

Fitness with LBIG

HIGH PROTEIN RECIPE BOOK

21 high-protein recipes across Breakfast, Lunch, Dinner, Snacks, Desserts, Smoothies, and Meal Prep — every recipe with full macros, ingredients, and step-by-step instructions.

LBIG • FAT LOSS • MUSCLE • RECOMP

HOW TO USE THIS BOOK

Every recipe in this book follows the same format so you can scan and cook fast:

- Prep Time & Servings — plan your time and know exactly how the macros scale.
- Calories / Protein / Carbs / Fat — per serving, so you can drop any recipe straight into your daily targets from the Nutrition Playbook (Book 03).
- Ingredients — listed in the order you'll use them.
- Instructions — numbered, no guesswork.

Add your own photo to the marked placeholder box in each recipe as you cook it — turning this into a personalized, visual cookbook over time.

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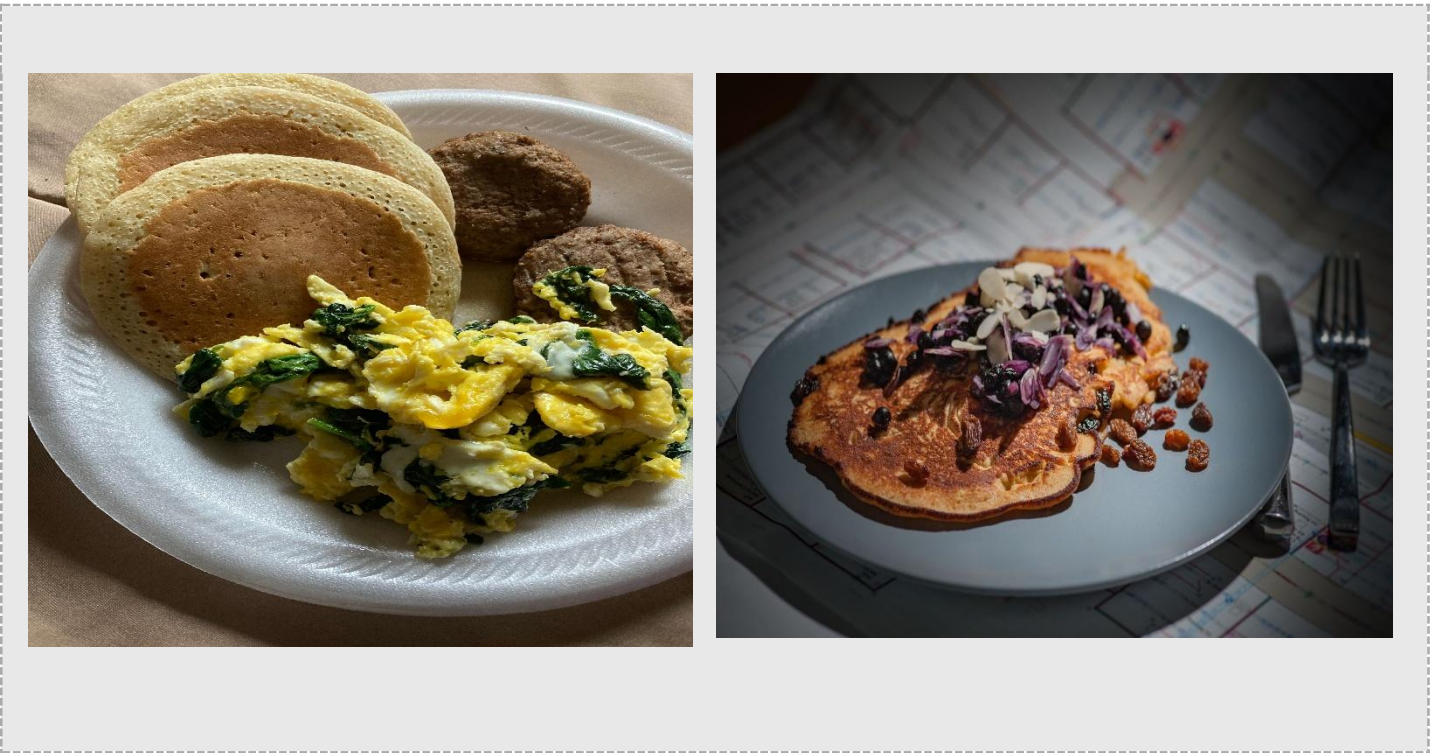
Meal Prep:

