



PRIME PHYSIQUE RECIPES

BREAKFAST

1. TASTY PORRIDGE




640 KCALS - 32g Prot - 80g Glu - 22g Lip


 **Ingredients:**


 Oat flakes: 50g


 Whole or plant milk: 250ml

 Sliced banana: 1 medium

 Dark chocolate: 10g

 Peanut butter: 15g

 Almonds: 10g

 1 scoop Whey from MYPROTEIN



Instructions:








- In a small saucepan, mix the oats with the milk. Use 2 parts liquid to 1 part oats.
- Heat over low heat, stirring regularly, until the mixture thickens.
- When the porridge is almost cooked, add the protein powder and mix well.
- Transfer the porridge to a bowl.
- Add the toppings of your choice: sliced banana, almonds, dark chocolate pieces and peanut butter.

2.CLASSIC BOWLCAKE



330 KCALS - 30g Prot - 40g Glu - 9g Lip

Ingredients

-  **Oat flakes: 40g**
-  **Whole egg: 1 (50g)**
-  **Whole or plant milk: 100ml**
-  **Skyr / Greek yogurt: 100g**
-  **Peanut butter: 15g**
-  **Sliced banana: 1 medium**
-  **Honey: 1 CaS**

Instructions:

- In a bowl, mix the egg, milk and skyr or Greek yogurt.
- Stir in rolled oats until well blended.

- Microwave for a few minutes. Keep an eye on it to make sure it doesn't puff up too much.
- Once cooked, add your favorite toppings.


3.PROTEIN PANCAKES



450 KCALS - 27g Prot - 66g Glu - 10g Lip


Ingredients:

 **Oat flakes: 50g**

 **Whole egg: 1 (50g)**

 **Whole milk: 100ml (1)**

 **Sliced banana: 1 medium**

 **1 scoop Nutrimuscle Whey protein**

Instructions:






- Place all ingredients in a blender.
- Blend until the batter is liquid enough to pour into a pan, but still thick enough to hold the pancakes together.
- Adjust the consistency if necessary by adding milk or rolled oats.
- Cook the pancakes in a hot pan until golden brown on both sides.

4.CHOCO BROWNIE



360 KCALS - 20g Prot - 64g Glu - 5g Lip

Ingredients:

-  rolled oats: 100g
-  2 ripe bananas (236g).
-  2 teaspoons cocoa powder (10g).
-  2 scoops whey (chocolate) (60g).
-  1 teaspoon peanut butter (5g).

 1 teaspoon baking powder (5g).

Instructions:

- Preheat your oven to 180-190°C.
- Mash the bananas in a bowl until smooth.
- Add the cocoa powder, whey, peanut butter and baking powder to the bowl. Mix until smooth.
- Pour the mixture into an oiled or parchment-lined baking dish.
- Bake for 20-25 minutes, or until the brownies are cooked through but still soft.
- Leave to cool before cutting into portions.

5.MASTODON SHAKER



750 KCALS - 40g Prot - 80g Glu - 30g Lip

Ingredients:

- 🥛 300ml whole milk
- 🍌 1 banana
- 🥜 2 tablespoons peanut butter
- 🥣 1 tablespoon rolled oats
- 🍯 1 tablespoon honey
- 🥛 1 scoop whey protein (vanilla or chocolate)
- 🥜 1 tablespoon cocoa powder (optional)

👨‍🍳 **Instructions:**


- Place all ingredients in a blender.
- Blend until smooth.
- Pour into a tall glass and enjoy.


6.PROTEIN FRENCH TOAST




600 KCALS - 35g Prot - 60g Glu - 20g Lip

Ingredients:

 2 slices wholemeal bread

 2 eggs

 100ml whole milk

 1 scoop whey protein (vanilla)

 1 tablespoon cinnamon

 1 tablespoon honey

 1 tablespoon butter

Instructions:






- Beat eggs, whole milk, whey protein and cinnamon in a bowl.
- Dip bread slices in mixture and cook in hot pan with butter until golden.
- Serve with a drizzle of honey.

