

High Protein Client Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.













Contents & Key

6	Fireman's Breakfast Casserole
8	Acai Bowl
10	Mango & Almond Butter Protein Smoothie
12	Salmon & Egg Bake
14	Green & Black Bean Tuna Salad
16	Beef Keema
18	Zoodle Chicken Soup
20	Egg Fried Rice with Turkey
22	Salmon Avocado Rice Bowl
24	Chicken & Mango Salsa Lettuce Wraps
26	Eggplant Beef Marinara
28	Sweet Potato BBQ Chicken Pizza
30	Cod Baked with Spinach & Crispy Top
32	Pancakes with Blueberry Sauce & Almond Caramel
34	Berry Protein Fluff

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

Weekly Shopping List

Fruits, Vegetables

Fruits
2 medium bananas
2 limes
2 avocados
mango
2 lemons
2 cups (300g) blueberries

Vegetables
8 oz. (230g) mushrooms
7 onions
2 green bell peppers
1 red bell pepper
1 small red onion
1 lb. (450g) baby potatoes
garlic
7 oz. (200g) asparagus
⅔ cup (100g) green beans
baby spinach
½ cup (25g) ginger
2 celery stalks
2 carrots
2 zucchinis
1 red chili
1 tomato
1 cucumber
1 butter lettuce, or 2-3 baby gem lettuce
2 eggplants
4 sweet potatoes

Fresh Herbs
coriander

Frozen Foods
mango
blueberries
peas
spinach
mixed berries

Protein & Dairy

Meat
1 lb. (450g) ground pork
1.1 lbs. (500g) beef mince, 5% fat
1 lb. (450g) chicken breast
1 lb. (450g) minced turkey breast
4 chicken thighs
14 oz. (400g) extra lean ground beef
8 oz. (230g) chicken breast, cooked

Fish & Seafood
1.2 lbs. (560g) salmon fillets
2 cod fillets (8 oz./230g each)

Cold
18 eggs
oat or soy cream
cheddar cheese
unsweetened almond milk
0% fat natural yogurt
Parmigiano Reggiano
Greek yogurt
low-fat cottage cheese

Seeds, Baking, Spices

Grains
rice

Nuts & Seeds
pumpkin seeds

Baking
oat flour
all purpose gluten-free flour

Dried Herbs & Spices
oregano
thyme
curry powder
dried thyme
dried rosemary
paprika
turmeric
cayenne pepper
chili powder

Cans, Condiments, Misc

Oils
coconut oil
olive oil

Sweeteners
honey
coconut sugar
maple syrup

Boxed, Canned & Condiments
almond butter
1x can black beans
2x can tuna in water
capers
2x cans chopped tomatoes
beef stock
chicken stock
tomato puree
barbecue sauce
bread crumbs

Misc/Other
vanilla whey protein powder
acai powder

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Acai Bowl	Zoodle Chicken Soup	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Beef Keema
Tue	Fireman's Breakfast Casserole	Zoodle Chicken Soup	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Egg Fried Rice with Turkey
Wed	Fireman's Breakfast Casserole	Green & Black Bean Tuna Salad	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Egg Fried Rice with Turkey
Thu	Mango & Almond Butter Protein Smoothie	Sweet Potato BBQ Chicken Pizza	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Eggplant Beef Marinara
Fri	Salmon & Egg Bake	Leftover Eggplant Beef Marinara	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Salmon Avocado Rice Bowl
Sat	Salmon & Egg Bake	Chicken & Mango Salsa Lettuce Wraps	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Meal Out - Enjoy!
Sun	Pancakes with Blueberry Sauce & Almond Caramel	Chicken & Mango Salsa Lettuce Wraps	E.g. Berry Protein Fluff, Acai Bowl, Mango & Almond Butter Protein Smoothie, Pancakes with Blueberry Sauce & Almond Caramel	Cod Baked with Spinach & Crispy Top



Fireman's Breakfast Casserole

Serves 4

1 lb. (450g) ground pork
8 oz. (230g) mushrooms, sliced
1 onion, chopped
1 green bell pepper, chopped
6 eggs
½ cup (120ml) soy or oat cream
1 cup (115g) cheddar cheese

What you need to do

Lightly grease an 8x6 inch baking dish. Preheat oven to 350°F (180°C).