Weekly Chicken, Rice & Broccoli Prep Bowls • Turkey Chili (Big Batch) • Egg Muffin Cups

BREAKFAST

Start the day with 30g+ of protein — it curbs mid-morning cravings and sets the tone for hitting your daily target without a scramble at dinner.

Protein Pancakes



Prep Time	Servings	Calories	Protein	Carbs	Fat
10 min	2	380	38g	34g	9g

Ingredients

- 1 cup rolled oats
- 4 egg whites
- 1 scoop vanilla whey protein
- 1/2 cup cottage cheese
- 1 tsp baking powder
- 1/2 tsp cinnamon
- Cooking spray

Instructions

1. Blend all ingredients until smooth batter forms.
2. Heat a non-stick pan over medium heat and lightly coat with cooking spray.

3. Pour 1/4 cup batter per pancake and cook 2-3 minutes until bubbles form.
4. Flip and cook another 1-2 minutes until golden.
5. Serve with fresh berries or a drizzle of honey.

Tip: Make a double batch and freeze extras between parchment paper for quick weekday breakfasts.

Veggie Egg White Omelette



Prep Time	Servings	Calories	Protein	Carbs	Fat
12 min	1	340	36g	8g	17g

Ingredients

- 6 egg whites
- 2 whole eggs
- 1 cup spinach
- 1/4 cup diced bell pepper
- 2 slices turkey bacon, chopped
- 2 tbsp crumbled feta
- Salt & pepper to taste

Instructions

1. Whisk egg whites and whole eggs together with a pinch of salt and pepper.
2. Cook turkey bacon in a non-stick pan until crisp; set aside.

- 3. In the same pan, sauté spinach and bell pepper for 2 minutes.
- 4. Pour in eggs, let set for 1 minute, then add turkey bacon and feta.
- 5. Fold the omelette in half and cook until fully set, about 2 more minutes.

Tip: Egg whites cook fast — keep the heat at medium-low to avoid rubbery texture.

Overnight Protein Oats



Prep Time	Servings	Calories	Protein	Carbs	Fat
5 min + overnight	1	420	32g	52g	10g

Ingredients

- 1/2 cup rolled oats
- 1 scoop whey protein
- 1/2 cup Greek yogurt
- 1 tbsp chia seeds

- 3/4 cup almond milk
- 1/2 banana, sliced

Instructions

1. Combine oats, whey protein, chia seeds, and almond milk in a jar.
2. Stir well until protein powder is fully dissolved.
3. Top with Greek yogurt and sliced banana.
4. Cover and refrigerate overnight (at least 6 hours).
5. Stir before eating; add a splash of milk if too thick.

Tip: Swap banana for berries and swap chia for extra oats to change the macros slightly.

LUNCH

Balanced, portable meals built to keep energy steady through the afternoon without the post-lunch crash.

Grilled Chicken & Quinoa Power Bowl



Prep Time	Servings	Calories	Protein	Carbs	Fat
25 min	1	520	45g	48g	15g

Ingredients

- 150g grilled chicken breast, sliced
- 3/4 cup cooked quinoa
- 1/3 cup black beans
- 1/4 cup corn
- 1/2 avocado, sliced
- Juice of 1 lime
- Fresh cilantro, chopped

Instructions

1. Season chicken breast with salt, pepper, and paprika, then grill 5-6 minutes per side.
2. Cook quinoa according to package instructions.
3. Assemble the bowl with quinoa as the base.
4. Top with sliced chicken, black beans, corn, and avocado.
5. Finish with lime juice and fresh cilantro.

