

DANI'S MEALS

THE CAN'T-BE-BOTHERED COOKBOOK

Quick, high-protein recipes for busy girls who still want results.

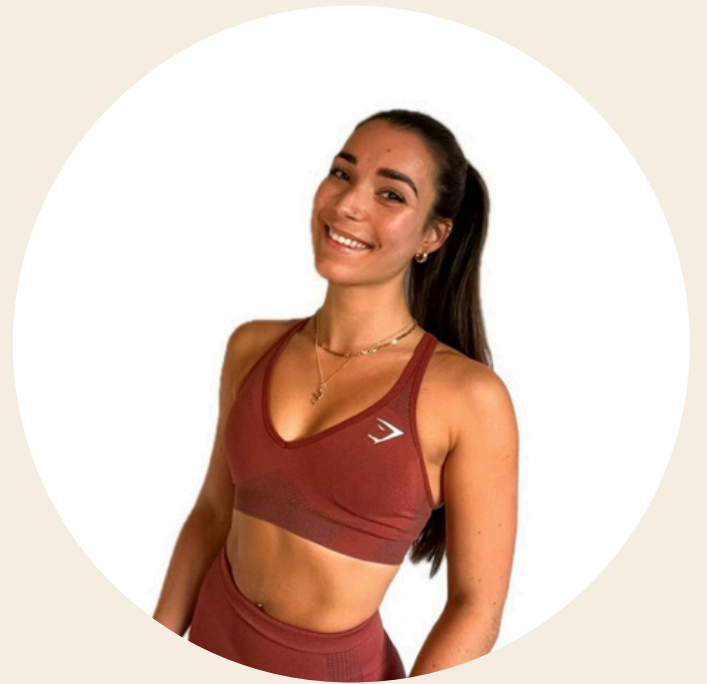


MOSTLY UNDER 500 KCALS | SIMPLE INGREDIENTS | MEAL-PREP TIPS

DANIELA ESPADA

A LITTLE NOTE

HI! I'M DANI



I love food, I care about protein and I also cannot be bothered to cook A LOT of the time.

These are the recipes I actually make when I want something easy, satisfying and supportive of my goals, without spending my entire evening in the kitchen.

Pick what sounds good, adjust it to your needs and enjoy it. And that's literally it.

HOW TO USE THIS BOOK

PICK, DON'T FOLLOW

This is a recipe book, not a rigid meal plan. Choose what works for your day.

MAKE IT YOURS

Adjust portions and ingredients to suit your appetite and preferences.

MACROS ARE ESTIMATES

Brands vary, so your numbers may be slightly different.

HELP FUTURE YOU

Double the recipes that work well for meal prep when you know the week will be busy.

UNDER 10 MIN

|

UNDER 30 MIN

|

MEAL-PREP FRIENDLY

WHAT'S INSIDE

BREAKFAST

- Chocolate scrambled oats
- Chocolate raspberry air-fryer cake
- Chocolate peanut butter air-fryer cake
- Egg, cottage cheese & avocado toast

PITAS

- Tuna & egg
- Taco beef & cheese
- Beef & cottage cheese
- Chicken pesto & cottage cheese
- Egg salad
- Chicken sausage & sriracha

EASY MEALS

- Chickpea & lentil shakshuka
- Salmon & avocado salad
- Chicken, sweet potato & vegetables

SNACKS & SWEETS

- Banana chocolate cookie
- Greek yoghurt berry protein bowl



CHOCOLATE SCRAMBLED OATS

Sweet breakfast, ridiculous amount of protein.

15 MIN

455 KCALS

50G PROTEIN

EST.

INGREDIENTS

- 30g oats
- 30g chocolate protein powder
- 50g liquid egg whites
- 200g 0% Greek yoghurt
- ½ banana
- 100g strawberries
- Cinnamon

METHOD

1. Cook oats, protein powder, egg whites and cinnamon over a low heat.
2. Keep stirring until thick.
3. Top with yoghurt, banana and strawberries.

DANI'S LAZY TIP
Mix the dry ingredients the night before.

CHOCOLATE & RASPBERRY AIR-FRYER CAKE

For when I’m craving chocolate but still want protein.

15 MIN

540 KCALS

38G PROTEIN

EST.

INGREDIENTS

- 30g oats
- 80ml soy milk
- 1 egg
- ½ banana
- 30g Free Soul chocolate protein
- 50g raspberries
- 1½ tbsp dark chocolate chips

METHOD

1. Mash the banana, then mix in the oats, soy milk, egg and protein powder.
2. Fold in the raspberries and dark chocolate chips.
3. Air fry at 180°C for 6 minutes, or until just set.

