

SPICY TOFU PEANUT NOODLES

INGREDIENTS

- 200g tofu, cubed
- 2 cups cooked noodles
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon chili sauce or flakes
- 1 teaspoon sesame oil
- 1 garlic clove, minced
- Water to thin sauce

CALORIES

540

PROTEIN

24g



DIRECTIONS

1. Pan-fry tofu until golden.
2. Mix peanut butter, soy sauce, chili, sesame oil, garlic, and water into a sauce.
3. Toss noodles with tofu in a pan.
4. Pour sauce over and mix well.
5. Heat for 2–3 minutes.
6. Serve warm or cold.

CREAMY SUN-DRIED TOMATO SALMON

INGREDIENTS

- 2 salmon fillets
- ½ cup sun-dried tomatoes
- 2 garlic cloves, minced
- 1 cup cream
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach

CALORIES

520

per serving

PROTEIN

38g

per serving



DIRECTIONS

1. Heat olive oil in a pan and sear salmon until golden.
2. Remove salmon and sauté garlic and sun-dried tomatoes.
3. Add cream and simmer until slightly thickened.
4. Return salmon to pan and cook 5–7 minutes.
5. Add spinach if using and wilt. Serve warm.

CLASSIC BEEF CHILI

INGREDIENTS

- 300g ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can kidney beans
- 1 can diced tomatoes
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 cup beef broth
- Salt and pepper to taste

CALORIES 420

PROTEIN 28g

DIRECTIONS

Cook beef until browned. Add onion and garlic and sauté. Stir in spices, beans, tomatoes, and broth. Simmer 25–30 minutes. Season and serve hot.



BACON AND SPINACH CRUSTLESS QUICHE

INGREDIENTS

6 eggs

½ cup milk

4 slices bacon, cooked and chopped

2 cups spinach

½ cup shredded cheese

Salt and pepper to taste



CALORIES

290

PROTEIN

19g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs, milk, salt, and pepper.
3. Mix in bacon, spinach, and cheese.
4. Pour into greased baking dish.
5. Bake 25–30 minutes until set.
6. Slice and serve warm.

GROUND TURKEY SHEPHERD'S PIE

INGREDIENTS

400g ground turkey
1 onion, chopped
2 carrots, diced
1 cup peas
2 tablespoons tomato paste
1 cup chicken broth
1 teaspoon thyme
Salt and pepper to taste
3–4 potatoes, boiled and mashed
2 tablespoons butter
¼ cup milk

CALORIES

430

PROTEIN

32g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Cook potatoes and mash with butter and milk.
3. In a pan, cook turkey until browned.
4. Add onion, carrots, peas, and cook until soft.
5. Stir in tomato paste, broth, thyme, salt, and pepper.
6. Simmer until thickened.
7. Spread mixture in baking dish and top with mashed potatoes.
8. Bake 20–25 minutes until golden.

CREAMY COTTAGE CHEESE PASTA SAUCE

INGREDIENTS

- 1 cup cottage cheese
- 1–2 garlic cloves, minced
- 2 tablespoons milk
- ¼ cup Parmesan cheese
- Salt and pepper to taste
- Cooked pasta (any type)
- Optional: spinach or herbs

CALORIES

370

PROTEIN

22g

DIRECTIONS

1. Blend cottage cheese, milk, garlic, and Parmesan until smooth.
2. Heat sauce gently in a pan (do not boil).
3. Add cooked pasta and mix well.
4. Season with salt and pepper.
5. Add spinach or herbs if desired.
6. Serve warm and creamy.



TURKEY MEATLOAF MUFFINS

INGREDIENTS

500g ground turkey

1 egg

½ cup breadcrumbs

¼ cup ketchup or BBQ sauce

1 teaspoon garlic powder

1 teaspoon onion powder

Salt and pepper to taste



CALORIES

PROTEIN

210 kcal

23 g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Mix all ingredients in a bowl.
3. Divide into greased muffin tin.
4. Top with a little ketchup or BBQ sauce.
5. Bake 20–25 minutes until cooked through.
6. Cool slightly and serve.