Tip: Grill 3-4 chicken breasts at once to reuse across multiple lunches this week.

Tuna & White Bean Salad



Prep Time	Servings	Calories	Protein	Carbs	Fat
10 min	1	380	38g	28g	12g

Ingredients

- 1 can tuna in water, drained
- 1/2 cup white beans, rinsed
- 1/2 cup cherry tomatoes, halved
- 1/4 cucumber, diced
- 2 tbsp red onion, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice

Instructions

1. Combine tuna, white beans, tomatoes, cucumber, and red onion in a bowl.
2. Whisk olive oil and lemon juice together.
3. Pour dressing over the salad and toss to combine.
4. Season with salt and pepper to taste.
5. Serve chilled or at room temperature.

Tip: This salad holds up well in the fridge for 2 days, making it a great grab-and-go lunch.

Turkey & Hummus Wrap



Prep Time	Servings	Calories	Protein	Carbs	Fat
8 min	1	410	35g	38g	12g

Ingredients

- 1 whole wheat wrap
- 120g sliced turkey breast
- 3 tbsp hummus
- 1/2 cup spinach
- 1/2 tomato, sliced
- 1/4 cucumber, sliced

Instructions

1. Lay the wrap flat and spread hummus evenly across the surface.
2. Layer turkey breast, spinach, tomato, and cucumber down the center.
3. Fold in the sides and roll the wrap tightly.
4. Slice in half diagonally and serve.

Tip: Swap hummus for mashed avocado for a different flavor profile with similar macros.

DINNER

Heartier plates that round out your daily protein total while staying satisfying enough to end the day on.

Baked Salmon with Asparagus & Sweet Potato



Prep Time	Servings	Calories	Protein	Carbs	Fat
30 min	1	540	40g	42g	22g

Ingredients

- 180g salmon fillet
- 1 medium sweet potato, cubed
- 1 cup asparagus, trimmed
- 1 tbsp olive oil
- 1 clove garlic, minced
- Lemon wedges
- Salt & pepper to taste

Instructions

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato cubes with half the olive oil, salt, and pepper; roast 15 minutes.
3. Add asparagus and salmon to the tray, season with remaining oil, garlic, salt, and pepper.
4. Bake for another 12-15 minutes until salmon flakes easily.
5. Serve with a squeeze of fresh lemon.

Tip: Line the tray with parchment paper for easy cleanup and to prevent sticking.

Lean Beef Stir-Fry with Broccoli & Rice



Prep Time	Servings	Calories	Protein	Carbs	Fat
20 min	1	560	42g	50g	18g

Ingredients

- 150g lean beef strips
- 1.5 cups broccoli florets
- 3/4 cup cooked white rice
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp ginger, minced

Instructions

1. Heat sesame oil in a wok or large pan over high heat.
2. Sear beef strips for 2-3 minutes until browned; remove and set aside.
3. Add garlic, ginger, and broccoli to the pan; stir-fry for 3-4 minutes.
4. Return beef to the pan, add soy sauce, and toss to combine.
5. Serve hot over cooked rice.

Tip: Slice beef thinly against the grain for the most tender bite.

Chicken Fajita Bowl



Prep Time	Servings	Calories	Protein	Carbs	Fat
22 min	1	500	44g	45g	14g

Ingredients

- 150g chicken breast, sliced
- 1/2 cup cooked white rice
- 1/2 bell pepper, sliced
- 1/2 onion, sliced
- 1 tsp fajita seasoning
- 2 tbsp salsa
- 2 tbsp Greek yogurt

Instructions

1. Season chicken slices with fajita seasoning.
2. Sauté chicken in a hot pan for 5-6 minutes until cooked through; set aside.
3. In the same pan, cook bell pepper and onion until slightly charred.
4. Assemble the bowl with rice as the base, topped with chicken and vegetables.
5. Finish with salsa and a dollop of Greek yogurt.