Heat a dry non-stick pan over medium-high heat and cook the ground pork 4-5 minutes until browned.

Add the mushrooms, onion, and green pepper to the pan and cook over medium heat for 6-7 minutes—season well with salt and pepper.

Break the eggs into the baking dish keeping the yolks intact. Try to evenly distribute the egg yolks around the pan. Poke a hole in each of the yolks with a knife. Pour the cream over the eggs and top with ½ of the cheese.

Next, add in the pork and veg mixture to the baking dish. Top with the remaining cheese, cover with foil, and covered for 30 minutes and uncovered for another 30 minutes.

GF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	70 mins	439	26	8	42

*Nutrition per serve

myfitnesspal
04597326



Acai Bowl

Serves 1

2 tbsp. acai powder
1 cup (160g) frozen mango
1 medium banana
½ cup (50g) frozen blueberries
½ cup (120ml) unsweetened almond milk
4 tbsp. vanilla whey protein powder

What you need to do

Place all ingredients into a powerful high-speed blender and blitz until smooth, adding more milk or water as needed.

Pour the frozen smoothie into a bowl and top it with your favorite toppings.

NOTE: Toppings are not included in the nutrition information.

GF | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	373	5	65	22

*Nutrition per serve

myfitnesspal

08560674



Mango & Almond Butter Protein Smoothie

Serves 1

1 cup (160g) frozen mango
½ banana, sliced
½ cup (120ml) unsweetened almond milk
1 tbsp. almond butter
1 scoop (25g) vanilla whey protein powder

What you need to do

Blitz all ingredients in a blender until smooth. Serve immediately.

myfitnesspal
09788992

GF | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	349	11	43	25

*Nutrition per serve



Salmon & Egg Bake

Serves 4

10 oz. (280g) salmon fillets
2 tsp. coconut oil
5 eggs
2 egg whites
½ cup (120ml) almond milk
2 cloves garlic, minced
7 oz. (200g) asparagus, chopped
1 tsp. oregano
1 tsp. thyme
1 small onion, cut to wedges
1 bell pepper, sliced

What you need to do

Heat oven to 420°F (215°C). Season the salmon fillets with salt and pepper.

Heat 1 teaspoon of oil in a pan over high heat, fry the salmon fillets skin side up for about 2 minutes, then place on a baking tray and broil in the oven for another 8 minutes.

Remove from the oven and set aside.

Reduce the oven heat to 350°F (180°C). Add the remaining 1-teaspoon of oil to the same pan and cook the garlic and asparagus on medium heat for 5 minutes.

Season oregano and thyme, and mix well.

Whisk the eggs, egg whites, and milk, and add a pinch of salt.

Flake the baked salmon into a baking dish, add the onion and pepper, then pour in the egg mixture.

Bake for 30-35 minutes or until the eggs are set and brown.

GF | DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	305	17	7	29

*Nutrition per serve

myfitnesspal
05510627



Green & Black Bean Tuna Salad

Serves 2

⅔ cup (100g) green beans
4 handfuls baby spinach
⅔ cup (100g) canned black beans, drained
⅞ cup (200g) tuna in water, drained
1 tbsp. olive oil
1 tsp. oregano
1 tbsp. capers
2 tbsp. pumpkin seeds

What you need to do

Blanche the green beans for about 5 minutes. Drain and rinse the black beans.

Mix the spinach, green beans, tuna, black beans, oregano and olive oil in a bowl.