BEEF AND CABBAGE STIR-FRY BOWL

INGREDIENTS

- 200g ground beef or sliced beef
- 3 cups cabbage, shredded
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon oil
- 1 teaspoon sesame oil (optional)
- Cooked rice for serving

450

CALORIES

30g

PROTEIN



DIRECTIONS

1. Heat oil in a pan and cook beef until browned.
2. Add garlic and ginger and stir.
3. Add cabbage and cook until softened.
4. Stir in soy sauce and sesame oil.
5. Serve over rice.

SHRIMP AND ASPARAGUS STIR-FRY

INGREDIENTS

- 200g shrimp, peeled
- 1 bunch asparagus, cut into pieces
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil or olive oil
- Salt and pepper to taste



CALORIES

320 kcal

PROTEIN

26g

DIRECTIONS

1. Heat oil in a pan and cook garlic and ginger.
2. Add shrimp and cook until pink.
3. Add asparagus and stir-fry 3–5 minutes.
4. Add soy sauce, salt, and pepper.
5. Cook until asparagus is tender-crisp.
6. Serve hot.

HONEY MUSTARD GLAZED PORK CHOPS

INGREDIENTS

- 2 pork chops
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- Salt and pepper to taste

CALORIES

410

PROTEIN

32g

DIRECTIONS

1. Mix honey, mustard, oil, garlic powder, salt, and pepper.
2. Coat pork chops with glaze. Let sit 10–15 minutes.
3. Pan-sear or bake at 200°C (400°F) until cooked through.
4. Cook until caramelized and golden.
5. Serve warm.



BUFFALO CHICKPEA AND TOFU BOWL

INGREDIENTS

1 cup chickpeas

200g tofu, cubed

2 tablespoons buffalo sauce

1 tablespoon olive oil

1 teaspoon garlic powder

1 cup cooked rice or quinoa

Optional: lettuce, ranch

or yogurt drizzle



CALORIES

520 kcal

PROTEIN

28g

DIRECTIONS

Pan-fry tofu in olive oil until golden. Add chickpeas and warm through. Stir in buffalo sauce and garlic powder. Cook 2–3 minutes until coated. Serve over rice or quinoa. Add optional toppings.

MEDITERRANEAN BAKED COD

INGREDIENTS

- 2 cod fillets
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- ½ cup cherry tomatoes
- ¼ cup olives
- 1 teaspoon oregano
- Salt and pepper to taste

CALORIES

290

PROTEIN

32g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place cod in a baking dish.
3. Top with tomatoes, olives, garlic, and oregano.
4. Drizzle olive oil and lemon juice.
5. Season with salt and pepper.
6. Bake 12–15 minutes until flaky.
7. Serve warm.



GARLIC BUTTER SIRLOIN SKILLET

INGREDIENTS

- 250g sirloin steak, sliced
- 2 tablespoons butter
- 3 garlic cloves, minced
- 1 teaspoon Worcestershire sauce (optional)
- Salt and pepper to taste
- Fresh parsley (optional)

CALORIES

480

PROTEIN

38g



DIRECTIONS

1. Heat a skillet over medium-high heat.
2. Sear steak until browned and cooked to preference.
3. Remove steak and lower heat.
4. Melt butter and sauté garlic until fragrant.
5. Return steak to pan and toss in garlic butter.
6. Season and garnish with parsley. Serve hot.

LEMON HERB BAKED SALMON

INGREDIENTS

- 2 salmon fillets
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon dried herbs
(oregano, thyme, or dill)
- 2 garlic cloves, minced
- Salt and pepper to taste

CALORIES

320

PROTEIN

32g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place salmon on a baking tray.
3. Mix oil, lemon juice, zest, garlic, herbs, salt, and pepper.
4. Brush mixture over salmon.
5. Bake 12–15 minutes until flaky.
6. Serve warm.



