



HEALTHY MEAL PREP SAMPLE MENU

**Discover the collection of simple high-protein recipes, including
breakfast, lunch, dinner, treats and smoothie options.**

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| 9 | Spanish Zucchini Tortilla | 45 | Miso Salmon With Zucchini Noodles |
| 11 | Omelet Wraps | 47 | Moroccan Cod & Bulgur Salad |
| 13 | Egg & Turkey Stuffed Peppers | 49 | Turkey & Broccoli Stir Fry |
| 15 | Smoked Salmon, Feta & Asparagus Omelet | 51 | Baked Salmon With Zoodles & Quinoa |
| 17 | High Protein Blueberry Pancakes | 53 | Chicken Thighs With Hoisin Rice |
| 19 | Eggs Fried On Tomatoes With Tuna | 55 | Chinese Pork Stir-Fry With Pineapple |
| 21 | Summer Smoothie Protein Bowl | 57 | Slow Cooker Chicken Fajitas |
| 23 | Spinach Shakshuka | 59 | Creamy Chicken, Mushroom & Tomato Pasta |
| 25 | Salmon Tartar With Avocado & Mango | 61 | Cajun Beef & Veg Rice |
| 27 | Tuna Salad Lettuce Wraps | 63 | Chinese Style Shrimps & Veg |
| 29 | Chicken, Orange & Walnut Salad | 65 | Zesty Turkey Meatballs With Couscous Salad |
| 31 | Salmon & Peach Salad | 67 | Honey & Lime Glazed Salmon With Pineapple Rice |
| 33 | Tuna & Broccoli Salad With Honey Vinaigrette | 69 | Simple Chicken Curry With Saffron Rice |
| 35 | Grilled Chicken & Pineapple Salad | 71 | Baked Salmon Tray With Rice & Tomatoes |
| 37 | Waldorf Chicken Salad | 73 | One Pot Turkey Chili With Rice |
| 39 | Tuna & Quinoa Toss Salad | 75 | Mexican Fried Rice |
| 41 | Salmon & Couscous Salad | 77 | Beef & Green Beans Pasta In Soy Sauce |
| 43 | Post-Workout Potato Pancakes With Cottage Cheese | 79 | Chicken & Mango Stir Fry |



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- 81** Salmon Teriyaki With Green Beans & Sweetcorn Rice
- 83** Chicken Orange Stir Fry
- 85** Pesto Pasta With Tuna & Almonds
- 87** Sweet And Sour Pork Stir-Fry
- 89** Pepper Steak
- 91** Quick & Easy Meatballs
- 93** Quick Beef Chow Mein
- 95** Simple Chili & Sweet Potato Chips
- 97** Cherry Sorbet
- 99** Protein Fruit Bowls
- 101** Matcha Chia Pudding
- 103** Raspberry Protein Smoothie
- 105** Green Glow Protein Smoothie
- 107** Vanilla & Coffee Protein Smoothie
- 109** Antioxidant Blueberry Protein Smoothie
- 111** Cinnamon Roll Protein Smoothie

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (20g- serve)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (20g+ per serve)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts





SAMPLE WEEKLY MEAL PLANNER 01

	Breakfast	Lunch	Snack	Dinner
Mon	Spanish Zucchini Tortilla	Chicken Orange & Walnut Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Chinese Pork Stir-Fry With Pineapple
Tue	Omelet Wraps	Tuna & Broccoli Salad With Honey Vinaigrette	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Baked Salmon Tray With Rice & Tomatoes
Wed	Egg & Turkey Stuffed Peppers	Leftover Baked Salmon Tray With Rice & tomatoes	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Beef & Green Beans Pasta In Soy Sauce
Thu	Omelet Wraps	Chicken Orange & Walnut Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Leftover Beef & Green Beans Pasta In Soy Sauce
Fri	Egg & Turkey Stuffed Peppers	Tuna & Broccoli Salad With Honey Vinaigrette	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Waldorf Chicken Salad
Sat	Cinnamon Roll Protein Smoothie	Leftover Waldorf Chicken Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Meal Out - Enjoy!
Sun	Spanish Zucchini Tortilla	Cinnamon Roll Protein	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Chinese Pork Stir-Fry With Pineapple

