

High Protein Recipe Book!

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Contents

Introduction	3
Breakfast	5
Lunch	10
Dinner	15
Snacks	25
Smoothies	30
Conclusion	35

INTRODUCTION

Hi, I'm David O'Donoghue.

Having worked in the emergency services sector for a number of years alongside an active lifestyle, I know what it takes in order to maintain a health and fitness routine amidst a dynamic shift schedule.

It's important to prioritise physical activity and healthy eating habits in order to maintain a balanced lifestyle. This may mean waking up early to fit in a workout before a shift, or meal prepping in advance to ensure healthy options are available during busy days. Finding a form of exercise that is enjoyable and sustainable can make all the difference in sticking to a fitness routine. Additionally, prioritising self-care and allowing for proper rest and recovery is crucial for overall health and wellbeing. It may require some extra effort and planning, but making health a priority can lead to improved energy levels, mental clarity, and overall happiness.

In this guide, I will provide you with some wholesome, nutritious high protein meals and snacks.

Eating a balanced and healthy diet is essential for maintaining good health and wellbeing. Protein is a crucial component of a healthy diet as it helps to build and repair tissues in our body. Incorporating high protein meals and snacks into your diet can help you to feel fuller for longer, reduce cravings and maintain a healthy weight.

I hope you will enjoy what's to come!



INTRODUCTION

Making the most of the booklet

Stock your kitchen

It's important to keep a good stock of spices and seasoning in your kitchen. Spices and seasoning are the key to transforming a simple dish into a flavorful masterpiece. They add depth, complexity, and aroma to your food, making it more enjoyable and satisfying. Having a well-stocked spice cabinet also means you can experiment with different cuisines and recipes, as you'll have the necessary ingredients at your fingertips. It's a good idea to start with the basics such as salt, pepper, garlic powder, and onion powder, but don't be afraid to branch out and try new herbs and spices. Fresh herbs like rosemary, thyme, and basil can also take your cooking to the next level. By keeping a variety of spices and seasoning on hand, you'll be able to elevate your dishes and impress your guests with your culinary skills.

Be creative

Don't be afraid to try something new, while this booklet is packed full of good recipes, take some inspiration to make your own. Cooking is an art form that is meant to be experimented with. Don't be afraid to try new ingredients or cooking techniques in the kitchen. Use this booklet as a starting point and let your creativity flow! Who knows, you might just discover your new favorite recipe. Remember, cooking is all about enjoying the process and the end result. So, take a leap of faith and try something new today!

Keep it Simple

I've made these recipes to be simple and quick to make. Whether you're a beginner in the kitchen or a seasoned chef, these recipes are designed to be easy to follow and prepare. Each recipe has been carefully crafted to ensure that you can whip up a delicious meal in no time at all. You'll find that the ingredients are easy to find and the steps are easy to follow. From savory soups to sweet desserts, there's something for everyone. So whether you're cooking for one or for a crowd, these recipes are sure to impress. Give them a try and see how easy and delicious cooking can be!

BREAKFAST

High Protein Scrambled Egg Wrap

Prep Time: 10 Min

Nutrition: Calories: 400 kcal | Protein: 34g | Carbs: 35g | Fat: 12g

Ingredients:

- 3 large eggs
- 50g cooked chicken breast (shredded)
- 1 whole wheat tortilla
- 30g low-fat shredded cheese
- 1 tbsp Greek yogurt
- ½ tsp black pepper
- ½ tsp paprika

Instructions:

- Whisk eggs, pepper, and paprika in a bowl.
- Scramble eggs in a pan over medium heat.
- Add shredded chicken and cheese, stirring until melted.
- Spread Greek yogurt on tortilla, then fill with egg mixture.
- Wrap tightly and serve warm!



