

High Protein Recipe Booklet



Discover a collection of quick and simple high-protein recipes.

• Breakfast • Lunch • Dinner • Treats • Smoothies

www.themobileptcompany.co.uk



Contents

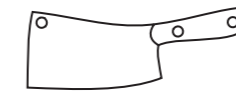
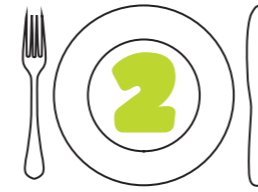
Spanish Courgette Tortilla	8	Cajun Beef and Vegetable Rice	60
Omelette Wraps	10	Chinese Style Shrimps and Vegetables	62
Egg and Turkey Stuffed Peppers	12	Zesty Turkey Meatballs with Couscous Salad	64
Smoked Salmon, Feta and Asparagus Omelette	14	Honey and Lime Glazed Salmon with Pineapple Rice	66
High Protein Blueberry Pancakes	16	Simple Chicken Curry with Saffron Rice	68
Eggs Fried on Tomatoes with Tuna	18	One Pot Turkey Chilli with Rice	70
Summer Smoothie Protein Bowl	20	Baked Salmon Tray with Rice and Tomatoes	72
Spinach Shakshuka	22	Mexican Fried Rice	74
Salmon Tatar with Avocado and Mango	24	Beef and Green Bean Pasta in Soy Sauce	76
Tuna Salad Lettuce Wraps	26	Chicken and Mango Stir Fry	78
Chicken, Orange and Walnut Salad	28	Salmon Teriyaki with Green Beans and Sweetcorn Rice	80
Salmon and Peach Salad	30	Chicken Orange Stir Fry	82
Tuna and Broccoli Salad with Honey Vinaigrette	32	Pesto Pasta with Tuna and Almonds	84
Grilled Chicken and Pineapple Salad	34	Sweet and Sour Pork Stir Fry	86
Waldorf Chicken Salad	36	Pepper Steak	88
Tuna and Quinoa Toss Salad	38	Quick and Easy Meatballs	90
Salmon and Couscous Salad	40	Quick Beef Chow Mein	92
Post-Workout Potato Pancakes with Cottage Cheese	42	Simple Chilli and Sweet Potato Chips	94
Miso Salmon with Courgette Noodles	44	Cherry Sorbet	96
Moroccan Cod and Bulgur Salad	46	Protein Fruit Bowls	98
Turkey and Broccoli Stir Fry	48	Matcha Chai Pudding	100
Baked Salmon with Courgette Noodles and Quinoa	50	Raspberry Protein Smoothie	102
Chicken Thighs with Hoisin Rice	52	Green Glow Protein Smoothie	104
Chinese Pork Stir Fry with Pineapple	54	Vanilla and Coffee Protein Smoothie	106
Slow Cooker Chicken Fajitas	56	Antioxidant Blueberry Protein Smoothie	108
Creamy Chicken, Mushroom and Tomato Pasta	58	Cinnamon Roll Protein Smoothie	110

Weekly Meal Planner – Week 1

MONDAY			
BREAKFAST Spanish Courgette Tortilla	LUNCH Chicken Orange and Walnut Salad	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Chinese Pork Stir Fry with Pineapple
TUESDAY			
BREAKFAST Omelette Wraps	LUNCH Tuna and Broccoli Salad with Honey Vinaigrette	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Baked Salmon Tray with Rice and tomatoes
WEDNESDAY			
BREAKFAST Egg and Turkey Stuffed Peppers	LUNCH Leftover Baked Salmon Tray with Rice and tomatoes	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Beef and Green Beans Pasta in soy sauce
THURSDAY			
BREAKFAST Omelette Wraps	LUNCH Chicken Orange and Walnut Salad	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Leftover Beef and Green Beans Pasta in soy sauce
FRIDAY			
BREAKFAST Egg and Turkey Stuffed Peppers	LUNCH Tuna and Broccoli Salad with Honey Vinaigrette	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Waldorf Chicken Salad
SATURDAY			
BREAKFAST Cinnamon Roll Protein Smoothie	LUNCH Leftover Waldorf Chicken Salad	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Meal Out – Enjoy!
SUNDAY			
BREAKFAST Spanish Courgette Tortilla	LUNCH Cinnamon Roll Protein	SNACK x1 per day Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	DINNER Chinese Pork Stir Fry with Pineapple

