, stirring gently with a spatula to scramble them with the vegetables.
- Continue cooking for 3-4 minutes, stirring occasionally, until the eggs are fully cooked.
- Transfer to a plate and serve warm.

PER SERVING

PROTEIN
30g

CARBS
8g

FATS
12g

KCAL
280



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GRILLED SALMON & ASPARAGUS

PREP
5 MINCOOK
15 MINSERVINGS
2

INGREDIENTS

- 2 salmon fillets (150g each)
- 1 cup (135g) asparagus spears
- 1 tbsp (15ml) olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp lemon zest

INSTRUCTIONS

- Preheat your grill or grill pan over medium-high heat. Lightly grease the grates to prevent sticking.
- Pat the salmon fillets dry with a paper towel, then brush both sides with olive oil. Sprinkle evenly with salt, black pepper, garlic powder, and lemon zest for extra flavor.
- Toss the asparagus spears with the remaining olive oil, seasoning them with a little salt and pepper.
- Place the salmon fillets on the grill, skin-side down, and cook for 4-5 minutes. Carefully flip and grill for another 4-5 minutes until the flesh is opaque and flakes easily with a fork.
- At the same time, lay the asparagus on the grill and cook for about 3-4 minutes, turning occasionally, until tender but slightly crisp.
- Transfer everything to a plate, garnish with a lemon wedge, and serve hot.

PER SERVING

PROTEIN
42gCARBS
8gFATS
30gKCAL
480

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CHICKEN BURRITO BOWL



PREP
10 MIN



COOK
15 MIN



SERVINGS
2

INGREDIENTS

- 1 cup (185g) quinoa
- 8 oz (225g) grilled chicken breast, diced
- 1/2 cup (75g) black beans, drained and rinsed
- 1/2 cup (75g) cherry tomatoes, halved
- 1/4 avocado, diced
- 1 tbsp (15ml) lime juice
- 1 tbsp (15g) Greek yogurt (as a sour cream alternative)
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- In a bowl, mix cooked quinoa with garlic powder, cumin, salt, and black pepper.
- Top with grilled chicken, black beans, cherry tomatoes, and diced avocado.
- Drizzle lime juice over the bowl and add a dollop of Greek yogurt.
- Toss lightly to combine or enjoy as a layered bowl.

PER SERVING

PROTEIN
52g

CARBS
42g

FATS
10g

KCAL
470



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LEAN BEEF & BROCCOLI STIR-FRY



PREP
10 MIN



COOK
15 MIN



SERVINGS
2

INGREDIENTS

- 8 oz (226g) lean beef, thinly sliced
- 2 cups (150g) broccoli florets
- 1 tbsp (15ml) coconut amino sauce
- 1 tbsp (15ml) olive oil
- 1 tsp garlic, minced
- 1 tsp ginger, minced
- 1/2 tsp black pepper

INSTRUCTIONS

- Heat a large skillet or wok over medium-high heat and add the olive oil.
- Once the oil is hot, add the beef slices, spreading them out evenly in the pan. Sear for 3-4 minutes, stirring occasionally, until browned but still slightly pink inside.
- Add the minced garlic and ginger, stirring continuously for about 1 minute until fragrant.
- Toss in the broccoli florets, then drizzle with soy sauce. Stir everything together and cook for another 5-7 minutes, until the broccoli is tender-crisp and the beef is fully cooked.
- Season with black pepper, give it one final stir, and serve hot.

PER SERVING

PROTEIN
48g

CARBS
20g

FATS
18g

KCAL
450



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PEANUT BUTTER PROTEIN SHAKE

PREP
5 MINCOOK
0 MINSERVINGS
1

INGREDIENTS

- 1 scoop (30g) vanilla plant protein powder
- 1 cup (240ml) unsweetened coconut milk
- 1 tbsp (16g) organic peanut butter
- 1/2 organic banana (60g)
- 1/2 cup (120ml) ice cubes

INSTRUCTIONS

- Add the protein powder, coconut milk, peanut butter, banana, and ice cubes to a blender.
- Blend on high speed for about 30-45 seconds, or until smooth and creamy.
- Pour into a glass and serve immediately for a quick, high-protein boost.

