

HONEY MUSTARD CHICKEN AND ROASTED POTATOES

INGREDIENTS

- 2 chicken breasts or thighs
- 3 medium potatoes, diced
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and pepper to taste

CALORIES

520

PROTEIN

38g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss potatoes with half the oil, salt, pepper, and paprika.
3. Place chicken and potatoes on a sheet pan.
4. Mix honey, mustard, remaining oil, and garlic powder.
5. Brush mixture over chicken.
6. Roast 25–35 minutes until cooked through and golden.



TUNA AND WHITE BEAN SALAD

INGREDIENTS

- 1 can tuna, drained
- 1 cup white beans, rinsed
- ½ red onion, chopped
- ½ cup cherry tomatoes, halved
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: parsley or arugula

CALORIES

320

PROTEIN

22g

DIRECTIONS

1. Combine tuna, beans, onion, and tomatoes in a bowl.
2. Add olive oil, lemon juice, salt, and pepper.
3. Toss gently. Add herbs or greens if desired.
4. Serve chilled or at room temperature.



SWEET POTATO AND BLACK BEAN BURRITO BOWL

INGREDIENTS

1 sweet potato, diced and roasted

1 cup black beans

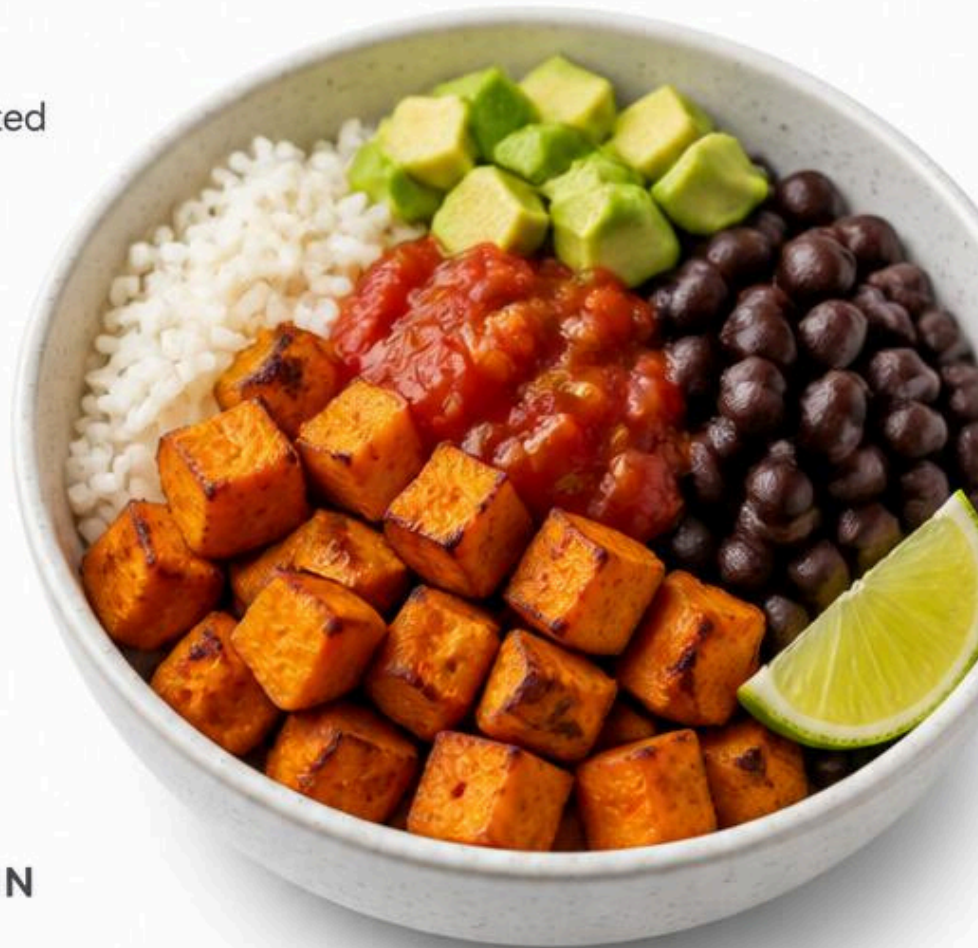
1 cup cooked rice

1 teaspoon cumin

1 teaspoon chili powder

1 tablespoon olive oil

Optional: avocado, salsa, lime



CALORIES

520

PROTEIN

17g

DIRECTIONS

1. Roast sweet potato at 200°C (400°F) for 20–25 minutes.
2. Warm black beans with cumin, chili powder, and salt.
3. Assemble rice in a bowl.
4. Add sweet potato and beans on top.
5. Finish with avocado, salsa, or lime. Serve warm.

TURKEY AND CRANBERRY WRAP

INGREDIENTS

- 1 large tortilla wrap
- 3–4 slices turkey
- 2 tablespoons cranberry sauce
- Lettuce or spinach
- 1 slice cheese (optional)
- Salt and pepper to taste

CALORIES

340

PROTEIN

24g



DIRECTIONS

1. Lay tortilla flat.
2. Spread cranberry sauce evenly.
3. Add turkey, greens, and optional cheese.
4. Season lightly with salt and pepper.
5. Roll tightly into a wrap.
6. Slice and serve cold or warm.