Divide the salad between two bowls, top each with capers and drizzle 1 teaspoon of its brine liquid. Season with freshly ground black pepper and sprinkle with the pumpkin seeds to serve

myfitnesspal



03697993

GF | DF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	266	9	16	30

*Nutrition per serve



Beef Keema

Serves 4

1.1 lbs. (500g) beef mince, 5% fat
1 onion, finely chopped
3 garlic cloves, finely chopped
½ cup (25g) ginger, peeled & finely chopped
½ cup (15g) fresh coriander, leaves & stalks chopped separately
2 tbsp. curry powder
14 oz. (400g) can chopped tomatoes
⅞ cup (200ml) beef stock
7 oz. (200g) pot 0% fat natural yogurt
2 cups (300g) peas, frozen

What you need to do

Heat a dry frying pan over high heat, and cook the beef mince until browned.

Add in the onion, garlic, and ginger, and sauté for 6-8 minutes until soft. Stir in the coriander stalks and curry powder and continue cooking for another 2-3 minutes while stirring.

Add the chopped tomatoes and beef stock. Season with salt and pepper. Bring to a boil, reduce heat, and simmer, for 20 minutes uncovered, stirring occasionally.

After 20 minutes of simmering, stir in 1 tablespoon of yogurt. Add the frozen peas and half the coriander leaves. Cook for another 2 minutes, until peas are heated through, then season again if needed.

Serve with the remaining coriander and a spoonful of yogurt.

Serving suggestion: brown rice (not included in nutritional information).

myfitnesspal



03834638

GF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	35 mins	278	8	16	34

*Nutrition per serve



Zoodle Chicken Soup

Serves 4

2 tbsp. coconut oil
1 lb. (450g) chicken breast, chopped
1 onion, diced,
2 stalks celery, diced
2 carrots, chopped
3 cloves garlic, chopped
1 tsp. dried thyme
½ tsp. dried rosemary
4 cups (950ml) chicken stock
2 medium zucchinis, spiralised

What you need to do

Heat 1 tablespoon of oil in a large pot over medium-high heat. Add the chopped chicken and season with salt and pepper. Cook for 4-5 minutes until golden, then set aside.

Heat the second tablespoon of oil and add onion, celery, carrots, garlic, dried thyme, and rosemary. Mix well.

Next, add chicken stock and 2 cups (470ml) of water. Bring to a boil, lower the heat, and simmer for 10 minutes.
Add in the chicken and cook for another 5 minutes.

Lastly, add in the spiralized zucchini and cook for another 2-3 minutes, check for seasoning, and serve.

myfitnesspal
09470725

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	246	9	14	29

*Nutrition per serve


www.thrivewithphil.com

Egg Fried Rice With Turkey

Serves 4

1 lb. (450g) minced turkey breast
3.5 oz. (100g) spinach
3.5 oz. (100g) rice
2 tbsp. coconut oil
1 onion, chopped
2 garlic cloves, minced
1 tbsp. tomato puree
1 egg

Spices:
1 tsp. paprika
1 tsp. turmeric
1 tsp. oregano
⅓ tsp. cayenne pepper

What you need to do

Cook the rice according to the instructions on the packaging, then set it aside.

Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 minutes until frequent.

Add meat and cook for another 5-6 minutes, season with salt, pepper, and spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl, beat the egg and then tip into the rice, stirring vigorously. Cook for another 2 minutes, until the egg sets, then divide between plates and serve.

myfitnesspal



09765894

GF | DF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	316	10	25	33

*Nutrition per serve



Salmon Avocado Rice Bowl

Serves 2

¾ cup (140g) jasmine rice
2 salmon fillets
2 tbsp. lime juice
1 tbsp. honey
3 tbsp. coriander, chopped
1 avocado, cubed
¼ tsp. chili powder

What you need to do

Cook rice according to the instructions on the packaging.

Preheat oven to 425°F (220°C) and line a baking tray with aluminum foil. Rub the salmon skin with some oil and place the fillets skin down on the tray.

Mix 1 tablespoon of lime juice, honey, and 2 tablespoons of coriander and rub it into the salmon fillets, season with salt. Bake salmon for 12-15 minutes, until cooked through and browned.