DANI'S LAZY TIP
Eat it warm while the middle is still a little gooey.

CHOCOLATE PEANUT BUTTER AIR-FRYER CAKE

Basically dessert for breakfast.

15 MIN

475 KCALS

35G PROTEIN

EST.

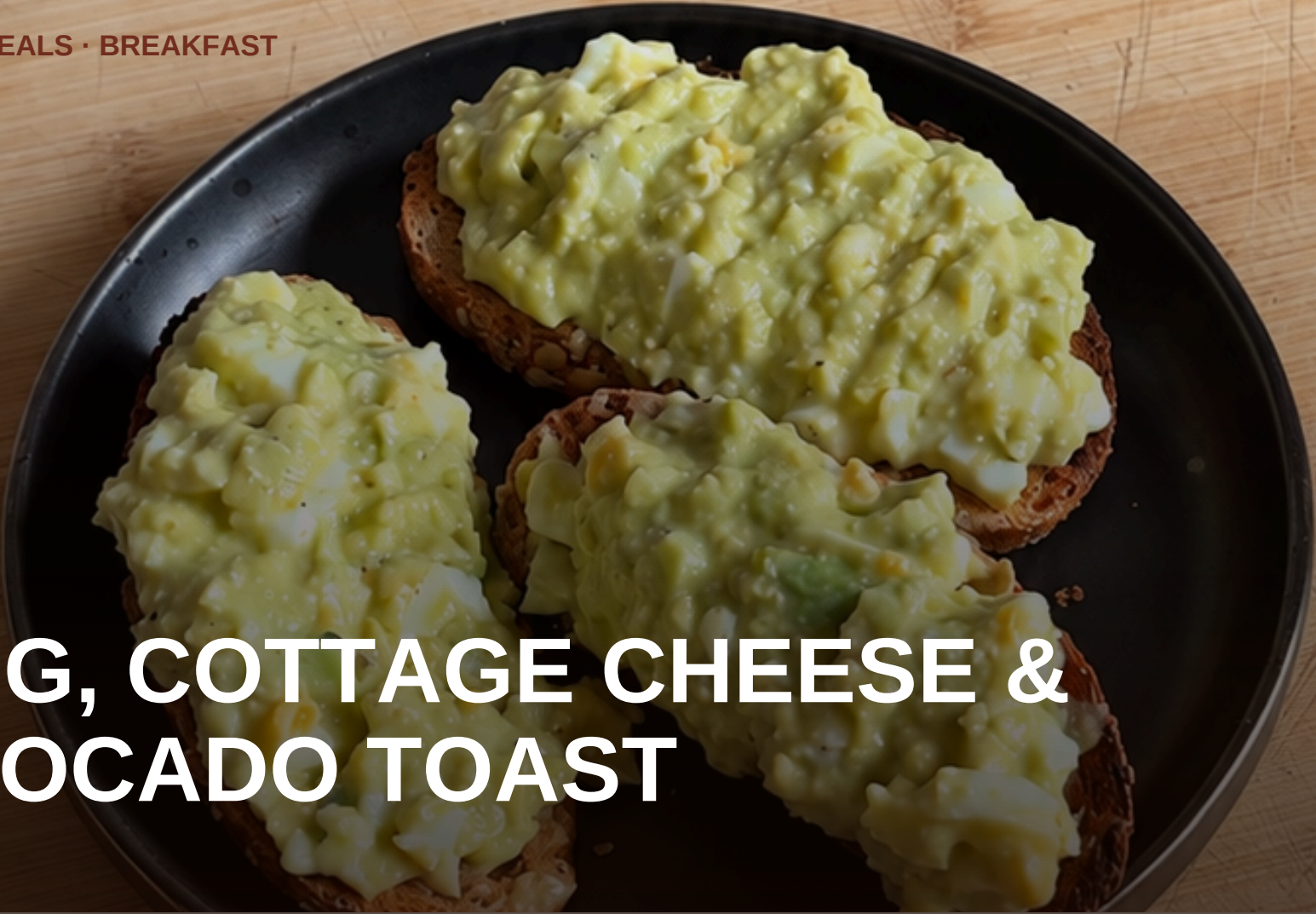
INGREDIENTS

- 30g oats
- 80ml soy milk
- 1 egg
- 30g Free Soul Chocolate Vegan Protein
- ½ banana
- 1 tsp peanut butter
- A few dark chocolate chips

METHOD

1. Mash the banana, then mix in the oats, soy milk, egg and protein powder.
2. Add the peanut butter and dark chocolate chips.
3. Air fry at 180°C for 6 minutes, or until just set.