BREAKFAST

Greek Yogurt Protein Power Bowl

Prep Time: 5 min

Nutrition: Calories: 380 kcal | Protein: 42g | Carbs: 35g | Fat: 6g

Ingredients:

- 200g non-fat Greek yogurt
- 1 scoop vanilla whey protein powder
- 10g chia seeds
- 30g mixed berries (blueberries, strawberries, raspberries)
- 10g almonds (crushed)
- ½ tsp cinnamon

Instructions:

- Mix Greek yogurt and protein powder until smooth.
- Top with chia seeds, berries, and almonds.
- Sprinkle cinnamon and enjoy!



BREAKFAST

High-Protein Oatmeal

Prep Time: 7 min

Nutrition: Calories: 410 kcal |
Protein: 35g | Carbs: 45g | Fat:
8g

Ingredients:

- 50g rolled oats
- 1 scoop vanilla or chocolate whey protein
- 200ml unsweetened almond milk
- ½ banana (sliced)
- 10g peanut butter

Instructions:

- Cook oats in almond milk over medium heat for 3–5 min.
- Stir in protein powder until well mixed.
- Top with banana slices and peanut butter.



BREAKFAST

Cottage Cheese & Berry Toast

Prep Time: 5 min

Nutrition: Calories: 350 kcal | Protein: 38g | Carbs: 36g | Fat: 5g

Ingredients:

- 100g low-fat cottage cheese
- 1 slice whole wheat toast
- 30g mixed berries
- 1 tsp honey

Instructions:

- *Spread cottage cheese on toast.*
- *Top with berries and drizzle with honey.*
- *Serve immediately!*



BREAKFAST

Turkey & Egg Breakfast Muffins

Prep Time: 15 min

Nutrition: Calories: 160 kcal | Protein: 15g | Carbs: 5g | Fat: 6g (per muffin, makes 4)

Ingredients:

- 4 large eggs
- 100g lean ground turkey
- 50g spinach (chopped)
- 30g low-fat cheese
- ½ tsp garlic powder
- ½ tsp black pepper

Instructions:

- Preheat oven to 180°C (350°F) and grease a muffin tin.
- Cook ground turkey in a pan until browned.
- Whisk eggs, add turkey, spinach, cheese, and seasonings.
- Pour into muffin cups and bake for 12–15 min.



LUNCH

Grilled Chicken & Quinoa Power Bowl

Prep Time: 15 min

Nutrition: Calories: 450 kcal |
Protein: 42g | Carbs: 40g | Fat:
10g

Ingredients:

- 150g grilled chicken breast
- 50g cooked quinoa
- 50g spinach
- 50g cherry tomatoes (halved)
- ½ avocado (sliced)
- 1 tbsp balsamic dressing

Instructions:

- Cook quinoa as per package instructions.
- Grill chicken and slice into strips.
- Assemble spinach, quinoa, and chicken in a bowl.
- Top with tomatoes, avocado, and dressing.



LUNCH

High-Protein Tuna Salad Wrap

Prep Time: 10 min

Nutrition: Calories: 390 kcal | Protein: 45g | Carbs: 35g | Fat: 9g

Ingredients:

- 1 can (120g) tuna in water (drained)
- 1 whole wheat tortilla
- 2 tbsp Greek yogurt
- 1 tbsp mustard
- 50g cucumber (diced)
- 50g lettuce
- ½ tsp black pepper

Instructions:

- Mix tuna, Greek yogurt, mustard, cucumber, and pepper.
- Spread mixture onto tortilla, add lettuce, and wrap tightly.



LUNCH

Beef & Broccoli Stir-Fry with Brown Rice

Prep Time: 15 min

Nutrition: Calories: 480 kcal | Protein: 42g | Carbs: 50g | Fat: 10g

Ingredients:

- 150g lean beef (sliced thin)
- 100g broccoli florets
- 50g cooked brown rice
- 1 tbsp low-sodium soy sauce
- ½ tsp garlic powder
- ½ tsp ginger powder

Instructions:

- Cook brown rice per package instructions.
- Sauté beef in a pan until browned.
- Add broccoli, soy sauce, garlic, and ginger. Stir-fry for 5 min.
- Serve over rice.