Tip: Use Greek yogurt instead of sour cream for extra protein at a fraction of the fat.

SNACKS

Quick, low-effort options for bridging the gap between meals without derailing your macros.

Protein Energy Balls



Prep Time	Servings	Calories	Protein	Carbs	Fat
15 min (no bake)	6	220	14g	22g	9g

Ingredients

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1 scoop chocolate whey protein
- 3 tbsp honey
- 2 tbsp mini chocolate chips

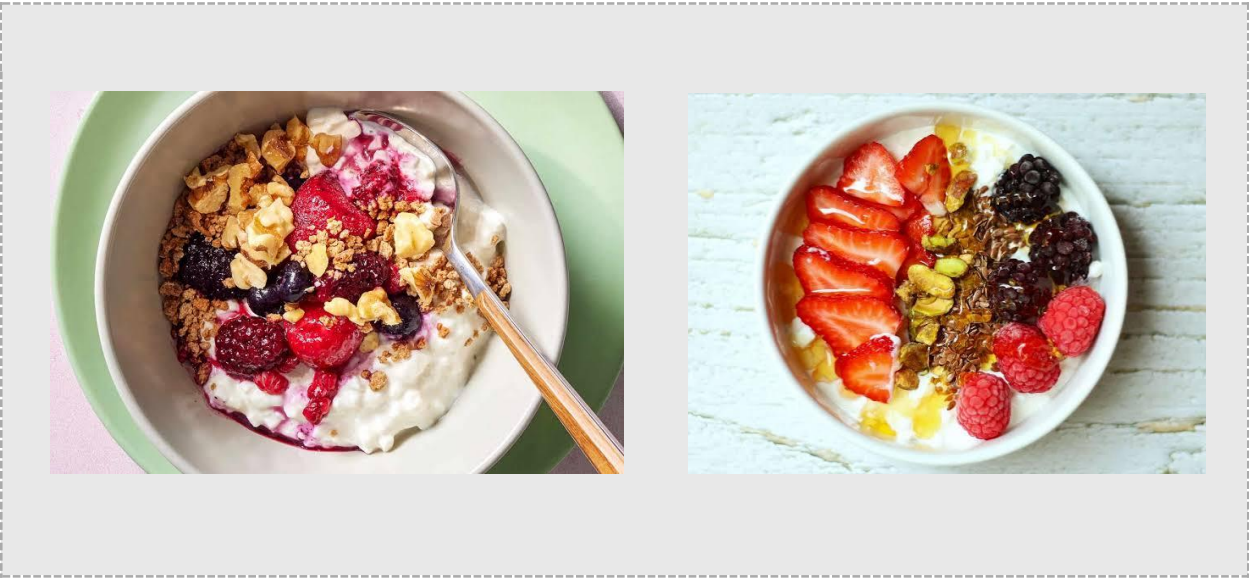
Instructions

1. Combine oats, peanut butter, protein powder, and honey in a bowl.
2. Mix until a thick, moldable dough forms (add a splash of water if too dry).
3. Fold in chocolate chips.
4. Roll into 12 small balls.

5. Refrigerate for at least 30 minutes before serving.

Tip: Store in an airtight container in the fridge for up to a week; 2 balls = 1 serving.

Cottage Cheese & Berry Bowl



Prep Time	Servings	Calories	Protein	Carbs	Fat
3 min	1	180	20g	16g	3g

Ingredients

- 1 cup cottage cheese (low-fat)
- 1/2 cup mixed berries
- 1 tsp honey
- 1 tbsp chopped almonds

Instructions

1. Add cottage cheese to a bowl.
2. Top with mixed berries and chopped almonds.
3. Drizzle with honey.
4. Serve immediately.

Tip: A fast, no-cook snack that hits nearly a quarter of most people's daily protein target.

