

FREE

HIGH PROTEIN

RECIPES

— STARTER GUIDE —

QUICK, SIMPLE & DELICIOUS RECIPES
TO HELP YOU STAY ON TRACK
WITH YOUR GOALS



HIGH PROTEIN



QUICK & EASY



DELICIOUS & FILLING



Make It Happen

HIGH PROTEIN RECIPES

Welcome...

Thank you for downloading these free high protein recipes — I hope you enjoy them as much as I do.

Healthy eating does not need to be boring, complicated, or time consuming.

This collection has been designed for busy people who want quick, simple and delicious meals that help support their goals without spending hours in the kitchen.

Inside you'll find recipes designed to help you:

- ✔ Save time
- ✔ Increase protein intake
- ✔ Stay fuller for longer
- ✔ Keep healthy eating simple
- ✔ Stay more consistent

Each recipe includes:

- ✔ Calories & macronutritional information
- ✔ Allergen details
- ✔ MyFitnessPal barcode tracking
- ✔ Interactive HEA 2.0 recipe features

The HEA 2.0 Interactive Edition has been designed to make your recipes easier to use, quicker to follow, and more practical for everyday life.

Turn to page 3 to explore some of the interactive features included, along with a sneak peek at additional recipes available inside the full High Protein Recipes collection.

I hope these recipes help show you that healthy eating can still be enjoyable, realistic, and easy to stick to.

Ryan Heath
Founder - Healthy Ever After

Bonus Recipe Included 🎁

I originally planned to include 5 recipes...

...but I've also added a bonus smoothie recipe to help make increasing protein even easier on busy days.

Coach Heath

MAKE IT HAPPEN

Save Time

How To Navigate The 2.0 Interactive Recipe Book Examples!

Calories Club Ranges
 0 to 300 Yellow
 301 to 500 Green
 500+ Blue

Recipe Number & Recipe Name

7 SUMMER SMOOTHIE PROTEIN BOWL

2.0 Interactive

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving: 252 kcal, 5g Fats, 31g Carbs, 18g Protein

292 CALORIES CLUB

Easy How-To Instructions

Serving's & Time Macro's Info Allergen Diet Info

Detailed Ingredients

INGREDIENTS **Reset ALL Ingredients**

- 2 medium peaches, chopped frozen
- 1 medium banana, sliced, frozen
- 1/4 cup (180g) natural yogurt
- 1/2 cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

WHAT YOU NEED TO DO

- Place all ingredients in a high-speed blender and blitz until smooth.
- Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE: Toppings are not included in macronutrient information, or shopping list.

Optional toppings:
 fresh berries
 goji berries
 walnuts
 chia seeds
 mango

myfitnesspal.com MINDSET NUTRITION EXERCISE UNDER 20

MyFitnessPal Barcode Calories Scanning

Tick off Ingredients

Tick ALL or Reset ALL Ingredients

Time Indication
 Under 10 (blue)
 Over 10 (red)

Recipe Images
 Click the recipe images & back button to filter back and forth instantly

Contents & Key Info
 Click the recipe wording & back button to return instantly

Recipe Categories
 Click the recipe wording to jump to the recipe instantly

RECIPES IMAGE CONTENT

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Contents & Key 2.0 Interactive