7.CHEESY OMELETTE



500 KCALS - 30g Prot - 10g Glu - 35g Lip

Ingredients:

-  3 eggs
-  50g grated cheese (cheddar or mozzarella)
-  1/2 red bell pepper, diced
-  1/2 onion, thinly sliced
-  50g fresh spinach
-  1 tablespoon olive oil
-  salt, pepper

Instructions:

- Beat the eggs in a bowl with salt and pepper.
- Heat the olive oil in a frying pan and sauté the onion and bell pepper.
- Add spinach and cook until wilted.


- Pour the beaten eggs into the pan and cook until the omelette is almost set.
 - Add the grated cheese to one half of the omelette and fold in half.
 - Cook for a few more minutes until the cheese has melted.
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8.AVOCADO TOAST



450 KCALS - 10g Prot - 45g Glu - 25g Lip

Ingredients:

 2 slices wholemeal bread

 1 ripe avocado

 1 tablespoon lemon juice

 salt and pepper

 1 handful arugula



Instructions:

- Toast slices of wholemeal bread.
- Mash avocado with lemon juice, salt and pepper.
- Spread crushed avocado on toasted bread slices.
- Garnish with arugula.





9.SALTED



930 KCALS - 55g Prot - 67g Glu - 51g Lip



Ingredients:

-  **3 whole eggs**
-  **3 slices wholemeal bread**
-  **1 avocado**
-  **3 slices turkey**



Instructions:

- Lightly toast the slices of wholemeal bread in a toaster.
- Beat the eggs and cook them in a hot frying pan, according to your preference (scrambled or as an omelette).
- Mash the avocado and spread over the toasted bread slices.
- Spread the cooked eggs over the avocado.
- Add a slice of turkey to each slice of toast.





10.SALMON TOAST WITH FROMAGE FRAIS





450 KCALS - 30g Prot - 40g Glu - 15g Lip




Ingredients:

-  2 slices wholemeal bread
-  100g smoked salmon
-  50g low-fat fromage frais
-  1/2 red onion, thinly sliced

 1 handful arugula

 1 small cucumber, thinly sliced

 Fresh dill, chopped

 salt, pepper

Instructions:

- Toast the wholemeal bread.
- Spread low-fat fromage frais on each slice of bread.
- Arrange slices of smoked salmon on top.
- Add red onion slices, arugula and cucumber slices.
- Sprinkle with fresh dill, salt and pepper.

11. STRAWBERRY SHAKER INTENSE



930 KCALS - 55g Prot - 67g Glu - 51g Lip

Ingredients:



300ml whole milk



1 cup fresh or frozen strawberries



1 cup rolled oats



1 scoop MYPROTEIN vanilla whey



1 tablespoon honey



Instructions:

- Place all ingredients in a blender.
- Blend until smooth.
- Pour into a tall glass and enjoy immediately.

LUNCH / DINNER

1.THE CLASSIC



800 KCALS - 57g Prot - 49g Glu - 40g Lip

Ingredients:

-  150g rice (weighed raw).
-  200g beef (or red meat).
-  Green beans (adjust according to preference).
-  Garlic semolina, salt, pepper (adjust to taste).
-  Olive oil

Instructions :

- Prepare the rice: Rinse under cold running water, then cook in a pan of boiling salted water according to package instructions, or until tender. Drain.
- Heat a drizzle of olive oil in a frying pan over medium heat. Add the diced or sliced red meat and sear to your preferred doneness. Season with salt, pepper and garlic semolina while cooking.






- When the meat is almost cooked to your liking, add the green beans to the pan. Cook until the vegetables are tender but still crunchy.
- Serve the rice with the meat and green beans.

2.THE NORDIC



770 KCALS - 52g Prot - 68g Glu - 29g Lip

Ingredients:

-  150g pasta (weighed raw).
-  150g salmon (or chicken).
-  100-125g cottage cheese
-  Garlic, parsley, pepper (to taste).
-  1 banana (for dessert).

Instructions:


- Cook pasta according to package instructions until al dente. Drain and set aside.
 - In a frying pan, cook the salmon (or chicken), seasoned with garlic, parsley and pepper, until cooked through.
 - In the same pan, over very low heat, add the fromage blanc to the pasta and cooked salmon (or chicken). Gently toss to coat pasta and salmon (or chicken) with fromage blanc. Adjust seasoning if necessary.
 - Serve warm with a banana for dessert.
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3.THE ITALIAN




600 KCALS - 50g Prot - 40g Glu - 25g Lip

Ingredients:

 150g wholemeal pasta (weighed raw).