LUNCH

High-Protein Egg & Avocado Toast

Prep Time: 10 min

Nutrition: Calories: 400 kcal | Protein: 36g | Carbs: 38g | Fat: 10g

Ingredients:

- 2 slices whole wheat toast
- 4 boiled egg whites
- ½ avocado (mashed)
- ½ tsp black pepper
- ½ tsp chili flakes

Instructions:

- Spread mashed avocado on toast.
- Top with sliced egg whites.
- Sprinkle with black pepper and chili flakes.



LUNCH

Spicy Chickpea & Chicken Buddha Bowl

Prep Time: 15 min

Nutrition: Calories: 460 kcal |
Protein: 40g | Carbs: 50g | Fat:
9g

Ingredients:

- 150g grilled chicken breast (sliced)
- 50g cooked chickpeas
- 50g cooked brown rice
- 50g kale
- 1 tbsp lemon juice
- ½ tsp chili powder

Instructions:

- Cook chickpeas and brown rice.
- Grill chicken and slice.
- Assemble kale, chickpeas, rice, and chicken in a bowl.
- Drizzle with lemon juice and chilli powder.



DINNER

Garlic Butter Chicken & Roasted Veggies

Prep Time: 20 min

Nutrition: Calories: 460 kcal |
Protein: 48g | Carbs: 35g | Fat:
12g

Ingredients:

- 150g grilled chicken breast
- 100g mixed veggies
(zucchini, bell pepper,
broccoli)
- 1 tbsp olive oil
- 1 tsp garlic powder
- ½ tsp paprika

Instructions:

- Preheat oven to 200°C
(400°F).
- Toss veggies with olive oil,
garlic, and paprika. Roast
for 15 min.
- Grill chicken and serve with
roasted veggies.



DINNER

Turkey & Spinach Stuffed Peppers

Prep Time: 25 min

Nutrition: Calories: 450 kcal | Protein: 42g | Carbs: 38g | Fat: 10g

Ingredients:

- 150g lean ground turkey
- 2 bell peppers (halved and deseeded)
- 50g cooked brown rice
- 50g spinach (chopped)
- ½ tsp garlic powder
- 1 tbsp tomato sauce

Instructions:

- Preheat oven to 180°C (350°F).
- Cook turkey with garlic powder in a pan.
- Mix with spinach, rice, and tomato sauce.
- Stuff mixture into bell peppers and bake for 15 min.



DINNER

Baked Salmon with Quinoa & Asparagus

Prep Time: 20 min

Nutrition: Calories: 480 kcal | Protein: 42g | Carbs: 40g | Fat: 14g

Ingredients:

- 150g salmon fillet
- 50g cooked quinoa
- 100g asparagus
- 1 tbsp olive oil
- ½ tsp lemon zest

Instructions:

- Preheat oven to 200°C (400°F).
- Season salmon with lemon zest and olive oil.
- Bake for 15 min. Serve with quinoa and asparagus.



DINNER

Lean Beef & Sweet Potato Mash

Prep Time: 20 min

Nutrition: Calories: 460 kcal | Protein: 44g | Carbs: 45g | Fat: 10g

Ingredients:

- 150g lean beef (steak or ground)
- 100g sweet potatoes (boiled and mashed)
- 1 tsp black pepper
- ½ tsp garlic powder

Instructions:

- Cook beef in a pan until done.
- Boil and mash sweet potatoes.
- Season with black pepper and garlic. Serve together.



DINNER

Spicy Shrimp & Brown Rice Bowl

Prep Time: 15 min

Nutrition: Calories: 420 kcal | Protein: 40g | Carbs: 42g | Fat: 8g

Ingredients:

- 150g shrimp (peeled)
- 50g cooked brown rice
- 50g bell peppers (sliced)
- ½ tsp chilli flakes
- 1 tbsp soy sauce

Instructions:

- Cook shrimp in a pan with chilli flakes and soy sauce.
- Stir-fry bell peppers for 3 min.
- Serve over brown rice.