SHEET PAN CHICKEN FAJITA BOWLS

INGREDIENTS

2 chicken breasts, sliced

1 bell pepper, sliced

1 onion, sliced

1 tablespoon olive oil

1 teaspoon chili powder

1 teaspoon cumin

1 teaspoon paprika

Salt and pepper to taste

Cooked rice or quinoa for serving

Optional: salsa, avocado, lime

CALORIES

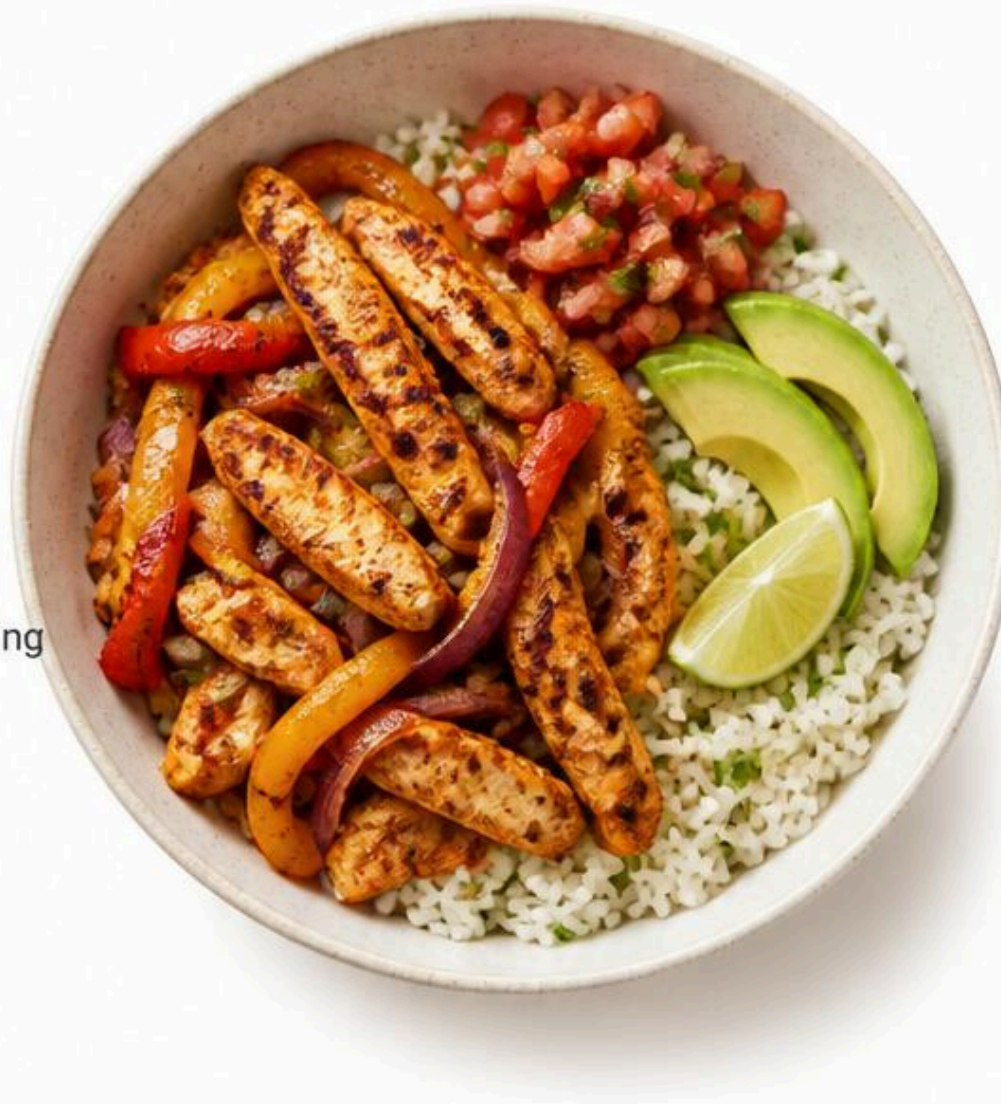
520

PROTEIN

38g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss chicken, peppers, and onion with oil and spices.
3. Spread on a sheet pan in a single layer.
4. Bake for 20–25 minutes until chicken is cooked through.
5. Serve over rice or quinoa. Add toppings like salsa, avocado, or lime.