PER SERVING

PROTEIN
50gCARBS
30gFATS
12gKCAL
450

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SUBWAY-STYLE TURKEY SANDWICH



PREP
5 MIN



COOK
0 MIN



SERVINGS
1

INGREDIENTS

- 1 gluten free sub bread
- 4 oz (113g) lean turkey breast slices
- 1/4 avocado, mashed
- 1/2 cup (40g) lettuce, shredded
- 1/4 cup (35g) tomatoes, sliced
- 1/4 cup (30g) cucumbers, sliced
- 1 tbsp (15g) Greek yogurt (as a mayo alternative)
- 1/2 tsp Dijon mustard
- 1/2 tsp black pepper

INSTRUCTIONS

- Slice the gluten free sub bread in half and lightly toast if desired.
- Spread mashed avocado on one side of the roll and Greek yogurt mixed with Dijon mustard on the other.
- Layer turkey breast slices evenly over the bottom half.
- Add shredded lettuce, sliced tomatoes, and cucumbers on top.
- Sprinkle with black pepper, close the sandwich, and serve immediately.

PER SERVING

PROTEIN
46g

CARBS
42g

FATS
12g

KCAL
480



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DID YOU KNOW

PROTEIN BOOSTS METABOLISM

YOUR BODY BURNS MORE CALORIES DIGESTING PROTEIN COMPARED TO CARBS OR FATS. THIS IS CALLED THE THERMIC EFFECT OF FOOD (TEF), MEANING PROTEIN HELPS YOU BURN MORE CALORIES EVEN WHILE RESTING!





GARLIC SHRIMP & ZUCCHINI NOODLES



PREP
10 MIN



COOK
10 MIN



SERVINGS
2

INGREDIENTS

- 8 oz (226g) shrimp, peeled and deveined
- 2 medium zucchini, spiralized into noodles
- 1 tbsp (15ml) olive oil
- 2 cloves garlic, minced
- 1/2 tsp red pepper flakes (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp (15ml) lemon juice

INSTRUCTIONS

- Heat the olive oil in a large skillet over medium heat. Once hot, add the minced garlic and red pepper flakes, stirring for about 30 seconds until fragrant.
- Add the shrimp to the pan in a single layer and season with salt and black pepper. Cook for 2-3 minutes per side until pink and opaque. Remove the shrimp from the skillet and set aside.
- In the same skillet, add the spiralized zucchini noodles and cook for 2-3 minutes, stirring occasionally, until just tender but still slightly firm.
- Return the shrimp to the pan, squeeze fresh lemon juice over the mixture, and toss everything together.
- Serve immediately, garnished with extra black pepper or fresh parsley if desired.