CLASSIC HARD-BOILED EGG SNACK PLATE

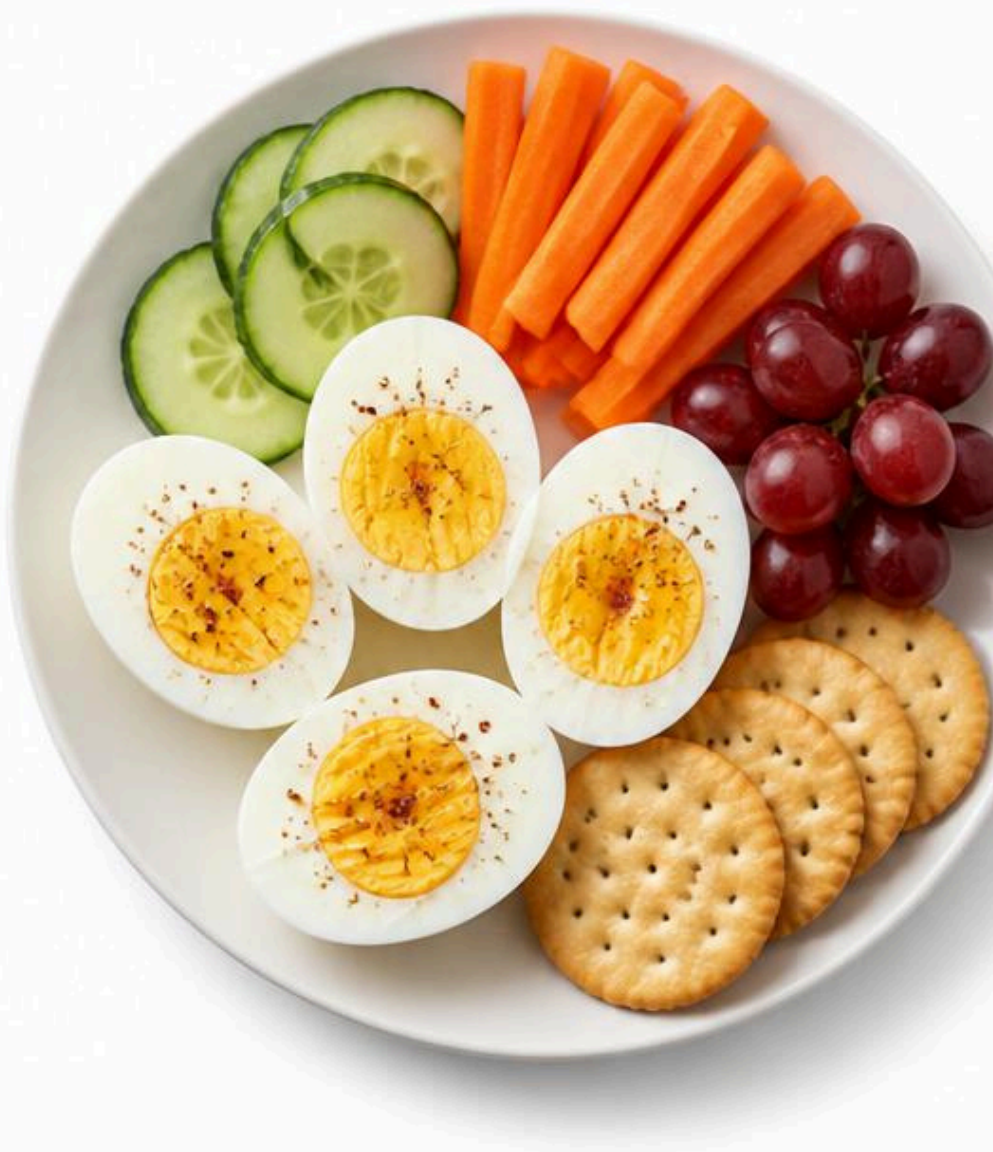
INGREDIENTS

2–3 hard-boiled eggs

Salt and pepper

Optional: paprika or chili flakes

Optional sides: cucumber,
carrots, fruit, crackers



CALORIES

210

PER PLATE

PROTEIN

13g

PER PLATE

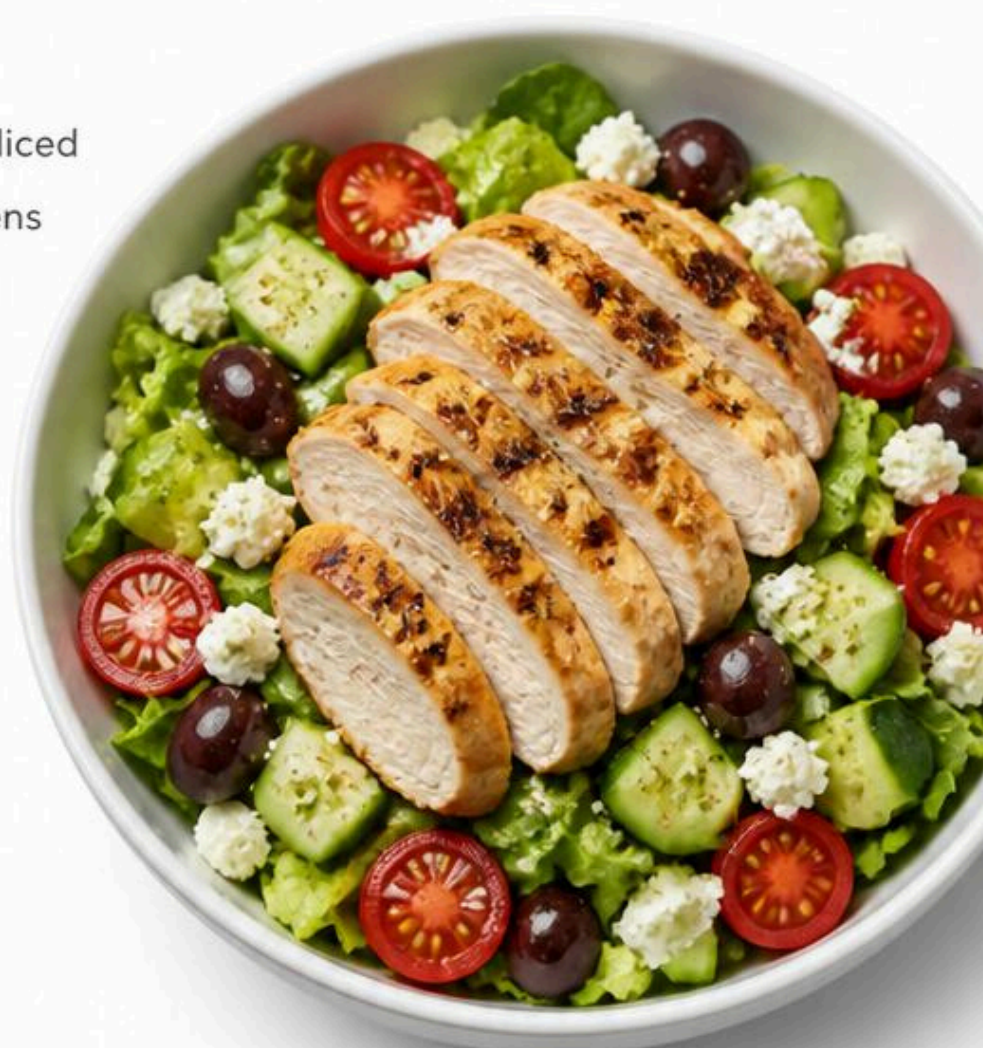
DIRECTIONS

1. Boil eggs for 9–10 minutes, then cool and peel.
2. Slice or serve whole. Arrange with optional fruits or veggies.
3. Season eggs with salt, pepper, or spices.
4. Serve chilled as a simple snack plate.

GREEK SALAD WITH GRILLED CHICKEN

INGREDIENTS

- 1 chicken breast, grilled and sliced
- 2 cups romaine or mixed greens
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- ¼ cup olives
- ¼ cup feta cheese
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste



CALORIES

420

PROTEIN

34g

DIRECTIONS

Grill chicken and slice. Combine greens, cucumber, tomatoes, and olives. Add chicken and feta. Whisk olive oil, lemon juice, oregano, salt, and pepper. Drizzle over salad and toss. Serve fresh.

CREAMY MUSHROOM AND BARLEY BOWL

INGREDIENTS

- 1 cup cooked barley
- 2 cups mushrooms, sliced
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup vegetable or chicken broth
- ½ cup cream or Greek yogurt
- 1 tablespoon olive oil
- Salt and pepper to taste