Shopping List for Week 1

<p>FRUIT AND VEGETABLES</p> <p>Fresh</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1x potato <input type="checkbox"/> 3 x onions <input type="checkbox"/> 1 x garlic <input type="checkbox"/> 1 x courgette <input type="checkbox"/> watercress <input type="checkbox"/> 4 x lemons <input type="checkbox"/> 2 x oranges <input type="checkbox"/> 1 x pomegranate <input type="checkbox"/> 1 x bag of spinach <input type="checkbox"/> 1 x bag of rocket <input type="checkbox"/> 2 x bags of salad leaves <input type="checkbox"/> bunch of radishes <input type="checkbox"/> 1 iceberg lettuce <input type="checkbox"/> 5 x bell peppers <input type="checkbox"/> 1 x chilli pepper <input type="checkbox"/> ginger <input type="checkbox"/> 2 x bananas <input type="checkbox"/> 1 x broccoli <input type="checkbox"/> cherry tomatoes <input type="checkbox"/> celery <input type="checkbox"/> 1 x apple <input type="checkbox"/> 1 x mango <input type="checkbox"/> strawberries <input type="checkbox"/> spring onion <p>Herbs</p> <ul style="list-style-type: none"> <input type="checkbox"/> parsley <input type="checkbox"/> basil 	<p>MEAT, DAIRY AND NON-DAIRY</p> <p>Fish and Seafood</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3.5oz (100g) smoked salmon <input type="checkbox"/> 14oz (400g) salmon fillet <p>Meats</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1lb (450g) ground turkey <input type="checkbox"/> 10oz (300g) chicken breast <input type="checkbox"/> 10oz (300g) beef steak <input type="checkbox"/> 14oz (400g) pork tenderloin <p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> cottage cheese <input type="checkbox"/> cheddar cheese <input type="checkbox"/> parmesan <input type="checkbox"/> natural yoghurt, 0% fat <input type="checkbox"/> natural quark <p>Non-Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> 20 x eggs <input type="checkbox"/> soy milk <input type="checkbox"/> almond milk 	<p>GRAINS, SEEDS AND SPICES</p> <p>Grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> jasmine rice <input type="checkbox"/> whole-wheat pasta <input type="checkbox"/> potato starch <input type="checkbox"/> white rice <p>Nuts and Seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> pecans <input type="checkbox"/> walnuts <input type="checkbox"/> coconut chips <input type="checkbox"/> raisins <p>Spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> mixed herbs <input type="checkbox"/> oregano <input type="checkbox"/> cumin <input type="checkbox"/> cinnamon <input type="checkbox"/> paprika <input type="checkbox"/> curry <input type="checkbox"/> chilli flakes <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> bread <input type="checkbox"/> beef stock <input type="checkbox"/> granola 	<p>CANS, CONDIMENTS AND MISCELLANEOUS</p> <p>Oils</p> <ul style="list-style-type: none"> <input type="checkbox"/> olive oil <input type="checkbox"/> coconut oil <p>Cans and Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> mustard <input type="checkbox"/> 1 can of tuna in water <input type="checkbox"/> soy sauce <input type="checkbox"/> mayonnaise <input type="checkbox"/> pineapple chunks <input type="checkbox"/> rice vinegar <p>Sweeteners</p> <ul style="list-style-type: none"> <input type="checkbox"/> honey <p>Frozen</p> <ul style="list-style-type: none"> <input type="checkbox"/> green beans <p>Other</p> <ul style="list-style-type: none"> <input type="checkbox"/> vanilla protein powder
--	--	--	---



10 minutes



25 minutes



377 kcal
22g Fats
22g Carbs
21g Protein

Spanish Courgette Tortilla



Ingredients:

- 1 tbsp of olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small courgette, thinly sliced
- 6 eggs

Recipe:

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the courgette and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.

- Gluten Free • Dairy Free • Meal Preparation/Freezer Friendly
- High Protein (over 20g per serving) • Vegetarian