
High Protein Cookbook for Weight Loss

Quick & Simple Meal-Prep Recipes
to Cook Once, Enjoy All Week, and
Stay Full While Slimming Down

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Welcome

Welcome, and thank you for choosing *High-Protein Cookbook for Weight Loss*. I'm so glad you're here. This book was written for real life, for busy days, full schedules, and anyone who wants to lose weight without giving up satisfying meals. It proves that losing weight doesn't require complicated recipes, endless cooking, or feeling hungry all the time.

Inside, you'll find flavorful, beginner-friendly meals made with everyday ingredients and recipes coupled with useful tips designed to help you cook once, eat multiple times, and stay satisfied while reaching your goals.

I hope this book becomes a practical companion you return to again and again on your journey to feeling healthier, stronger, and more confident.

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PROTEIN & WEIGHT LOSS

Why Protein Is the Secret to Fat Loss

Who This Book Is For

Why High-Protein Diets Work

How Much Protein Do You Really Need?

Plant vs. Animal Protein

How to Build a Protein-Powered Plate

Pantry & Fridge Essentials (Smart Shopping)

Batch Cooking Proteins

Troubleshooting Common Meal Mistakes

Why Protein Is the Secret to Fat Loss?!

For years, weight loss has been framed as a matter of eating less, cutting more, and relying on willpower to push through hunger. While restriction may lead to short-term results, it rarely leads to lasting success. The body is not designed to thrive under constant deprivation and when it feels deprived, it responds with fatigue, cravings, and weight regain.

Protein changes that equation.

Rather than asking you to eat less, protein helps you **eat smarter**. It plays a unique role in fat loss by supporting fullness, preserving muscle, and keeping your metabolism working efficiently. When your meals contain enough protein, your body feels satisfied for longer periods of time, making it easier to naturally reduce overeating without forcing yourself to feel hungry.

One of protein's most powerful benefits is its effect on **satiety**. Protein slows digestion and helps regulate appetite hormones, which means fewer sudden hunger spikes and less temptation to snack between meals. This is especially important during weight loss, when controlling cravings can make the difference between consistency and burnout.

Protein also helps protect **lean muscle mass**, which is essential for healthy metabolism. As we age, muscle loss becomes more common, and losing weight without adequate protein can accelerate that process. By prioritizing protein, you support strength, mobility, and energy, while encouraging your body to burn fat rather than muscle.

Another advantage of protein-focused meals is **stable energy and blood sugar balance**. Meals that include adequate protein tend to prevent sharp blood sugar swings, helping you avoid energy crashes that often lead to sugar cravings and emotional

eating. This steady energy makes healthy choices feel easier throughout the day.

Most importantly, focusing on protein shifts weight loss away from restriction and toward **nourishment**. Instead of asking what you need to eliminate, this approach asks what your body needs more of. The result is a way of eating that feels satisfying, flexible, and realistic, one that supports fat loss while allowing you to enjoy your meals.

Throughout this cookbook, protein is used as a foundation, not a rulebook. The recipes are built around one simple, powerful principle: **eating**

enough protein while keeping meals balanced, enjoyable, and easy to prepare. When protein is used intentionally and paired with whole foods, weight loss becomes less about control and more about balance.

Instead of focusing on restriction or calorie obsession, this book helps you lose weight the healthy way by:

- Encouraging **satisfying meals that keep you full**
- Supporting **steady energy and fewer cravings**
- Making weight loss **simple, realistic, and sustainable**

Every recipe in this cookbook is designed with real life in mind. You'll find **quick recipes made with everyday ingredients**, clear instructions suitable for beginners, and thoughtful guidance that considers different needs across all ages.

Most importantly, this book is not about perfection. It's about progress, consistency, and learning how to nourish your body in a way that feels good physically and mentally. With the right balance of protein, whole foods, and practical planning, weight loss becomes less of a struggle and more of a natural outcome of eating well.

Who This Book Is For

This cookbook was created for real people with real lives, not for perfect eaters, professional chefs, or those with unlimited time and energy. If you want to lose weight in a healthy, sustainable way and feel better in your body without complicated rules, this book is for you.

If you're a beginner, you'll find clear instructions, simple cooking methods, and recipes that don't require special skills or expensive ingredients. You don't need prior experience with high-protein eating or meal planning to get started. Each recipe is designed to be approachable, forgiving, and easy to follow.

If you're short on time, this book respects your schedule. The recipes focus on quick preparation, everyday ingredients, and practical storage tips that make it easier to cook once and eat well throughout the week. Whether you're balancing work, family, or other responsibilities, these meals are designed to fit into busy lifestyles.

If you want recipes suitable for all ages, you'll appreciate the thoughtful design of this cookbook. The meals are nourishing, balanced, and gentle enough to support changing nutritional needs over time.

This cookbook is also for anyone who:

- Wants to lose weight without constant hunger
- Prefers simplicity over strict dieting
- Values long-term health over quick fixes
- Wants guidance, not restriction

Whether you're cooking for yourself or others, this book offers flexible, easy-to-follow recipes that fit into everyday life.

Why High-Protein Diets Work

1

Protein, Metabolism, and Fat Burning

Your metabolism is often described as the engine that determines how efficiently your body uses energy. While many factors influence metabolism, such as age, genetics, and activity level, what you eat plays a major role. Among all nutrients, **protein has the most powerful impact on metabolism and fat burning.**

Protein requires more energy for your body to digest and process than carbohydrates or fats. This effect, known as the **thermic effect of food**, means that simply eating protein causes your body to burn more calories during digestion. While this doesn't replace healthy eating habits or movement, it does give protein a natural metabolic advantage when weight loss is the goal. When meals are consistently low in protein, metabolism can slow over time, especially during weight loss. This happens because the body may break down muscle tissue for energy. Including enough protein helps protect lean muscle, allowing your metabolism to remain more active and efficient.

2

Fat Loss vs. Weight Loss

Not all weight loss is the same. Losing weight by cutting calories alone often leads to a mix of fat and muscle loss. Protein helps shift that balance. When protein intake is adequate, the body is more likely to burn stored fat while preserving muscle mass. This is especially important because muscle tissue plays a key role in fat burning. The more lean muscle you maintain, the more energy your body uses throughout the day, even at rest. Protein supports this process by providing the building blocks your body needs to maintain muscle during weight loss.

3

Protein and Appetite Control

Another way protein supports fat burning is through appetite regulation. Protein helps you feel full longer by slowing digestion and influencing hormones that control hunger and satiety. This reduces the likelihood of overeating or frequent snacking, which can interfere with fat loss. When meals are protein-rich, hunger tends to be more stable throughout the day. Instead of experiencing sharp energy dips and cravings, your body receives steady fuel, making it easier to stay consistent with healthy eating habits.

4

Protein and Insulin Balance

Insulin is a hormone that helps move glucose from the bloodstream into cells for energy. When insulin levels are constantly high, often due to frequent high-sugar or refined-carb meals, the body becomes less responsive to it, making fat loss harder.

Protein has a gentler effect on insulin compared to refined carbohydrates. When paired with fiber-rich foods and healthy fats, protein helps lower insulin spikes, improve insulin sensitivity, and encourage the body to use stored fat for energy.

Cravings are often driven by hormonal signals, not lack of willpower. Protein directly influences hormones that regulate appetite, including those responsible for fullness and hunger signaling.

Fat loss is not about quick changes, it's about consistency. Protein supports this long-term process by:

- Helping maintain metabolic rate
- Preserving lean muscle mass
- Reducing hunger and cravings
- Supporting steady energy levels

By choosing meals that prioritize protein, you create an environment in which fat loss can occur naturally, without constant hunger or extreme dieting.

5

Protein vs. Carbs and Fats for Satiety

While calories matter, **satiety is influenced more by food composition than by calorie count alone**. Protein, carbohydrates, and fats all contribute to satiety, but they do so in different ways. Meals that include adequate protein tend to keep hunger at bay for longer periods, reducing the urge to snack or overeat between meals. Because protein takes longer to digest, it provides a steady release of energy rather than a quick spike. This helps prevent sudden drops in blood sugar that can lead to cravings and fatigue.

Carbohydrates are the body's primary source of quick energy, but they digest more rapidly than protein. When meals are heavy in refined or low-fiber carbohydrates and low in protein, hunger often returns sooner. This doesn't mean carbohydrates are unhealthy, fiber-rich carbohydrates can contribute to fullness, but they are most effective when paired with protein. Fat digests slowly, yet it does not strongly influence hunger-regulating hormones. Meals high in fat but low in protein may still leave you feeling unsatisfied or reaching for more food later. When fat is paired with protein, however, it enhances flavor and satiety, making meals more enjoyable and easier to sustain over time.

How Much Protein Do You Really Need?

Protein Needs by Age, Weight, and Activity - One of the most common questions in nutrition is also one of the most confusing: How much protein do I actually need? The answer is not one-size-fits-all. Protein needs vary based on age, body composition, activity level, and health goals, especially when weight loss is involved.

As we age, our bodies become less efficient at using protein to build and maintain muscle. This natural process, known as age-related muscle loss, can slow metabolism and make weight management more challenging. Adequate protein intake helps preserve lean muscle, supports metabolic health, and improves strength and energy, particularly important for adults over 40 and beyond.

A practical and research-supported guideline for weight loss and metabolic health is:

0.6–0.8 grams of protein per pound of lean body weight
(or approximately **1.2–1.6 grams per kilogram**)

Your daily movement and exercise habits significantly influence how much protein your body requires.

- Low activity (sedentary or light movement):
- Protein supports basic muscle maintenance and appetite control. Staying within the lower end of the recommended range is usually sufficient.
- Moderate activity (walking, strength training 2–3 times per week):
- Slightly higher protein intake helps repair muscle tissue, improve recovery, and maintain lean mass during weight loss.
- High activity (frequent strength training, endurance exercise):
- Protein needs increase to support muscle repair, recovery, and performance. Higher intake can also help prevent muscle loss during calorie reduction.

Your body uses protein most efficiently when it is spread evenly across meals rather than consumed in one large portion. Including protein at every meal and even in snacks supports steady energy, improved satiety, and better muscle maintenance.

Most recipes in this cookbook are designed to help you naturally distribute protein throughout the day without tracking or measuring obsessively.

Plant vs. Animal Protein (When to Combine Them)

Complete and Incomplete Proteins - Not all protein sources are the same, and understanding the differences between plant and animal proteins helps you build meals that truly support health and weight loss. This chapter isn't about choosing sides, but about learning how to use different protein sources effectively.

Proteins are made up of amino acids, which the body uses to build muscle, repair tissue, and regulate metabolism. There are **nine essential amino acids** that the body cannot make on its own and must get from food.

- Complete proteins contain all nine essential amino acids;
- Incomplete proteins lack one or more essential amino acids;

Most animal-based proteins, such as eggs, dairy, poultry, fish, and meat - are naturally complete. Many plant-based proteins, including beans, lentils, nuts, seeds, and grains, are incomplete on their own. While complete plant proteins provide all essential amino acids and can stand alone as primary protein sources, incomplete plant proteins are still highly nutritious and beneficial.

Protein quality isn't only about amino acids, it's also about how well your body can digest and absorb them. Animal proteins are generally highly digestible, easily absorbed and rich in essential amino acids.

Plant proteins often contain fiber and phytonutrients that support gut health, digest more slowly, promoting fullness, and may be slightly less bioavailable due to natural compounds like fiber and phytates.

Combining plant and animal proteins or mixing multiple plant proteins can enhance amino acid balance, improve satiety, and support muscle maintenance during weight loss. Examples include legumes paired with grains, plant proteins combined with eggs or dairy, and mixed-protein meals that include beans, seeds, and whole foods. These combinations help ensure you're meeting protein needs without relying on large portions of any single food.

There is no single "best" protein source. The most effective approach is the one that fits your preferences, digestion, lifestyle, and health goals.

How to Build a Protein-Powered Plate

The Ideal Protein-Fiber-Fat Balance - A simple way to think about balanced meals is to include all three components every time you eat:

- **Protein:**
The foundation of each meal. Protein supports muscle, metabolism, and satiety.
- **Fiber-rich carbohydrates:**
Vegetables, legumes, whole grains, and fruits provide volume, slow digestion, and support gut health.
- **Healthy fats:**
Fats enhance flavor, help absorb nutrients, and contribute to long-lasting fullness.

When these elements are combined, meals feel satisfying and naturally support weight loss without the need for restriction.

Portion Sizes Without Counting Calories - You don't need to track numbers to eat appropriate portions. Your body gives clear signals when meals are balanced. Visual and practical cues work just as well.

A helpful guideline:

- **Protein:** about the size of your palm
- **Fiber-rich foods:** fill at least half your plate
- **Healthy fats:** a small but intentional portion

This method keeps meals simple, flexible, and easy to repeat day after day.

Pantry & Fridge Essentials

Successful high-protein eating starts before you even step into the kitchen. Stocking your pantry and fridge with the right staples makes it easy to build balanced meals, stay consistent, and reduce the temptation to rely on convenience foods. This chapter will guide you through the must-have ingredients that keep protein within reach, all while supporting healthy weight loss. These staples allow you to mix and match, creating high-protein meals even when your schedule is tight.

High-Protein Pantry Staples - having these items on hand ensures you can quickly assemble a meal without stress:

- **Canned or dried beans and lentils:** Black beans, chickpeas, kidney beans, lentils;
- **Whole grains:** Quinoa, oats, bulgur, brown rice (also provide fiber);
- **Nuts and seeds:** Almonds, walnuts, pumpkin seeds, chia seeds (also healthy fats);
- **Protein powders:** Plant-based or whey protein powders for smoothies or shakes;
- **Canned fish:** Tuna, salmon, sardines (convenient and shelf-stable);
- **Nut butters:** Peanut, almond, or cashew butter (choose unsweetened versions);
- **Shelf-stable tofu or tempeh:** Great for plant-based protein meals;

High-Protein Fridge Essentials - fresh, refrigerated foods help you maintain variety and flavor in your meals:

- **Eggs or egg substitutes:** Quick, versatile, and nutrient-rich;
- **Dairy or plant-based alternatives:** Greek yogurt, cottage cheese, or plant-based yogurts;
- **Fresh vegetables:** Broccoli, spinach, kale, bell peppers, zucchini;
- **Fresh fruits:** Berries, apples, citrus help add fiber and natural sweetness;
- **Lean meats & poultry:** Chicken, turkey, or other protein-rich options;
- **Fresh fish or seafood:** Salmon, cod, shrimp, excellent for protein and omega-3s;
- **Tofu and tempeh:** Quick-cooking plant proteins for stir-fries, salads, and more;

Stocking Tips for Success

- **Keep variety in mind:** Rotating different protein sources prevents boredom and ensures a wider range of nutrients.
- **Batch prep when possible:** Cook grains, beans, or proteins in bulk to save time during the week.
- **Organize by frequency:** Place your most-used staples at eye level so you can quickly grab what you need.
- **Combine convenience with fresh:** Frozen vegetables and pre-washed greens are perfectly acceptable and save time while keeping meals healthy.

Why This Matters for Weight Loss

When high-protein staples are always available, you're less likely to skip meals or rely on low-protein convenience foods. Every meal becomes an opportunity to support your metabolism, keep cravings in check, and maintain energy, all while staying consistent with your weight-loss goals.

Useful Tips:

- Choose low-sodium or no-salt-added options when possible;
- Prioritize protein sources with minimal processing;
- Rotate plant and animal proteins;
- Mix textures and flavors to avoid boredom;
- Check expiration dates regularly;
- Use older items first;

What to Choose

- Fresh: Best for flavor and variety when available;
- Frozen: Often just as nutritious as fresh and very convenient;
- Canned: Useful backup when chosen carefully and used wisely;

Avoid

- Buying too many specialty items you rarely use;
- Stocking protein sources without fiber-rich foods to pair them;
- Over-relying on highly processed "protein" products;
- Overstocking perishables;



Label Reading for Hidden Sugars and Fats

Food labels can be helpful, but they can also be misleading. Many products that appear “healthy” contain added sugars or unhealthy fats that can quietly slow weight loss. Learning how to read labels simply and efficiently helps you choose foods that truly support your goals.

Added sugars and certain fats can trigger blood sugar spikes, increase cravings and overeating, and add excess calories without improving satiety. Even foods labeled as *natural*, *organic*, or *high-protein* may include ingredients that don’t support weight loss.

Where to Look First on a Label - You don’t need to read every number. Focus on these three areas:

1. Ingredients List

Ingredients are listed by weight. If sugar or refined oils appear near the top, the product is likely not a good everyday choice.

2. Added Sugars

Added sugars often hide under different names and can appear in sauces, dressings, yogurts, and protein products.

3. Type of Fat Used

The quality of fat matters more than the total amount.