CALORIES

430

PROTEIN

14g



DIRECTIONS

- Heat olive oil and sauté onion and garlic.
Add mushrooms and cook until browned.
Stir in broth and simmer 5–7 minutes.
Add cream or yogurt and mix.
Serve over cooked barley.
Season and enjoy warm.

SOUTHWESTERN SHREDDED BEEF BOWL

INGREDIENTS

2 cups cooked shredded beef

1 cup cooked rice or quinoa

½ cup black beans

½ cup corn

1 teaspoon cumin

1 teaspoon chili powder

1 tablespoon olive oil

Optional: salsa, avocado,
lime, cilantro

Salt and pepper to taste



CALORIES

570

PROTEIN

36g

DIRECTIONS

1. Heat olive oil in a pan and warm shredded beef.
2. Stir in cumin, chili powder, salt, and pepper.
3. Warm beans and corn together.
4. Assemble rice in a bowl. Top with beef, beans, and corn.
5. Add salsa, avocado, lime, or cilantro if desired.

MOROCCAN SPICED CHICKPEA STEW

INGREDIENTS

- 1 can chickpeas, drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- 2 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: spinach or cilantro



CALORIES

290

PROTEIN

12g

DIRECTIONS

1. Heat olive oil in a pot and sauté onion and garlic.
2. Add spices and cook 1 minute.
3. Stir in chickpeas, tomatoes, and broth.
4. Simmer 20–25 minutes until slightly thickened.
5. Add spinach if using and wilt.
6. Season and serve warm.