DINNER

High-Protein Lentil & Chicken Stew

Prep Time: 30 min

Nutrition: Calories: 470 kcal | Protein: 42g | Carbs: 50g | Fat: 9g

Ingredients:

- 150g chicken breast (cubed)
- 50g lentils
- 100g diced tomatoes
- ½ onion (chopped)
- 1 tsp cumin

Instructions:

- Sauté onions, then add chicken and brown.
- Add lentils, tomatoes, cumin, and 300ml water.
- Simmer for 20 min. Serve hot.



DINNER

Grilled Tofu & Veggie Stir-Fry

Prep Time: 15 min

Nutrition: Calories: 400 kcal |
Protein: 40g | Carbs: 35g | Fat:
10g

Ingredients:

- 150g firm tofu (cubed)
- 100g mixed veggies (carrots, bell peppers, broccoli)
- 1 tbsp soy sauce
- ½ tsp ginger powder

Instructions:

- Stir-fry tofu in a pan until golden.
- Add veggies, soy sauce, and ginger. Cook for 5 min.
- Serve hot.



DINNER

Egg White & Chicken Fried Rice

Prep Time: 15 min

Nutrition: Calories: 440 kcal |
Protein: 45g | Carbs: 42g | Fat:
8g

Ingredients:

- 100g cooked chicken breast (diced)
- 50g cooked brown rice
- 3 egg whites
- 50g peas & carrots
- 1 tbsp soy sauce

Instructions:

- Scramble egg whites in a pan.
- Add chicken, rice, peas, carrots, and soy sauce.
- Stir-fry for 3-5 min. Serve hot.



DINNER

Lean Turkey & Zucchini Noodles

Prep Time: 15 min

Nutrition: Calories: 420 kcal | Protein: 44g | Carbs: 35g | Fat: 9g

Ingredients:

- 150g lean ground turkey
- 100g zucchini noodles
- 1 tbsp tomato sauce
- ½ tsp garlic powder

Instructions:

- Cook turkey in a pan with garlic powder.
- Add tomato sauce and simmer for 5 min.
- Serve over zucchini noodles.



DINNER

Chili Lime Grilled Chicken & Corn Salad

Prep Time: 20 min

Nutrition: Calories: 460 kcal | Protein: 42g | Carbs: 40g | Fat: 10g

Ingredients:

- 150g grilled chicken breast
- 50g corn
- 50g cherry tomatoes (halved)
- ½ avocado (diced)
- 1 tbsp lime juice
- ½ tsp chili powder

Instructions:

- Grill chicken and slice.
- Mix corn, tomatoes, avocado, lime juice, and chili powder.
- Serve with chicken.



SNACKS

Peanut Butter Protein Shake

Prep Time: 2 min

Nutrition: Calories: 320 kcal | Protein: 35g | Carbs: 28g | Fat: 8g

Ingredients:

- 1 scoop whey protein (vanilla or chocolate)
- 250ml unsweetened almond milk
- 1 tbsp peanut butter
- ½ banana
- ½ tsp cinnamon

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy!



SNACKS

Cottage Cheese & Almond Butter Bowl

Prep Time: 2 min

Nutrition: Calories: 300 kcal | Protein: 32g | Carbs: 25g | Fat: 7g

Ingredients:

- 150g low-fat cottage cheese
- 1 tbsp almond butter
- ½ tsp honey
- 10g crushed walnuts

Instructions:

- Mix cottage cheese, almond butter, and honey.
- Sprinkle with walnuts and serve.



SNACKS

Hard-Boiled Eggs & Hummus

Prep Time: 5 min

Nutrition: Calories: 280 kcal |
Protein: 26g | Carbs: 22g | Fat:
9g

Ingredients:

- 2 hard-boiled eggs
- 50g hummus
- ½ tsp black pepper

Instructions:

- Slice boiled eggs.
- Dip in hummus and enjoy.