Spiced Roasted Chickpeas



Prep Time	Servings	Calories	Protein	Carbs	Fat
35 min	4	160	8g	22g	5g

Ingredients

- 2 cans chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- Salt to taste

Instructions

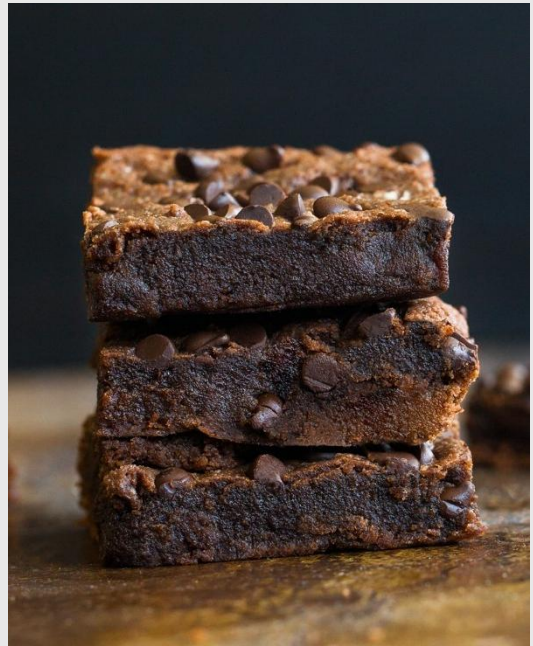
1. Preheat oven to 200°C (400°F) and pat chickpeas fully dry.
2. Toss chickpeas with olive oil and spices.
3. Spread on a baking sheet in a single layer.
4. Roast for 25-30 minutes, shaking the pan halfway, until crispy.
5. Cool slightly before serving — they crisp further as they cool.

Tip: Store in a paper bag rather than a sealed container to keep them crunchy longer.

DESSERTS

Yes, dessert can carry real protein — these satisfy the craving while still contributing to your daily total.

Protein Brownies



Prep Time	Servings	Calories	Protein	Carbs	Fat
30 min	9	150	10g	16g	5g

Ingredients

- 1 cup black beans, drained and rinsed
- 2 scoops chocolate whey protein
- 1/4 cup cocoa powder
- 2 eggs
- 1/4 cup honey
- 1/4 cup Greek yogurt
- 1 tsp baking powder