SPICY TOFU AND EDAMAME STIR-FRY

INGREDIENTS

- 200g tofu, cubed
- 1 cup shelled edamame
- 1 tablespoon oil
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 teaspoon chili sauce or red pepper flakes
- 1 teaspoon sesame oil
- Optional: green onions, sesame seeds



CALORIES

360

PROTEIN

28g

DIRECTIONS

1. Heat oil in a pan over medium-high heat.
2. Cook tofu until golden on all sides.
3. Add garlic and ginger and sauté briefly.
4. Add edamame and stir-fry 2–3 minutes.
5. Stir in soy sauce, chili, and sesame oil.
6. Cook until well coated and heated through.
7. Top with green onions and sesame seeds.

BALSAMIC FLANK STEAK AND ROASTED ASPARAGUS

INGREDIENTS

- 250g flank steak
- 1 bunch asparagus, trimmed
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 garlic cloves, minced
- Salt and pepper to taste

CALORIES

480 kcal

PROTEIN

38 g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss asparagus with olive oil, salt, and pepper.
3. Roast asparagus for 10–15 minutes.
4. Season steak with salt and pepper.
5. Sear steak in a hot pan to desired doneness.
6. Deglaze pan with balsamic vinegar and garlic for sauce.
7. Slice steak and serve with asparagus.



CREAMY SUN-DRIED TOMATO CHICKEN SKILLET

INGREDIENTS

- 2 chicken breasts
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- ½ cup sun-dried tomatoes
- 1 cup cream
- ½ cup chicken broth
- Salt and pepper to taste
- Optional: spinach or Parmesan

520

CALORIES

42g

PROTEIN



DIRECTIONS

1. Heat olive oil in a skillet and sear chicken until golden.
2. Remove chicken and sauté garlic and sun-dried tomatoes.
3. Add broth and cream; simmer until slightly thickened.
4. Return chicken to skillet and cook until done.
5. Add spinach or Parmesan if desired. Serve warm.

ROASTED VEGETABLE AND LENTIL BOWL

INGREDIENTS

- 1 cup cooked lentils
- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1 carrot, chopped
- 1 tablespoon olive oil
- 1 teaspoon cumin or paprika
- Salt and pepper to taste
- Optional: feta or tahini

CALORIES

420 kcal

PROTEIN

20 g



DIRECTIONS

1. Roast vegetables at 200°C (400°F) for 20–25 minutes.
2. Warm cooked lentils in a pan or microwave.
3. Combine lentils and roasted vegetables in a bowl.
4. Season with spices, salt, and pepper.
5. Add feta or tahini if desired.
6. Serve warm.

BUFFALO GROUND TURKEY LETTUCE CUPS

INGREDIENTS

300g ground turkey

2-3 tablespoons buffalo sauce

1 teaspoon garlic powder

1 teaspoon olive oil

Lettuce leaves (romaine or
butter lettuce)

Optional: celery, blue cheese,
or ranch drizzle

CALORIES

260

PROTEIN

28g

DIRECTIONS

1. Heat olive oil in a pan and cook turkey until browned.
2. Add garlic powder and buffalo sauce.
Stir until evenly coated and heated through.
3. Spoon mixture into lettuce leaves.
4. Add optional toppings and serve warm or cold.



CHILI CON CARNE WITH BROWN RICE

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 or water
- Salt and pepper to taste
- 1 cup cooked brown rice

CALORIES

520

PROTEIN

32g

DIRECTIONS

- Cook beef and onion in a pot until browned.
- Add garlic, chili powder, and cumin.
- Stir in beans, tomatoes, and broth.
- Simmer 20–30 minutes until thickened.
- Season to taste. Serve over brown rice.



SHREDDED PESTO CHICKEN PASTA SALAD

INGREDIENTS

- 2 cups cooked pasta (chilled)
- 1 cup cooked shredded chicken
- 2–3 tablespoons pesto
- ½ cup cherry tomatoes, halved
- ¼ cup mozzarella pearls (optional)
- Salt and pepper to taste

CALORIES

420

kcal

PROTEIN

32

g

DIRECTIONS

1. Cook pasta and cool completely.
2. Mix pasta, chicken, tomatoes, and mozzarella.
3. Add pesto and toss until coated.
4. Season with salt and pepper.
5. Chill or serve immediately.



Black Bean and Quinoa Sweet Potato Skillet

INGREDIENTS

- 1 sweet potato, diced
- 1 cup cooked quinoa
- 1 cup black beans
- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Optional: avocado or salsa

CALORIES	PROTEIN
420	15g

DIRECTIONS

Heat olive oil in a skillet. Cook sweet potatoes until tender and slightly crispy. Add black beans, quinoa, and spices. Stir and heat through. Top with avocado or salsa if desired. Serve warm.