Macro servings Fats, Carbs & Protein in grams (g)
 Times include prep & cook

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13	1: SPANISH COURGETTE TORTILLA	2	35 min	377	22	22	21
14	2: OMELETTE WRAPS	4	25 min	237	15	3	20
15	3: EGG & TURKEY STUFFED PEPPERS	4	25 min	326	12	11	43
16	4: SMOKED SALMON & ASPARAGUS OMELETTE	2	25 min	302	21	6	20
17	5: HIGH PROTEIN BLUEBERRY PANCAKES	1	15 min	257	5	18	36
18	6: FRIED EGGS TOMATO WITH TUNA	1	10 min	307	15	8	32
19	7: SUMMER SMOOTHIE BOWL	2	10 min	252	5	38	18
20	8: SPANISH SHAKSHUKA	2	25 min	321	22	19	24
21	9: SALMON TATAR WITH AVO & MANGO	1	10 min	282	17	9	26
22	10: TUNA SALAD LETTUCE WRAPS	2	10 min	286	9	14	38
23	11: CHICKEN, ORANGE & WALNUT SALAD	2	20 min	458	20	47	28
24	12: SALMON & PEACH SALAD	2	45 min	416	25	21	33
25	13: TUNA & BROCCOLI SALAD	2	10 min	328	14	26	21
26	14: GRILLED CHICKEN & PINEAPPLE SALAD	2	23 min	356	16	34	27
27	15: WALDORF CHICKEN SALAD	2	10 min	354	16	33	20
28	16: TUNA & QUINOA TOSS SALAD	2	20 min	398	11	41	37
29	17: SALMON & COUSCOUS SALAD	2	22 min	516	29	29	36
30	18: POTATO PANCAKES WITH COTTAGE CHEESE	1	20 min	502	20	56	28

HIGH PROTEIN Recipe Categories 2.0 Inter

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- Egg & Turkey Stuffed Peppers 15
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- High Protein Blueberry Pancakes 17
- Egg Fried On Tomatoes With Tuna 18
- Spanish Shakshuka Protein Bowl 19
- Spanish Shakshuka 20

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For the best 2.0 experience, open it on a laptop/desktop or in Adobe Acrobat Reader.

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2 OMELETTE WRAPS



3 EGG & TURKEY STUFFED PEPPERS



4 SMOKED SALMON, FETA ASPARAGUS OMELETTE



5 HP BLUEBERRY PANCAKES



6 EGGS FRIED ON TOMATOES & TUNA



7 SUMMER SMOOTHIES PROTEIN BOWL



8 SPINACH SHAKSHUKA



9 SALMON TATAR WITH AVO & MANGO



10 TUNA SALAD LETTUCE WRAPS



11 CHICKEN ORANGE & WALNUT SALAD



12 SALMON & PEACH SALAD



13 TUNA & BROCCOLI SALAD



14 GRILLED CHICKEN & PINEAPPLE SALAD



15 WALDORF CHICKEN SALAD

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17 SALMON & COUSCOUS SALAD



18 PW POTATO PANCAKES & COTTAGE CHEESE



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21 TURKEY & BROCCOLI SALAD



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27 CAJUN BEEF & VEGETABLE RICE



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52 BLUEBERRY PROTEIN SMOOTHIE



53 CINNAMON ROLL PROTEIN SMOOTHIE



RECIPE & ALLERGEN INFO



RECIPE KEY

Look for these helpful icons throughout the recipe pages. Info & examples below!

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (under 20g serving)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (over 20g per serving)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts

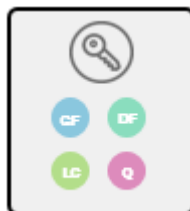
MACRO'S & CALORIES

Look for these helpful icons throughout the recipe pages.



ALLERGEN INFO

Look for these helpful icons throughout the recipe pages.



SERVING'S & TIME'S

Look for these helpful icons throughout the recipe pages.



Macro servings Fats, Carbs & Protein in grams (g)

Times include prep & cook

P	HIGH PROTEIN	Serv	Time	Kcal	Fats	Carbs	Protein
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Macro servings Fats, Carbs & Protein in grams (g)

