



PROTEIN

SOURCES AND RECIPES



VOL. 1

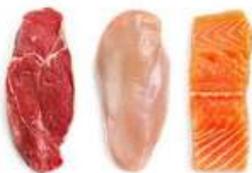
01

Protein Sources

Eggs



Meat and Fish



Protein Yogurt



Protein Powder



01

Protein Sources

Protein Bar



Muesli Bar 10g protein



Cottage Cheese



Egg Whites



High Protein Breakfast



Egg white omelette with Avocado on Toast

200ml Egg Whites

1 x Full Egg

1 x Vogel's Toast

Table spoon of Avocado

Mushroom

Spinach

Tomato

Capsicum's

Red Onion

Use spray oil to spray pan and heat pan for 5 minutes or until hot

Add, mushroom, onion, capsicum, tomato and spinach, add salt and pepper. Once cooked take off and put to the side

Add the 200ml of egg whites and one full egg (this will allow the yolk to stay runny), place toast in the toaster

Once this is cooked through place in a plate, put the veggie on top and fold over.

Put Avocado on Toast, add salt and pepper



Protein Oats

40g Oats

1 scoop of protein

Water

Berries

10 Almonds/ Teaspoon of peanut butter

- 1) Put water in oats until they are covered
- 2) Place in Microwave for 45s
- 3) Stir in Protein powder + Add a little bit more water
- 4) Place in microwave for further 30s
- 5) Place Berries and nuts on top
(Can be left to cool off to have cold)



High Protein Lunches



Chicken Burrito Bowl

Palm size portion of Chicken breast cut into strips

Salsa

4 Bean mix - 1/2 can

Corn Kernels

Capsicum Strips

Red Onion

Brown Rice- Fist size portion

Taco Seasoning - OldElpaso 2 tps

Cover the chicken strips with salsa and taco seasoning (Just enough to cover), cut up capsicum and onion and bake all on the same tray in the oven at 180°C for 25 minutes or until chicken is cooked

Cook rice according to directions.

Serve chicken, capsicum, onion, corn and 4 bean mix on bed of cooked brown rice. Use any left over salsa on top if desired



Greek Style Wrap

Palm size portion of meat of choice

Tomato

5 Olives

Capsicum Strips

Red Onion

Ice Burg Lettuce

Quarter of Avocado

2 teaspoons of Aoli

Farrah's Wrap

Cook your meat of choice

Cut up your olives, Capsicum strips, Iceburg
Lettuce, red onion and avocado

Place ingredients in wrap and top with aoli
Wrap up for lunch the next day or enjoy straight
away!



High Protein Dinners



Shepherd's Pie

-
- 1 tbs Olive Oil
 - 1 Brown Onion, finely diced
 - 1 Carrot, finely chopped
 - 2 Celery Sticks, trimmed and finely chopped
 - 500g Lamb Mince
 - 2 tbs plain flour
 - 2 Cups (500ml) Campbell's salt reduced real stock beef
 - 500g Potato or Kumera peeled and chopped
 - 1 tbs worcestershire sauce
 - 1 tbs tomato Paste
 - 20g salt reduced butter
 - 125ml (1/2 cup) skim milk
-

Method

Heat oil in large saucepan, add onion, carrot and celery and cook until soft. Add mince, cook until browned. Add flour cook until combined. Add Stock, sauce and tomato paste. Bring to boil and simmer for about 20 mins until sauce thickens

Boil Potato or Kumera until soft, drain and return to pan with butter. Mash until fluffy texture
Preheat oven to 200 Degrees

Spoon lamb mixture into oven tray and top with mash, using fork to spread it out
Bake for 20 minutes until mash is golden



Coconut curry & Cashew Chicken Finger's

1 Kg Boneless, skinless chicken Breasts, rinsed and patted dry

1/4 teaspoon salt

1/4 teaspoon ground black pepper

1 1/4 cups light coconut milk

1 cup skim milk

3 1/2 tablespoons red curry paste

3/4 cup roasted, salted cashews

3/4 cup unsweetened coconut flakes

3/4 cup corn flakes

baby spinach

Broccoli, Carrot, Green beans

Method

Pre Heat the oven to 400 degrees.
Lightly grease a large baking sheet

Cut the chicken into 3 by 1/2 inch
strips, season with salt and pepper

In a wide, shallow bowl, whisk
together one cup of coconut milk,
the skim milk, and 1 1/2 tablespoons
of curry paste

In a food processor, pulse together
the cashews and coconut flakes
until finely chopped

Add the corn flakes and pulse until
coarse

Transfer mixture into wide shallow
bowl

One by one drip the chicken strips
in the coconut milk mixture letting
the excess drip back in the bowl

Place the chicken in the cashew mixture and turn to coat evenly. Transfer each chicken finger to the prepared baking sheet

Bake the chicken fingers in the oven turning once halfway through until they are golden all over, boil the water to cook the broccoli, green beans and carrot

While the chicken cooks, whisk together the remaining 1/4 cup coconut milk and remaining 2 tbsps curry paste

Divide the spinach, green beans, carrot and broccoli onto plates and top with the chicken fingers.
Drizzle chicken fingers and spinach with the sauce and serve



High Protein Snacks





Anchor Protein Yogurt with banana & almonds

- 1 Serving size of Anchor Protein yogurt any flavor
- 1 x Banana
- 10 Almonds

Place in bowl or meal prep container the serving size
noted on the yogurt
Slice up your banana and place on top
Add your almonds and serve





Lamington Bites

Makes 24

-
- 200 g raw cashew nuts
 - 50 g almond meal
 - 1 cup desiccated coconut
 - 1/4 cup cold pressed coconut oil
 - 1 teaspoon vanilla extract
 - 1/2 teaspoon sea salt
 - 3 tablespoons maple syrup
 - 2 scoops of protein powder (optional)

Raw Chocolate Dipping Sauce

- 1/4 cup cold pressed coconut oil or cacao butter
- 1 tablespoon maple syrup
- 1 tablespoon almond butter or tahini, room temperature
- 2 tablespoons of cacao/dark chocolate

Method on next page



Lamington Bites

Makes 24

METHOD:

1. Combine cashew nuts, coconut, almonds and salt into a food processor.
2. Process for a few seconds or until the mixture looks like fine golden crumbs. If you are wanting to add more protein then please add 2 tablespoons of protein at this stage.
3. Add vanilla, maple and coconut oil.
4. Mix until the raw lamington comes together.
5. Roll into small balls and set aside.
6. Place coconut oil into a small bowl and sit over some freshly boiled water for a few seconds until it melts then remove quickly from the heat.
7. Add the rest of the ingredients from the dipping sauce recipe and mix well – I normally use a small mini hand whisk.
8. Dip lamingtons into the dipping sauce then roll into coconut.
9. Store in the fridge (covered) for up to 1 week.