PER SERVING

PROTEIN
40g

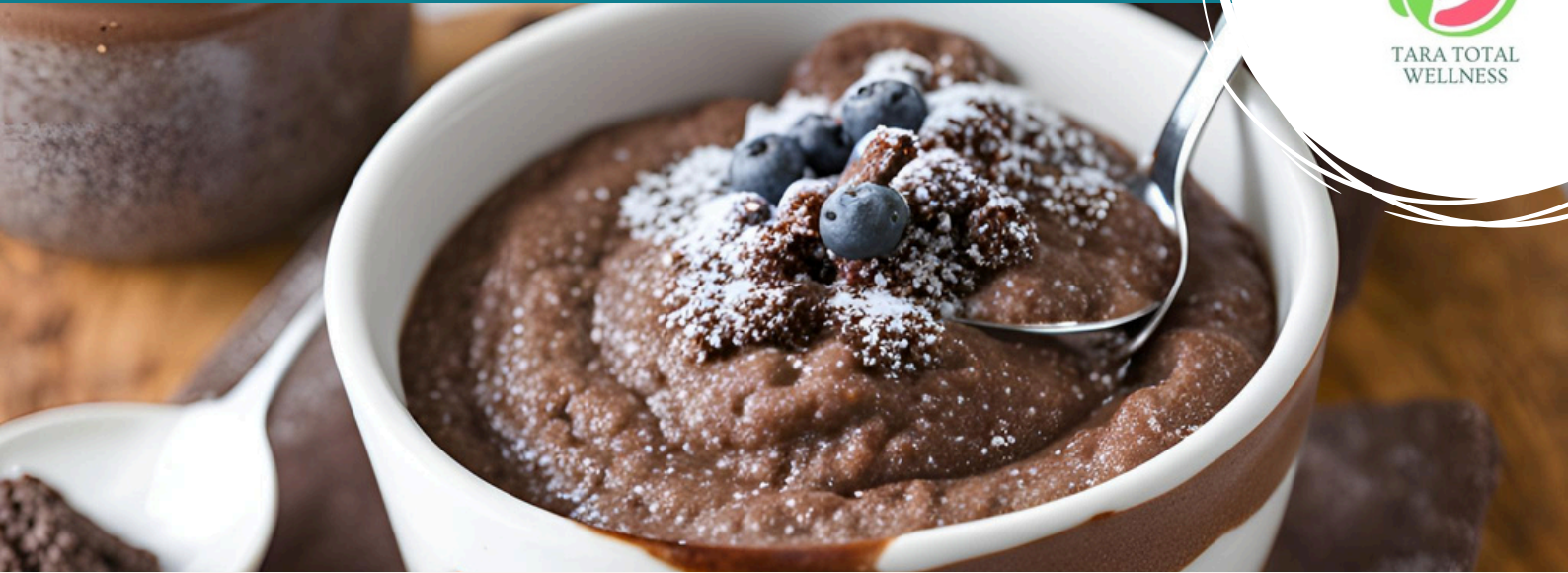
CARBS
10g

FATS
16g

KCAL
350



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CHOCOLATE CHIA PUDDING



PREP
5 MIN



CHILL
2 MIN



SERVINGS
2

INGREDIENTS

- 1 cup (240ml) organic coconut unsweetened milk
- 2 tbsp (20g) chia seeds
- 1 scoop (30g) chocolate protein powder
- 1 tbsp (15g) cocoa powder
- 1 tbsp (15ml) maple syrup or honey
- 1/2 tsp vanilla extract

INSTRUCTIONS

- In a mixing bowl, whisk together the organic coconut
- milk, chia seeds, protein powder, cocoa powder, maple syrup, and vanilla extract until well combined.
- Let the mixture sit for 5 minutes, then stir again to prevent clumping.
- Cover the bowl and refrigerate for at least 2 hours (or overnight) until the pudding thickens.
- Before serving, stir again and transfer to serving bowls.
- Garnish with fresh berries or a sprinkle of cocoa powder if desired.

PER SERVING

PROTEIN
42g

CARBS
30g

FATS
12g

KCAL
400



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SPICED LENTIL & CHICKEN SOUP



PREP
10 MIN



COOK
30 MIN



SERVINGS
3

INGREDIENTS

- 1 cup (200g) cooked shredded chicken breast
- 1/2 cup (100g) dry lentils, rinsed
- 1/2 cup (75g) diced carrots
- 1/2 cup (75g) diced celery
- 1/2 cup (75g) diced onion
- 3 cups (720ml) chicken broth
- 1 tsp olive oil
- 1/2 tsp cumin
- 1/2 tsp turmeric
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- Heat the olive oil in a large pot over medium heat. Add the diced onion, carrots, and celery, sautéing for 5 minutes until softened.
- Stir in the cumin and turmeric, cooking for another 30 seconds to enhance the flavors.
- Add the rinsed lentils and chicken broth, bringing the mixture to a gentle boil. Reduce heat to low, cover, and let simmer for 20-25 minutes until the lentils are tender.
- Stir in the shredded chicken, salt, and black pepper, cooking for another 5 minutes to heat through.
- Serve hot, garnished with fresh parsley or a squeeze of lemon juice for extra flavor.

PER SERVING

PROTEIN
45g

CARBS
40g

FATS
10g

KCAL
460



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EGG & AVOCADO TOAST

PREP
5 MINCOOK
5 MINSERVINGS
1

INGREDIENTS

- 2 slices gluten free bread
- 1/2 avocado (60g), mashed
- 2 large eggs
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp red pepper flakes (optional)

INSTRUCTIONS

- Toast the gluten free bread until golden brown and crispy.
- While the bread is toasting, heat a small non-stick pan over medium heat and cook the eggs to your preference (fried, scrambled, or poached).
- Spread the mashed avocado evenly over the toasted bread slices.
- Place the cooked eggs on top of the avocado, then season with salt, black pepper, and red pepper flakes if desired.
- Serve immediately for a nutritious, high-protein meal.