Times include prep & cook

P	HIGH PROTEIN	Serv	Time	Kcal	Fats	Carbs	Protein
31	19: MISO SALMON & COURGETTE NOODLES	2	35 min	496	30	27	29
32	20: MOROCCAN COD & BULGAR SALAD	2	55 min	447	18	42	34
33	21: TURKEY & BROCCOLI STIR FRY	2	30 min	494	16	56	42
34	22: BAKED SALMON NOODLES & QUINOA	2	75 min	487	28	19	38
35	23: CHICKEN THIGHS WITH HOISIN RICE	8	55 min	336	15	16	29
36	24: CHINESE PORK STIR FRY WITH PINEAPPLE	4	30 min	303	11	22	28
37	25: SLOW COOKER CHICKEN FAJITAS	8	3-4 hrs	183	3	12	28
38	26: CREAMY CHICKEN MUSHROOM & TOMATO PASTA	3	30 min	385	14	26	35
39	27: CAJUN BEEF & VEG RICE	3	35 min	503	13	55	40
40	28: CHINESE STYLE SHRIMP & VEG	3	30 min	436	11	63	22
41	29: ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD	4	50 min	429	8	52	42
42	30: HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE	4	95 min	643	24	68	35
43	31: SIMPLE CHICKEN CURRY & SAFFRON RICE	4	60 min	531	22	47	36
44	32: ONE POT TURKEY CHILLI WITH RICE	4	35 min	295	9	21	31
45	33: BAKED SALMON TRAY WITH RICE	4	35 min	476	19	44	31
46	34: MEXICAN FRIED RICE	4	40 min	360	16	32	24
47	35: BEEF & GREEN BEAN PASTA IN SOY SAUCE	2	35 min	491	12	53	44
48	36: CHICKEN & MANGO STIR FRY	4	20 min	308	9	31	29

Macro servings Fats, Carbs & Protein in grams (g)

Times include prep & cook

*ON: Overnight

P	HIGH PROTEIN	Serv	Time	Kcal	Fats	Carbs	Protein
49	37: SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE	4	75 min	507	19	40	45
50	38: CHICKEN ORANGE STIR FRY	4	35 min	397	7	53	34
51	39: PESTO PASTA TUNA & ALMONDS	4	20 min	512	16	69	24
52	40: SWEET & SOUR PORK STIR FRY	4	25 min	446	16	52	22
53	41: PEPPER STEAK	4	15 min	187	6	12	22
54	42: EASY MEATBALLS	4	35 min	309	14	9	36
55	43: KOREAN STYLE TURKEY MEATBALLS	4	63 min	362	17	28	26
56	44: BEEF CHOW MEIN	4	20 min	325	10	33	28
57	45: <u>CHILLI & SWEET POTATO CHIPS</u>	4	50 min	382	16	33	29
58	46: <u>CHERRY SORBET</u>	4	70 min	109	1	24	2
59	47: PROTEIN FRUIT BOWL	2	10 min	250	4	30	25
60	48: MATCHA CHAI PUDDING	2	*ON min	275	9	19	23
61	49: RASPBERRY PROTEIN SMOOTHIE	1	5 min	331	12	25	29
62	50: GREEN GLOW SMOOTHIE	1	5 min	350	12	34	29
63	51: VANILLA & COFFEE PROTEIN SMOOTHIE	2	10 min	174	6	4	26
64	52: <u>BLUEBERRY PROTEIN SMOOTHIE</u>	1	5 min	197	4	14	26
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12. Salmon & Peach Salad.....	24
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7 SUMMER SMOOTHIE PROTEIN BOWL

252
CALORIES CLUB

2.0 Interactive



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
252 kcal
5g Fats
36g Carbs
18g Protein



GF V
Q



INGREDIENTS **Reset ALL Ingredients**

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- ¾ cup (190g) natural yoghurt
- ½ cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional toppings:

- fresh berries
- Goji berries
- walnuts
- chia seeds
- muesli

WHAT YOU NEED TO DO

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE:

Toppings are not included in macronutrient information, or shopping list.

I like using HEA Protein Powder – the vanilla works really well in this recipe.