 150g ground beef

 Tomato sauce to taste

🧄 Garlic, parsley, pepper (to taste).

👨‍🍳 **Instructions:**

- Cook wholegrain pasta according to package instructions until al dente. Drain and set aside.
- In a frying pan, cook ground beef until well done. Add garlic, parsley and pepper for seasoning.
- When the beef is almost cooked, stir in the tomato sauce and continue cooking until the sauce is heated through.
- Serve the pasta topped with the ground beef sauce.

5. THE MEXICAN




560 KCALS - 50g Prot - 49g Glu - 15g Lip

🔪 **Ingredients:**

🍚 150g rice (weighed raw).

 150g chicken

 Green vegetables to taste

 Paprika, garlic, salt, pepper (to taste).

 Olive oil

Instructions:

- Cook the rice in a pot of boiling salted water until tender. Drain and set aside.
- In a preheated frying pan with a little olive oil, cook the chicken cut into pieces until golden brown and cooked through. Season with paprika, garlic, salt and pepper.
- Add the greens to the pan and cook with the chicken until tender.
- Serve the chicken and greens with the rice as a side dish.

6. THE FARMER



660 KCALS - 45g Prot - 50g Glu - 15g Lip

Ingredients:

 Sweet potatoes to taste

 150g beef

 Green beans to taste

 Paprika, garlic, olive oil

Instructions:


- Preheat your oven and prepare the sweet potatoes by brushing with olive oil and seasoning with paprika and garlic. Bake until tender.
 - Meanwhile, cook the beef to your liking in a frying pan with a little olive oil and season to taste.
 - Steam or pan-fry the green beans until tender.
 - Serve the sweet potatoes with the beef and green beans.
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7.LE MARIN





750 KCALS - 60g Prot - 80g Glu - 20g Lip


Ingredients:

 Pasta to taste (150g raw weight recommended for one portion).

 1 can tuna au naturel (approx. 100-150g drained).

 Fresh or frozen spinach to taste

 Olive oil, salt (adjust to taste).

 Cottage cheese (optional, to make the dish less dry).

Instructions:

Cook pasta according to package instructions until al dente. Drain and set aside.

Heat a little olive oil in a frying pan over medium heat. Add the spinach and sauté until tender. If you're using frozen spinach, make sure it's well thawed

and drained before adding it to the pan.

- Add the drained tuna to the spinach and mix gently. Heat for a few minutes.
- Add the cooked pasta to the pan with the tuna-spinach mixture. Mix well to coat the pasta. If the mixture seems dry, you can add a little fromage blanc to create a light sauce.
- Season with salt to taste. Serve hot.

Summer recipes :


1.GRILLED VEGETABLES & MEATS




1133 KCALS - 74g Prot - 48g Glu - 68g Lip


Ingredients:

 2 red/yellow peppers

 1 zucchini, sliced into rounds

 1 eggplant, sliced into rings

 200g chicken breast

 100g ground steak
5% fat


 1 red onion, quartered


 2 tablespoons olive oil

 1 teaspoon herbes de Provence


 salt and pepper

 2 tablespoons olive oil

 1 tablespoon lemon juice

 2 cloves garlic, chopped

 1 teaspoon paprika

 salt and pepper



Instructions:

To prepare the grilled vegetables:

- Mix the vegetables with the olive oil, herbes de Provence, salt and pepper.
- Arrange the vegetables on the plancha and cook, stirring often, until tender and lightly grilled.

To prepare the chicken skewer :

- Combine olive oil, lemon juice, garlic, paprika, salt and pepper in a bowl.
- Add chicken cubes and toss to coat.
- Thread the chicken onto a skewer and grill on the plancha, turning regularly, until cooked through.

Preparing the steak :











- Season steak with salt and pepper.
- Grill steak on the plancha for 3-5 minutes on each side, depending on desired doneness.