Common Names for Hidden Sugars: cane sugar, brown sugar, syrups (corn syrup, rice syrup, malt syrup), honey, agave, molasses, dextrose, maltose, fructose. A small amount may be acceptable, but frequent exposure can increase cravings and make appetite harder to control.

Not all fats are harmful, but some are less supportive of health and weight loss. Limit products high in: trans fats, hydrogenated or partially hydrogenated oils, highly refined vegetable oils used in excess. Better choices include foods containing: olive oil, avocado oil, nuts and seeds.

A simple rule for label reading:

- Shorter ingredient lists are usually better;
- Fewer added sugars and refined oils are ideal;
- Whole-food ingredients are preferred;

If you can recognize most of the ingredients, it’s usually a good sign.

Don’t Be Misled by Marketing Claims-claims like low-fat, sugar-free, or high-protein don’t guarantee a healthy product. Some low-fat foods replace fat with sugar, while some high-protein products include sweeteners and fillers. Always check the ingredient list to see what’s really inside.

When you reduce hidden sugars and unhealthy fats, meals become more filling, energy levels stabilize, and cravings tend to decrease. This makes it easier to stay consistent without strict rules or calorie counting.

The recipes in this cookbook rely on whole, minimally processed ingredients.

Batch Cooking Proteins

One of the easiest ways to stay consistent with a high-protein lifestyle is to prepare protein in advance. Batch cooking doesn't mean eating the same meal every day, it means giving yourself flexible building blocks that make healthy choices easier, even on busy days.

Protein is often the most time-consuming part of a meal. When it's already prepared, balanced meals come together quickly. Batch cooking helps to reduce daily cooking time, make balanced meals effortless, prevent last-minute low-protein choices, and support steady weight loss through consistency.

Some proteins hold their texture and flavor especially well when prepared in advance:

- Lean meats and poultry;
- Fish or seafood (short-term prep);
- Eggs or egg-based dishes;
- Beans and lentils;
- Tofu and tempeh;

You don't need complicated recipes or hours in the kitchen. Try:

- Cooking proteins in large portions once or twice a week;
- Using neutral seasonings so proteins pair well with different meals;
- Preparing proteins that can be used in bowls, salads, wraps, or stir-fries;
- Dividing cooked protein into even portions;
- Using visual cues rather than exact measurements;
- Pairing each portion with fiber-rich vegetables and healthy fats;
- Prep only what you'll realistically eat;
- Rotate flavors with herbs, spices, and sauces;
- Allow room for fresh meals or eating out;

Use basic seasonings during prep and add sauces or spices later. This keeps meals from feeling repetitive and allows one protein to work across several dishes.



Troubleshooting Common Meal Mistakes

Even with the best intentions, small mistakes can slow progress or make healthy eating feel harder than it needs to be. The good news is that most issues are easy to fix once you know what to look for.

SKIPPING PROTEIN AT MEALS

Meals that lack enough protein often lead to hunger soon after eating and increased snacking later.
Fix: Make protein the starting point of every meal, even small ones.

RELYING TOO HEAVILY ON "HEALTHY" SNACKS

Snacks marketed as healthy or high-protein can still be low in satiety or high in added sugars.
Fix: Choose whole-food snacks with protein and fiber, or reduce snacking by eating more balanced meals.

EATING TOO LITTLE EARLIER IN THE DAY

Undereating early often leads to cravings or overeating later.
Fix: Include protein at breakfast or your first meal to support steady energy.

OVERCOMPLICATING MEALS

Trying too many new recipes or specialty ingredients can lead to burnout.
Fix: Keep meals simple and repeat what works.

REMOVING ENTIRE FOOD GROUPS

Eliminating carbohydrates or fats completely can increase cravings and reduce sustainability.
Fix: Focus on balance rather than restriction.

EXPECTING IMMEDIATE RESULTS

Healthy weight loss takes time, and early changes may be subtle.
Fix: Focus on consistency, energy levels, and how meals make you feel.

When in Doubt, Return to the Basics - If progress feels stalled, simplify:

- Protein at every meal
- Fiber-rich foods for fullness
- Healthy fats in moderation

This foundation supports weight loss without strict rules or calorie counting.

BREAKFAST

Berry Almond Protein Oat Bowl
Quinoa Apple Cinnamon Bowl
Greek Yogurt Berry Bowl
Vanilla Ricotta Bowl
Banana Cottage Cheese Bowl
Creamy Polenta Yogurt Bowl
Barley Cinnamon Bowl
Maple Walnut Millet Bowl
Veggie Egg White Scramble
Spinach & Feta Mini Egg Muffins
Smoked Salmon & Spinach Scramble
Turkey & Veggie Mini Egg Muffins
Spinach & Turkey Quiche
Smoked Salmon & Cottage Cheese Quiche
Turkey & Egg Breakfast Wrap
Smoked Salmon & Avocado Taco
Cottage Cheese & Veggie Pancakes
Sweet Potato & Turkey Protein Pancakes
Smoked Salmon & Greek Yogurt Wrap
Tuna & Cottage Cheese Toast





Berry Almond Protein Oat Bowl



Prep
5 Mins



Time
5 Mins



Servings
1



Level
Easy

Fiber from oats, chia, and berries slows digestion, stabilizes blood sugar, and supports digestive health. Berries are packed with antioxidants and phytonutrients that reduce inflammation and promote cardiovascular health. Healthy fats from almond butter support hormone balance and sustained energy.

INGREDIENTS

- ½ cup rolled oats
- ½ cup unsweetened almond milk
- 1 scoop vanilla protein powder
- ½ cup mixed berries
- 1 tbsp almond butter
- 1 tsp chia seeds

DIRECTIONS

1. Cook oats in almond milk for 4–5 min.
2. Stir in protein powder after removing the oats from heat. This prevents clumping and keep the oats creamy rather than gritty.
3. Top with berries, almond butter, and chia seeds.

TIPS: This bowl can be prepared as overnight oats. Combine all ingredients except berries, refrigerate overnight, and add fresh berries in the morning to keep them juicy and vibrant.

CALORIES: 350

PROTEIN: 25g

CARBS: 35g

FAT: 12g

FIBER: 9g



Quinoa Apple Cinnamon Bowl



Prep
5 Mins



Time
15 Mins



Servings
1



Level
Easy

Quinoa is a complete plant protein, supporting muscle maintenance while aiding fat loss. Apples provide soluble fiber, which helps regulate blood sugar and promotes gut health. Flaxseeds add omega-3s, supporting heart health and reducing inflammation. Cinnamon helps stabilize blood sugar, preventing mid-morning cravings.

INGREDIENTS

- ½ cup cooked quinoa
- ½ cup unsweetened almond milk
- ½ apple, diced
- 1 scoop vanilla protein powder
- ½ tsp cinnamon
- 1 tsp flaxseeds

DIRECTIONS

1. Heat quinoa with almond milk.
2. Stir protein powder in off the heat to prevent clumping and add cinnamon.
3. Top with diced apple and flaxseeds.

TIPS: Cooked quinoa stores well in the refrigerator for up to 3–4 days. Reheat gently with a splash of milk.
- Swap apple for pear or peaches when in season.

CALORIES: 320

PROTEIN: 22g

CARBS: 35g

FAT: 8g

FIBER: 7g

Greek Yogurt Berry Bowl



Greek yogurt is naturally high in protein, which promotes fullness, reduces appetite, and helps preserve lean muscle during weight loss. The combination of protein and probiotics supports gut health. Berries provide antioxidants and fiber that help control blood sugar and reduce inflammation, while nuts and chia seeds add healthy fats.

INGREDIENTS

1 cup plain Greek yogurt (2% or full-fat, unsweetened)
½ cup mixed berries (fresh or frozen)
1 tbsp chopped almonds or walnuts
1 tsp chia seeds
1 tsp honey or maple syrup

DIRECTIONS

1. **Spoon** the Greek yogurt into a serving bowl and stir until smooth. 2. **Top** the yogurt with berries, spreading them evenly. 3. **Sprinkle** chopped nuts and chia seeds over the bowl. 4. **Drizzle** with honey or maple syrup if desired, and serve immediately.

TIPS: Yogurt bowls can be assembled (without nuts) and stored in the fridge for up to 24 hours; add crunchy toppings just before eating. Let frozen berries thaw slightly in the yogurt for natural sweetness.

CALORIES: 280 **PROTEIN: 22g** **CARBS: 25g** **FAT: 9g** **FIBER: 6g**

Vanilla Ricotta Bowl



Ricotta and Greek yogurt provide a high-quality blend of fast- and slow-digesting proteins, helping you feel full while supporting muscle maintenance. Fruit adds fiber and antioxidants to support digestion and metabolic health, while nuts provide healthy fats that slow digestion and stabilize energy levels.

INGREDIENTS

¾ cup ricotta cheese
¾ cup plain Greek yogurt
½ tsp vanilla extract
½ cup sliced strawberries or peaches
1 tbsp chopped pistachios or almonds
1 tsp chia seeds (optional)

DIRECTIONS

1. **Combine** ricotta cheese and Greek yogurt in a medium bowl. 2. **Add** vanilla extract and mix until evenly incorporated. 3. **Top** with sliced fruit, nuts, and chia seeds if using.

TIPS: Whisk ricotta with yogurt for a lighter, mousse-like consistency. Store ricotta mixture separately for up to 24 hours; add fruit just before serving.

CALORIES: 310 **PROTEIN: 23g** **CARBS: 24g** **FAT: 11g** **FIBER: 4g**



Banana Cottage Cheese Bowl



Prep
5 Mins



Time
0 Mins



Servings
1



Level
Easy

Cottage cheese is rich in casein protein, which digests slowly and helps control hunger for hours. Banana provides natural sweetness and potassium for muscle and energy support, while cinnamon helps regulate blood sugar. Nut butter and flaxseed supply healthy fats and fiber promoting fullness and reducing cravings.

INGREDIENTS

- 1 cup cottage cheese
- ½ banana, sliced
- 1 tbsp natural peanut butter or almond butter
- ½ tsp cinnamon
- 1 tsp ground flaxseed

DIRECTIONS

1. Spoon the cottage cheese into a serving bowl and stir gently to smooth the texture. **2. Slice** the banana and arrange it evenly over the cottage cheese. **3. Add** the nut butter in small dollops and sprinkle with cinnamon and ground flaxseed. **4. Mix** lightly before eating.

TIPS: Mash banana slightly into the cottage cheese for natural sweetness without added sugar. Can be refrigerated for up to 2 days without toppings. Add cocoa powder for a chocolate-banana flavor without extra sugar.

CALORIES: 330

PROTEIN: 26g

CARBS: 28g

FAT: 12g

FIBER: 5g



Creamy Polenta Yogurt Bowl



Prep
5 Mins



Time
10 Mins



Servings
1



Level
Easy

Polenta is a gentle, easily digestible grain that pairs well with protein for steady energy. Dairy protein enhances satiety and muscle support, while berries and walnuts add antioxidants and healthy fats.

INGREDIENTS

- ½ cup cooked polenta (cornmeal)
- ½ cup plain Greek yogurt
- ½ scoop vanilla protein powder
- ½ cup blueberries
- 1 tbsp chopped walnuts
- ½ tsp vanilla extract

DIRECTIONS

1. Prepare polenta according to package instructions and allow to cool slightly. **2. Mix** Greek yogurt and protein powder until smooth. **3. Stir** warm polenta into the yogurt mixture. **4. Top** with blueberries and walnuts.

TIPS: Whisk polenta well while cooking to keep it creamy. Cooked polenta can be stored for up to 3 days; reheat with milk. Add lemon zest for brightness without sugar.

CALORIES: 335

PROTEIN: 22g

CARBS: 34g

FAT: 11g

FIBER: 5g

Barley Cinnamon Bowl



Barley is exceptionally high in soluble fiber, which helps regulate blood sugar and appetite. Protein supports fullness and lean muscle, while pears add gentle sweetness and digestion-supporting fiber.



INGREDIENTS

- ½ cup cooked pearl barley
- ½ cup milk or unsweetened plant milk
- 1 scoop vanilla protein powder
- ½ pear, diced
- 1 tbsp chopped almonds
- ½ tsp cinnamon

DIRECTIONS

1. Cook barley until tender and drain excess liquid.
2. Remove from heat and stir in protein powder.
3. Top with pear, almonds, and cinnamon.
4. Serve warm.

TIPS: Stir protein powder off heat for the smoothest texture. Cooked barley keeps 4–5 days refrigerated. Add ground flaxseed for extra fiber.

CALORIES: 360

PROTEIN: 23g

CARBS: 42g

FAT: 11g

FIBER: 7g

Maple Walnut Millet Bowl



Millet is a high-fiber, easily digestible grain that supports fullness and digestive health. Greek yogurt and protein powder increase satiety and help preserve lean muscle during weight loss. Walnuts and cinnamon stabilize blood sugar and provide healthy fats. Fruit adds natural sweetness and antioxidants.



INGREDIENTS

- ½ cup cooked millet
- ½ cup Greek yogurt
- ½ scoop vanilla protein powder
- 1 tbsp chopped walnuts
- 1 tsp pure maple syrup
- ½ tsp cinnamon
- ½ cup diced pear or apple

DIRECTIONS

1. Cook millet according to package instructions and let cool slightly.
2. Mix Greek yogurt and protein powder in a bowl until smooth.
3. Stir in cooked millet.
4. Top with fruit, walnuts, maple syrup (if using), and cinnamon.

TIPS: Millet can be pre-cooked and refrigerated for 3–4 days. Add a sprinkle of flaxseed for extra fiber and omega-3s.

CALORIES: 340

PROTEIN: 23g

CARBS: 38g

FAT: 11g

FIBER: 6g



Veggie Egg White Scramble



Prep
5 Mins



Time
8 Mins



Servings
1



Level
Easy

Egg whites are a lean, high-quality protein that supports muscle maintenance and satiety with very few calories or fat. Pairing them with fiber-rich vegetables increases volume and fullness, helping reduce overall calorie intake while keeping energy steady and cravings in check.

INGREDIENTS

1 cup liquid egg whites (or whites from 5–6 eggs)
½ cup chopped bell peppers
½ cup chopped spinach
½ cup diced onion
1 teaspoon olive oil
Salt and black pepper to taste
Optional: garlic powder, paprika, or chili flakes

DIRECTIONS

1. Sauté onion and bell peppers for 2–3 minutes in olive oil until softened. **2. Add** spinach and cook for 30–60 seconds. **3. Pour** in egg whites and gently stir as they cook. Cook for 3–4 minutes, stirring occasionally. **4. Season** with salt, pepper, and optional spices.

TIPS: Store cooked scramble in an airtight container in the refrigerator for up to 2 days. Reheat gently in a skillet or microwave to prevent drying out.

CALORIES: 180

PROTEIN: 28g

CARBS: 6g

FAT: 4g

FIBER: 3g



Spinach & Feta Mini Egg Muffins



Prep
5 Mins



Time
20 Mins



Servings
6



Level
Easy

These mini egg muffins deliver high-quality protein in a portion-controlled format, making them ideal for appetite control and steady energy. Eggs support muscle maintenance during weight loss, while spinach adds fiber and micronutrients with minimal calories. Feta provides bold flavor.

INGREDIENTS

4 large eggs
1 cup fresh spinach, chopped
¼ cup crumbled feta cheese
2 tablespoons milk or unsweetened almond milk
¼ teaspoon black pepper
Pinch of salt (feta is salty)
Oil for greasing

DIRECTIONS

1. Preheat oven to 375°F (190°C) and lightly grease a mini muffin tin. **2. Whisk** eggs, milk, and black pepper in a bowl. **3. Stir** in chopped spinach and feta cheese. **4. Divide** mixture evenly among muffin cups, bake for 18–22 minutes.

TIPS: Store in an airtight container in the refrigerator for up to 4 days. Freeze for up to 2 months; reheat gently in the microwave or oven.

CALORIES: 210

PROTEIN: 18g

CARBS: 4g

FAT: 13g

FIBER: 1.5g

Smoked Salmon & Spinach Scramble



Prep
5 Mins



Time
8 Mins



Servings
1



Level
Easy

This scramble combines high-quality protein from eggs and smoked salmon with fiber-rich spinach, creating a breakfast that supports satiety, muscle maintenance, and steady energy. Smoked salmon adds omega-3 fatty acids, which support heart health and may help reduce inflammation.



INGREDIENTS

2 large eggs
2 egg whites
2 oz smoked salmon,
chopped
1 cup fresh spinach
1 teaspoon olive oil
Black pepper to taste
Optional: fresh dill, chives,
or lemon zest

DIRECTIONS

1. Heat a skillet over medium heat and add olive oil. 2. Add spinach and cook for 30–60 seconds. 3. Whisk eggs and egg whites with black pepper, pour mixture into the skillet and cook gently. 4. When eggs are mostly set, fold in smoked salmon. Cook for 30–60 seconds more, just until eggs are fully set.