UNDER 10

23 CHICKEN THIGHS WITH HOISIN RICE

336
CALORIES CLUB

2.0 Interactive



Serves: 8
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
336 kcal
15g Fats
16g Carbs
29g Protein



GF DF HP
LC MP N



INGREDIENTS [Reset ALL Ingredients](#)

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 cups (500ml) chicken stock
- 4 tbsp. dried cranberries
- For the sauce:**
- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chilli flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

1. Preheat the oven to 375°F (190°C).
2. In a large pan, heat the coconut oil.
3. Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.
4. Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.
5. Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.
6. Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
7. Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.
8. Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.



OVER 10

26 CREAMY CHICKEN MUSHROOM & TOMATO PASTA

385
CALORIES CLUB

2.0 Interactive



Serves: 3
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
385 kcal
14g Fats
26g Carbs
35g Protein



DF MP



INGREDIENTS [Reset ALL Ingredients](#)

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sundried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

1. Cook the pasta according to the instructions on the packaging.
2. Chop the chicken fillet, season with salt and pepper and dredge with flour.
3. Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.
4. In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.
5. Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
6. Add the cooked pasta. Stir well and serve.



OVER 10

45 CHILLI & SWEET POTATO CHIPS



2.0 Interactive



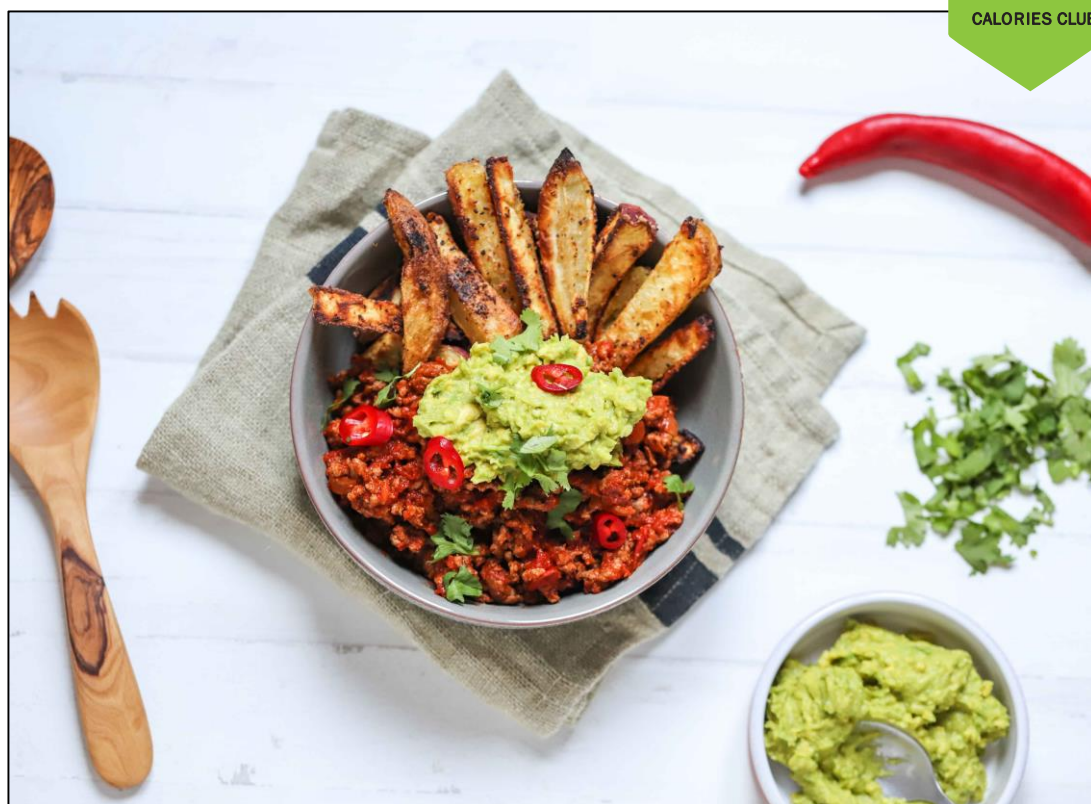
Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
382 kcal
16g Fats
33g Carbs
29g Protein



GF DF
MP HP



INGREDIENTS [Reset ALL Ingredients](#)

For the potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- salt and pepper

For the simple chilli:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

WHAT YOU NEED TO DO

1. Heat the oven to 420°F (215°C).
2. Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.
3. Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
4. In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chilli flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.