PER SERVING

PROTEIN
32gCARBS
38gFATS
18gKCAL
450

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GREEK CHICKEN SALAD



PREP
10 MIN



COOK
0 MIN



SERVINGS
2

INGREDIENTS

- 1 cup (150g) cooked chicken breast, diced
- 2 cups (100g) romaine lettuce, chopped
- 1/2 cup (75g) cherry tomatoes, halved
- 1/4 cup (30g) cucumber, diced
- 1/4 cup (35g) feta cheese, crumbled
- 1 tbsp (15ml) olive oil
- 1 tbsp (15ml) red wine vinegar
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried oregano

INSTRUCTIONS

- In a large mixing bowl, combine the chopped romaine lettuce, cherry tomatoes, cucumber, and diced chicken breast.
- Sprinkle the crumbled feta cheese over the top.
- In a small bowl, whisk together the olive oil, red wine vinegar, salt, black pepper, and oregano.
- Drizzle the dressing over the salad and toss everything together until evenly coated.
- Serve immediately or refrigerate for later use.

PER SERVING

PROTEIN
46g

CARBS
20g

FATS
18g

KCAL
430



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SPICY CHICKEN & CAULIFLOWER RICE



PREP
10 MIN



COOK
15 MIN



SERVINGS
2

INGREDIENTS

- 2 small chicken breasts (5 oz / 140g each)
- 2 cups (300g) cauliflower rice
- 1 tbsp (15ml) olive oil
- 1/2 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 cup (60g) Greek yogurt
- 1 tbsp (15ml) lime juice
- 1 tbsp (10g) fresh cilantro, chopped

INSTRUCTIONS

- Heat a non-stick pan over medium heat and add olive oil.
- Season the chicken breasts with paprika, cumin, chili powder, salt, and black pepper.
- Place the chicken in the pan and cook for 6-7 minutes per side until fully cooked and golden brown. Remove from the heat and let rest for a few minutes before slicing.
- In the same pan, add the cauliflower rice and sauté for 3-4 minutes until tender.
- In a small bowl, mix Greek yogurt, lime juice, and chopped cilantro to make a tangy sauce.
- Divide the cauliflower rice between two bowls, top with sliced chicken, and drizzle the yogurt sauce on top. Serve immediately.

PER SERVING

PROTEIN
48g

CARBS
18g

FATS
20g

KCAL
470



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COTTAGE CHEESE & BERRY PANCAKES



PREP
5 MIN



COOK
10 MIN



SERVINGS
2

INGREDIENTS

- 1/2 cup (120g) Good Culture - cottage cheese
- 1/2 cup (50g) organic oats
- 1/4 cup (60ml) unsweetened coconut milk
- 2 large eggs
- 1 scoop (30g) vanilla protein powder
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/2 cup (75g) mixed berries
- 1 tsp (5ml) olive oil for cooking

INSTRUCTIONS

- Blend cottage cheese, oats, coconut milk, eggs, protein powder, baking powder, and cinnamon until smooth.
- Heat a non-stick pan over medium heat and add a little olive oil.
- Pour small amounts of batter into the pan to form pancakes. Cook for 2-3 minutes until bubbles form, then flip and cook for another 1-2 minutes until golden.
- Repeat until all the batter is used.
- Serve warm with fresh mixed berries on top.

PER SERVING

PROTEIN
38g

CARBS
42g

FATS
10g

KCAL
410



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TURKEY & BEAN STUFFED PEPPERS



PREP
10 MIN



COOK
25 MIN



SERVINGS
2

INGREDIENTS

- 2 large bell peppers, halved and deseeded
- 6 oz (170g) lean ground turkey
- 1/2 cup (80g) black beans, drained
- 1/2 cup (100g) diced tomatoes
- 1/4 cup (25g) shredded cheese
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- Preheat the oven to 375°F (190°C).
- In a non-stick pan, cook ground turkey over medium heat until browned, breaking it apart with a spatula.
- Add black beans, diced tomatoes, cumin, garlic powder, salt, and pepper. Stir and cook for 2-3 minutes.
- Spoon the mixture evenly into the halved bell peppers and top with shredded cheese.
- Place stuffed peppers in a baking dish and bake for 20 minutes until the peppers are tender.
- Serve warm, garnished with fresh cilantro if desired.