TIPS: Serve with a side of Greek yogurt or cottage cheese for extra protein. Best enjoyed fresh.

CALORIES: 260

PROTEIN: 30g

CARBS: 3g

FAT: 14g

FIBER: 1.5g

Turkey & Veggie Mini Egg Muffins



Prep
10 Mins



Time
25 Mins



Servings
6



Level
Easy

Lean turkey provides high-quality protein that supports muscle maintenance and keeps you full longer, which is key during weight loss. Eggs add additional protein and essential nutrients, while vegetables contribute fiber and volume with minimal calories.



INGREDIENTS

4 large eggs
½ cup cooked lean ground
turkey
½ cup chopped bell pepper
½ cup chopped onion
½ cup chopped spinach
2 tablespoons milk or
unsweetened almond milk
½ teaspoon black pepper
Salt to taste
Oil for greasing

DIRECTIONS

1. Preheat oven to 375°F (190°C) and lightly grease a mini muffin tin. 2. Whisk eggs, milk, salt, and black pepper in a bowl. 3. Stir in cooked turkey and chopped vegetables. 4. Divide mixture evenly among muffin cups. 5. Bake for 20–25 minutes, until set in the center.

TIPS: Finely chop vegetables to help the muffins hold together and bake evenly. Swap bell peppers for zucchini or mushrooms. Store in an airtight container in the refrigerator for up to 4 days, Freeze for up to 2 months.

CALORIES: 230

PROTEIN: 22g

CARBS: 4g

FAT: 13g

FIBER: 1.5g



Spinach & Turkey Quiche



Prep
10 Mins



Time
40 Mins



Servings
4



Level
Easy

This crustless quiche delivers lean protein from turkey and eggs without the extra calories of a traditional crust. Protein helps control appetite, preserve muscle during weight loss, and maintain steady energy levels, while spinach adds fiber and key micronutrients with minimal calories.

INGREDIENTS

5 large eggs
1 cup egg whites
1 cup cooked ground turkey or diced turkey breast
1½ cups fresh spinach
½ cup unsweetened milk
½ teaspoon garlic powder
½ teaspoon black pepper
½ cup low-fat shredded cheese
Salt to taste
Oil for greasing

DIRECTIONS

1. **Preheat** oven to 375°F (190°C) and lightly grease a pie dish. 2. **Spread** cooked turkey and chopped spinach evenly in the dish. 3. **Whisk** eggs, egg whites, milk, garlic powder, salt, and pepper in a bowl. 4. **Pour** egg mixture over the turkey and spinach. 5. **Sprinkle** cheese on top and bake for 35–40 minutes.

TIPS: Sauté spinach briefly before adding if it releases excess moisture. Swap spinach for kale or Swiss chard. Store in an airtight container in the refrigerator for up to 4 days, freeze individual slices for up to 2 months.

CALORIES: 270

PROTEIN: 32g

CARBS: 4g

FAT: 11g

FIBER: 2g



Smoked Salmon & Cottage Cheese Quiche



Prep
10 Mins



Time
40 Mins



Servings
4



Level
Easy

This quiche combines high-quality protein from eggs, cottage cheese, and smoked salmon with omega-3 fatty acids that support heart health and help manage inflammation. Cottage cheese adds slow-digesting protein and creaminess without excess fat, making this dish filling and nutrient-dense.

INGREDIENTS

5 large eggs
1 cup low-fat cottage cheese
3 oz smoked salmon
½ cup unsweetened milk
½ cup green onions
½ teaspoon black pepper
Optional: fresh dill, parsley
Oil for greasing

DIRECTIONS

1. **Preheat** oven to 375°F (190°C) and lightly grease a pie dish. 2. **Whisk** eggs, cottage cheese, milk, and black pepper in a bowl. 3. **Fold** in smoked salmon, green onions, and herbs. 4. **Pour** mixture into the prepared dish and bake for 35–40 minutes, until the center is set and lightly golden.

TIPS: Blend cottage cheese briefly for a smoother, custard-like texture. Store in an airtight container in the refrigerator for up to 4 days, freeze individual slices for up to 2 months.

CALORIES: 260

PROTEIN: 30g

CARBS: 4g

FAT: 12g

FIBER: 1g

Turkey & Egg Breakfast Wrap



Prep
5 Mins



Time
10 Mins



Servings
1



Level
Easy

This wrap combines lean turkey with high-quality egg protein, creating a filling breakfast that supports muscle maintenance and appetite control. Protein slows digestion and helps stabilize blood sugar, reducing cravings later in the day.



INGREDIENTS

1 whole-grain tortilla
2 large eggs
2 egg whites
2 oz cooked turkey breast
½ cup fresh spinach
1 teaspoon olive oil
Black pepper to taste
Optional: mustard, salsa, or Greek yogurt spread

DIRECTIONS

1. Heat a skillet over medium heat and add olive oil. 2. Add spinach and cook for 30–60 seconds until wilted. 3. Whisk eggs and egg whites with black pepper. 4. Pour eggs into the skillet, add turkey, and cook until heated through. 5. Warm the tortilla briefly in a pan. 6. Place egg-turkey mixture in the center of the tortilla, add optional spread, roll tightly.

TIPS: Best enjoyed fresh. Can be wrapped tightly and stored in the refrigerator for up to 24 hours.

CALORIES: 360

PROTEIN: 35g

CARBS: 30g

FAT: 12g

FIBER: 5g

Smoked Salmon & Avocado Taco



Prep
8 Mins



Time
10 Mins



Servings
2



Level
Easy

These tacos are high in protein and rich in omega-3 fatty acids. Lean protein from smoked salmon pairs with healthy fats from avocado to support satiety and blood sugar balance, to promote heart and brain health, and to help reduce cravings and stabilize energy.



INGREDIENTS

2 whole-grain tortillas
3 oz (85 g) smoked salmon
½ ripe avocado
½ cup plain nonfat Greek yogurt or cottage cheese
1 tablespoon lemon juice
1 tbsp chopped dill or parsley
½ teaspoon black pepper
Optional: sliced cucumber, baby spinach, or red onion

DIRECTIONS

1. Warm tortillas briefly in a dry skillet. 2. Mix Greek yogurt (or cottage cheese) with lemon juice, dill, and black pepper. 3. Spread the yogurt mixture evenly over each tortilla. 4. Layer smoked salmon on top, followed by avocado slices. 5. Add optional vegetables and fold gently.

TIPS: Best enjoyed fresh. Store components separately in airtight containers for up to 24 hours. Use high-protein wraps or seed-based tortillas for extra nutrition.

CALORIES: 350

PROTEIN: 30g

CARBS: 22g

FAT: 18g

FIBER: 8g



Cottage Cheese & Veggie Pancakes



Prep
8 Mins



Time
10 Mins



Servings
4



Level
Easy

The high protein content of these pancakes supports satiety and muscle preservation. The low glycemic load helps stabilize blood sugar levels, while vegetables contribute fiber, antioxidants, and essential micronutrients. The combination of macronutrients helps reduce mid-morning hunger and cravings, supporting steady energy and appetite control.

INGREDIENTS

- ½ cup low-fat cottage cheese
- 2 large eggs
- ½ cup oat flour or whole-wheat flour
- ½ cup finely chopped vegetables (spinach, zucchini, bell pepper, or scallions)
- ½ teaspoon baking powder
- ½ teaspoon black pepper
- 1 teaspoon olive oil
- Pinch of salt (optional)

DIRECTIONS

1. Combine cottage cheese and eggs until mostly smooth. **2. Add** flour, baking powder, pepper, and salt; mix until well combined. **3. Fold** in chopped vegetables. **4. Heat** a skillet over medium heat and lightly grease. **5. Spoon** batter into the pan to form small pancakes. **6. Cook** for 3 minutes per side.

TIPS: Store cooked pancakes in an airtight container for up to 3 days in the refrigerator. Freeze between parchment paper for up to 1 month. If the batter feels too thick, add 1–2 tablespoons of water or milk. Pair with a fresh tomato or cucumber salad.

CALORIES: 310

PROTEIN: 27g

CARBS: 22g

FAT: 14g

FIBER: 6g



Sweet Potato & Turkey Protein Pancakes



Prep
10 Mins



Time
10 Mins



Servings
6



Level
Easy

These savory pancakes support muscle maintenance, satiety, and metabolic health thanks to their high protein content. Sweet potatoes provide slow-digesting carbohydrates that help stabilize blood sugar and sustain energy. Together, they create a balanced, filling breakfast that supports weight management.

INGREDIENTS

- 1 cup cooked and mashed sweet potato
- ¾ cup lean ground turkey
- 2 large egg whites
- 2 tablespoons almond flour
- ½ teaspoon baking powder
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon black pepper, Salt
- 1 teaspoon olive oil

DIRECTIONS

1. Combine the mashed sweet potato, ground turkey, egg whites, and flour. Mix until evenly blended. **2. Add** baking powder, garlic powder, smoked paprika, black pepper, and salt. Stir until a thick, spoonable batter forms. **3. Heat** a skillet over medium heat and lightly grease with oil. **4. Spoon** about 2 tablespoons of batter per pancake and cook for 4–5 minutes per side.

TIPS: Store cooked pancakes in an airtight container for up to 4 days, Freeze in layers with parchment paper for up to 2 months.

CALORIES: 260




PROTEIN: 28g

CARBS: 18g

FAT: 7g

FIBER: 4g

Smoked Salmon & Greek Yogurt Wrap

 **Prep**
5 Mins  **Time**
0 Mins  **Servings**
1  **Level**
Easy

This wrap delivers a powerful protein punch with omega-3-rich smoked salmon and creamy Greek yogurt, supporting muscle maintenance, satiety, and heart health. Quick-digesting yet filling, it's perfect for steady energy, weight management, and a blood-sugar-friendly breakfast.



INGREDIENTS

1 whole-grain
3 oz (85 g) smoked salmon
3 tablespoons Greek yogurt
½ teaspoon Dijon mustard
½ cup fresh spinach or mixed greens
½ small cucumber, thinly sliced
1 teaspoon capers (optional)
Fresh dill or chives for garnish
Salt and black pepper, to taste



DIRECTIONS

1. Mix Greek yogurt with Dijon mustard (or lemon juice), salt, and pepper. **2. Lay** the tortilla flat, spread the yogurt mixture evenly, then layer smoked salmon, spinach, cucumber, and capers. **3. Roll** the tortilla tightly and garnish with fresh herbs.

TIPS: Lightly toast the tortilla for extra texture. Include a thin layer of cream cheese or mashed avocado for creaminess. Best eaten fresh, but can be wrapped tightly in foil and refrigerated without wet ingredients for up to 24 hours.

CALORIES: 250 **PROTEIN: 25g** **CARBS: 20g** **FAT: 9g** **FIBER: 3g**

Tuna & Cottage Cheese Toast

 **Prep**
5 Mins  **Time**
3 Mins  **Servings**
1  **Level**
Easy

This toast is high in protein, supporting muscle maintenance, satiety, and a healthy metabolism. Whole-grain bread and cottage cheese provide slow-digesting carbohydrates that help stabilize blood sugar and sustain energy. Together, they make a filling, nutrient-dense breakfast that supports weight management and helps curb mid-morning cravings.



INGREDIENTS

1 slice whole-grain bread
½ cup cottage cheese
3 oz (85 g) canned tuna in water, drained
½ teaspoon Dijon mustard
1 teaspoon chopped fresh parsley or chives
Salt and black pepper, to taste
Optional: sliced cucumber, tomato, or radish

DIRECTIONS

1. Toast the bread lightly for a crisp texture. **2. Mix** tuna with cottage cheese, Dijon mustard (or lemon juice), salt, pepper, and chopped herbs. **3. Spread** the tuna-cottage cheese mixture evenly over the toasted bread. Add optional vegetable toppings for extra freshness.

TIPS: Best eaten fresh. The tuna mixture can be prepared in advance and stored in an airtight container in the fridge for up to 24 hours. Avoid storing fully assembled.

CALORIES: 220 **PROTEIN: 28g** **CARBS: 18g** **FAT: 6g** **FIBER: 3g**

LUNCH

Rocket & Chicken Power Salad
Spinach & Tuna Mediterranean Salad
Mixed Greens & Salmon Salad
Crunchy Chickpea & Veggie Salad
Thai Chicken Coconut Soup
Turkey & Kale Minestrone
Egg Drop Protein Soup
Chicken, Brown Rice & Avocado Bowl
Chickpea & Turkey Mediterranean Bowl
Shrimp & Broccoli Garlic Skillet





Rocket & Chicken Power Salad



Prep
10 Mins



Time
10 Mins



Servings
2



Level
Easy

This salad is high in protein, helping you stay full and maintain lean muscle. Rocket and vegetables provide antioxidants, vitamins, and fiber to support digestion and metabolism. Healthy fats from olive oil, avocado, and seeds improve satiety, making it an ideal weight-loss-friendly lunch that keeps energy levels steady.

INGREDIENTS

Salad:

- 2 cups fresh rocket (arugula)
- 1 medium grilled chicken breast (≈150 g), sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 red bell pepper, sliced
- 1/4 avocado, sliced (optional)
- 1–2 tablespoons roasted pumpkin or sunflower seeds

Dressing (high-protein):

- 2 tablespoons Greek yogurt
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1 teaspoon olive oil
- Salt and pepper to taste

Optional: 1 teaspoon whey or plant-based protein powder

DIRECTIONS

1. **Grill** or pan-sear the chicken breast until fully cooked. Let it rest, then slice thinly.
2. **Combine** rocket, cherry tomatoes, cucumber, bell pepper, avocado, and seeds in a large bowl.
3. **Whisk** together Greek yogurt, mustard, lemon juice, olive oil, salt, pepper, and protein powder in a small bowl until smooth.
4. **Toss** the salad with the dressing, then top with sliced chicken.
5. **Serve** immediately.

USEFUL TIPS:

- Lightly toast seeds for extra crunch and flavor.
- Swap chicken for turkey, grilled shrimp, or tofu for variety.
- Include roasted vegetables like zucchini or bell peppers for extra volume.
- Serve with a side of high-protein whole-grain crackers or quinoa for a more filling lunch.
- Store salad ingredients separately from dressing in the fridge for up to 24 hours.
- Dress only before serving to keep vegetables crisp.

CALORIES: 280

PROTEIN: 32g

CARBS: 10g

FAT: 12g

FIBER: 4g

Spinach & Tuna Mediterranean Salad



Prep
10 Mins



Time
0 Mins



Servings
2



Level
Easy

Packed with protein from tuna, this salad helps maintain muscle and keeps you feeling full longer. Spinach and vegetables provide vitamins, minerals, and fiber to support digestion and metabolism. Healthy fats from olive oil and optional seeds improve satiety, making it an ideal, low-calorie lunch for weight management.



DIRECTIONS

1. **Combine** spinach, cherry tomatoes, cucumber, red onion, olives, feta (if using), and seeds in a large bowl.
2. **Add** drained tuna on top.
3. **Whisk** together olive oil, lemon juice, mustard, salt, pepper, and herbs in a large bowl,, until smooth.
4. **Drizzle** the dressing over the salad and gently toss before serving.

INGREDIENTS

Salad:

- 3 cups fresh baby spinach
- 1 can (\approx 150 g) tuna, drained
- 1/2 cup cherry tomatoes
- 1/4 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1/4 cup kalamata olives, pitted
- 2 tbsp crumbled feta cheese
- 1 tablespoon roasted pumpkin seeds or sunflower seeds

Dressing:

- 2 teaspoons olive oil
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Optional: 1/2 teaspoon dried oregano or fresh herbs

USEFUL TIPS:

- Use high-quality canned tuna in water for lean protein.
- For added volume and fiber, include roasted red peppers or artichoke hearts.
- Swap tuna for grilled salmon, shrimp, or canned chickpeas for a vegetarian option.
- Add a few capers or sun-dried tomatoes for stronger Mediterranean flavors.
- Pair with whole-grain pita or crackers for a more filling lunch.
- Store salad ingredients separately from dressing in airtight containers for up to 24 hours.
- Dress only before serving to maintain crispness.

CALORIES: 220

PROTEIN: 28g

CARBS: 8g

FAT: 10g

FIBER: 3g



Mixed Greens & Salmon Salad



Prep

10 Mins



Time

10 Mins



Servings

2



Level

Easy

This salad delivers high-quality protein from salmon, supporting satiety while aiding metabolism. Salmon's omega-3 fatty acids help reduce inflammation and support heart health, while mixed greens and vegetables provide fiber and essential micronutrients. The balance of protein, healthy fats, and low carbohydrates makes this meal especially effective for appetite control and sustainable weight loss.