HONEY GARLIC SALMON AND BROCCOLI

INGREDIENTS

- 2 salmon fillets
- 2 cups broccoli florets
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 2 garlic cloves, minced
- 1 teaspoon olive oil
- 1 teaspoon lemon juice (optional)

CALORIES

420

PROTEIN

34g



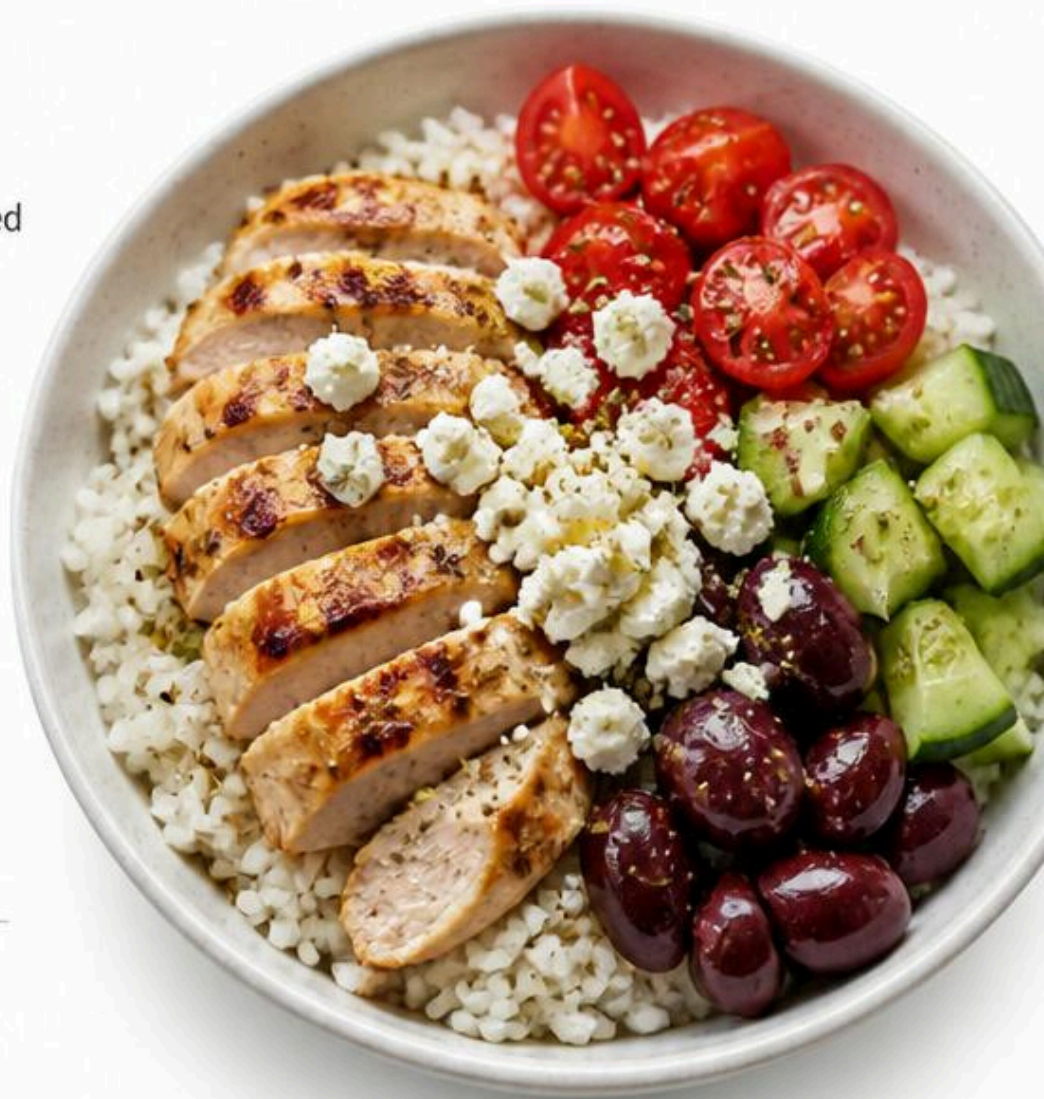
DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Place salmon and broccoli on a sheet pan.
3. Mix soy sauce, honey, garlic, and olive oil.
4. Brush over salmon and drizzle over broccoli.
5. Bake 12–15 minutes until salmon is flaky.
6. Finish with lemon juice and serve warm.

MEDITERRANEAN CHICKEN RICE BOWL

INGREDIENTS

- 1 cup cooked rice
- 1 chicken breast, grilled and sliced
- ½ cup cherry tomatoes, halved
- ½ cucumber, chopped
- ¼ cup olives
- 2 tablespoons feta cheese
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste



CALORIES
520

PROTEIN
36g

DIRECTIONS

1. Cook rice and let it cool slightly.
2. Assemble rice, chicken, tomatoes, cucumber, and olives in a bowl.
3. Whisk olive oil, lemon juice, oregano, salt, and pepper.
4. Drizzle dressing over bowl.
5. Top with feta cheese and serve.

TERIYAKI TOFU RICE BOWL

INGREDIENTS

- 200g tofu, cubed
- 1 cup cooked rice
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon ginger, grated
- 1 garlic clove, minced
- 1 teaspoon sesame oil
- Optional: broccoli, carrots, sesame seeds

CALORIES

480

PROTEIN

24g



DIRECTIONS

1. Pan-fry tofu until golden.
2. Add garlic and ginger.
3. Stir in soy sauce, honey, and sesame oil.
4. Cook until slightly thickened.
5. Serve over rice with vegetables.
Top with sesame seeds.