OVER 10

46 CHERRY SORBET

2.0 Interactive

109
CALORIES CLUB



Serves: 4
Prep: 10 mins
Cook: 1 hr



Nutrition per
serving:
109 kcal
1g Fats
24g Carbs
2g Protein



GF DF
V



INGREDIENTS **Reset ALL Ingredients**

- 1 ¾ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yoghurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

1. Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. lemon juice, 4 tbsp. yoghurt and 4 tbsp. water until smooth.
2. Spoon into a freezer-proof container then freeze for 1 hour.
3. Scoop out the sorbet into serving glasses, top with mint and serve immediately.
4. The ingredients will make approx. 8 scoops of sorbet (2 per serving).



OVER 10

52 BLUEBERRY PROTEIN SMOOTHIE

2.0 Interactive

197
CALORIES CLUB



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
197 kcal
4g Fats
14g Carbs
26g Protein



INGREDIENTS [Reset ALL Ingredients](#)

- ½ cup (125ml) coconut water
- ½ cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- ½ cup (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

WHAT YOU NEED TO DO

1. Blend all the ingredients in a high-speed blender until smooth and serve. Enjoy!

NOTE:

I like using HEA Protein Powder – the vanilla works really well in this recipe.



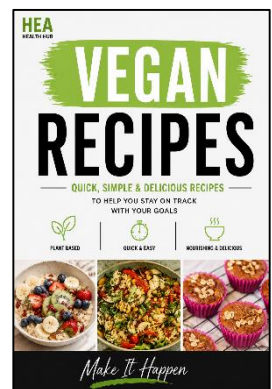
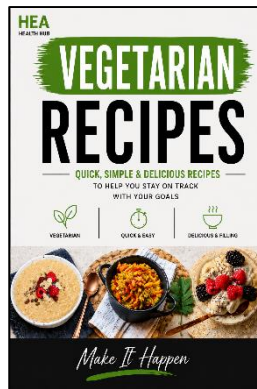
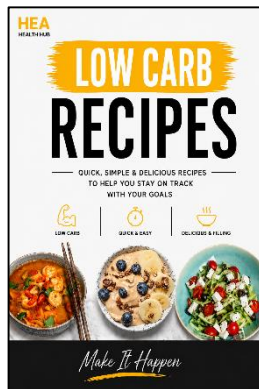
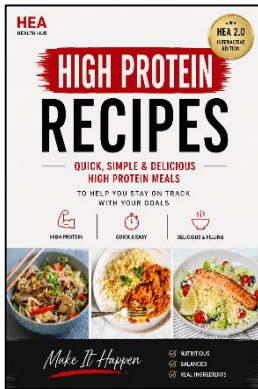
UNDER 10

Build Your HEA Recipe Collection

Healthy eating made simple

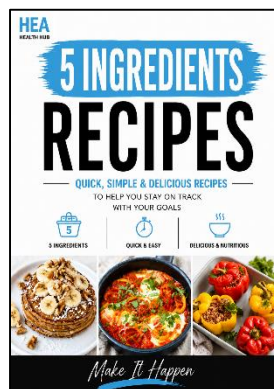
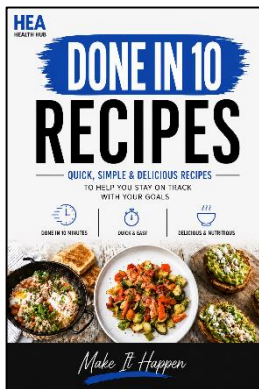
Healthy Meals Designed To Fuel Your Body

PRESS PLAY BUTTONS TO WATCH THE RECIPE VIDEOS



Simple, structured recipes designed to help you eat well without overthinking food.