INGREDIENTS

Salad:

- 4 cups mixed salad greens (spinach, arugula, romaine, or spring mix)
- 2 salmon fillets (about 100 g / 3.5 oz each), cooked and flaked
- 1/2 cup cherry tomatoes, halved
- 1/2 avocado, sliced
- 1/4 cucumber, sliced
- 1 tablespoon pumpkin seeds or sliced almonds

Dressing:

- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- Salt and black pepper, to taste

DIRECTIONS

- Season** salmon lightly with salt and pepper. Grill, pan-sear, or bake until just cooked through, then flake into large pieces.
- Arrange** mixed greens, tomatoes, cucumber, avocado, and seeds in a bowl.
- Place** flaked salmon on top of the salad.
- Whisk** olive oil, lemon juice, Dijon mustard, salt, and pepper in a small bowl.
- Drizzle** dressing over the salad just before serving and toss gently.

USEFUL TIPS:

- Avoid overcooking salmon; slightly pink in the center keeps it moist and flavorful.
- Add avocado and dressing just before serving to prevent browning and wilting.
- Swap lemon dressing for a yogurt-dill sauce for extra protein.
- Replace avocado with roasted sweet potato cubes for a heartier salad.
- Serve with whole-grain crackers or a small quinoa portion for active days.
- Store cooked salmon and salad vegetables separately in airtight containers for up to 2 days.

CALORIES: 340

PROTEIN: 30g

CARBS: 10g

FAT: 20g

FIBER: 4g

Crunchy Chickpea & Veggie Salad



Prep
10 Mins



Time
25 Mins



Servings
2



Level
Easy

This salad pairs protein-rich chickpeas with fiber-packed vegetables to promote satiety and help stabilize blood sugar levels. The combination of plant protein, fiber, and healthy fats supports digestion, reduces cravings, and helps maintain energy throughout the day.



DIRECTIONS

1. **Preheat** oven to 200°C / 400°F.
2. **Toss** chickpeas with olive oil, smoked paprika, garlic powder, salt, and pepper.
3. **Spread** chickpeas on a baking sheet and roast for 20–25 minutes, shaking halfway, until golden and crunchy.
4. **Combine** vegetables and leafy greens.
5. **Whisk** all dressing ingredients in a small bowl until smooth.
6. **Top** salad with roasted chickpeas, drizzle with dressing, and toss gently.

INGREDIENTS

Salad:

1 can (15 oz / 425 g) chickpeas, drained, rinsed, and patted dry
3 cups mixed vegetables (bell peppers, carrots, cucumber)
2 cups leafy greens (romaine, arugula, or spinach)
1 tablespoon olive oil
1/2 teaspoon smoked paprika
1/4 teaspoon garlic powder
Salt and black pepper, to taste

Dressing:

2 tablespoons plain Greek yogurt or unsweetened plant-based yogurt
1 tablespoon lemon juice or apple cider vinegar
1 teaspoon Dijon mustard
1 teaspoon olive oil
Salt and pepper, to taste

USEFUL TIPS:

- Dry chickpeas thoroughly before roasting for maximum crispiness.
- For extra crunch, roast chickpeas 5 minutes longer and let cool fully.
- Swap yogurt dressing for tahini-lemon dressing for a fully vegan option.
- Toss in feta, tofu cubes, or edamame for even more protein.
- Store roasted chickpeas separately in an airtight container for up to 3 days.
- Assembled salad (without dressing) keeps well in the refrigerator for 1–2 days.

CALORIES: 320

PROTEIN: 18g

CARBS: 34g

FAT: 12g

FIBER: 10g



Thai Chicken Coconut Soup



Prep
10 Mins



Time
15 Mins



Servings
2



Level
Easy

This soup is rich in lean protein to support satiety and muscle maintenance while remaining low in carbohydrates. Light coconut milk adds flavor and healthy fats without excessive calories, helping control hunger. The warm, broth-based meal promotes hydration and fullness, making it ideal for weight management.

INGREDIENTS

12 oz (340 g) chicken breast
1 cup light coconut milk
2 cups low-sodium chicken broth
1 tbsp red curry paste
1 tsp fresh ginger, grated
2 cloves garlic, minced
1 cup mushrooms, sliced
1 cup baby spinach or bok choy
1 tbsp fish sauce or low-sodium soy sauce
Juice of 1 lime
1 tsp olive or avocado oil
Optional: fresh cilantro, green onions, chili flakes

DIRECTIONS

1. **Heat** oil in a pot over medium heat; sauté garlic and ginger until fragrant.
2. **Stir** in curry paste and cook for 30 seconds.
3. **Add** broth and coconut milk; bring to a gentle simmer.
4. **Add** chicken and mushrooms; simmer 8–10 minutes until chicken is cooked through.
5. **Stir** in greens and cook 1–2 minutes until wilted.
6. **Finish** with fish sauce and lime juice. Adjust seasoning and serve.

USEFUL TIPS:

- Slice chicken thinly for quick, even cooking.
- Substitute shrimp or tofu for chicken.
- Increase spice with extra curry paste or fresh chili.
- Make ahead and portion into individual containers for easy lunches.
- Store in an airtight container in the refrigerator for up to 3 days.
- Reheat gently; avoid boiling to preserve texture.

CALORIES: 350

PROTEIN: 34g

CARBS: 9g

FAT: 17g

FIBER: 2g

Turkey & Kale Minestrone



Prep
10 Mins



Time
25 Mins



Servings
3



Level
Moderate

This minestrone delivers lean protein to support muscle maintenance and lasting fullness while vegetables and beans provide fiber for digestion and appetite control. The broth-based format keeps calories in check while allowing for a generous portion size. It's a comforting, nutrient-dense meal that supports steady energy and sustainable weight loss.



DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, carrot, and celery; sauté 3–4 minutes until softened.
2. Add ground turkey and cook until browned, breaking it up with a spoon.
3. Stir in zucchini, crushed tomatoes, broth, oregano, and basil. Bring to a gentle simmer.
4. Add white beans and simmer for 10–12 minutes.
5. Stir in kale and cook 2–3 minutes until wilted. Season to taste and serve.

INGREDIENTS

- 14 oz (400 g) lean ground turkey
 - 1 tsp olive oil
 - 1 small onion, diced
 - 2 cloves garlic, minced
 - 1 carrot, diced
 - 1 celery stalk, diced
 - 1 zucchini, diced
 - 1 can (14 oz / 400 g) crushed tomatoes, no added sugar
 - 4 cups low-sodium chicken or vegetable broth
 - 1 cup canned white beans, drained
 - 2 cups chopped kale
 - 1 tsp dried oregano
 - ½ tsp dried basil
 - Salt and black pepper, to taste
- Optional garnish:** fresh parsley or grated Parmesan

USEFUL TIPS:

- Use extra-lean turkey to keep fat content low.
- Swap white beans for chickpeas or lentils.
- Stir in a spoon of pesto before serving for a flavor boost.
- Enjoy on its own or with a small side of whole-grain toast for active days.
- Store in the refrigerator for up to 4 days in an airtight container.
- Freezes well for up to 2 months; thaw overnight before reheating.

CALORIES: 320

PROTEIN: 30g

CARBS: 22g

FAT: 10g

FIBER: 6g



Egg Drop Protein Soup



Prep
10 Mins



Time
10 Mins



Servings
2



Level
Easy

This soup delivers high-quality protein from eggs to support satiety and muscle maintenance while remaining very low in calories. The warm, broth-based format helps control appetite and supports hydration. Quick to prepare and easy to digest, it's an excellent choice for weight loss without sacrificing comfort.

INGREDIENTS

4 cups low-sodium chicken or vegetable broth
3 large eggs
2 egg whites (for extra protein)
1 tsp sesame oil
1 tsp fresh ginger, grated
1 clove garlic, minced
1 tbsp cornstarch (optional)
2 tbsp cold water (if using cornstarch)
1 tbsp low-sodium soy sauce or tamari
1 cup baby spinach or chopped scallions

Optional add-ins: shredded cooked chicken, tofu cubes, mushrooms

Optional garnish: white pepper, chili oil, sesame seeds

DIRECTIONS

1. **Bring** broth to a gentle simmer in a medium saucepan. Add ginger and garlic.
2. **Whisk** cornstarch with water and stir into broth; simmer 1 minute (if thickening).
3. **Beat** eggs and egg whites together in a bowl.
4. **Drizzle** eggs slowly into simmering broth while gently stirring to form ribbons.
5. **Add** soy sauce, sesame oil, and spinach; cook 1–2 minutes until greens wilt.
6. **Adjust** seasoning and serve immediately.

USEFUL TIPS:

- Stir in miso paste or turmeric for depth and anti-inflammatory benefits.
- Add mushrooms or zucchini for more volume.
- Keep broth at a gentle simmer for smooth egg ribbons.
- Best enjoyed fresh; store leftovers up to 2 days in the refrigerator.
- Reheat gently, do not boil to avoid overcooking the eggs.

CALORIES: 180

PROTEIN: 22g

CARBS: 6g

FAT: 7g

FIBER: 1g

Chicken, Brown Rice & Avocado Bowl



Prep
10 Mins



Time
15 Mins



Servings
2



Level
Moderate

This bowl combines lean protein to support muscle maintenance with slow-digesting carbohydrates for sustained energy and appetite control. Healthy fats from avocado enhance satiety and nutrient absorption. The balanced macronutrient profile helps prevent energy crashes and supports consistent weight loss.



DIRECTIONS

1. **Season** chicken with paprika, garlic powder, salt, and pepper.
2. **Grill** or pan-sear chicken over medium heat for 5–6 minutes per side, until fully cooked. Let rest, then slice.
3. **Divide** brown rice between bowls.
4. **Top** with sliced chicken, avocado, tomatoes, and cucumber.
5. **Drizzle** with olive oil and lemon juice. Garnish and serve.

INGREDIENTS

12 oz (340 g) boneless, skinless chicken breast
1 cup cooked brown rice
1 ripe avocado, sliced
1 cup cherry tomatoes, halved
1 cup cucumber, diced
1 tbsp olive oil
Juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ tsp paprika
 $\frac{1}{2}$ tsp garlic powder
Salt and black pepper, to taste
Optional garnish: fresh parsley or cilantro

USEFUL TIPS:

- Use a grill pan or air fryer for juicy, evenly cooked chicken.
- Let chicken rest before slicing to retain moisture.
- Swap brown rice for quinoa or farro.
- Add a yogurt-based garlic sauce or light tahini drizzle.
- Replace chicken with turkey, shrimp, or tofu.
- Ideal for batch cooking and portioned lunches throughout the week.
- Store components separately in airtight containers for up to 3 days.

CALORIES: 480

PROTEIN: 38g

CARBS: 38g

FAT: 20g

FIBER: 9g



Chickpea & Turkey Mediterranean Bowl



Prep
10 Mins



Time
5 Mins



Servings
2



Level
Moderate

This bowl delivers high-quality protein from turkey to support muscle maintenance and prolonged fullness, while chickpeas provide fiber to aid digestion and appetite control. The Mediterranean-style fats and fresh vegetables support heart health and stable energy levels.

INGREDIENTS

12 oz (340 g) cooked lean turkey breast, sliced or diced
1 cup canned chickpeas, drained
1 cup cherry tomatoes, halved
1 cup cucumber, diced
½ cup red onion, thinly sliced
2 cups mixed greens (spinach, arugula, or romaine)
1 tbsp olive oil
Juice of ½ lemon
½ tsp dried oregano
Salt and black pepper, to taste
Optional toppings: crumbled feta (1–2 tbsp), fresh parsley, olives

DIRECTIONS

1. **Season** turkey with oregano, salt, and pepper. If needed, lightly warm in a skillet.
2. **Combine** chickpeas, tomatoes, cucumber, and red onion in a bowl.
3. **Divide** mixed greens between serving bowls.
4. **Top** with turkey and chickpea mixture.
5. **Drizzle** with olive oil and lemon juice, toss gently, and add optional toppings.

USEFUL TIPS:

- Rinse chickpeas well to reduce sodium.
- Swap turkey for grilled chicken or canned tuna.
- Add a yogurt-tahini dressing for extra creaminess.
- Use roasted chickpeas for added crunch.
- Store components separately for up to 3 days in the refrigerator.
- Add greens and dressing just before serving to maintain freshness.

CALORIES: 420

PROTEIN: 36g

CARBS: 32g

FAT: 16g

FIBER: 8g

Shrimp & Broccoli Garlic Skillet



Prep
5 Mins



Time
10 Mins



Servings
2



Level
Easy

This dish delivers lean, high-quality protein from shrimp to support muscle maintenance and satiety with very few calories. Broccoli adds fiber and micronutrients that promote fullness and digestive health. Low in carbohydrates and quick to prepare, it's an excellent option for efficient, weight-loss-friendly lunches.



DIRECTIONS

1. Season shrimp lightly with black pepper.
2. Heat olive oil in a large skillet over medium heat. Add garlic and sauté 30 seconds until fragrant.
3. Add broccoli and cook 3–4 minutes until bright green and just tender.
4. Add shrimp in a single layer. Cook 2–3 minutes per side until pink and opaque.
5. Stir in lemon juice, soy sauce, and red pepper flakes. Toss gently and remove from heat. Serve immediately.

INGREDIENTS

- 12 oz (340 g) raw shrimp, peeled and deveined
- 3 cups broccoli florets
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tbsp low-sodium soy sauce or tamari
- ¼ tsp red pepper flakes (optional)
- Black pepper, to taste
- Optional garnish:** sesame seeds or chopped parsley

USEFUL TIPS:

- Shrimp cook quickly, remove as soon as they turn pink.
- Swap broccoli for green beans, snap peas, or zucchini.
- Serve over cauliflower rice or quinoa for extra volume.
- Best prepared fresh, but works well as a quick reheat lunch.
- Add grated ginger or a splash of rice vinegar for Asian-inspired flavor.
- Store leftovers in an airtight container for up to 2 days in the refrigerator.
- Reheat gently in a skillet to avoid overcooking shrimp.

CALORIES: 280

PROTEIN: 32g

CARBS: 8g

FAT: 12g

FIBER: 3g

DINNER

Grilled Lemon-Herb Chicken Breast
Chicken & Cauliflower “Fried Rice”
Stuffed Bell Peppers with Turkey & Quinoa
Salmon & Asparagus Sheet-Pan Dinner
Shrimp & Broccoli Stir-Fry
Cod & Vegetable Foil Packets
Tuna Steak with Spinach & Cherry Tomatoes
Beef & Broccoli Skillet
Stuffed Portobello Mushrooms with Beef & Spinach
Lentil & Quinoa Stuffed Veggies





Grilled Lemon-Herb Chicken Breast



Prep

40 Mins



Time

15 Mins



Servings

2



Level

Easy

This dish gets its lean protein from chicken breast, supporting muscle maintenance and long-lasting satiety without excess calories. Lemon and fresh herbs enhance flavor naturally while keeping fat and carbohydrates low, and a small amount of olive oil provides heart-healthy fats that aid nutrient absorption.

INGREDIENTS

2 boneless, skinless chicken breasts (about 12oz / 340g)

1 tbsp olive oil

Juice and zest of 1 lemon

2 cloves garlic, minced

1 tsp dried oregano or thyme

½ tsp dried rosemary

Salt and black pepper, to taste

Optional garnish: fresh parsley or lemon wedges

DIRECTIONS

1. **Whisk** olive oil, lemon juice and zest, garlic, herbs, salt, and pepper in a bowl.
2. **Add** chicken breasts and coat evenly. Marinate for 15–30 minutes (or up to 8 hours refrigerated).
3. **Preheat** grill or grill pan to medium-high heat.
4. **Grill** chicken for 5–6 minutes per side, until fully cooked and juices run clear.
5. **Let rest** 5 minutes before serving. Garnish as desired.

USEFUL TIPS:

- Add smoked paprika or chili flakes for heat.
- Swap lemon for lime and oregano for cilantro for a Mediterranean-Mex twist.
- Brush lightly with Dijon mustard before grilling for extra depth.
- Pair with roasted vegetables, steamed greens, or a protein-rich grain side for a complete dinner.
- Store cooked chicken in an airtight container for up to 3–4 days in the refrigerator.
- Freeze cooked portions for up to 2 months.

CALORIES: 280

PROTEIN: 42g

CARBS: 2g

FAT: 10g

FIBER: 0g

Chicken & Cauliflower “Fried Rice”



Prep
10 Mins



Time
15 Mins



Servings
2



Level
Easy

This dish delivers lean protein from chicken and eggs to support muscle maintenance and satiety. Cauliflower rice replaces refined grains, significantly lowering carbohydrates while adding fiber and volume. The result is a flavorful, filling dinner that helps control calories and supports sustainable weight loss.