LENTIL AND VEGETABLE SHEPHERD'S PIE

INGREDIENTS

- 1 cup lentils (cooked)
- 1 onion, chopped
- 2 carrots, diced
- 1 cup peas
- 2 tablespoons tomato paste
- 1 cup vegetable broth
- 1 teaspoon thyme
- Salt and pepper to taste
- 3–4 potatoes, boiled and mashed
- 2 tablespoons butter
- ¼ cup milk

CALORIES

410

PROTEIN

17g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Mash potatoes with butter and milk until smooth.
3. Sauté onion and carrots until soft.
4. Add lentils, peas, tomato paste, broth, and thyme. Simmer until thickened.
5. Spread filling in baking dish and top with mashed potatoes.
6. Bake 20–25 minutes until golden.



ROAST BEEF AND SWISS CHEESE ROLL-UPS

INGREDIENTS

6–8 slices roast beef

2–3 slices Swiss cheese,
cut into strips

1 tablespoon mustard or
horseradish sauce

Lettuce or pickles (optional)

CALORIES

220

PROTEIN

23g

DIRECTIONS

1. Lay out roast beef slices flat.
2. Spread mustard or horseradish if using.
3. Add Swiss cheese and optional greens/pickles.
4. Roll tightly into wraps.
5. Secure with toothpicks if needed.
6. Serve cold.



CRUNCHY CASHEW CHICKEN SALAD

INGREDIENTS

2 cups cooked chicken, chopped

2 tablespoons mayonnaise or
Greek yogurt

1 teaspoon soy sauce

1 teaspoon honey

½ cup cashews, chopped

1 celery stalk, diced

Salt and pepper to taste

Optional: grapes or apple pieces



CALORIES

320

PROTEIN

28g

DIRECTIONS

Mix chicken, mayo/yogurt, soy sauce, honey, salt, and pepper.

Stir in cashews and celery.

Add grapes or apple if using.

Chill for best flavor.

Serve in sandwiches, wraps, or bowls.

ITALIAN TURKEY SAUSAGE AND PEPPERS

INGREDIENTS

- 2–3 Italian turkey sausages, sliced
- 1 bell pepper, sliced
- 1 onion, sliced
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

CALORIES

340

PROTEIN

26g

DIRECTIONS

1. Heat olive oil in a skillet.
2. Cook sausage until browned.
3. Add onion, peppers, and garlic.
Sauté until softened and slightly caramelized.
4. Add Italian seasoning, salt, and pepper.
5. Serve warm on its own or with rice/bread.



CURRIED CHICKEN SALAD WITH PECANS

INGREDIENTS

2 cups cooked chicken, chopped

2 tablespoons mayonnaise
or Greek yogurt

1–2 teaspoons curry powder

2 tablespoons pecans, chopped

1 tablespoon lemon juice

Salt and pepper to taste

Optional: raisins or celery



CALORIES

320

PROTEIN

25g

DIRECTIONS

1. Mix chicken, mayo/yogurt, curry powder, lemon juice, salt, and pepper.
2. Stir in pecans (and optional raisins or celery).
3. Chill for best flavor.
4. Serve in sandwiches, wraps, or over greens.

TERIYAKI CHICKEN AND PINEAPPLE RICE

INGREDIENTS

- 2 chicken breasts, diced
- 1 cup pineapple chunks
- 2 cups cooked rice
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 1 teaspoon ginger, grated
- 1 garlic clove, minced
- 1 tablespoon oil

CALORIES

520

PROTEIN

34g

DIRECTIONS

1. Heat oil in a pan and cook chicken until browned.
2. Add garlic and ginger and sauté briefly.
3. Stir in soy sauce and honey.
4. Add pineapple and cook 3–5 minutes.
5. Serve over rice. Mix and enjoy warm.



SMOKED TURKEY AND PROVOLONE BENTO BOX

INGREDIENTS

3–4 slices smoked turkey

2 slices provolone cheese

Crackers or bread slices

Fresh fruit (grapes, apple slices, berries)

Optional: nuts or hummus

CALORIES

390

PROTEIN

28g



DIRECTIONS

1. Arrange turkey and provolone in a container.
2. Add crackers or bread.
3. Fill remaining space with fruit.
4. Add optional nuts or hummus.
5. Chill and pack for meal prep.
6. Serve cold.

GREEK ORZO SALAD WITH FETA

INGREDIENTS

- 1 cup cooked orzo
- ½ cup cherry tomatoes, halved
- ½ cucumber, chopped
- ¼ cup olives
- ¼ cup feta cheese
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon oregano
- Salt and pepper to taste



CALORIES

320

PROTEIN

12g

DIRECTIONS

1. Cook orzo and cool slightly.
2. Combine orzo, tomatoes, cucumber, olives, and feta.
3. Whisk olive oil, lemon juice, oregano, salt, and pepper.
4. Pour over salad and toss.
5. Serve chilled or at room temperature.