DANI'S LAZY TIP
Eat it warm while the middle is still a little gooey.



EGG, COTTAGE CHEESE & AVOCADO TOAST

When I want a savoury breakfast that actually fills me up.

10 MIN

290 KCALS*

18G PROTEIN*

EST.

INGREDIENTS

- 2 boiled eggs
- 1 tbsp cottage cheese
- ½ avocado
- Salt, pepper and seasoning
- 1 slice sourdough, optional

METHOD

1. Mash the eggs, cottage cheese and avocado together.
2. Season to taste.
3. Spoon over toasted sourdough, or enjoy it as it is.

DANI'S LAZY TIP
Boil the eggs in advance and breakfast takes five minutes.
*Macros exclude the optional sourdough.

MAYO TUNA & EGG PITA

The meal I eat when I cannot be bothered.

8 MIN

466 KCALS

41G PROTEIN

EST.

INGREDIENTS

- 1 wholemeal pita
- 1 can of tuna, drained
- 2 boiled eggs
- 1 tbsp light mayonnaise

METHOD

1. Drain the tuna, then mix it with the chopped eggs and mayonnaise.
2. Warm or toast the pita.
3. Fill with the tuna mixture. And that's literally it.

DANI'S LAZY TIP
Boil eggs in advance and this takes two minutes.

CHEESY BEEF PITA

When I’m craving tacos but want it ready faster.

15 MIN

414 KCALS

44G PROTEIN

EST.

INGREDIENTS

- 1 wholemeal pita
- 150g 5% beef mince
- 25g reduced-fat cheese
- Taco seasoning
- Tomato purée

METHOD

1. Cook the beef with the seasoning and tomato purée.
2. Fill the pita and add the cheese.
3. Air fry until the pita is crisp and the cheese has melted.

DANI'S LAZY TIP
Season 500g mince at once and portion it for the week.

BEEF & COTTAGE CHEESE PITA

15 minutes, 42g protein and barely any effort.

15 MIN

390 KCALS

42G PROTEIN

EST.

INGREDIENTS

- 1 wholemeal pita
- 150g 5% lean beef mince
- 60g low-fat cottage cheese
- Taco seasoning (or your favourite seasoning)

METHOD

1. Cook and season the beef.
2. Fill the pita with beef and cottage cheese.
3. Toast or air fry until warm.

DANI'S LAZY TIP

Cook a larger batch of mince and keep individual portions in the fridge.

PESTO CHICKEN PITA

The 10-minute lunch I make on repeat.

10 MIN

490 KCALS

52G PROTEIN

EST.

INGREDIENTS

- 1 wholemeal pita
- 100g cooked chicken breast
- 70g low-fat cottage cheese
- 22.5g reduced-fat cheese
- 25g baby spinach
- 1½ tsp pesto

METHOD

1. Mix the cooked chicken, cottage cheese, spinach and pesto.
2. Fill the pita and add the cheese.
3. Air fry until the pita is golden and the cheese has melted.

DANI'S LAZY TIP

Use chicken you already cooked earlier in the week.

EGG SALAD PITA

Five minutes and lunch is sorted.

5 MIN

345 KCALS

25G PROTEIN

EST.

INGREDIENTS

- 1 wholemeal pita
- 2 boiled eggs
- 80g low-fat cottage cheese
- 1 tsp Dijon mustard
- Crispy chilli oil, to taste
- Salt and pepper

METHOD

1. Chop the eggs.
2. Mix with cottage cheese, mustard and seasoning.
3. Stuff the pita and finish with chilli oil.

DANI'S LAZY TIP
Make the filling the night before.

CHEESY CHICKEN SAUSAGE PITA

Crispy, cheesy and still very easy.

15 MIN

400 KCALS

33G PROTEIN

EST.

INGREDIENTS

- 1 wholemeal pita
- 3 chicken chipolatas, about 100g
- ½ red pepper and red onion
- 25g reduced-fat cheese
- 25g 0% Greek yoghurt
- 1 tsp sriracha

METHOD

1. Cook the chicken sausages with the pepper and onion, then slice.
2. Fill the pita and add the cheese.
3. Air fry until crisp, then drizzle with yoghurt and sriracha.

DANI'S LAZY TIP
Cook extra sausage filling and store it separately.

CHICKPEA & LENTIL SHAKSHUKA

Comforting, filling and not another chicken meal.

490 KCALS

37G PROTEIN

19G FIBRE

EST.