The Quick & Simple Recipe Collection



✓ Meals in 10 minutes ✓ Minimal ingredients ✓ Quick nutrition anytime

Meals designed for busy days when you need something fast, simple, and nutritious.

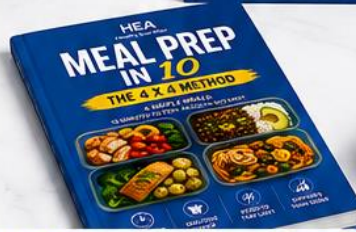
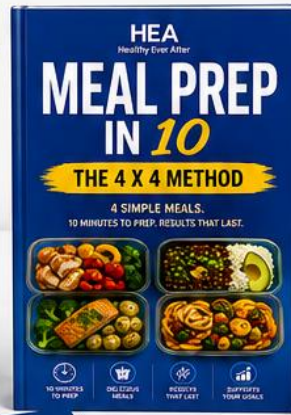
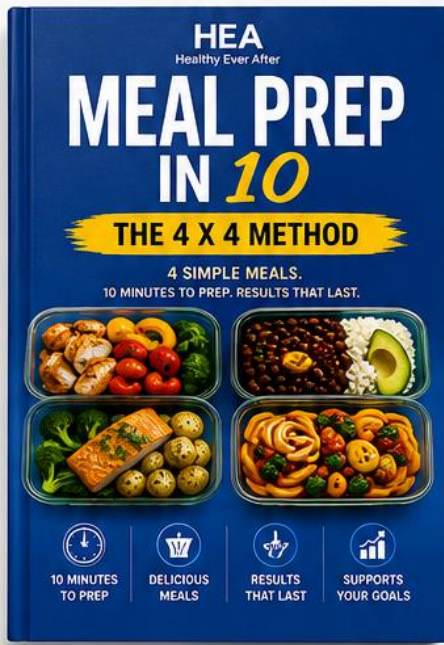
Each book is designed to work together so you can build a flexible recipe library that fits your nutritional needs and lifestyle!

Eat better. Simplify food. Build consistency.

As a reader of this book, you can unlock the next collections at a special reader price.

[Unlock Your Special Offer →](#)
Healthy Eating Made Simple

PREP IN 10™ – THE 4 X 4 METHOD



SAVE TIME. GET ORGANISED. STAY CONSISTENT.

The simple meal prep system designed to help busy people eat better without spending hours cooking.



WHAT'S INSIDE?

HEA
Healthy Ever After

PREP IN 10™

The Simple Meal Prep System For Busy People

FREE STARTER GUIDE

Simple meals. Less stress. More results.

HEA – HEALTHY EVER AFTER
MAKE IT HAPPEN.

STOP OVERCOMPLICATING MEAL PREP

Meal prep is easier than you think and pays the problem in... they think meal prep means:

- Spending all Sunday cooking
- Eating the same meals every day
- Following complicated recipes
- Buying hundreds of ingredients
- Living in the kitchen

The reality?

Great meal prep should save time, reduce stress, and make healthy eating easier. That's exactly why I created the Prep In 10™ Method.

A simple system designed to help busy people eat better without spending hours cooking.

WHY MEAL PREP WORKS

- Save time and reduce stress
- Healthy choices made easy
- Help you stick to track
- Better for the your budget
- Customise to fit your budget
- Customise to fit your diet

PROTEIN + **VEGETABLES** + **CARBS**

OVEN AIR FRYER PAN / GRILL SLOW COOKER

INTRODUCING THE 4x4 METHOD™

The secret isn't cooking more. It's simplifying your choices.