Place the cubed avocado into a bowl and add the remaining 1 tablespoon of lime juice, 1 tablespoon of coriander, and chili powder, and season with salt and pepper. Gently mix.

To assemble the rice bowls: divide rice among two bowls, top it off with a salmon fillet, and top each bowl with half the avocado mixture.

GF | DF | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	643	26	72	31

*Nutrition per serve

myfitnesspal
08623631



Chicken & Mango Salsa Lettuce Wraps

Serves 4

4 skinless chicken thighs
1 tbsp. olive oil

For the salsa:
1 avocado, cubed
1 mango, cubed
½ onion, diced
1 red chili, finely chopped
1 tomato, diced
¼ cucumber, finely chopped
1 lime, juice only
1 butter lettuce, or 2-3 baby gem lettuce

What you need to do

Season the chicken thighs with salt and pepper and rub with olive oil. Heat a grill pan on medium-high heat and cook the chicken 3-4 minutes on each side until cooked through and browned. Set aside and allow to cool.

Combine all the salsa ingredients in a bowl. Once the chicken has cooled down, chop it into pieces.

Assemble the wraps by spreading the salsa over the lettuce leaves and topped with pieces of chicken.

myfitnesspal

06729813

GF | DF | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	8 mins	362	21	21	25

*Nutrition per serve



Eggplant Beef Marinara

Serves 4

2 eggplants
1 tbsp. extra virgin olive oil
14 oz. (400g) extra lean ground beef
1 medium yellow onion, chopped
2 garlic, minced
1 cup (200g) can of chopped tomatoes
2 tbsp. tomato paste
1 tsp. dried rosemary
½ cup (50g) cheddar cheese, grated

What you need to do

Preheat oven to 400°F (200°C).

Cut each eggplant in half lengthwise. Using a knife, cut the flesh of each eggplant in a cross-hatch pattern; be careful not to cut through the skin. Place the eggplant halves on a baking tray, flesh side up. Drizzle with olive oil and season with salt and pepper. Then, bake for about 30 minutes until soft.

In the meantime, prepare the beef marinara sauce. Heat a dry, non-stick pan over medium-high heat and cook the ground beef for 5-6 minutes until browned. Add onion and garlic, and cook for another 3-4 minutes.

Next, add the chopped tomatoes, tomato paste, and rosemary, then bring to a boil and reduce heat to low. Continue simmering until the eggplant is ready, which should take around 20 minutes.

Remove the eggplant from the oven, and scoop out the center, leaving enough meat inside the skin to hold its shape. Chop the removed flesh, and add to the beef, mixing well.

Spread ¼ of the beef marinara sauce over each eggplant half, and sprinkle each with cheese.

Place the stuffed eggplant back into the oven, and continue to cook for about 10 more minutes until lightly browned.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	40 mins	359	18	24	27

*Nutrition per serve

myfitnesspal
03798515


www.thrivewithphil.com

Sweet Potato BBQ Chicken Pizza

Serves 4

4 sweet potatoes, peeled & chopped
1½ cups (150g) oat flour
1 egg
¼ tsp. sea salt
4 tbsp. tomato paste
4 tbsp. barbecue sauce
8 oz. (230g) chicken breast, cooked
1 small red onion, sliced
1 red bell pepper, sliced
1 cup (100g) cheddar cheese, grated

What you need to do

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and set aside.

Cook the sweet potatoes until very tender when pierced with a fork; 8-10 minutes. Alternatively, microwave in a bowl with ¼ cup of water, covered, until tender; for 5 minutes. Drain. Transfer to a large bowl and mash until completely smooth. Set aside and let cool at room temperature.

Add the flour, eggs, and salt, and stir to combine. Place the mixture on the prepared baking sheet and spread it into a 12 x 10 x ½-inch (30cm x 27cm) rectangle. Bake until the base is dry to the touch and brown on the edges; about 25 minutes.