DIRECTIONS

1. Heat half the oil in a large skillet over medium heat. Add chicken and cook 5–6 minutes until golden.
2. Add remaining oil to the skillet; sauté garlic for 30 seconds.
3. Add cauliflower rice and vegetables; cook 4–5 minutes until tender and moisture evaporates.
4. Push vegetables to the side and scramble eggs in the skillet.
5. Return chicken to the pan. Stir in soy sauce and sesame oil.
6. Toss well, season with pepper, and serve hot.

INGREDIENTS

12 oz (340 g) boneless, skinless chicken breast, diced
3 cups cauliflower rice (fresh or frozen)
2 large eggs, lightly beaten
1 cup mixed vegetables (peas, carrots, bell peppers)
2 cloves garlic, minced
1 tbsp olive or avocado oil
2 tbsp low-sodium soy sauce or tamari
1 tsp sesame oil
Black pepper, to taste
Optional garnish: green onions, sesame seeds

USEFUL TIPS:

- Pat chicken dry before cooking for better browning.
- Add shrimp or tofu instead of chicken.
- Stir in grated ginger or chili flakes for extra flavor.
- Use coconut aminos for a soy-free option.
- Serve on its own or with a side of steamed greens for added nutrients.
- Store leftovers in an airtight container for up to 3 days in the refrigerator.

CALORIES: 360

PROTEIN: 38g

CARBS: 14g

FAT: 16g

FIBER: 4g



Stuffed Bell Peppers with Turkey & Quinoa



Prep
15 Mins



Time
40 Mins



Servings
4



Level
Moderate

This dish combines lean turkey protein for muscle support with quinoa, a protein-rich whole grain that promotes steady energy and fullness. Bell peppers add fiber, volume, and antioxidants with minimal calories. The built-in portion control makes this dinner especially helpful for sustainable weight loss.

INGREDIENTS

4 large bell peppers, halved and seeds removed
14 oz (400 g) lean ground turkey
¾ cup cooked quinoa
1 tsp olive oil
1 small onion, finely chopped
2 cloves garlic, minced
1 cup canned diced tomatoes
1 tsp paprika
½ tsp dried oregano or Italian seasoning
Salt and black pepper, to taste
Optional toppings: chopped parsley, grated Parmesan, or Greek yogurt

DIRECTIONS

1. **Heat** olive oil in a skillet over medium heat. Sauté onion and garlic until softened.
2. **Add** ground turkey and cook until browned, breaking it up with a spoon.
3. **Stir** in cooked quinoa, diced tomatoes, paprika, oregano, salt, and pepper.
4. **Spoon** mixture evenly into bell pepper halves.
5. **Place** peppers in the baking dish, cover with foil, and bake 30 minutes.
6. **Uncover** and bake for an additional 10 minutes.

USEFUL TIPS:

- Add cumin and chili powder for a Tex-Mex version.
- Swap quinoa for cauliflower rice to lower carbohydrates.
- Top with a spoon of Greek yogurt instead of sour cream.
- Serve with a simple green salad or steamed vegetables for a complete meal.
- Store cooked stuffed peppers in an airtight container for up to 4 days in the refrigerator.
- Freeze individually wrapped peppers for up to 2 months.

CALORIES: 340

PROTEIN: 30g

CARBS: 24g

FAT: 10g

FIBER: 6g

Salmon & Asparagus Sheet-Pan Dinner



Prep
5 Mins



Time
15 Mins



Servings
2



Level
Easy

Salmon provides high-quality protein and omega-3 fatty acids that support muscle maintenance, heart health, and satiety. Asparagus adds fiber and volume with very few calories, helping control appetite. This balanced, low-effort dinner supports metabolic health while fitting easily into a weight-loss plan.



DIRECTIONS

1. **Preheat** oven to 400°F (200°C) and line a sheet pan with parchment paper.
2. **Arrange** salmon and asparagus on the pan.
3. **Drizzle** with olive oil, lemon juice, and zest. Sprinkle with garlic, herbs, salt, and pepper.
4. **Roast** for 12–15 minutes, until salmon flakes easily and asparagus is tender.
5. **Serve** immediately with optional garnish.

INGREDIENTS

- 2 salmon fillets (about 5–6 oz / 140–170 g each)
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- Juice and zest of ½ lemon
- 1 clove garlic, minced
- ½ tsp dried dill or thyme
- Salt and black pepper, to taste
- Optional garnish:** lemon slices, fresh herbs

USEFUL TIPS:

- Do not overcook - salmon is best when just opaque and flaky.
- Add Dijon mustard or honey-mustard glaze for extra flavor.
- Swap asparagus for green beans or zucchini.
- Sprinkle with chili flakes or capers for a Mediterranean twist.
- Pair with a protein-rich grain (quinoa or lentils) or a fresh salad.
- Store leftovers in an airtight container for up to 2 days in the refrigerator.

CALORIES: 420

PROTEIN: 38g

CARBS: 8g

FAT: 26g

FIBER: 3g



Balsamic Chicken & Roasted Veggies



Prep
10 Mins



Time
25 Mins



Servings
2



Level
Easy

This savory breakfast delivers lean protein for muscle support and satiety, paired with fiber-rich roasted vegetables that aid digestion and blood-sugar balance. The balsamic glaze adds bold flavor without excess calories, making this meal deeply satisfying while supporting fat loss and steady energy.

INGREDIENTS

1 large chicken breast (180–200 g), sliced
1 cup zucchini, sliced
1/2 cup bell peppers, sliced
1/2 cup cherry tomatoes
1/2 cup red onion, sliced
1 1/2 tbsp balsamic vinegar
1 tbsp olive oil
1/2 tsp garlic powder or 1 fresh garlic clove, minced
1/2 tsp dried oregano or Italian seasoning
Salt and black pepper, to taste
Optional: Fresh basil or parsley

DIRECTIONS

1. **Preheat** oven to 200°C / 400°F. Line a baking sheet with parchment paper.
2. **Toss** zucchini, peppers, tomatoes, and onion with half the olive oil, salt, and pepper. Spread evenly on the tray.
3. **Toss** chicken slices with remaining olive oil, balsamic vinegar, garlic, oregano, salt, and pepper.
4. **Add** chicken to the tray and roast for 20–25 minutes, until chicken is cooked through and vegetables are tender and lightly caramelized.
5. **Garnish with fresh herbs** and drizzle of balsamic reduction.

USEFUL TIPS:

- Spread ingredients in a single layer to ensure roasting, not steaming.
- Add mushrooms or asparagus for variety.
- Swap balsamic vinegar for lemon juice + Dijon mustard for a brighter flavor.
- Pair with a soft-boiled egg for an ultra-high-protein breakfast.
- Store leftovers in an airtight container in the fridge for up to 3 days.

CALORIES: 290

PROTEIN: 34g

CARBS: 12g

FAT: 4g

FIBER: 4g

Cod & Vegetable Foil Packets



Prep
10 Mins



Time
18 Mins



Servings
2



Level
Easy

Cod is a very lean, high-protein fish that supports muscle maintenance and satiety with minimal calories. Cooking in foil locks in moisture and flavor without added fats, while vegetables provide fiber and volume to support appetite control. This gentle cooking method makes the dish easy to digest and ideal for sustainable weight loss.



DIRECTIONS

1. **Preheat** oven to 400°F (200°C).
2. **Cut** two large sheets of foil and place one cod fillet in the center of each.
3. **Divide** vegetables evenly over the fish.
4. **Drizzle** with olive oil and lemon juice; sprinkle with garlic, herbs, salt, and pepper.
5. **Fold** foil tightly to seal packets.
6. **Bake** for 15–18 minutes, until cod flakes easily.
7. **Open** packets and garnish before serving.

INGREDIENTS

- 2 cod fillets (about 5–6 oz / 140–170 g each)
- 1 zucchini, sliced
- 1 carrot, thinly sliced
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- Juice of ½ lemon
- 1 clove garlic, minced
- ½ tsp dried thyme or oregano
- Salt and black pepper, to taste
- Optional garnish:** fresh parsley, lemon slices

USEFUL TIPS:

- Avoid overcooking, cod is done when it flakes easily with a fork.
- Seal foil tightly to retain steam and prevent drying.
- Add capers or olives for a Mediterranean twist.
- Use lime and cilantro instead of lemon and herbs.
- Pair with steamed greens or a small portion of quinoa or lentils.
- Best enjoyed fresh for optimal texture.
- Store cooked cod and vegetables in an airtight container for 2 days in the refrigerator.

CALORIES: 260

PROTEIN: 36g

CARBS: 10g

FAT: 8g

FIBER: 3g



Tuna Steak with Spinach & Cherry Tomatoes



Prep
8 Mins



Time
10 Mins



Servings
2



Level
Moderate

Tuna provides high-quality, lean protein that promotes muscle maintenance and fullness while remaining low in calories. Spinach adds iron, magnesium, and fiber to support energy and digestion, while cherry tomatoes supply antioxidants that reduce inflammation. This balanced, low-carbohydrate meal supports metabolic health and sustainable weight loss.

INGREDIENTS

2 fresh tuna steaks (5–6 oz / 140–170 g each)

4 cups fresh spinach

1 cup cherry tomatoes, halved

1 tbsp olive oil, divided

1 clove garlic, minced

Juice of ½ lemon

½ tsp dried oregano or basil

Salt and black pepper, to taste

Optional: pinch of chili flakes or balsamic drizzle

DIRECTIONS

1. **Pat** tuna steaks dry and season both sides with salt, pepper, and herbs.
2. **Heat** a non-stick or cast-iron skillet over medium-high heat with ½ tsp olive oil.
3. **Sear** tuna for 1½–2 minutes per side for medium-rare, or longer if preferred.
4. **Add** remaining oil and garlic in the same pan; sauté briefly until fragrant.
5. **Add** cherry tomatoes and cook 2–3 minutes until softened.
6. **Stir** in spinach and cook until just wilted.
7. **Finish** with lemon juice and serve tuna over the vegetables.

USEFUL TIPS:

- Use high heat and short cooking time to keep tuna tender.
- Let tuna rest briefly after searing to retain juices.
- Use soy sauce and sesame oil for an Asian-inspired version.
- Pair with cauliflower mash or grilled zucchini for a fuller meal.
- Best eaten fresh; store leftovers in an airtight container for up to 24 hours.

CALORIES: 320

PROTEIN: 42g

CARBS: 7g

FAT: 12g

FIBER: 3g

Eggplant & Lentil Moussaka-Style Casserole

 **Prep** 10 Mins  **Time** 50 Mins  **Servings** 4  **Level** Moderate

This lighter, protein-rich take on classic moussaka swaps meat for hearty lentils and uses a yogurt-based topping instead of heavy béchamel. The result is a comforting, satisfying casserole that's rich in flavor, keeps you full, and supports healthy weight loss.



DIRECTIONS

1. **Preheat** oven to 200°C / 400°F. Brush eggplant slices lightly with olive oil, place on a baking sheet, and roast for 15–20 minutes until tender.
2. **Sauté** onion for 3–4 minutes until soft. Add garlic and cook 30 seconds. Stir in lentils, crushed tomatoes, oregano, cinnamon, paprika, salt, and pepper. Simmer for 8–10 minutes until thickened.
3. **Whisk** together Greek yogurt, egg, and Parmesan in a bowl.
4. **Layer** half the eggplant in a baking dish, followed by the lentil mixture, then the remaining eggplant. Spread the yogurt topping evenly over the top.
5. **Bake** uncovered for 25–30 minutes.

INGREDIENTS

- 2 medium eggplants,
 - 1½ cups cooked brown or green lentils (canned, ed)
 - 1 small onion, finely chopped
 - 2 cloves garlic, minced
 - 1½ cups crushed tomatoes
 - 1 tbsp olive oil
 - 1 tsp dried oregano
 - ½ tsp ground cinnamon
 - ½ tsp smoked paprika
 - Salt and black pepper, to taste
- Protein Topping:**
- 1 cup plain Greek yogurt (or high-protein plant-based yogurt)
 - 1 large egg
 - ¼ cup grated Parmesan or nutritional yeast (optional)

USEFUL TIPS:

- Salting eggplant before roasting is optional but can reduce bitterness.
- Let the casserole rest before slicing for cleaner portions.
- Use pre-cooked lentils to save time.
- Pair with a high-protein yogurt-based side for extra satiety.
- Refrigerate leftovers in an airtight container for up to 4 days.
- Freeze individual portions for up to 2 months.
- Thaw overnight in the fridge and reheat gently in the oven or microwave.

CALORIES: 320

PROTEIN: 22g

CARBS: 32g

FAT: 10g

FIBER: 11g



Stuffed Portobello Mushrooms with Beef & Spinach



Prep
10 Mins



Time
20 Mins



Servings
2



Level
Moderate

Lean beef provides high-quality protein to maintain muscle mass and promote satiety. Portobello mushrooms and spinach add fiber, vitamins, and minerals without extra calories, helping to control appetite. This low-carb, nutrient-dense meal supports metabolism and sustainable weight loss while delivering satisfying flavors.

INGREDIENTS

4 large portobello mushroom caps, stems removed
10 oz (280 g) lean ground beef
2 cups fresh spinach, chopped
1 small onion, finely chopped
2 cloves garlic, minced
1 tbsp olive oil
¼ cup grated Parmesan or mozzarella (optional)
½ tsp dried oregano or thyme
Salt and black pepper, to taste
Optional: fresh parsley

DIRECTIONS

1. **Preheat** oven to 375°F (190°C).
2. **Heat** olive oil in a skillet over medium heat. Sauté onion and garlic until soft.
3. **Add** ground beef and cook until browned. Stir in spinach, oregano, salt, and pepper until spinach wilts. Remove from heat.
4. **Spoon** beef-spinach mixture evenly into mushroom caps. Top with cheese if using.
5. **Bake** for 20 minutes, until mushrooms are tender and cheese is golden.
6. **Serve** warm, garnished with fresh parsley.

USEFUL TIPS:

- Avoid overcooking mushrooms, they should remain tender but not soggy.
- Swap beef for turkey or chicken for a leaner alternative.
- Sprinkle with nutritional yeast instead of cheese for a dairy-free option.
- Pair with a fresh green salad or roasted vegetables.
- Store leftovers in an airtight container for up to 2–3 days.

CALORIES: 310

PROTEIN: 34g

CARBS: 8g

FAT: 16g

FIBER: 3g

Pork Tenderloin with Mustard-Herb Crust



Prep
10 Mins



Time
25 Mins



Servings
4



Level
Moderate

A lean, protein-packed dinner that's flavorful, satisfying, and perfect for batch cooking. This tender pork dish delivers bold flavor without heavy calories, making it an ideal choice for staying full while supporting weight-loss goals.



DIRECTIONS

1. **Preheat** oven to 400°F (200°C). Line a baking sheet or roasting pan with parchment paper.
2. **Mix** mustards, olive oil, garlic, herbs, paprika, salt, and pepper.
3. **Pat** pork tenderloin dry and rub the mustard-herb mixture evenly over all sides.
4. **Place** pork on prepared pan and roast for 22–25 minutes, or until internal temperature reaches 145°F (63°C).
5. **Remove** from oven and let rest for 5 minutes before slicing. This keeps the meat juicy.

INGREDIENTS

- 1½ lb (680 g) pork tenderloin, trimmed
- 2 tbsp Dijon mustard
- 1 tbsp whole-grain mustard (optional, for texture)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried thyme
- 1 tsp dried rosemary
- ½ tsp paprika
- ½ tsp black pepper
- ¾ tsp salt (or to taste)

USEFUL TIPS:

- Use a meat thermometer for best results, overcooking can dry out tenderloin.
- Letting the pork rest before slicing is key for tenderness.
- Swap thyme and rosemary for Italian seasoning or smoked paprika + cumin.
- Pair with roasted vegetables, cauliflower mash, or a high-protein side salad.
- Store cooked slices in an airtight container in the fridge for up to 4 days.
- Freeze portions for up to 3 months; thaw overnight in the refrigerator.

CALORIES: 220

PROTEIN: 34g

CARBS: 2g

FAT: 7g

FIBER: 0g

SIDE DISHES

Roasted Broccoli & Cauliflower with Garlic and Almonds
Arugula Salad with Cherry Tomatoes and Balsamic Drizzle
Roasted Sweet Potato Wedges
Steamed Brown Rice
Sautéed Green Beans and Zucchini with Garlic
Roasted Carrots and Zucchini with Cumin and Paprika
Mixed Green Salad with Lemon-Tahini Dressing
Amaranth Mixed with Roasted Vegetables and Herbs
Bulgur with Roasted Carrots and Toasted Pine Nuts
Roasted Brussels Sprouts with Almonds





Roasted Broccoli & Cauliflower with Garlic and Almonds



Prep
10 Mins



Time
25 Mins



Servings
4



Level
Easy

This side dish is rich in fiber-dense vegetables that promote fullness while remaining low in calories. Almonds add plant-based protein and healthy fats, helping stabilize blood sugar and enhance satiety. Roasting enhances flavor naturally, reducing the need for heavy sauces or added sugars.