PER SERVING

PROTEIN
42g

CARBS
40g

FATS
12g

KCAL
460



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HIGH-PROTEIN MOCHA SMOOTHIE



PREP
5 MIN



COOK
0 MIN



SERVINGS
1

INGREDIENTS

- 1 scoop (30g) chocolate protein powder
- 1/2 cup (120ml) brewed coffee, cooled
- 1/2 cup (120ml) unsweetened coconut milk
- 1/2 frozen banana
- 1 tbsp (15g) cocoa powder
- 1 tbsp (10g) chia seeds
- 1/2 tsp cinnamon
- 1/2 cup (120ml) ice

INSTRUCTIONS

- Add all ingredients to a blender.
- Blend on high speed for 30-45 seconds until smooth and creamy.
- Pour into a glass and enjoy immediately.

PER SERVING

PROTEIN
45g

CARBS
30g

FATS
8g

KCAL
380



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CAULIFLOWER CRUST PIZZA



PREP
15 MIN



COOK
25 MIN



SERVINGS
2

INGREDIENTS

For the Crust:

- 2 cups (200g) cauliflower rice
- 1/2 cup (50g) shredded mozzarella cheese
- 1/4 cup (25g) grated Parmesan cheese
- 1 large egg
- 1/2 tsp garlic powder
- 1/2 tsp oregano
- 1/4 tsp salt

For the Toppings:

- 1/2 cup (120ml) Primal Kitchen pizza sauce
- 1/2 cup (50g) shredded mozzarella cheese
- 3 oz (85g) grilled chicken, sliced
- 1/4 cup (30g) bell peppers, sliced
- 1/4 cup (30g) mushrooms, sliced
- 1/2 tsp red pepper flakes (optional)

INSTRUCTIONS

- Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
- Microwave the cauliflower rice for 3-4 minutes. Once cooled, use a clean kitchen towel to squeeze out as much moisture as possible.
- Mix in a bowl the cauliflower rice, mozzarella, Parmesan, egg, garlic powder, oregano, and salt until a dough forms.
- Put the dough onto the baking sheet and press it into a thin circle.
- Bake for 15 minutes, or until the edges turn golden brown.
- Remove from the oven and spread the pizza sauce evenly over the crust. Sprinkle mozzarella, grilled chicken, bell peppers, and mushrooms on top.
- Bake for another 10 minutes.
- Remove from the oven, sprinkle with red pepper flakes, and let it cool for a minute before slicing.

PER SERVING

PROTEIN
42g

CARBS
30g

FATS
18g

KCAL
450



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DID YOU KNOW

PROTEIN KEEPS YOU FULLER FOR LONGER

HIGH-PROTEIN MEALS REDUCE HUNGER HORMONES AND INCREASE SATIETY HORMONES, HELPING YOU FEEL FULL AND SATISFIED. THIS CAN SUPPORT WEIGHT MANAGEMENT AND MUSCLE RETENTION WITHOUT CONSTANT CRAVINGS.





GRILLED SHRIMP & AVOCADO SALAD



PREP
10 MIN



COOK
5 MIN



SERVINGS
2

INGREDIENTS

- 8 oz (225g) shrimp, peeled and deveined
- 1/2 tbsp (7ml) olive oil
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 4 cups (120g) mixed greens
- 1/2 avocado, sliced
- 1/2 cup (75g) cherry tomatoes, halved
- 1/4 cup (30g) red onion, thinly sliced
- 1 tbsp (15ml) lemon juice
- 1 tbsp (15ml) balsamic vinegar
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- Toss shrimp with olive oil, garlic powder, paprika, salt, and pepper.
- Grill or sauté for 2-3 minutes per side until pink and opaque.
- In a large bowl, combine mixed greens, avocado, cherry tomatoes, and red onion.
- Add shrimp on top and drizzle with lemon juice and balsamic vinegar.
- Toss gently and serve fresh.

