



SPITE & FITNESS

# High Protein Recipe Pack

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

---

[www.SpiteFitness.com](http://www.SpiteFitness.com)





TE FITNESS





# Contents & Key

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

# Contents & Key

81	Salmon Teriyaki With Green Beans & Sweetcorn Rice	GF	Gluten Free
83	Chicken Orange Stir Fry	DF	Dairy Free
85	Pesto Pasta With Tuna & Almonds	LC	Low Carb (20g- serve)
87	Sweet And Sour Pork Stir-Fry	MP	Meal Prep/Freezer Friendly
89	Pepper Steak	HP	High Protein (20g+ per serve)
91	Quick & Easy Meatballs	V	Vegetarian
93	Quick Beef Chow Mein	Q	Quick (under 30 mins)
95	Simple Chili & Sweet Potato Chips	N	Contains Nuts
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		

# 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

# Weekly Shopping List for Meal Plan 01

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds & Spices	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• 4 lemons</li> <li>• 2 oranges</li> <li>• 1 pomegranate</li> <li>• 2 bananas</li> <li>• 1 apple</li> <li>• 1 mango</li> <li>• strawberries</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 potato</li> <li>• 3 onions</li> <li>• garlic</li> <li>• 1 zucchini</li> <li>• watercress</li> <li>• 1 bag spinach</li> <li>• 1 bag rocket</li> <li>• 2 bags salad leaves</li> <li>• bunch radishes</li> <li>• iceberg lettuce</li> <li>• 5 bell peppers</li> <li>• 1 chili pepper</li> <li>• ginger</li> <li>• 1 broccoli</li> <li>• cherry tomatoes</li> <li>• celery</li> <li>• spring onion</li> </ul> <p><b>Herbs</b></p> <ul style="list-style-type: none"> <li>• parsley</li> <li>• basil</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>• green beans</li> </ul>	<p><b>Fish, Seafood</b></p> <ul style="list-style-type: none"> <li>• 3.5 oz. (100g) smoked salmon</li> <li>• 14 oz. (400g) salmon fillet</li> </ul> <p><b>Meats</b></p> <ul style="list-style-type: none"> <li>• 1 lb. (450g) ground turkey</li> <li>• 10 oz. (300g) chicken breast</li> <li>• 10 oz. (300g) beef steak</li> <li>• 14 oz. (400g) pork tenderloin</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• cottage cheese</li> <li>• cheddar cheese</li> <li>• parmesan</li> <li>• natural yogurt, 0% fat</li> <li>• natural quark</li> </ul> <p><b>Non-Dairy</b></p> <ul style="list-style-type: none"> <li>• 20 eggs</li> <li>• soy milk</li> <li>• almond milk</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• Jasmine rice</li> <li>• whole-wheat pasta</li> <li>• potato starch</li> <li>• white rice</li> </ul> <p><b>Nuts, Seeds</b></p> <ul style="list-style-type: none"> <li>• pecans</li> <li>• walnuts</li> <li>• coconut chips</li> <li>• raisins</li> </ul> <p><b>Spices</b></p> <ul style="list-style-type: none"> <li>• mixed herbs</li> <li>• oregano</li> <li>• cumin</li> <li>• cinnamon</li> <li>• paprika</li> <li>• curry</li> <li>• chili flakes</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>• self-raising flour</li> <li>• baking powder</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• olive oil</li> <li>• coconut oil</li> </ul> <p><b>Cans, Condiments</b></p> <ul style="list-style-type: none"> <li>• mustard</li> <li>• 1 can tuna in water</li> <li>• soy sauce</li> <li>• mayonnaise</li> <li>• pineapple chunks</li> <li>• rice vinegar</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• honey</li> </ul> <p><b>Misc, Other</b></p> <ul style="list-style-type: none"> <li>• bread</li> <li>• beef stock</li> <li>• granola</li> <li>• vanilla protein powder</li> </ul>





SPITE FITNESS