SIRLOIN STEAK AND ASPARAGUS SHEET PAN

INGREDIENTS

- 250g sirloin steak
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon paprika
- Salt and pepper to taste

CALORIES

520

PROTEIN

38g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss asparagus with half the oil, garlic, salt, and pepper.
3. Season steak with paprika, salt, and pepper.
4. Place everything on a sheet pan.
5. Bake 10–15 minutes (depending on steak doneness).
6. Rest steak, slice, and serve.



SHEET PAN PORK CHOPS AND APPLES

INGREDIENTS

- 2 pork chops
- 2 apples, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 1 teaspoon cinnamon
- 1 teaspoon thyme
- Salt and pepper to taste

CALORIES

420

PROTEIN

32g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss apples and onion with half the olive oil, cinnamon, salt, and pepper.
3. Place pork chops on a sheet pan with apple mixture.
4. Drizzle remaining oil and season pork with thyme, salt, and pepper.
5. Bake 25–30 minutes until pork is cooked through.
6. Serve warm.

PESTO CHICKEN AND ZUCCHINI SKILLET

INGREDIENTS

- 2 chicken breasts, cubed
- 2 zucchinis, sliced
- 3 tablespoons pesto
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: Parmesan cheese

CALORIES

410

PROTEIN

36g

DIRECTIONS

1. Heat oil in a skillet and cook chicken until golden.
2. Add zucchini and cook until tender.
3. Stir in pesto and mix well.
4. Cook 2–3 more minutes.
5. Top with Parmesan if desired. Serve warm.



MOROCCAN-SPICED LENTIL SOUP

INGREDIENTS

- 1 cup lentils
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- 1 can diced tomatoes
- 4 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste

CALORIES

320

PROTEIN

18g

DIRECTIONS

1. Heat oil and sauté onion and garlic.
2. Add spices and cook 1 minute.
3. Stir in lentils, tomatoes, and broth.
4. Simmer 25–30 minutes until lentils are soft.
5. Season and serve hot.



LEMON GARLIC SHRIMP PASTA

INGREDIENTS

- 200g shrimp, peeled
- 2 cups cooked pasta
- 2 tablespoons olive oil or butter
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- Salt and pepper to taste
- Parsley (optional)



CALORIES

520 kcal

PROTEIN

32 g

DIRECTIONS

1. Cook pasta and set aside.
2. Heat oil or butter in a pan and sauté garlic.
3. Add shrimp and cook until pink.
4. Stir in lemon juice, zest, salt, and pepper.
5. Toss in cooked pasta. Garnish with parsley and serve warm.

TERIYAKI SALMON RICE BOWLS

INGREDIENTS

2 salmon fillets

2 tablespoons soy sauce

1 tablespoon honey

1 teaspoon ginger, grated

1 teaspoon garlic, minced

1 tablespoon sesame oil

1 cup cooked rice

Optional: broccoli, carrots,
sesame seeds

CALORIES

560

PROTEIN

34g



DIRECTIONS

1. Mix soy sauce, honey, ginger, and garlic.
2. Brush sauce over salmon.
3. Bake at 200°C (400°F) for 12–15 minutes or pan-cook until done.
4. Heat remaining sauce in a pan to glaze.
5. Serve salmon over rice with veggies. Sprinkle sesame seeds.

GARLIC HERB CHICKEN THIGH SKILLET

INGREDIENTS

- 4 chicken thighs
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1 tablespoon lemon juice
- Salt and pepper to taste

CALORIES

380

PROTEIN

28g



DIRECTIONS

1. Season chicken thighs with salt, pepper, and herbs.
2. Heat olive oil in a skillet over medium-high heat.
3. Sear chicken until golden on both sides.
4. Add garlic and cook until fragrant.
5. Lower heat and cook until chicken is fully done.
6. Finish with lemon juice and serve warm.