Spread the tomato paste and barbecue sauce evenly on the pizza base. Place chicken, onions, and bell pepper evenly on the top and bake for 10 minutes. Remove from the oven and sprinkle with cheese. Continue baking until the cheese is bubbly; about 10 minutes. Cut into squares and serve.

myfitnesspal



06938912

MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	45 mins	524	15	62	36

*Nutrition per serve



Cod Baked With Spinach & Crispy Top

Serves 4

1 lb. (450g) baby potatoes
2 cod fillets (8 oz./230g each)
½ lemon, juiced
2 garlic cloves, minced
1 tsp. paprika
1 tsp. oregano
1 tsp. turmeric
2 + ½ tbsp. all purpose gluten-free flour
3 tbsp. extra virgin olive oil
1 cup (150g) frozen spinach
4 tbsp. unsweetened almond milk
½ cup (45g) bread crumbs
¼ cup (25g) Parmigiano Reggiano

What you need to do

Cook potatoes according to the instructions on the packaging.

Rinse the fish and pat dry. Drizzle with lemon, then season with salt, black ground pepper, and one minced garlic clove. Sprinkle spices; paprika, oregano, and turmeric, then coat in 2 tablespoons of flour.

Prepare the spinach layer. Then heat 1 tablespoon of olive oil in a frying pan. Add a second garlic clove and fry for 2-3 minutes until fragrant. Add the spinach and stir for about 4-5 minutes until wilted.

Next, add the milk, season with salt and pepper, then heat for 2-3 minutes. Add half a tablespoon of flour and mix well.

Mix the bread crumbs, parmesan, and 2 tablespoons of olive oil in a small bowl.

Arrange the fish on a baking tray greased with olive oil. Top the fish with a layer of spinach and sprinkle with the breadcrumb mix.

Bake in the preheated oven for 20 minutes. Serve with baby potatoes.

MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	388	11	43	30

*Nutrition per serve

myfitnesspal
09693720



Pancakes With Blueberry Sauce & Almond Caramel

Serves 4

1 cup (200g) Greek yogurt
1 cup (200g) low-fat cottage cheese
3 eggs
1 lemon, juice only
1 cup (120g) all-purpose flour
pinch of salt
2 tbsp. coconut oil

For the blueberry sauce:
2 cups (300g) blueberries
¼ cup (60ml) water
3 tbsp. coconut sugar

For the caramel:
¼ cup (60ml) coconut oil
¼ cup (60ml) maple syrup
¼ cup (60g) almond butter

myfitnesspal
00996570

What you need to do

To make the blueberry sauce:
Place the blueberries, water, and sugar in a saucepan. Cook over low heat for 10 minutes (stirring often) or until the blueberries begin to break apart.

To make the caramel:
Melt the coconut oil and maple syrup in the same small pot over low heat. Whisk in the almond butter for about 30 seconds until fully incorporated and very smooth.

To make pancakes:
Whisk together the yogurt, cottage cheese, eggs, and lemon juice in a bowl.

Mix the flour, baking soda, and salt in a separate bowl. Fold the flour into the yogurt mixture, and stir well until blended. Heat a large pan over medium-low heat. Coat it with a bit of coconut oil, and add the batter in large spoonfuls (about ¼ cup each.) Flip the pancakes when the tops begin to bubble, around 2-3 minutes, and cook the other side until browned.

Serve with blueberry sauce and almond caramel.

Makes around 12 pancakes (nutrition information is for 3 pancakes per serving and ¼ of the sauce and caramel.)

MP | HP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	428	23	40	20

*Nutrition per serve


www.thrivewithphil.com

Berry Protein Fluff

Serves 1

1 cup (150g) mixed berries
¼ cup (25g) vanilla whey protein
¼ cup (60ml) almond milk, unsweetened

What you need to do

Place all ingredients in a bowl, then use a hand blender to mix until smooth.

Using an electric whisk, whisk the mixture for 5-8 minutes until it gains volume. Serve immediately.

myfitnesspal

06643690

GF | LC | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10	0	165	1	17	24

*Nutrition per serve