LEMON GARLIC SHRIMP AND ASPARAGUS

INGREDIENTS

- 200g shrimp, peeled
- 1 bunch asparagus, cut into pieces
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste
- Optional: parsley



CALORIES

260

PROTEIN

24g

DIRECTIONS

1. Heat olive oil in a pan.
2. Add garlic and sauté until fragrant.
3. Add shrimp and cook until pink.
4. Add asparagus and cook 3–5 minutes.
5. Stir in lemon juice, salt, and pepper.
6. Serve warm.

CREAMY CHICKPEA SALAD WRAP

INGREDIENTS

- 1 cup chickpeas, mashed
- 2 tablespoons mayonnaise or Greek yogurt
- 1 teaspoon Dijon mustard (optional)
- 1 tablespoon lemon juice
- 1 celery stalk, chopped (optional)
- Salt and pepper to taste
- 1 tortilla wrap
- Lettuce or spinach

CALORIES

330

PROTEIN

14g



DIRECTIONS

1. Mash chickpeas in a bowl (leave some texture if preferred).
2. Mix in mayo/yogurt, mustard, lemon juice, celery, salt, and pepper.
3. Spread mixture onto tortilla.
4. Add lettuce or spinach.
5. Roll tightly into a wrap and serve.

SESAME GINGER BEEF STIR-FRY

INGREDIENTS

- 200g beef, sliced thin
- 2 cups mixed vegetables (broccoli, carrots, peppers)
- 2 garlic cloves, minced
- 1 teaspoon ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon honey
- Optional: sesame seeds

CALORIES

430

PROTEIN

32g

DIRECTIONS

1. Heat sesame oil in a pan.
2. Cook beef until browned.
3. Add garlic, ginger, and vegetables.
4. Stir-fry until vegetables are tender-crisp.
5. Add soy sauce and honey.
6. Cook until glazed and serve hot.



TURKEY MEATBALLS WITH ZUCCHINI NOODLES

INGREDIENTS

300g ground turkey
1 egg
¼ cup breadcrumbs
1 teaspoon Italian herbs
2 garlic cloves, minced
Salt and pepper to taste
2 zucchinis, spiralized
1 tablespoon olive oil
Optional: marinara sauce

CALORIES

420

PROTEIN

32g

DIRECTIONS

Mix turkey, egg, breadcrumbs, herbs, garlic, salt, and pepper.
Form into meatballs and bake at 200°C (400°F) for 15–20 minutes.
Heat olive oil in a pan and lightly sauté zucchini noodles.
Add cooked meatballs and toss.
Add marinara if desired and serve warm.



TUSCAN WHITE BEAN SOUP WITH KALE

INGREDIENTS

- 1 can white beans, drained
- 1 onion, chopped
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup kale, chopped
- 1 teaspoon Italian seasoning
- 1 tablespoon olive oil
- Salt and pepper to taste

CALORIES

250

PROTEIN

12g

DIRECTIONS

- Heat olive oil and sauté onion and garlic.
- Add beans, broth, and seasoning.
- Simmer 15–20 minutes.
- Add kale and cook until wilted.
- Season and serve warm.



BLACK BEAN AND AVOCADO SALAD

INGREDIENTS

- 1 can black beans, drained
- 1 avocado, diced
- ½ cup cherry tomatoes, halved
- ¼ red onion, chopped
- 1 tablespoon olive oil
- 1 tablespoon lime juice
- Salt and pepper to taste
- Optional: cilantro or corn



CALORIES

310

PROTEIN

9g

DIRECTIONS

1. Combine black beans, avocado, tomatoes, and onion in a bowl.
2. Drizzle olive oil and lime juice over mixture.
3. Season with salt and pepper.
4. Toss gently to avoid mashing avocado.
5. Add cilantro or corn if desired.
6. Serve chilled or fresh.

SHRIMP FRIED RICE WITH PEAS AND CARROTS

INGREDIENTS

- 200g shrimp, peeled
- 2 cups cooked rice (cold is best)
- 2 eggs
- 1 cup peas and carrots
- 2 tablespoons soy sauce
- 1 tablespoon oil
- 2 garlic cloves, minced
- Optional: green onions

CALORIES

450

kcal

PROTEIN

28

g



DIRECTIONS

1. Heat oil and cook shrimp until pink.
2. Push shrimp aside and scramble eggs.
3. Add garlic, peas, and carrots.
4. Stir in rice and soy sauce.
5. Cook until heated through.
6. Top with green onions and serve.

LEMON ORZO CHICKEN SOUP

INGREDIENTS

- 1 cup cooked chicken, shredded
- ½ cup orzo pasta
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, chopped
- 2 garlic cloves, minced
- 6 cups chicken broth
- 2 tablespoons lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste

CALORIES	PROTEIN
340	28g

DIRECTIONS

1. Sauté onion, carrot, celery, and garlic until soft.
2. Add broth and bring to a simmer.
3. Stir in orzo and cook until tender.
4. Add chicken, oregano, salt, and pepper.
5. Stir in lemon juice.
6. Serve warm.