BLACK BEAN AND QUINOA STUFFED PEPPERS

INGREDIENTS

- 2–3 bell peppers, halved and seeded
- 1 cup cooked quinoa
- 1 cup black beans
- 1 cup corn
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ½ cup shredded cheese (optional)
- Salt and pepper to taste

CALORIES

420

PROTEIN

16g

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. Mix quinoa, beans, corn, and spices.
3. Fill pepper halves with mixture.
4. Top with cheese if using.
5. Bake 25–30 minutes until peppers are tender.
6. Serve warm.



ITALIAN SAUSAGE AND WHITE BEAN STEW

INGREDIENTS

- 2 Italian sausages, sliced
- 1 can white beans, drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 2 cups chicken broth
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach or kale



CALORIES

430

PROTEIN

23g

DIRECTIONS

1. Heat olive oil in a pot and cook sausage until browned.
2. Add onion and garlic and sauté until soft.
3. Stir in tomatoes, beans, broth, and seasoning.
4. Simmer 20–25 minutes.
5. Add greens if using and cook until wilted.
6. Season and serve warm.

SLOW COOKER SHREDDED SALSA CHICKEN

INGREDIENTS

- 2-3 chicken breasts
- 1 cup salsa
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Salt and pepper to taste

CALORIES

240

PROTEIN

28g

DIRECTIONS

Place chicken in slow cooker. Add salsa and seasonings.

Cook on low 6-7 hours or high 3-4 hours.

Shred chicken with forks. Mix back into sauce.

Serve in tacos, bowls, or wraps.



SWEET POTATO AND SMOKED SAUSAGE SKILLET

INGREDIENTS

2 sweet potatoes, diced
2 smoked sausages, sliced
1 onion, chopped
1 tablespoon olive oil
1 teaspoon paprika
Salt and pepper to taste

CALORIES

430

PROTEIN

22g

DIRECTIONS

Heat oil in a skillet and cook sweet potatoes until tender.

Add onion and cook until soft.

Add sausage and cook until browned.

Season with paprika, salt, and pepper.

Cook until slightly crispy. Serve warm.



CREAMY TUSCAN CHICKEN BREAST

INGREDIENTS

- 2 chicken breasts
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 cup cream
- ½ cup sun-dried tomatoes
- 1 cup spinach
- ¼ cup Parmesan cheese
- Salt and pepper to taste

CALORIES

520

PROTEIN

38g



DIRECTIONS

1. Heat oil in a skillet and cook chicken until golden.
2. Remove chicken and sauté garlic.
3. Add cream, sun-dried tomatoes, and Parmesan.
4. Simmer until slightly thickened.
5. Add spinach and cook until wilted.
6. Return chicken to pan and coat in sauce. Serve warm.

SESAME GINGER BEEF AND BROCCOLI

INGREDIENTS

- 200g beef, sliced thin
- 2 cups broccoli florets
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey (optional)
- 1 tablespoon oil
- Sesame seeds (optional)

CALORIES

420 kcal

PROTEIN

32 g



DIRECTIONS

1. Heat oil in a skillet and cook beef until browned.
2. Add garlic and ginger and sauté briefly.
3. Add broccoli and cook 4–6 minutes until tender-crisp.
4. Stir in soy sauce, sesame oil, and honey.
5. Cook until sauce lightly coats everything.
6. Sprinkle sesame seeds and serve hot.

GROUND TURKEY TACO SKILLET

INGREDIENTS

- 300g ground turkey
- 1 onion, chopped
- 1 cup black beans
- 1 cup corn
- 1 teaspoon cumin
- 1 teaspoon chili powder
- ½ cup salsa
- Salt and pepper to taste

CALORIES

370

PROTEIN

32g



DIRECTIONS

1. Cook turkey and onion in a skillet until browned.
2. Add cumin, chili powder, salt, and pepper.
3. Stir in beans, corn, and salsa.
4. Simmer 5–10 minutes until thickened.
5. Serve as is or over rice.