PER SERVING

PROTEIN
42g

CARBS
20g

FATS
22g

KCAL
450



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BBQ CHICKEN WRAP BURGER



PREP
10 MIN



COOK
10 MIN



SERVINGS
2

INGREDIENTS

- 1 large chicken breast (8 oz / 225g), grilled and sliced
- 2 gluten free wrap
- 2 tbsp (30ml) Primal Kitchen BBQ sauce
- 1/2 cup (40g) shredded lettuce
- 1/4 cup (30g) red onion, sliced
- 1/4 cup (25g) shredded cheese
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp salt

INSTRUCTIONS

- Season chicken with paprika, garlic powder, and salt, then grill for about 5 minutes per side until fully cooked. Let cool slightly before slicing.
- Lay wrap flat and spread BBQ sauce evenly.
- Place grilled chicken slices on top, then add lettuce, red onion, and shredded cheese.
- Fold in the sides and roll tightly into a wrap.
- Slice in half and serve warm or chilled.

PER SERVING

PROTEIN
48g

CARBS
40g

FATS
12g

KCAL
470



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"LOADED" SWEET POTATO SKINS



PREP
10 MIN



COOK
25 MIN



SERVINGS
2

INGREDIENTS

- 2 medium sweet potatoes
- 1 cup (150g) shredded chicken breast
- 1/4 cup (28g) shredded cheddar cheese
- 1/4 cup (60g) Greek yogurt (sour cream substitute)
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 cup (25g) chopped green onions

INSTRUCTIONS

- Preheat oven to 400°F (200°C). Bake sweet potatoes for 20 minutes until tender.
- Slice in half and scoop out most of the flesh, leaving a thin layer inside the skin.
- Mash the removed sweet potato flesh and mix it with shredded chicken, garlic powder, smoked paprika, and salt.
- Spoon the mixture back into the skins and top with shredded cheddar cheese.
- Bake for another 5 minutes until cheese melts.
- Serve with a dollop of Greek yogurt and sprinkle with green onions.

PER SERVING

PROTEIN
46g

CARBS
45g

FATS
9g

KCAL
450



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MEDITERRANEAN CHICKPEA & TUNA BOWL



PREP
10 MIN



COOK
0 MIN



SERVINGS
2

INGREDIENTS

- 1 can (150g) tuna, drained
- 1 cup (160g) cooked chickpeas
- 1/2 cup (75g) cherry tomatoes, halved
- 1/2 cup (50g) diced cucumber
- 1/4 cup (30g) red onion, finely chopped
- 1 tbsp (15ml) olive oil
- 1 tbsp (15ml) lemon juice
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/2 tsp black pepper

INSTRUCTIONS

- In a large bowl, mix the chickpeas, tuna, cherry tomatoes, cucumber, and red onion.
- In a small bowl, whisk together olive oil, lemon juice, garlic powder, oregano, salt, and black pepper.
- Drizzle the dressing over the salad and toss to combine.
- Serve immediately or chill for 15 minutes for better flavor.

PER SERVING

PROTEIN
45g

CARBS
50g

FATS
10g

KCAL
460



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COTTAGE CHEESE & PEANUT BUTTER MOUSSE



PREP
5 MIN



CHILL
10 MIN



SERVINGS
2

INGREDIENTS

- 1 cup (245g) Good Culture cottage cheese
- 2 tbsp (32g) organic natural peanut butter
- 1 scoop (30g) chocolate protein powder
- 1 tbsp (15ml) unsweetened coconut milk
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 tbsp (10g) dark chocolate chips (optional)

INSTRUCTIONS

- Blend cottage cheese, peanut butter, protein powder, coconut milk, cinnamon, and vanilla extract until smooth.
- Transfer to a bowl and top with dark chocolate chips (if using).
- Chill in the fridge for at least 10 minutes before serving.

PER SERVING

PROTEIN
50g

CARBS
30g

FATS
18g

KCAL
490



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SPICY GROUND BEEF & EGG BOWL

PREP
10 MINCOOK
10 MINSERVINGS
2

INGREDIENTS

- 8 oz (225g) lean ground turkey
- 1/2 cup (90g) cooked brown rice
- 1/2 cup (40g) diced bell peppers
- 1/4 cup (30g) red onion, diced
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp black pepper
- 2 large eggs
- 1 tsp (5ml) hot sauce (optional)

INSTRUCTIONS

- Heat a pan over medium heat and cook ground turkey with bell peppers, red onion, chili powder, garlic powder, salt, and black pepper. Stir until ground turkey is fully cooked.
- In a separate pan, cook the eggs to your desired style (fried, scrambled, or poached).
- Divide cooked brown rice into two bowls, then top with the turkey mixture and an egg.
- Drizzle with hot sauce for extra spice.
- Serve warm.