The Prep In 10™ system uses:

4 COOKING METHODS

OVEN AIR FRYER PAN / GRILL SLOW COOKER

METHOD	MEAL IDEA
OVEN	Chicken Tray Bake
AIR FRYER	Chicken Wings
PAN / GRILL	Chicken Stir Fry
SLOW COOKER	Pulled Chicken

WHY IT WORKS

- Instead of eating 50+ recipes...
- You learn a simple system you can repeat every week.

Less stress Less thinking Better consistency

THE 3 BIGGEST MEAL PREP MISTAKES

MISTAKE #1
Trying to prep everything. You don't need 21 meals prepped. Start small. Even prepping a few meals can make a huge difference.

MISTAKE #2
Choosing complicated recipes. The more ingredients required... The less likely you'll stick to it. Simple wins.

MISTAKE #3
Not planning protein first. Protein helps:
 • Keep you fuller
 • Support muscle maintenance
 • Make meals more satisfying
 Always build meals around your protein source first.

REMEMBER
Perfect meal prep doesn't exist. Consistent meal prep does.

OVEN CHICKEN TRAY BAKE

A simple, flavour-packed tray bake that's easy to prep, delicious and perfect for batch cooking.

NUTRITION PER SERVING	
520	40g
KCALORIES	FAT
48g	12g
PROTEIN	CARBS

INGREDIENTS

- 4 chicken breasts (500g)
- 400g baby potatoes, halved
- 1 leafy green, sliced
- 1 medium onion, sliced
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp olive oil
- 2 tsp fresh herbs
- 1 tsp fresh lemon juice
- 1 tsp fresh orange juice
- 1 tsp fresh lemon juice

WHAT YOU'LL NEED

- Large baking tray
- Mixing bowl
- Chopping board
- Knife

MEAL PREP & STORAGE

PROTEIN Bake for up to 4 days in airtight containers.

FREZZER Store for up to 2 months. Defrost overnight in the fridge.

REHEAT Reheat for 2-3 minutes in the oven until hot.

SWAP IT

PROTEIN Swap chicken for turkey, salmon or fish.

CARBS Swap potatoes for sweet potato, rice or quinoa.

VEG Add broccoli, courgette, green beans or cauliflower.

FLAVOUR Try using rosemary, lemon & herb or paprika, etc.

PERFECT FOR

- Weekly meal prep
- High protein lunches
- Post-workout meals
- Busy week dinners
- Family dinners

788A'S TIP Divide the recipe and freeze portions for busy days. Add extra oil for extra flavour and volume.

MAKES 4 SERVINGS

4 COOKING METHODS



YOU'LL GET:



READY FOR THE NEXT STEP?

Upgrade to the Complete Prep In 10™ System and discover exactly what to buy, cook, prep, and eat each week.

GET THE COMPLETE SYSTEM

Struggle to hit your Protein?



Protein Made Easy.

Sometimes life gets busy.

You don't always have time to cook meals or prep high protein recipes.

Adding a scoop of protein powder can be a quick and easy way to increase your protein and help you stay on track when time is limited.

That is where a quality protein supplement can help.

Whether it is:

- ✓ a quick breakfast
- ✓ post workout
- ✓ afternoon snack
- ✓ or added into smoothies, oats, yoghurt and recipes...

That is exactly why I created the HEA Protein Bundle — available in 3 delicious flavours.

HEA Protein Powder is designed to SUPPORT — not replace quality whole food protein sources altogether.

I personally use it in smoothies, oats, yoghurt, and quick breakfasts to help increase protein on busy mornings or when I am short on time.

[Click Here To Learn More](#)
Protein Made Easy

DISCLAIMER & COPYRIGHT

IMPORTANT INFORMATION

If you have any medical conditions, injuries, allergies, or are unsure whether this guide is suitable for you, please consult a qualified medical or health professional before starting.

Please consider your own dietary needs, allergies, and preferences before following any recipes. If you have specific health concerns, consult a qualified professional.

All food, training, and supplement suggestions are optional and followed at your own discretion.

Always listen to your body and train within your own limits.

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www.heahealthhub.com



www.heahealthhub.com