INGREDIENTS

2 cups broccoli florets
2 cups cauliflower florets
2 tbsp olive oil
3 cloves garlic, minced
¼ cup sliced or chopped almonds
Salt and black pepper, to taste
Optional: pinch of red pepper flakes or lemon zest

DIRECTIONS

1. **Preheat** oven to 400°F (200°C).
2. **Place** broccoli and cauliflower on a large baking sheet.
3. **Toss** with olive oil, garlic, salt, and pepper until evenly coated.
4. **Spread** vegetables in a single layer.
5. **Roast** for 20 minutes, stirring once.
6. **Sprinkle** almonds over the vegetables and roast for another 5–8 minutes, until golden and tender.
7. **Remove** from oven and add optional lemon zest or red pepper flakes before serving.

USEFUL TIPS:

- Avoid overcrowding the pan to achieve caramelized edges.
- Swap almonds for walnuts, pecans, or pumpkin seeds.
- Add Parmesan, nutritional yeast, or tahini drizzle for extra protein and depth.
- Season with smoked paprika, cumin, or Italian herbs for variety.
- Pair with grilled chicken, salmon, tofu, or lentils.
- Store leftovers in an airtight container in the refrigerator for up to 3 days.

CALORIES: 160

PROTEIN: 6g

CARBS: 14g

FAT: 10g

FIBER: 5g

Arugula Salad with Cherry Tomatoes and Balsamic Drizzle



Prep
7 Mins



Time
0 Mins



Servings
4



Level
Easy

This salad delivers low-calorie volume that helps you feel full without adding excess energy to your meal. Arugula provides antioxidants and digestive-supporting compounds, while cherry tomatoes add natural sweetness and vitamin C. The olive oil and balsamic drizzle enhance flavor and nutrient absorption.



DIRECTIONS

1. Place arugula in a large salad bowl.
2. Add cherry tomatoes and gently toss.
3. Drizzle with olive oil and balsamic vinegar.
4. Season lightly with salt and pepper.
5. Toss just before serving and add optional toppings if desired.

INGREDIENTS

- 4 cups fresh arugula (rocket leaves)
- 1½ cups cherry tomatoes, halved
- 1½ tbsp olive oil
- 1 tbsp balsamic vinegar or balsamic glaze
- Salt and freshly ground black pepper, to taste
- Optional:** 1 tbsp shaved Parmesan or toasted pine nuts

USEFUL TIPS:

- Swap balsamic for lemon juice or red wine vinegar for a brighter taste.
- Include cucumber, radishes, or red onion for extra crunch.
- Perfect alongside grilled chicken, fish, steak, or egg-based dishes.
- Works well as a fresh contrast to warm, roasted or skillet meals.
- Store washed arugula and tomatoes separately in the refrigerator for up to 3 days.
- Dress the salad only right before serving to prevent wilting.

CALORIES: 95

PROTEIN: 3g

CARBS: 7g

FAT: 7g

FIBER: 2g



Roasted Sweet Potato Wedges



Prep
10 Mins



Time
35 Mins



Servings
4



Level
Easy

Sweet potatoes provide slow-digesting carbohydrates and fiber, helping stabilize blood sugar and support sustained energy. Their natural sweetness reduces the need for added sugars, while olive oil enhances nutrient absorption. Paired with a high-protein main, this side promotes fullness, digestive health, and balanced weight loss.

INGREDIENTS

2 medium sweet potatoes,
scrubbed and cut into wedges

1½ tbsp olive oil

½ tsp smoked paprika

½ tsp garlic powder

¼ tsp black pepper

¼ tsp salt (or to taste)

Optional: pinch of chili flakes
or dried rosemary

DIRECTIONS

1. **Preheat** oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Toss** sweet potato wedges with olive oil and spices until evenly coated.
3. **Spread** wedges in a single layer on the baking sheet.
4. **Roast** for 30–35 minutes, flipping halfway, until golden and tender.
5. **Serve** warm as a nourishing side dish.

USEFUL TIPS:

- Avoid overcrowding the pan, space helps them caramelize instead of steam.
- Toss with cumin and coriander for a warm, earthy flavor.
- Pair with grilled chicken, fish, turkey, or plant-based protein dishes.
- Serve with Greek yogurt-based dip for extra protein.
- Store cooked wedges in an airtight container in the refrigerator for up to 4 days.
- Reheat in the oven or air fryer to restore crispness.

CALORIES: 170

PROTEIN: 3g

CARBS: 26g

FAT: 7g

FIBER: 4g

Steamed Brown Rice



Prep
5 Mins



Time
45 Mins



Servings
4



Level
Easy

Brown rice offers slow-digesting carbohydrates and fiber, helping maintain stable blood sugar and prolonged fullness. While modest in protein, it complements high-protein mains by providing sustained energy without excess fat. This balance supports portion control, digestive health, and long-term weight management.



DIRECTIONS

1. **Rinse** brown rice under cold water until the water runs clear.
2. **Combine** rice, water (or broth), and salt in a pot.
3. **Bring** to a boil, then reduce heat to low, cover, and simmer for 40–45 minutes.
4. **Remove** from heat and let stand covered for 5 minutes.
5. **Fluff** with a fork before serving.

INGREDIENTS

- 1 cup uncooked brown rice
- 2 cups water or low-sodium broth
- Pinch of salt

USEFUL TIPS:

- Soaking rice for 30 minutes before cooking can shorten cooking time and improve texture.
- Use broth instead of water for added flavor without significant calories.
- Add a pinch of turmeric or cumin for warmth and color.
- Pair with grilled chicken, fish, tofu, or legumes.
- Store cooked brown rice in an airtight container in the refrigerator for up to 4–5 days.
- Freeze portions for up to 2 months for quick meal prep.

CALORIES: 165

PROTEIN: 4g

CARBS: 35g

FAT: 1.5g

FIBER: 3.5g



Sautéed Green Beans and Zucchini with Garlic



Prep
5 Mins



Time
10 Mins



Servings
4



Level
Easy

Green beans and zucchini are low in calories but rich in fiber, helping increase meal volume and fullness without excess energy. Garlic adds flavor and beneficial plant compounds while reducing the need for heavy sauces. Paired with lean protein, this side supports digestion, satiety, and sustainable weight loss.

INGREDIENTS

2 cups green beans, trimmed
2 medium zucchini, sliced into half-moons
1½ tbsp olive oil
2 cloves garlic, minced
Salt and black pepper, to taste
Optional: squeeze of lemon juice or pinch of chili flakes

DIRECTIONS

1. **Heat** olive oil in a large skillet over medium heat.
2. **Add** garlic and sauté for 30 seconds until fragrant.
3. **Add** green beans and cook for 3–4 minutes, stirring occasionally.
4. **Add** zucchini and sauté for another 4–5 minutes until tender-crisp.
5. **Season** with salt and pepper, and finish with lemon juice if desired.

USEFUL TIPS:

- Avoid overcrowding the pan to ensure even sautéing.
- Toss in toasted almonds or pine nuts for crunch.
- Swap olive oil for sesame oil and add soy sauce for an Asian-inspired version.
- Pair with grilled chicken, fish, turkey, or tofu.
- Store leftovers in an airtight container in the refrigerator for up to 3 days.

CALORIES: 95

PROTEIN: 3g

CARBS: 8g

FAT: 7g

FIBER: 3g

Roasted Carrots and Zucchini with Cumin and Paprika



Prep
10 Mins



Time
30 Mins



Servings
4



Level
Easy

Carrots and zucchini provide fiber and slow-digesting carbohydrates, helping promote fullness and stable energy levels. Cumin and paprika add rich flavor without extra calories while supporting digestion and metabolism.



DIRECTIONS

1. **Preheat** oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Place** carrots and zucchini in a large bowl.
3. **Toss** with olive oil, cumin, paprika, salt, and pepper until evenly coated.
4. **Spread** vegetables in a single layer on the baking sheet.
5. **Roast** for 25–30 minutes, turning halfway, until tender and lightly caramelized.
6. **Garnish** with parsley if desired and serve warm.

INGREDIENTS

- 3 medium carrots, sliced into sticks or rounds
- 2 medium zucchini, sliced into half-moons
- 1½ tbsp olive oil
- ½ tsp ground cumin
- ½ tsp paprika (smoked or sweet)
- ¼ tsp black pepper
- ¼ tsp salt (or to taste)
- Optional:** pinch of chili flakes or fresh parsley for garnish

USEFUL TIPS:

- Keep zucchini slightly thicker to prevent over-softening.
- Add garlic powder or onion powder for extra depth.
- Sprinkle with feta or toasted seeds for added protein and texture.
- Pair with grilled chicken, fish, turkey, or plant-based protein dishes.
- Store leftovers in an airtight container in the refrigerator for up to 4 days.
- Reheat in the oven or skillet to maintain texture.

CALORIES: 110

PROTEIN: 3g

CARBS: 12g

FAT: 7g

FIBER: 4g



Mixed Green Salad with Lemon-Tahini Dressing



Prep
10 Mins



Time
0 Mins



Servings
4



Level
Easy

Leafy greens provide low-calorie volume and fiber, helping promote fullness and digestive health. Tahini and olive oil supply healthy fats that enhance flavor and nutrient absorption without refined sugars. This balanced side supports satiety, blood sugar stability, and sustainable weight loss when paired with lean protein.

INGREDIENTS

For the Salad

4 cups mixed greens (lettuce, arugula, spinach, or spring mix)
1 cup cucumber, sliced
½ cup cherry tomatoes, halved
Optional: 2 tbsp chopped fresh parsley or mint

For the Lemon-Tahini Dressing

2 tbsp tahini
1½ tbsp fresh lemon juice
1 tbsp olive oil
1 small garlic clove, finely grated
1–2 tbsp water (to thin)
Salt and black pepper, to taste

DIRECTIONS

1. In a small bowl, whisk tahini, lemon juice, olive oil, garlic, salt, and pepper.
2. Add water gradually until the dressing reaches a pourable consistency.
3. Place mixed greens, cucumber, and tomatoes in a large bowl.
4. Drizzle lightly with dressing and toss gently just before serving.

USEFUL TIPS:

- Add dressing gradually, this salad is best lightly coated.
- Massage sturdier greens (like kale) briefly with dressing for better texture.
- Swap lemon for lime or add a pinch of cumin or paprika for warmth.
- Pair with grilled fish, chicken, or legumes.
- Store washed greens and dressing separately in the refrigerator for up to 3 days.
- Shake or whisk dressing before use, as tahini naturally thickens.

CALORIES: 140

PROTEIN: 4g

CARBS: 8g

FAT: 11g

FIBER: 3g

Amaranth Mixed with Roasted Vegetables and Herbs



Prep
15 Mins



Time
35 Mins



Servings
4



Level
Moderate

Amaranth provides plant-based protein, fiber, and slow-digesting carbohydrates, helping promote fullness and stable energy levels. Roasted vegetables add antioxidants and volume without excess calories, while herbs and olive oil enhance flavor and nutrient absorption. This balanced side supports satiety, digestion, and sustainable weight loss when paired with lean protein.



DIRECTIONS

1. **Rinse** amaranth thoroughly under cold water.
2. **Combine** amaranth, water (or broth), and salt in a saucepan. Bring to a boil, then reduce heat and simmer, covered, for 20–25 minutes until tender.
3. **Preheat** oven to 400°F (200°C). Toss vegetables with olive oil, oregano, salt, and pepper.
4. **Roast** vegetables for 20–25 minutes, stirring once, until tender and lightly caramelized.
5. **Fluff** cooked amaranth with a fork and gently fold in roasted vegetables and fresh herbs. Finish with lemon juice if desired.

INGREDIENTS

For the Amaranth

- 1 cup uncooked amaranth
- 2½ cups water or low-sodium vegetable broth
- Pinch of salt (optional)

For the Roasted Vegetables

- 1 cup diced bell peppers
- 1 cup zucchini, diced
- 1 small red onion, chopped
- 1½ tbsp olive oil
- ½ tsp dried oregano
- ¼ tsp black pepper
- ¼ tsp salt

To Finish

- 2 tbsp fresh parsley or basil, chopped

Optional: squeeze of lemon juice or sprinkle of feta

USEFUL TIPS:

- Stir amaranth occasionally while simmering to prevent sticking.
- For a fluffier texture, let amaranth rest covered for 5 minutes before fluffing.
- Swap herbs seasonally, dill, thyme, or cilantro work well.
- Serve alongside grilled chicken, fish, tofu, or legumes.
- Store leftovers in an airtight container in the refrigerator for up to 4 days.
- Reheat gently with a splash of water or broth to refresh texture.

CALORIES: 210

PROTEIN: 7g

CARBS: 28g

FAT: 8g

FIBER: 5g



Bulgur with Roasted Carrots and Toasted Pine Nuts



Prep
10 Mins



Time
25 Mins



Servings
4



Level
Moderate

Bulgur provides plant-based protein, fiber, and slow-digesting carbohydrates that support fullness and steady energy. Carrots add natural sweetness, antioxidants, and volume without excess calories, while pine nuts contribute healthy fats that enhance satiety and flavor.

INGREDIENTS

For the Bulgur

1 cup bulgur wheat (medium grind)

2 cups boiling water or low-sodium vegetable broth

Pinch of salt (optional)

For the Roasted Carrots

3 medium carrots, sliced

1 tbsp olive oil

¼ tsp ground cumin (optional)

¼ tsp black pepper

¼ tsp salt

To Finish

2 tbsp pine nuts

1–2 tbsp fresh parsley or dill, chopped

Optional: squeeze of lemon juice

DIRECTIONS

1. **Place** bulgur in a bowl, add boiling water or broth, cover, and let stand for 15 minutes until tender. Fluff with a fork.
2. **Preheat** oven to 400°F (200°C). Toss carrots with olive oil, cumin, salt, and pepper.
3. **Roast** carrots for 20–25 minutes, until tender and lightly caramelized.
4. **Toast** pine nuts in a dry skillet over medium heat for 2–3 minutes, stirring frequently.
5. **Combine** bulgur with roasted carrots, pine nuts, and herbs. Finish with lemon juice if desired.

USEFUL TIPS:

- Avoid over-toasting pine nuts, they brown quickly.
- Swap pine nuts for almonds or walnuts.
- Pair with grilled chicken, fish, turkey, or legumes.
- Use as a warm grain salad base for lunch or dinner bowls.
- Store leftovers in an airtight container in the refrigerator for up to 4 days.

CALORIES: 220

PROTEIN: 6g

CARBS: 32g

FAT: 8g

FIBER: 6g

Roasted Brussels Sprouts with Almonds



Prep
10 Mins



Time
30 Mins



Servings
4



Level
Easy

Brussels sprouts are rich in fiber and plant compounds that support digestion and promote fullness. Almonds contribute plant-based protein and healthy fats that enhance satiety and flavor without refined carbohydrates. Together, this side dish helps balance high-protein meals and supports sustainable weight loss.



DIRECTIONS

1. **Preheat** oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. **Toss** Brussels sprouts with olive oil, salt, pepper, and garlic powder.
3. **Spread** in a single layer on the baking sheet, cut side down.
4. **Roast** for 25–30 minutes, turning once, until golden and crisp.
5. **Sprinkle** almonds over the sprouts during the last 5 minutes of roasting.
6. **Finish** with lemon juice or chili flakes if desired and serve warm.

INGREDIENTS

- 1½ lb (700 g) Brussels sprouts, trimmed and halved
- 1½ tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- ¼ tsp garlic powder (optional)
- ¼ cup sliced or slivered almonds
- Optional:** squeeze of lemon juice or pinch of chili flakes

USEFUL TIPS:

- Roast sprouts cut-side down for better caramelization.
- Avoid overcrowding the pan to ensure crisp edges.
- Swap almonds for walnuts or pecans.
- Pair with grilled chicken, salmon, beef, or plant-based proteins.
- Store leftovers in an airtight container in the refrigerator for up to 4 days.
- Reheat in the oven or air fryer to restore crispness.