PER SERVING

PROTEIN
52gCARBS
35gFATS
14gKCAL
480

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BBQ CHICKEN & SWEET POTATO WRAP



PREP
10 MIN



COOK
10 MIN



SERVINGS
2

INGREDIENTS

- 1 medium sweet potato (200g), diced
- 1 cup (150g) cooked shredded chicken breast
- 2 gluten free wraps
- 2 tbsp (30g) Primal Kitchen BBQ sauce
- 1/2 cup (50g) shredded mozzarella cheese
- 1/4 cup (30g) red onion, thinly sliced
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1 tsp (5ml) olive oil

INSTRUCTIONS

- Heat a pan over medium heat and add olive oil. Cook diced sweet potatoes with garlic powder and paprika for about 8 minutes, until tender.
- In a bowl, mix shredded chicken with BBQ sauce.
- Lay out the gluten free wrap and evenly distribute the sweet potatoes, BBQ chicken, red onion, and shredded mozzarella.
- Fold the wraps tightly and toast them in a pan for 2 minutes on each side until golden brown and crispy.
- Slice in half and serve warm.

PER SERVING

PROTEIN
46g

CARBS
50g

FATS
10g

KCAL
480



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TURKEY & EGG BREAKFAST WRAP

PREP
5 MINCOOK
10 MINSERVINGS
1

INGREDIENTS

- 1 gluten free wrap
- 3 large egg whites
- 1/2 cup (85g) lean ground turkey, cooked
- 1/4 cup (28g) shredded cheddar cheese
- 1/2 cup (50g) baby spinach
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tsp (5ml) olive oil

INSTRUCTIONS

- Heat olive oil in a pan over medium heat. Cook the egg whites until set, then set aside.
- In the same pan, warm up the cooked ground turkey and season with salt and black pepper.
- Lay the gluten free wrap flat and layer the cooked egg whites, turkey, shredded cheese, and spinach.
- Roll the wrap tightly and toast it in the pan for 2 minutes on each side until golden brown.
- Slice in half and serve warm.

PER SERVING

PROTEIN
52gCARBS
35gFATS
12gKCAL
460

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THAI-INSPIRED HIGH-PROTEIN CHICKEN CURRY



PREP
10 MIN



COOK
20 MIN



SERVINGS
2

INGREDIENTS

- 1 cup (185g) cooked jasmine rice
- 8 oz (225g) chicken breast, diced
- 1/2 cup (120ml) light coconut milk
- 1/2 cup (75g) bell peppers, sliced
- 1/2 cup (50g) carrots, julienned
- 1 tbsp (15g) Thai red curry paste
- 1 tsp (5ml) fish sauce (optional)
- 1 tsp (5ml) olive oil
- 1/2 tsp garlic powder
- 1/2 tsp ginger powder
- 1/2 tsp salt

INSTRUCTIONS

- Heat olive oil in a pan over medium heat. Add chicken and cook for 5-6 minutes until browned.
- Stir in bell peppers, carrots, garlic powder, and ginger powder. Cook for another 2 minutes.
- Add red curry paste and coconut milk, stirring well. Simmer for 10 minutes until thickened.
- Stir in fish sauce (if using) and season with salt.
- Serve hot over cooked rice.

PER SERVING

PROTEIN
50g

CARBS
42g

FATS
14g

KCAL
480



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ENJOY!

THE KITCHEN IS NO LONGER A BATTLEGROUND—IT'S YOUR POWER ZONE.

This is where the shift begins—right in your kitchen. You hold the power to choose better ingredients, nourish your body, and transform your health one bite at a time.

Remember, eating healthy does not have to be complicated.

Find food you love and enjoy. These recipes are design to be flexible, so don't be afraid to experiment, swap ingredients and make them yours!

I truly hope these delicious, nutrient-packed meals bring variety, convenience, and enjoyment to your healthy lifestyle.

To Your Health

Tara