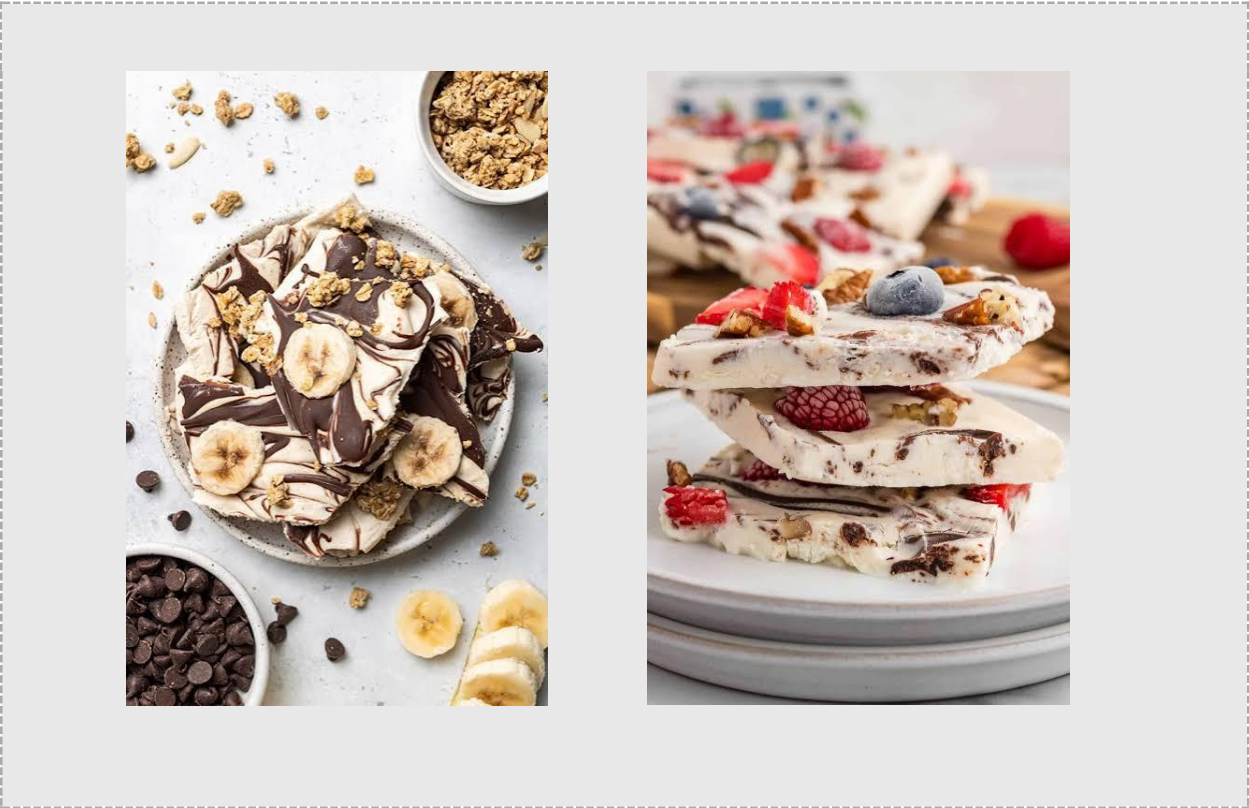
Instructions

1. Preheat oven to 180°C (350°F) and grease a small baking pan.
2. Blend black beans, eggs, honey, and Greek yogurt until smooth.

3. Stir in protein powder, cocoa powder, and baking powder until combined.
4. Pour batter into the pan and smooth the top.
5. Bake for 20-22 minutes; cool fully before slicing into 9 squares.

Tip: Black beans disappear completely in flavor and texture — don't skip them, they keep the brownies moist.

Greek Yogurt Bark



Prep Time	Servings	Calories	Protein	Carbs	Fat
10 min + 3 hrs freeze	6	130	9g	14g	4g

Ingredients

- 2 cups Greek yogurt
- 2 tbsp honey
- 1/2 cup mixed berries
- 2 tbsp granola
- 1 tbsp dark chocolate chips

Instructions

1. Line a baking sheet with parchment paper.
2. Mix Greek yogurt with honey and spread evenly onto the sheet, about 1cm thick.
3. Scatter berries, granola, and chocolate chips over the top.
4. Freeze for at least 3 hours until solid.
5. Break into pieces and serve straight from the freezer.

Tip: Keep pieces in a sealed freezer bag — they melt quickly at room temperature, so serve straight away.

Protein Mug Cake



Prep Time	Servings	Calories	Protein	Carbs	Fat
5 min	1	240	22g	20g	8g

Ingredients

- 1 scoop vanilla whey protein
- 2 tbsp almond flour
- 1/2 tsp baking powder
- 1 egg
- 2 tbsp milk
- 1 tsp cocoa powder (optional)

Instructions

1. Combine all ingredients directly in a microwave-safe mug and mix well.
2. Microwave on high for 60-90 seconds until risen and set.
3. Let cool for 1 minute before eating.
4. Top with a spoon of yogurt or a few berries if desired.

Tip: Don't overcook — a slightly gooey center is normal and disappears as it cools.

SMOOTHIES

Fast, blend-and-go options that pack serious protein into a few minutes of prep.

Chocolate Peanut Butter Protein Smoothie



Prep Time	Servings	Calories	Protein	Carbs	Fat
5 min	1	380	32g	30g	15g

Ingredients

- 1 scoop chocolate whey protein
- 1 tbsp peanut butter
- 1 banana
- 1 cup almond milk
- 1/2 cup ice

Instructions

1. Add all ingredients to a blender.
2. Blend on high until smooth and creamy, about 45-60 seconds.
3. Add more ice or milk to adjust thickness.
4. Pour into a glass and serve immediately.