GARLIC ROASTED CHICKEN AND GREEN BEANS

INGREDIENTS

- 2 chicken breasts or thighs
- 2 cups green beans, trimmed
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Optional: lemon wedges

CALORIES

420

PROTEIN

36g



DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Toss green beans with half the olive oil, garlic, salt, and pepper.
3. Season chicken with paprika, thyme, salt, and pepper.
4. Arrange chicken and green beans on a sheet pan.
5. Roast 25–30 minutes until chicken is cooked through.
6. Finish with lemon juice if desired and serve.

PEANUT NOODLE SALAD WITH EDAMAME

INGREDIENTS

- 2 cups cooked noodles
- 1 cup shelled edamame
- 2 tablespoons peanut butter
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon lime juice
- 1 teaspoon honey
- Water to thin sauce
- Optional: carrots, cucumber, green onions



CALORIES

480

PROTEIN

18g

DIRECTIONS

1. Whisk peanut butter, soy sauce, sesame oil, lime juice, honey, and water into a smooth sauce.
2. Cook and cool noodles if needed.
3. Mix noodles, edamame, and vegetables.
4. Pour sauce over and toss well.
5. Serve chilled or at room temperature.

TURKEY BACON AND SPINACH FRITTATA

INGREDIENTS

6 eggs

3–4 slices turkey bacon,
cooked and chopped

1 cup spinach

¼ cup milk

½ cup shredded cheese

Salt and pepper to taste

CALORIES

260

PROTEIN

22g

DIRECTIONS

1. Preheat oven to 180°C (350°F).
2. Whisk eggs, milk, salt, and pepper.
3. Stir in bacon, spinach, and cheese.
4. Pour into greased oven-safe pan.
5. Bake 20–25 minutes until set.
6. Slice and serve warm.



FALAFEL AND COUSCOUS BOWL

INGREDIENTS

- 1 cup cooked couscous
- 4–6 falafel balls (store-bought or homemade)
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- 2 tablespoons hummus or tahini
- 1 tablespoon olive oil
- Lemon juice
- Salt and pepper to taste



CALORIES

520

PROTEIN

18g

DIRECTIONS

1. Cook couscous according to package directions.
2. Warm falafel if needed.
3. Assemble couscous in a bowl. Add falafel, cucumber, and tomatoes.
4. Drizzle with hummus or tahini, olive oil, and lemon juice.
5. Serve warm or cold.

LEMON HERB COD WITH QUINOA

INGREDIENTS

- 2 cod fillets
- 1 cup cooked quinoa
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried herbs
(parsley, thyme, or dill)
- 2 garlic cloves, minced
- Salt and pepper to taste



CALORIES

PROTEIN

340

30g

DIRECTIONS

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

HUMMUS AND CRISP VEGGIE FLATBREAD

INGREDIENTS

- 1 flatbread or naan
- ½ cup hummus
- ½ cucumber, sliced
- ½ cup cherry tomatoes
- ¼ cup shredded carrots
- Lettuce or spinach
- Olive oil drizzle (optional)



CALORIES

320

PROTEIN

11g

DIRECTIONS

1. Warm flatbread lightly if desired.
2. Spread hummus evenly across surface.
3. Layer cucumber, tomatoes, carrots, and greens.
4. Drizzle with olive oil if using.
5. Fold or slice and serve.

BAKED EGGPLANT PARMESAN CUTLETS

INGREDIENTS

- 1 eggplant, sliced into rounds
- 1 cup breadcrumbs
- ½ cup grated Parmesan
- 1 egg, beaten
- 1 cup marinara sauce
- 1 cup mozzarella cheese
- Salt and pepper to taste
- Olive oil spray or drizzle



CALORIES PROTEIN

290

kcal

16

g

DIRECTIONS

1. Preheat oven to 200°C (400°F).
2. Dip eggplant slices in egg, then breadcrumbs mixed with Parmesan.
3. Place on baking sheet and lightly oil.
4. Bake 20 minutes, flipping halfway.
5. Top with marinara and mozzarella.
6. Bake 5–10 more minutes until melted.
7. Serve warm.

BBQ PULLED CHICKEN WITH CABBAGE SLAW

INGREDIENTS

- 2 cups cooked shredded chicken
- ½ cup BBQ sauce
- 2 cups shredded cabbage
- 2 tablespoons mayonnaise or Greek yogurt
- 1 tablespoon vinegar or lemon juice
- 1 teaspoon sugar or honey
- Salt and pepper to taste

CALORIES

350

PROTEIN

29g



DIRECTIONS

1. Mix cabbage with mayo/yogurt, vinegar, sugar, salt, and pepper to make slaw.
2. Warm shredded chicken in a pan with BBQ sauce.
3. Stir until fully coated.
4. Serve BBQ chicken over or inside slaw. Enjoy warm or cold.

NO-BAKE PEANUT BUTTER ENERGY BITES

INGREDIENTS

1 cup oats

½ cup peanut butter

2 tablespoons honey

1 tablespoon chia seeds

1 teaspoon vanilla extract

Optional: chocolate chips or raisins



CALORIES

120

PROTEIN

4G

DIRECTIONS

1. Mix all ingredients in a bowl until sticky and combined.
2. Roll into small bite-sized balls.
3. Chill in the fridge for 30–60 minutes.
4. Store in an airtight container.
5. Serve cold or at room temperature.