SNACKS

Greek Yogurt & Protein Granola

Prep Time: 3 min

Nutrition: Calories: 350 kcal |
Protein: 30g | Carbs: 40g | Fat:
6g

Ingredients:

- 200g non-fat Greek yogurt
- 30g high-protein granola
- ½ tsp vanilla extract

Instructions:

- Mix Greek yogurt and vanilla.
- Top with granola and serve.



SNACKS

Turkey & Cheese Roll-Ups

Prep Time: 3 min

Nutrition: Calories: 290 kcal |
Protein: 32g | Carbs: 5g | Fat:
12g

Ingredients:

- 3 slices turkey breast
- 30g low-fat cheese
- 1 tbsp mustard

Instructions:

- Spread mustard on turkey slices.
- Place cheese inside and roll up.
- Enjoy as a quick snack!



SHAKES

Chocolate Peanut Butter Protein Shake

Prep Time: 3 min

Nutrition: Calories: 380 kcal | Protein: 40g | Carbs: 30g | Fat: 10g

Ingredients:

- 1 scoop chocolate whey protein
- 250ml unsweetened almond milk
- 1 tbsp peanut butter
- ½ banana
- ½ tsp cinnamon
- 4 ice cubes

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy!



SHAKES

Green Power Protein Smoothie

Prep Time: 3 min

Nutrition: Calories: 340 kcal |
Protein: 35g | Carbs: 40g | Fat:
4g

Ingredients:

- 1 scoop vanilla protein powder
- 200ml coconut water
- ½ banana
- 50g spinach
- 50g frozen pineapple
- 4 ice cubes

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy!



SHAKES

Berry Blast Protein Shake

Prep Time: 3 min

Nutrition: Calories: 360 kcal |
Protein: 38g | Carbs: 42g | Fat:
5g

Ingredients:

- 1 scoop strawberry or vanilla protein powder
- 250ml unsweetened almond milk
- 50g mixed berries (strawberries, blueberries, raspberries)
- ½ cup oats
- ½ tsp honey

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy!



SHAKES

Mocha Coffee Protein Shake

Prep Time: 3 min

Nutrition: Calories: 350 kcal |
Protein: 40g | Carbs: 30g | Fat:
6g

Ingredients:

- 1 scoop chocolate or vanilla protein powder
- 200ml cold brewed coffee
- 50ml unsweetened almond milk
- ½ tbsp cocoa powder
- ½ tsp vanilla extract
- 4 ice cubes

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy!



SHAKES

Tropical Mango Protein Smoothie

Prep Time: 3 min

Nutrition: Calories: 370 kcal | Protein: 36g | Carbs: 45g | Fat: 4g

Ingredients:

- 1 scoop vanilla protein powder
- 200ml coconut water
- 50g frozen mango
- 50g frozen pineapple
- ½ tsp lime juice

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy!



CONCLUSION

Embrace Your Journey

I hope you have gotten some value from this recipe book and will have made your diet much more exciting and nutritious!

Incorporating new and healthy recipes into your diet can have a significant impact on your overall wellness. Not only do they provide essential nutrients and support weight management, but they can also be a fun and delicious way to explore different cuisines and ingredients. Don't be afraid to experiment and try new things in the kitchen. With a little creativity and a willingness to learn, you can transform your meals into something truly special. Remember, food is not just fuel, it's an experience. So enjoy the process and savor every bite!

Making healthy food choices is an essential step towards achieving a healthy lifestyle. It's important to remember that a balanced diet is key to maintaining good health. This means incorporating a variety of fruits, vegetables, lean proteins, and whole grains into your meals. The recipe book you have just read is a great starting point for anyone looking to make positive changes to their diet, but it's important to continue exploring new recipes and ingredients to keep things interesting. Don't be afraid to get creative in the kitchen and try new things. Who knows, you might discover a new favorite dish! Remember, healthy eating is not about deprivation, it's about nourishing your body and enjoying the journey.

If you got some value from this and you're keen to make a huge difference, my doors are open for you to join the team!

Find out more here: <https://www.davidodcoaching.com>

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