Tip: Freeze the banana ahead of time for a thicker, milkshake-like texture.

Berry Greek Yogurt Smoothie



Prep Time	Servings	Calories	Protein	Carbs	Fat
5 min	1	300	28g	35g	6g

Ingredients

- 1 cup mixed frozen berries
- 1 cup Greek yogurt
- 1/2 cup almond milk
- 1 tbsp honey
- 1 scoop vanilla whey protein (optional)

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth, scraping down the sides if needed.
3. Taste and adjust sweetness with more honey if desired.
4. Serve chilled.

Tip: Frozen berries eliminate the need for ice, keeping the smoothie thicker and more flavorful.

Green Protein Smoothie



Prep Time	Servings	Calories	Protein	Carbs	Fat
5 min	1	280	25g	28g	7g

Ingredients

- 1 cup spinach
- 1 scoop vanilla whey protein
- 1/2 avocado
- 1/2 banana
- 1 cup unsweetened almond milk
- 1/2 cup ice

Instructions

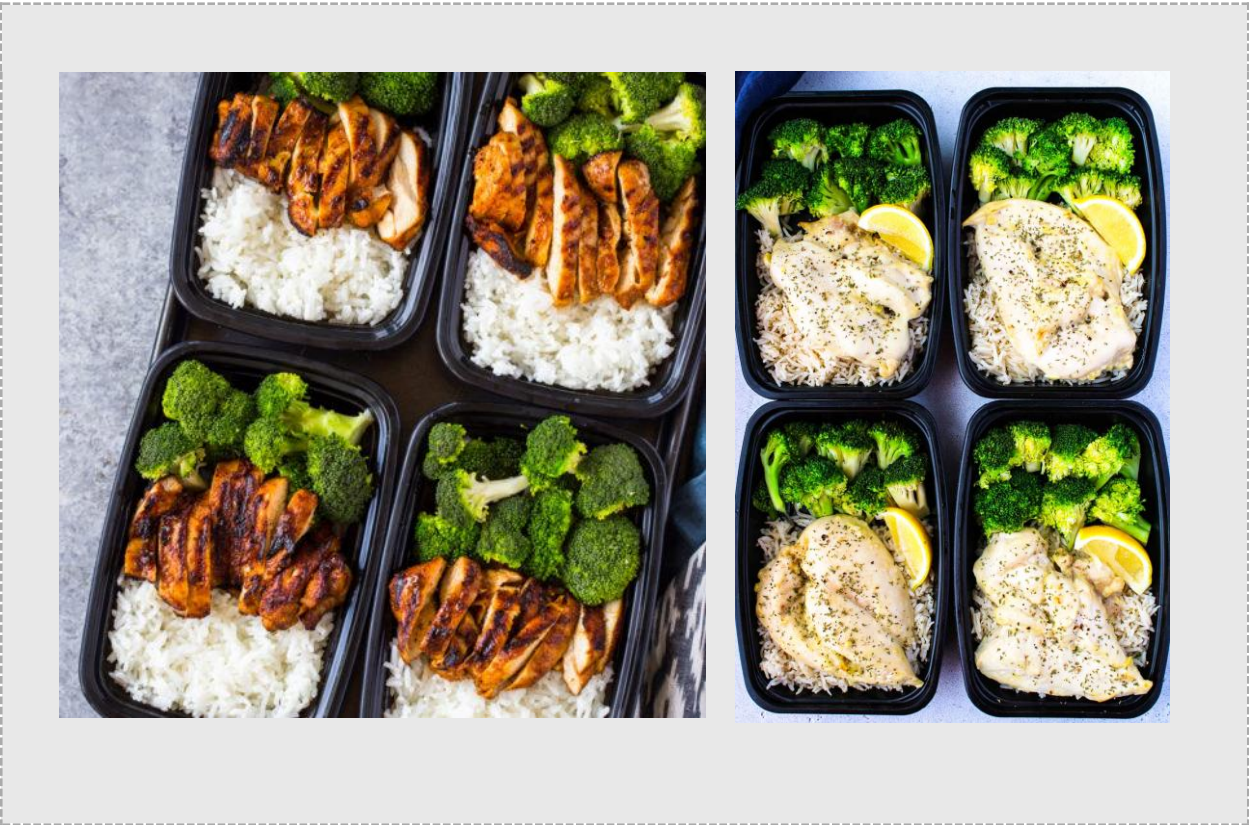
1. Add spinach and almond milk to the blender first and blend briefly.
2. Add remaining ingredients and blend until completely smooth.
3. Pour into a glass and serve immediately.
4. Add a squeeze of lime for extra brightness if desired.