CALORIES: 145

PROTEIN: 5g

CARBS: 10g

FAT: 9g

FIBER: 4g

DESSERTS

Protein-Packed Chocolate Mousse
Mango & Greek Yogurt Pudding
Berry & Cottage Cheese Cups
Chocolate Avocado Egg Custard
Almond & Protein Energy Bites
Peanut Butter & Chocolate Protein Bars
Coconut & Almond Protein Truffles
Berry & Oat Crumble
Grilled Peaches with Greek Yogurt
Chocolate-Dipped Strawberries with Protein
Protein-Packed Banana Ice Cream
Baked Apples with Cottage Cheese
Walnut & Cinnamon Greek Yogurt Bark
Chia Seed Protein Pudding
Lemon Yogurt Bars
Cottage Cheese & Pineapple Mousse
Mocha Protein Pudding
Apple Cinnamon Protein Muffins
Frozen Yogurt Bark with Berries & Almonds
Coconut Protein Chia Cups





Protein-Packed Chocolate Mousse



Prep
5 Mins



Time
30 Mins



Servings
2



Level
Easy

This creamy chocolate mousse delivers high-quality protein to support muscle maintenance and satiety while satisfying chocolate cravings with minimal added sugar.

INGREDIENTS

1 cup plain low-fat Greek yogurt
2 tbsp unsweetened cocoa powder
1 scoop chocolate or vanilla protein powder
2 tsp honey or maple syrup
1/4 tsp vanilla extract
3 tbsp milk or almond milk
Pinch of sea salt

DIRECTIONS

1. Add Greek yogurt, cocoa powder, protein powder, sweetener, vanilla, and salt to a blender or food processor. 2. Blend until smooth and mousse-like, adding milk gradually to reach desired thickness. 3. Refrigerate for 20–30 minutes to firm up and deepen flavor.

TIPS: Use thick Greek yogurt for the best mousse texture. Sift cocoa powder to prevent lumps. Avoid over-blending once smooth to keep texture airy. Store covered in the refrigerator for up to 3 days.

CALORIES: 190 PROTEIN: 22g CARBS: 14g FAT: 3g FIBER: 3g SUGAR: 5g



Mango & Greek Yogurt Pudding



Prep
5 Mins



Time
20 Mins



Servings
2



Level
Easy

This creamy pudding is rich in high-quality protein from Greek yogurt, which supports satiety and muscle maintenance, while mango adds natural sweetness, fiber, and antioxidants. It satisfies dessert cravings with minimal added sugar.

INGREDIENTS

1 cup low-fat Greek yogurt
1/2 cup ripe mango, diced
1–2 tsp honey or maple syrup
1/4 tsp vanilla extract
Pinch of ground cardamom or cinnamon (optional)
1 tsp chia seeds (optional, for thickness and fiber)

DIRECTIONS

1. Blend mango until smooth, or mash finely. 2. Mix Greek yogurt, mango, vanilla, sweetener (if using), and spices until smooth. 3. Refrigerate for at least 20 minutes to thicken and enhance flavor.

TIPS: Use thick Greek yogurt for the best texture. A very ripe mango reduces the need for added sweetener. Swap mango for peach, pineapple, or berries. Store in an airtight container in the fridge for up to 3 days.

CALORIES: 160 PROTEIN: 15g CARBS: 18g FAT: 2g FIBER: 2g SUGAR: 12g

Berry & Cottage Cheese Cups



This light dessert delivers slow-digesting protein from cottage cheese, helping support satiety, muscle maintenance, and blood-sugar stability. Fresh berries add fiber and antioxidants while keeping the dessert naturally sweet and calorie-controlled, ideal for weight loss.



DIRECTIONS

1. **Blend** cottage cheese with vanilla until smooth. 2. **Spoon** cottage cheese into serving cups and top with mixed berries. 3. **Drizzle** with honey or maple syrup if desired and sprinkle with nuts or cinnamon. 4. **Chill** for 15–20 minutes.

TIPS: Blending creates a cheesecake-like consistency; for a rustic texture, avoid blending. Swap berries for peach, pineapple, or mango. Store assembled cups covered in the fridge for up to 2 days. Add berries just before serving.

INGREDIENTS

1 cup low-fat cottage cheese
1/2 cup mixed berries
1–2 tsp honey or maple syrup
1/4 tsp vanilla extract
1 tbsp chopped nuts (almonds, walnuts, or pistachios)
Pinch of cinnamon

CALORIES: 170 PROTEIN: 16g CARBS: 14g FAT: 4g FIBER: 3g SUGAR: 8g

Chocolate Avocado Egg Custard



This creamy custard combines high-quality protein from eggs with healthy fats and fiber from avocado, supporting satiety, stable blood sugar, and muscle maintenance. The result is a deeply satisfying chocolate dessert that helps curb cravings while fitting into a weight-loss lifestyle.



INGREDIENTS

1 ripe avocado,
2 large eggs
2 tbsp unsweetened cocoa powder
2–3 tbsp milk or unsweetened almond milk
1–2 tbsp honey, maple syrup,
1/2 tsp vanilla extract
Pinch of sea salt

DIRECTIONS

1. **Preheat** oven to 175°C / 350°F. Lightly grease two small ramekins. 2. **Combine** avocado, eggs, cocoa powder, milk, sweetener, vanilla, and salt in a blender. Blend until completely smooth. 3. **Divide** mixture evenly between ramekins. 4. **Place** ramekins in a baking dish, add hot water halfway up the sides, and bake for 25–30 minutes. 5. **Chill** or serve warm.

TIPS: Store covered in the refrigerator for up to 3 days. Do not overbake; custard should jiggle slightly in the center.

CALORIES: 220 PROTEIN: 11g CARBS: 14g FAT: 15g FIBER: 6g SUGAR: 7g



Almond & Protein Energy Bites



Prep
10 Mins



Time
30 Mins



Servings
12



Level
Easy

These energy bites combine high-quality protein with healthy fats and fiber, helping support satiety, steady energy, and muscle maintenance. They satisfy sweet cravings in small portions, making them ideal for weight loss when mindful portions are key.

INGREDIENTS

1/2 cup almond butter
1/4 cup almond flour
1/4 cup protein powder
(vanilla or unflavored)
1–2 tbsp honey or maple
syrup
1 tbsp chia seeds
1/2 tsp vanilla extract
Pinch of cinnamon or sea salt

DIRECTIONS

1. Combine almond butter, almond flour, protein powder, sweetener, seeds, vanilla, and spices. **2. Add** 1–2 tsp water or milk if mixture is too dry; if too sticky, add a little almond flour. **3. Roll** into bite-sized balls and refrigerate for 20–30 minutes to firm up.

TIPS: Taste before rolling and adjust sweetness as needed. Store in an airtight container in the fridge for up to 7 days. Freeze for up to 2 months; thaw at room temperature for 5–10 minutes.

CALORIES: 95 PROTEIN: 5g CARBS: 5g FAT: 6g FIBER: 2g SUGAR: 2g



Peanut Butter & Chocolate Protein Bars



Prep
10 Mins



Time
2 hours



Servings
8



Level
Easy

These protein bars deliver a satisfying balance of protein, healthy fats, and fiber, helping curb cravings and support muscle maintenance. Their low added sugar and slow-digesting ingredients promote fullness and steady energy, making them ideal for weight loss and smart snacking.

INGREDIENTS

1/2 cup natural peanut butter
1/3 cup protein powder
1/4 cup rolled oats
2 tbsp unsweetened cocoa
powder
3 tbsp honey or maple syrup
1 tbsp chia seeds
1/2 tsp vanilla extract
Pinch of sea salt
1–2 tbsp milk or almond milk

DIRECTIONS

1. Combine peanut butter, protein powder, oats, cocoa powder, sweetener, seeds, vanilla, and salt. **2. Add** milk gradually until the mixture is thick but pressable. **3. Press** mixture firmly into a parchment-lined loaf pan. **4. Refrigerate** for 1–2 hours until firm, then slice into bars.

TIPS: Store bars in an airtight container in the fridge for up to 7 days. Freeze for up to 2 months; thaw slightly before eating.

CALORIES: 180 PROTEIN: 12g CARBS: 14g FAT: 9g FIBER: 3g SUGAR: 4g

Coconut & Almond Protein Truffles

 **Prep** 10 Mins  **Time** 30 Mins  **Servings** 12  **Level** Easy

These no-bake truffles combine protein from almond flour and protein powder with healthy fats from almonds and coconut, providing satiety and helping maintain muscle while keeping sugar low. They satisfy dessert cravings in small portions, making them ideal for a weight-loss-friendly treat.



INGREDIENTS

1/2 cup almond flour
1/4 cup protein powder
2 tbsp unsweetened shredded coconut (plus extra for rolling)
2 tbsp almond butter
1–2 tsp honey or maple syrup
1/2 tsp vanilla extract
Pinch of sea salt
1–2 tsp milk or almond milk

DIRECTIONS

1. **Combine** almond flour, protein powder, shredded coconut, almond butter, sweetener, vanilla, and salt. 2. **Add** milk gradually until the mixture is sticky enough to roll. 3. **roll** into small balls and roll in extra shredded coconut for a flavorful finish. 4. **Refrigerate** for 20–30 minutes to firm up.

TIPS: Use crushed nuts or cacao nibs instead of coconut for different textures. Store truffles in an airtight container in the fridge for up to 1 week. Freeze for up to 2 months; thaw 5–10 minutes before eating.

CALORIES: 95 **PROTEIN: 5g** **CARBS: 4g** **FAT: 6g** **FIBER: 2g** **SUGAR: 2g**

Berry & Oat Crumble

 **Prep** 10 Mins  **Time** 25 Mins  **Servings** 2  **Level** Easy

This warm crumble delivers protein from oats, combined with fiber-rich berries that support satiety and blood sugar control. It's a comforting dessert that satisfies cravings without excess sugar.



INGREDIENTS

1 cup mixed berries
1 tsp honey or maple syrup
1/2 tsp lemon juice
1/2 tsp vanilla extract
For the crumble topping:
1/4 cup rolled oats
2 tbsp almond flour or finely ground nuts
1 tbsp coconut oil or butter
1–2 tsp honey or maple syrup
1/2 tsp cinnamon, salt

DIRECTIONS

1. **Preheat** oven to 180°C/350°F. Lightly grease small baking dish. 2. **Mix** berries with lemon juice, vanilla, and optional sweetener. Spread evenly in the baking dish. 3. **Combine** oats, almond flour, protein powder, cinnamon, salt, and coconut oil in another bowl. Mix until crumbly. Drizzle honey/maple syrup and stir to combine. 4. **Sprinkle** crumble topping evenly over berries. Bake for 20–25 minutes until topping is golden and berries are bubbling.

TIPS: Coconut oil keeps the topping slightly crisp; butter adds richer flavor. Store in an airtight container in the fridge for up to 3 days.

CALORIES: 210 **PROTEIN: 12g** **CARBS: 24g** **FAT: 9g** **FIBER: 5g** **SUGAR: 10g**



Grilled Peaches with Greek Yogurt



Prep
5 Mins



Time
5 Mins



Servings
2



Level
Easy

This light dessert pairs high-protein Greek yogurt with naturally sweet grilled peaches, providing a satisfying balance of protein and fiber that supports satiety and blood-sugar control. It delivers dessert-level flavor with minimal added sugar.

INGREDIENTS

2 ripe peaches, halved, pitted
1 tsp olive oil or coconut oil
1 cup plain low-fat Greek yogurt
1–2 tsp honey or maple syrup
1/4 tsp vanilla extract
Pinch of cinnamon (optional)
1 tbsp chopped almonds or walnuts

DIRECTIONS

1. Preheat grill or grill pan to medium heat. Lightly brush peach halves with oil. **2. Place** peaches cut-side down and grill for 2–3 minutes per side until soft with visible grill marks. **3. Mix** Greek yogurt with vanilla and optional sweetener. **4. Serve** warm peaches topped with Greek yogurt and sprinkle with nuts or cinnamon.

TIPS: Choose ripe but firm peaches for best grilling results. Do not overcook, peaches should be soft but not mushy. Store grilled peaches and yogurt separately in the fridge for up to 2 days.

CALORIES: 180 PROTEIN: 15g CARBS: 20g FAT: 4g FIBER: 3g SUGAR: 12g



Chocolate-Dipped Strawberries with Protein



Prep
10 Mins



Time
20 Mins



Servings
4



Level
Easy

Juicy fresh strawberries paired with antioxidant-rich dark chocolate and a boost of protein make this an elegant, no-bake treat that feels decadent but fuels the body.

INGREDIENTS

1lb (450 g) fresh strawberries, washed, dried
3 oz (85 g) dark chocolate (70–85% cocoa), chopped
2 tablespoons vanilla or chocolate protein powder (whey or plant-based)
1 teaspoon coconut oil

DIRECTIONS

1. Melt the dark chocolate and coconut oil gently using a double boiler. **2. Remove** from heat and whisk in the protein powder until fully combined. **3. Hold** each strawberry by the stem and dip halfway into the chocolate mixture. **4. Place** dipped strawberries on the prepared baking sheet. **5. Refrigerate** for 15–20 minutes, or until the chocolate sets.

TIPS: Best enjoyed fresh. Store in an airtight container in the refrigerator for up to 48 hours. Sprinkle with chopped almonds, pistachios, or shredded coconut before chilling.

CALORIES: 140 PROTEIN: 10g CARBS: 14g FAT: 7g FIBER: 4g SUGAR: 7g

Protein-Packed Banana Ice Cream



Prep
5 Mins



Time
60 Mins



Servings
2



Level
Easy

This is a creamy, naturally sweet dessert made with just a few everyday ingredients. Using frozen bananas as the base creates an ice-cream-like texture without added sugar or heavy cream, while protein powder boosts satiety, making this a smart, satisfying treat for weight loss and muscle support.



INGREDIENTS

2 ripe bananas, peeled, frozen
½ cup plain Greek yogurt
1 scoop vanilla or unflavored protein powder
1–2 tablespoons unsweetened almond milk
½ teaspoon vanilla extract

DIRECTIONS

1. Add frozen banana slices to a high-speed blender. 2. Add Greek yogurt, protein powder, vanilla extract, and almond milk. 3. Blend until smooth, thick, and creamy. 4. Freeze for an hour for a firmer texture.

TIPS: Use very ripe bananas for the best sweetness and flavor. Add almond milk slowly, too much will make it runny. Let sit at room temperature for 5–10 minutes before scooping.

CALORIES: 210 PROTEIN: 22g CARBS: 28g FAT: 3g FIBER: 4g SUGAR: 12g

Baked Apples with Cottage Cheese



Prep
5 Mins



Time
25 Mins



Servings
2



Level
Easy

This dessert delivers protein for satiety and muscle support while baked apples provide fiber-rich, naturally sweet carbohydrates. The combination helps curb sugar cravings and supports steady blood sugar levels without refined desserts.



INGREDIENTS

2 medium apples (Honeycrisp or Granny Smith)
½ teaspoon cinnamon
½ teaspoon nutmeg (optional)
1 teaspoon lemon juice
1 cup low-fat cottage cheese
1 teaspoon honey or maple syrup
1 tablespoon chopped walnuts or almonds

DIRECTIONS

1. Preheat oven to 180°C / 350°F. Core apples and place in a small baking dish. 2. Sprinkle apples with cinnamon, nutmeg, and lemon juice. 3. Bake uncovered for 20–25 minutes, until apples are tender. 4. Remove from oven and allow to cool slightly. 5. Top each apple with cottage cheese, drizzle with honey if desired, and sprinkle with nuts.

TIPS: Store baked apples (without toppings) in an airtight container for up to 3 days in the refrigerator. Add cottage cheese fresh before serving for best texture. Stir a pinch of ginger or cardamom into the spice mix for warmth.

CALORIES: 210 PROTEIN: 14g CARBS: 28g FAT: 4g FIBER: 5g SUGAR: 2g



Walnut & Cinnamon Greek Yogurt Bark



Prep
5 Mins



Time
3 Hours



Servings
8



Level
Easy

This frozen yogurt bark delivers high-quality protein to promote fullness and help reduce cravings, while walnuts provide healthy fats that support satiety. Cinnamon adds flavor without sugar and may help support balanced blood sugar levels.

INGREDIENTS

2 cups plain non-fat Greek yogurt
½ teaspoon cinnamon
1 teaspoon vanilla extract
1–2 teaspoons honey or maple syrup
½ cup chopped walnuts
Pinch of sea salt (optional)

DIRECTIONS

1. **Mix** Greek yogurt, cinnamon, vanilla, and honey (if using). 2. **Spread** the yogurt mixture evenly on the parchment to about ¼-inch thickness. 3. **Sprinkle** evenly with walnuts and a pinch of sea salt. 4. **Freeze** for 2–3 hours until firm. 5. **Break** into 8 pieces and serve frozen.

TIPS: Swap walnuts for almonds or pistachios. Store bark pieces in an airtight container in the freezer for up to 2 weeks. Separate layers with parchment to prevent sticking.

CALORIES: 110 PROTEIN: 9g CARBS: 6g FAT: 5g FIBER: 1g SUGAR: 2g



Chia Seed Protein Pudding



Prep
5 Mins



Time
4 Hours



Servings
2



Level
Easy

Chia seeds provide soluble fiber that promotes fullness and supports digestion, while Greek yogurt adds high-quality protein to help control appetite and preserve lean muscle. This balanced combination supports steady energy and reduces late-night cravings.