COLD PEANUT TOFU BOWLS

INGREDIENTS

200g tofu, cubed
2 cups cooked noodles or rice
2 tablespoons peanut butter
1 tablespoon soy sauce
1 teaspoon sesame oil
1 teaspoon lime juice
1 teaspoon honey
Water to thin sauce
Optional: cucumber, carrots,
green onions, sesame seeds

CALORIES

560

PROTEIN

28g



DIRECTIONS

1. Whisk peanut butter, soy sauce, sesame oil, lime juice, honey, and a splash of water until smooth.
2. Cook and cool noodles or rice.
3. Arrange base in a bowl and top with tofu and vegetables.
4. Drizzle peanut sauce over everything.
5. Toss gently or leave layered. Serve cold.

TURKEY SAUSAGE AND SPINACH PENNE

INGREDIENTS

- 2 cups cooked penne
- 200g turkey sausage, sliced
- 2 cups spinach
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- ½ cup cream or tomato sauce
- Salt and pepper to taste
- Parmesan cheese (optional)

CALORIES

520

PROTEIN

32g



DIRECTIONS

1. Cook sausage in a pan until browned.
2. Add garlic and cook briefly.
3. Stir in spinach until wilted.
4. Add sauce and simmer 2–3 minutes.
5. Toss with cooked penne.
6. Top with Parmesan and serve warm.

SPICY BLACK BEAN TORTILLA SOUP

INGREDIENTS

- 1 can black beans
- 1 can diced tomatoes
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 4 cups vegetable or chicken broth
- 1 tablespoon olive oil
- Tortilla strips for topping
- Salt and pepper to taste

CALORIES	PROTEIN
270	12g

DIRECTIONS

1. Heat olive oil in a pot and cook onion and garlic until soft.
2. Add spices and stir for 1 minute.
3. Add beans, tomatoes, and broth. Simmer 20–25 minutes.
4. Season to taste.
5. Serve with tortilla strips.



MEDITERRANEAN CHICKEN AND RICE BAKE

INGREDIENTS

- 2 chicken breasts, diced
- 1 cup rice (uncooked)
- 1 ½ cups chicken broth
- 1 cup cherry tomatoes, halved
- ½ cup olives, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 teaspoon oregano
- Salt and pepper to taste
- Optional: feta cheese

CALORIES

420

CALORIES

PROTEIN

34g

PROTEIN

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. In a baking dish, combine rice, broth, tomatoes, olives, onion, garlic, and seasoning.
3. Place chicken pieces on top and drizzle with olive oil.
4. Cover tightly with foil and bake 35–40 minutes.
5. Remove foil, fluff rice, and bake 5–10 more minutes.
6. Top with feta if desired and serve warm.



LEMON GARLIC SCALLOP SKILLET

INGREDIENTS

- 200g scallops
- 2 tablespoons butter or olive oil
- 3 garlic cloves, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Parsley (optional)



CALORIES

320

PROTEIN

28g

DIRECTIONS

1. Heat butter in a skillet over medium-high heat.
2. Sear scallops 1–2 minutes per side until golden.
3. Remove scallops and add garlic to pan.
4. Add lemon juice and stir briefly.
5. Return scallops to pan and coat in sauce.
6. Garnish with parsley and serve immediately.

GARLIC HERB TURKEY BURGERS

INGREDIENTS

400g ground turkey
2 garlic cloves, minced
1 teaspoon dried parsley
1 teaspoon dried oregano
1 egg
Salt and pepper to taste
Burger buns



CALORIES

320

PROTEIN

28g

DIRECTIONS

1. Mix turkey, garlic, herbs, egg, salt, and pepper.
2. Form into burger patties.
3. Cook in a skillet or grill until fully done.
4. Toast buns if desired.
5. Assemble burgers and serve warm.

SHREDDED CHICKEN SALAD WRAPS

INGREDIENTS

2 cups cooked shredded chicken

2 tablespoons mayonnaise or

Greek yogurt

1 teaspoon mustard (optional)

1 celery stalk, chopped

Salt and pepper to taste

Tortilla wraps

Lettuce leaves



CALORIES

360

PROTEIN

28g

DIRECTIONS

Mix chicken, mayo/yogurt, mustard, celery, salt, and pepper.

Warm tortillas slightly.

Add lettuce and chicken mixture.

Roll tightly into wraps.

Slice and serve chilled or warm.