Tip: Avocado replaces yogurt here for creaminess while keeping the smoothie dairy-free.

MEAL PREP

Batch-friendly recipes designed to be made once and eaten across several days — the backbone of staying consistent on a busy schedule.

Weekly Chicken, Rice & Broccoli Prep Bowls



Prep Time	Servings	Calories	Protein	Carbs	Fat
35 min (makes 4)	4	480	42g	45g	12g

Ingredients

- 600g chicken breast
- 2 cups uncooked rice
- 4 cups broccoli florets
- 2 tbsp olive oil
- 2 tsp garlic powder
- 2 tsp paprika
- Salt & pepper to taste

Instructions

1. Preheat oven to 200°C (400°F). Season chicken breasts with garlic powder, paprika, salt, and pepper.
2. Bake chicken for 22-25 minutes until cooked through; let rest, then slice.
3. Cook rice according to package instructions.
4. Steam or roast broccoli until just tender, about 8 minutes.
5. Divide rice, chicken, and broccoli evenly into 4 containers; drizzle with olive oil.
6. Refrigerate and reheat individual portions through the week.

Tip: Keep sauces separate in small containers to prevent the rice from getting soggy.

Turkey Chili (Big Batch)



Prep Time	Servings	Calories	Protein	Carbs	Fat
45 min (makes 6)	6	350	32g	30g	10g

Ingredients

- 800g lean ground turkey
- 2 cans kidney beans, drained
- 1 can crushed tomatoes
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tbsp chili powder
- 1 tsp cumin
- Salt to taste

Instructions

1. Brown turkey in a large pot over medium-high heat, breaking it apart as it cooks.
2. Add onion and garlic; cook until softened, about 4 minutes.

- 3. Stir in chili powder and cumin, then add crushed tomatoes and kidney beans.
- 4. Simmer uncovered for 25-30 minutes, stirring occasionally.
- 5. Season with salt to taste and portion into 6 containers once cooled.

Tip: Chili freezes exceptionally well for up to 3 months — batch it double and freeze half.

Egg Muffin Cups



Prep Time	Servings	Calories	Protein	Carbs	Fat
25 min (makes 12)	6	180	16g	4g	11g

Ingredients

- 10 eggs
- 1/2 cup milk
- 1 cup spinach, chopped

- 1/2 cup bell pepper, diced
- 1/2 cup diced turkey ham
- 1/2 cup shredded cheese
- Salt & pepper to taste

Instructions

1. Preheat oven to 180°C (350°F) and grease a 12-cup muffin tin.
2. Whisk eggs and milk together with salt and pepper.
3. Divide spinach, bell pepper, and turkey ham evenly among the muffin cups.
4. Pour egg mixture over the fillings, filling each cup about 3/4 full.
5. Top with shredded cheese and bake for 18-20 minutes until set.
6. Cool, then store in the fridge for quick grab-and-go breakfasts (2 muffins per serving).

Tip: These reheat perfectly in the microwave in about 30-40 seconds from cold.