INGREDIENTS

- 150g chickpeas
- 100g cooked red split lentils
- 2 eggs
- Approximately 60g egg whites
- Paprika
- Cumin
- Salt and pepper
- Chilli powder

METHOD

1. Add the chickpeas and lentils to a pan and season with paprika, cumin, chilli powder, salt and pepper.
2. Make two wells in the mixture and crack in the eggs.
3. Pour the egg whites around the edges, cover and cook until the eggs are done to your liking.

DANI'S LAZY TIP

Use tinned lentils if you do not have any cooked.

SALMON & AVOCADO SALAD

Comforting, filling and not another chicken meal.

20 MIN

550 KCALS

35G PROTEIN

EST.

INGREDIENTS

- 1 salmon fillet
- 100g cucumber
- 60g tomatoes
- ½ avocado, sliced
- 120g chickpeas, drained
- 120g mushrooms
- 1 tbsp soy sauce

METHOD

1. Grill the salmon until cooked through.
2. Cook the mushrooms with the soy sauce.
3. Add the cucumber, tomatoes, avocado and chickpeas to a bowl. Top with the salmon and mushrooms.

DANI'S LAZY TIP

Cook an extra salmon fillet and keep it chilled for tomorrow's lunch.

CHICKEN, SWEET POTATO & VEGETABLES

The boring-looking meal that always does the job.

30 MIN

500 KCALS

55G PROTEIN

INGREDIENTS

- 150g chicken breast
- 100g carrots
- 150g sweet potato
- Broccoli, to serve
- Green beans, to serve

METHOD

1. Season the chicken and air fry for approximately 25 minutes, or until cooked through.
2. Meanwhile, peel and chop the carrots and sweet potato.
3. Steam or boil them with the broccoli and green beans until tender.

DANI'S LAZY TIP

Use frozen vegetables when the fridge is looking tragic.

BANANA CHOCOLATE COOKIE

The little chocolate snack I make for around 100 calories.

15 MIN

ABOUT 100 KCALS

EST.

INGREDIENTS

- 15g plain flour
- 15g banana, mashed
- 1 tsp zero-calorie brown sweetener, optional
- ½ square 85% dark chocolate, chopped
- Sea salt, to finish

METHOD

1. Mash the banana in a small bowl.
2. Mix in the flour and optional sweetener, then fold in the chocolate.
3. Shape into a cookie, sprinkle with sea salt and air fry at 180°C for 6 minutes.

DANI'S LAZY TIP

Perfect when you want one cookie, not a whole batch.



GREEK YOGHURT BERRY PROTEIN BOWL

When I need something sweet and protein immediately.

5 MIN

170 KCALS

20G PROTEIN

EST.

INGREDIENTS

- 100g 0% Greek yoghurt
- 50g strawberries
- 50g blueberries
- 15g vanilla protein powder
- Cinnamon, optional

METHOD

1. Add the yoghurt to a bowl.
2. Mix in the protein powder.
3. Top with the berries and cinnamon, if using.

DANI'S LAZY TIP
Frozen berries work perfectly.

THE LAZY MEAL FORMULA



Cooked chicken + microwave rice + frozen vegetables + pesto

Taco mince + pita + salad + yoghurt sauce

Greek yoghurt + fruit + protein powder + chocolate

CONVENIENCE FOODS ARE ALLOWED.
Honestly... that is often the whole point.

THE STAPLES I ALWAYS HAVE

PROTEIN

Eggs
Chicken
5% beef mince
Tuna
Greek yoghurt
Cottage cheese
Protein powder

CARBS

Wholemeal pitas
Oats
Sourdough
Sweet potatoes
Rice

FRUIT & VEG

Frozen berries
Bananas
Peppers
Onions
Frozen vegetables
Bagged salad

FLAVOUR

Pesto
Sriracha
Taco seasoning
Tomato purée
Dark chocolate

MEAL PREP WITHOUT SPENDING SUNDAY IN THE KITCHEN

01

Batch-cook one protein instead of seven complete meals.

02

Prepare taco mince for several pitas.

03

Boil eggs before you actually need them.

04

Keep frozen fruit and vegetables for low-effort days.

05

Portion leftovers before sitting down to eat.

06

Only prep things that genuinely save you time.

YOU DO NOT NEED A FRIDGE FULL OF IDENTICAL CONTAINERS TO BE ORGANISED.



OKAY... WHAT ARE YOU MAKING FIRST?

MAKE IT. TAG ME.

If you make one of these, tag me. I genuinely love seeing your versions.

Follow for realistic fitness, simple high-protein food and real life.

[@DANIFITSPIRATION](#)