INGREDIENTS

½ cup chia seeds
1 cup unsweetened almond milk
½ cup plain Greek yogurt (non-fat or low-fat)
½ teaspoon vanilla extract
1–2 teaspoons honey or maple syrup (optional)
Pinch of cinnamon

DIRECTIONS

1. **Whisk** almond milk, Greek yogurt, vanilla, and sweetener (if using). 2. **Stir** in chia seeds and cinnamon. 3. **Let sit** for 5 minutes, then stir again to prevent clumping. 4. **Cover** and refrigerate for 2–4 hours or overnight until thick and creamy.

TIPS: Store covered in the refrigerator for up to 4 days. Add cocoa powder for chocolate chia pudding or blend in mashed berries or mango for fruit flavor.

CALORIES: 210 PROTEIN: 15g CARBS: 16g FAT: 8g FIBER: 9g SUGAR: 2g

Lemon Yogurt Bars



Prep
10 Mins



Time
25 Mins



Servings
8



Level
Easy

These bars provide high-quality protein to support satiety and muscle maintenance while keeping calories controlled. Fresh lemon adds flavor and brightness without excess sugar, helping reduce cravings for heavier desserts.



INGREDIENTS

1½ cups plain non-fat, thick Greek yogurt
2 large eggs
½ cup honey or maple syrup
Zest of 1 lemon
½ cup fresh lemon juice
½ cup oat flour
½ teaspoon baking powder
Pinch of salt

DIRECTIONS

1. **Preheat** oven to 175°C / 350°F. 2. **Whisk** yogurt, eggs, honey, lemon zest, and lemon juice until smooth. 3. **Stir** in oat flour, baking powder, and salt until fully combined. 4. **Pour** batter into prepared pan and smooth the top. 5. **Bake** for 22–25 minutes, until set in the center. 6. **Cool** completely before slicing into 8 bars.

TIPS: Add blueberries or raspberries for a fruit-lemon version. Store in an airtight container in the refrigerator for up to 4 days. Freeze individual bars for up to 1 month.

CALORIES: 150 PROTEIN: 10g CARBS: 18g FAT: 3g FIBER: 2g SUGAR: 4g

Cottage Cheese & Pineapple Mousse



Prep
7 Mins



Time
30 Mins



Servings
2



Level
Easy

Packed with protein to help keep you full and support lean muscle, this mousse is naturally sweetened with pineapple, which also provides vitamins and fiber for digestion. Low in fat and calories, it's a weight-loss-friendly treat that's quick and easy to prepare, helping you resist high-calorie snacks.



INGREDIENTS

1 cup low-fat cottage cheese
1/2 cup fresh or canned pineapple chunks (drained)
1–2 teaspoons honey or maple syrup
1 teaspoon vanilla extract
1 tablespoon chia seeds
Fresh mint or berries for garnish

DIRECTIONS

1. **Combine** cottage cheese, pineapple, honey, and vanilla extract and blend until smooth and creamy. 2. **Stir** in chia seeds and divide mousse into 2 serving cups. 3. **Refrigerate** for at least 30 minutes before serving. 4. **Garnish** with fresh mint or berries if desired.

TIPS: Best served chilled for texture and flavor. Use fresh pineapple if possible for natural sweetness. Swap pineapple for mango or berries for seasonal variations. Store in an airtight container in the fridge for up to 2 days.

CALORIES: 180 PROTEIN: 18g CARBS: 14g FAT: 4g FIBER: 2g SUGAR: 2g



Mocha Protein Pudding



Prep
7 Mins



Time
1 Hour



Servings
2



Level
Easy

This pudding is high in protein, supporting fullness and lean muscle maintenance. Cocoa and coffee provide antioxidants and a natural flavor boost, while keeping calories and fat low. It's a quick, easy dessert that satisfies chocolate and coffee cravings without derailing a weight-loss plan.

INGREDIENTS

1 cup unsweetened almond milk
1/2 cup plain Greek yogurt (non-fat or low-fat)
1 scoop chocolate or mocha protein powder
1 tablespoon cocoa powder
1 teaspoon instant coffee or espresso powder
1–2 teaspoons honey or maple syrup
1/4 teaspoon vanilla extract

DIRECTIONS

1. Whisk together almond milk, Greek yogurt, protein powder, cocoa powder, coffee, sweetener, and vanilla until smooth. **2. Pour** into serving cups and chill in the refrigerator for at least 1 hour to thicken. **3. Top** with cacao nibs, shaved chocolate, or a few coffee beans before serving.

TIPS: For a thicker pudding, add an extra teaspoon of cocoa powder or let chill longer. Add a pinch of cinnamon or nutmeg for a spiced mocha twist. Best served chilled for optimal texture. Store in airtight containers in the refrigerator for up to 2 days.

CALORIES: 180 PROTEIN: 18g CARBS: 14g FAT: 4g FIBER: 3g SUGAR: 2g



Apple Cinnamon Protein Muffins



Prep
10 Mins



Time
25 Mins



Servings
8



Level
Easy

These muffins are high in protein, supporting satiety and muscle maintenance. Apples provide natural sweetness and fiber for digestion, while warm cinnamon adds flavor without calories. Low in fat and moderate in carbs, they are a weight-loss-friendly snack that helps curb sugar cravings.

INGREDIENTS

1 cup oat flour
1 scoop vanilla protein powder
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon nutmeg, salt
1/2 cup applesauce
1/4 cup honey or maple syrup
1/2 cup almond milk
1 large egg
1 teaspoon vanilla extract
1 medium apple

DIRECTIONS

1. Preheat oven to 175°C / 350°F. **2. Mix** oat flour, protein powder, baking powder, baking soda, cinnamon, nutmeg, and salt. **3. Whisk** together applesauce, honey/maple syrup, milk, egg, and vanilla extract in a separate bowl. **4. Combine** wet and dry ingredients until just mixed. Fold in chopped apple. **5. Divide** batter evenly among the 8 muffin cups. **6. Bake** for 20–25 minutes, until a toothpick inserted in the center comes out clean.

TIPS: Store in an airtight container at room temperature for 2 days, or in the fridge for up to 5 days. Freeze for up to 1 month;

CALORIES: 160 PROTEIN: 14g CARBS: 20g FAT: 4g FIBER: 3g SUGAR: 4g

Frozen Yogurt Bark with Berries & Almonds



Prep
5 Mins



Time
3 Hours



Servings
8



Level
Easy

High in protein from Greek yogurt, this frozen bark helps promote satiety and preserve lean muscle. Fresh berries provide antioxidants, fiber, and natural sweetness, while almonds add healthy fats and crunch. Low in calories and refined sugar, it's a weight-loss-friendly, nutrient-dense treat that satisfies dessert cravings.



INGREDIENTS

2 cups plain Greek yogurt)
1–2 teaspoons honey or maple syrup
1 teaspoon vanilla extract
½ cup mixed fresh or frozen berries
½ cup chopped almonds
Optional toppings: chia seeds, unsweetened coconut flakes, cacao nibs

DIRECTIONS

1. **Mix** Greek yogurt, honey (if using), and vanilla extract until smooth. 2. **Spread** yogurt mixture evenly on the prepared baking sheet, about ¼–½ inch thick. 3. **Sprinkle** berries, chopped almonds, and optional toppings evenly over the yogurt. 4. **Freeze** for 2–3 hours or until completely firm. 5. **Break** into 8 pieces.

TIPS: Store in an airtight container in the freezer for up to 2 weeks. Separate layers with parchment paper to prevent sticking.

CALORIES: 100 PROTEIN: 9g CARBS: 8g FAT: 4g FIBER: 2g SUGAR: 2g

Coconut Protein Chia Cups



Prep
7 Mins



Time
4 Hours



Servings
2



Level
Easy

These cups are high in protein, supporting fullness and lean muscle maintenance. Chia seeds provide fiber to aid digestion and slow carbohydrate absorption, while coconut adds healthy fats for satiety. Low in calories and sugar, this dessert is perfect for satisfying cravings without derailing a weight-loss plan.



INGREDIENTS

½ cup chia seeds
1 cup almond milk
½ cup plain Greek yogurt
1 scoop vanilla or unflavored protein powder
2 tablespoons unsweetened shredded coconut
1–2 tps honey or maple syrup
½ teaspoon vanilla extract
Optional toppings: toasted coconut, berries, cacao nibs

DIRECTIONS

1. **Mix** almond milk, Greek yogurt, protein powder, vanilla, and sweetener until smooth. 2. **Stir** in chia seeds and shredded coconut. 3. **Let** sit for 5 minutes, then stir again to prevent clumping. 4. **Cover** and refrigerate for 2–4 hours or overnight until thick and pudding-like. 5. **Divide** into 2 serving cups and top with optional toppings before serving.

TIPS: For creamier texture, use full-fat Greek yogurt or coconut milk. Swap shredded coconut for cocoa or matcha powder or cinnamon for a flavor twist. Store in airtight containers in the refrigerator for up to 4 days.

CALORIES: 220 PROTEIN: 18g CARBS: 16g FAT: 7g FIBER: 10g SUGAR: 2g

WEEKLY MEAL

WEEK : _____

DATE : _____

MONDAY

- B** Veggie Egg White Scramble p.28
- L** Rocket & Chicken Power Salad p.36
- D** Grilled Lemon-Herb Chicken Breast p.48
- D** Berry & Cottage Cheese Cups p.73

TUESDAY

- B** Berry Almond Protein Oat Bowl p.24
- L** Spinach & Tuna Salad p.37
- D** Salmon & Asparagus Pan Dinner p.51
- D** Grilled Peaches with Greek Yogurt p.76

WEDNESDAY

- B** Turkey & Egg Breakfast Wrap p.31
- L** Crunchy Chickpea & Veggie Salad p.39
- D** Stuffed Bell Peppers with Turkey p.50
- D** Chia Seed Protein Pudding p.78

THURSDAY

- B** Vanilla Ricotta Bowl p.25
- L** Thai Chicken Coconut Soup p.40
- D** Tuna Steak with Spinach p.54
- D** Chocolate-Dipped Strawberries p.76

FRIDAY

- B** Spinach & Feta Mini Egg Muffins p.28
- L** Turkey & Kale Minestrone p.41
- D** Eggplant & Lentil Moussaka p.55
- D** Walnut & Cinnamon Yogurt Bark p.78

SATURDAY

- B** Cottage Cheese & Veggie Pancakes p.32
- L** Chicken & Brown Rice Bowl p.43
- D** Cod & Vegetable Foil Packets p.53
- D** Lemon Yogurt Bars p.79

SUNDAY

- B** Greek Yogurt Berry Bowl p.25
- L** Shrimp & Broccoli Garlic Skillet p.45
- D** Beef Stuffed Mushrooms p.56
- D** Baked Apples with Cottage Cheese p.77

WATER IN TAKE



SHOPPING LIST

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WEEKLY MEAL

WEEK : _____

DATE : _____

MONDAY

- B** Salmon & Spinach Scramble p.29
- L** Egg Drop Protein Soup p.42
- D** Mushrooms with Beef & Spinach p.56
- D** Almond & Protein Energy Bites p.74

TUESDAY

- B** Quinoa Apple Cinnamon Bowl p.24
- L** Mixed Greens & Salmon Salad p.38
- D** Balsamic Chicken & Veggies p.52
- D** Cottage Cheese & Pineapple Mousse p.79

WEDNESDAY

- B** Turkey & Veggie Mini Egg Muffins p.29
- L** Crunchy Chickpea & Veggie Salad p.39
- D** Grilled Lemon-Herb Chicken Breast p.48
- D** Protein-Packed Chocolate Mousse p.72

THURSDAY

- B** Banana Cottage Cheese Bowl p.26
- L** Rocket & Chicken Power Salad p.36
- D** Salmon & Asparagus Pan p. 51
- D** Chocolate Avocado Egg Custard p.73

FRIDAY

- B** Smoked Salmon & Avocado Taco p.31
- L** Turkey & Kale Minestrone p.41
- D** Tuna Steak with Spinach p.54
- D** Berry & Oat Crumble p.75

SATURDAY

- B** Sweet Potato & Turkey Pancakes p.32
- L** Chickpea & Turkey Bowl p.44
- D** Bell Peppers with Turkey & Quinoa p.50
- D** Mango & Greek Yogurt Pudding p.72

SUNDAY

- B** Barley Cinnamon Bowl p.27
- L** Spinach & Tuna Salad p.37
- D** Chicken & Cauliflower "Fried Rice" p.49
- D** Protein-Packed Banana Ice Cream p.77

WATER IN TAKE



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WEEKLY MEAL

WEEK : _____

DATE : _____

MONDAY

- B** Spinach & Turkey Quiche p.30
- L** Chicken & Brown Rice Bowl p.43
- D** Bell Peppers with Turkey p.50
- D** Berry & Cottage Cheese Cups p.73

TUESDAY

- B** Maple Walnut Millet Bowl p.27
- L** Spinach & Tuna Salad p.37
- D** Eggplant & Lentil Moussaka p.55
- D** Apple Cinnamon Protein Muffins p.80

WEDNESDAY

- B** Creamy Polenta Yogurt Bowl p.26
- L** Rocket & Chicken Power Salad p.36
- D** Balsamic Chicken & Veggies p.52
- D** Peanut Butter & Chocolate Bars p.74

THURSDAY

- B** Smoked Salmon & Yogurt Wrap p.33
- L** Thai Chicken Coconut Soup p.40
- D** Pork Tenderloin with Mustard Crust p.57
- D** Coconut Protein Chia Cups p.81

FRIDAY

- B** Greek Yogurt Berry Bowl p.25
- L** Egg Drop Protein Soup p.42
- D** Tuna Steak with Spinach p.54
- D** Mocha Protein Pudding p.80

SATURDAY

- B** Cottage Cheese & Veggie Pancakes p.32
- L** Mixed Greens & Salmon Salad p.38
- D** Grilled Lemon-Herb Chicken Breast p.48
- D** Frozen Yogurt Bark with Berries p.81

SUNDAY

- B** Salmon & Cottage Cheese Quiche p.30
- L** Chickpea & Turkey Bowl p.44
- D** Cod & Vegetable Foil Packets p.53
- D** Protein-Packed Chocolate Mousse p.71

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WEEKLY MEAL

WEEK : _____

DATE : _____

MONDAY

- B** Tuna & Cottage Cheese Toast p.33
- L** Shrimp & Broccoli Garlic Skillet p.45
- D** Pork Tenderloin with Mustard Crust p.57
- D** Apple Cinnamon Protein Muffins p.80

TUESDAY

- B** Spinach & Feta Mini Egg Muffins p.28
- L** Turkey & Kale Minestrone p.41
- D** Cod & Vegetable Foil Packets p.53
- D** Grilled Peaches with Greek Yogurt p.76

WEDNESDAY

- B** Turkey & Egg Breakfast Wrap p.31
- L** Crunchy Chickpea & Veggie Salad p.39
- D** Mushrooms with Beef & Spinach p.56
- D** Coconut & Almond Protein Truffles p.75

THURSDAY

- B** Vanilla Ricotta Bowl p.25
- L** Spinach & Tuna Salad p.37
- D** Salmon & Asparagus Sheet-Pan p.51
- D** Berry & Oat Crumble p.75

FRIDAY

- B** Maple Walnut Millet Bowl p.27
- L** Chickpea & Turkey Bowl p.44
- D** Chicken & Cauliflower "Fried Rice" p.49
- D** Berry & Cottage Cheese Cups p.73

SATURDAY

- B** Salmon & Cottage Cheese Quiche p.30
- L** Rocket & Chicken Power Salad p.36
- D** Stuffed Bell Peppers with Turkey p.50
- D** Walnut & Cinnamon Yogurt Bark p.78

SUNDAY

- B** Banana Cottage Cheese Bowl p.26
- L** Chickpea & Turkey Bowl p.44
- D** Tuna Steak with Spinach p.54
- D** Protein-Packed Banana Ice Cream p.77

WATER IN TAKE



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KITCHEN CONVERSION CHART

LIQUID MEASURES				
FLUID OZ	CUP	PINT	QUART	GALLON
8	1	1/2	1/4	1/16
16	2	1	1/2	1/8
32	4	2	1	1/4
64	8	4	2	1/2
128	16	8	4	1

DRY MEASURES			
GRAM	TEASPOON	TABLESPOON	CUP
14	3	1	1/16
29	6	2	1/8
57	12	4	1/4
114	24	8	1/2
171	36	12	3/4
229	48	16	1

OVEN TEMPERATURES					
°C	120	160	180	205	220
°F	250	320	350	400	425

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