2.SALMON POKEBOWL



889 KCALS - 43g Prot - 57g Glu - 59g Lip

Ingredients:

-  150g fresh salmon
-  100g cooked rice
-  1 avocado
-  1 cucumber, thinly sliced
-  1 carrot, grated
-  1 tablespoon soy sauce
-  1/2 tablespoon sesame oil
-  1/2 tablespoon sesame seeds
-  1/2 tablespoon rice vinegar
-  salt, pepper



Instructions:

- Mix the salmon with the soy sauce, sesame oil, salt and pepper.
- Place basmati rice in a bowl.
- Add the marinated salmon, avocado, cucumber and grated carrot.
- Drizzle with rice vinegar and sprinkle with sesame seeds before serving.

3.AVOCADO CHICKEN SALAD




729 KCALS - 53g Prot - 33g Glu - 47g Lip



Ingredients:

- 200g chicken breast
- 1 avocado, diced
- 1 cucumber, thinly sliced
- 1 tomato, diced
- 1 handful arugula
- 1 tablespoon olive oil

 Juice of 1/2 lemon

 salt and pepper

Instructions:






- Grill the chicken breast on the barbecue or a la plancha until cooked through, then cut into slices.
- Mix avocado, cucumber, tomato and arugula in a large bowl.
- Add grilled chicken.
- Drizzle with olive oil and lemon juice.
- Season with salt and pepper before serving.

4.SHRIMP PASTA



678 KCALS - 44g Prot - 90g Glu - 19g Lip

Ingredients:

-  100g wholemeal pasta
-  150g shrimps, peeled and deveined
-  1 zucchini, sliced into rounds
-  1 red bell pepper, cut into strips
-  1 clove garlic, chopped
-  1 tablespoon olive oil
-  1/2 tablespoon lemon juice
-  1/2 teaspoon paprika
-  salt, pepper

Instructions:

- Cook pasta according to package instructions.
- Heat olive oil in a frying pan and sauté garlic, zucchini and red bell pepper.
- Add shrimp, lemon juice, paprika, salt and pepper, and cook until shrimp are lightly grilled.
- Toss cooked pasta with shrimp and vegetables before serving.

5.GRILLED CHICKEN WRAP



590 KCALS - 38g Prot - 48g Glu - 26g Lip

Ingredients:

-  1 whole-wheat tortilla
-  100g chicken breast, grilled and sliced
-  1/2 avocado, diced
-  30g feta cheese, crumbled
-  1/4 cucumber, thinly sliced
-  1/2 tomato, diced
-  1 tablespoon Greek yogurt
-  1 tablespoon lemon juice
-  1 handful arugula
-  salt and pepper



Instructions:

- Grill the chicken breast on the barbecue or plancha until cooked through, then cut into slices.
- Mix Greek yogurt and lemon juice, then season with salt and pepper.
- Reheat the whole-wheat tortilla.
- Spread the Greek yogurt mixture over the tortilla.
- Arrange chicken slices, avocado, feta cheese, cucumber, tomato and arugula on tortilla.
- Roll up to form a wrap.

SNACKS: MORNING / AFTERNOON / EVENING

1. THE POTION



400 KCALS - 25/30g Prot - 40/45g Glu - 20/25g Lip




Ingredients:




Almond milk: 250ml



Whey protein: 40g

 Banana: 1 medium

 Peanut butter: 20g

Instructions:


Protein shaker: almond milk (250ml), banana (1 medium), Whey (40g) , and a spoonful of peanut butter (20g).

2.SPEED YOGURT



350 KCALS - 15/20g Prot - 20/25g Glu - 20/25g Lip

Ingredients:

 Cottage cheese: 250g

 Handful of mixed nuts: 30g

Instructions:

- Cottage cheese (250g) with a handful of mixed nuts (30g).
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3.FRUITY YOGURT




250 KCALS - 20g Prot - 20g Glu - 10g Lip

Ingredients:

 Plain Greek yoghurt: 200g

 Fresh Berries: 100g

 Almonds: 15g

Instructions:


- Plain Greek yogurt (200g) mixed with fresh berries (100g) and almonds (15g).
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4.SPEED BAR



350 KCALS - 15/20g Prot - 20/25g Glu - 20/25g Lip

Ingredients:

 Protein bar: 30g

 Handful of mixed nuts: 30g

Instructions:

Protein bar (30g) with a handful of mixed nuts (30g).






CHEAT MEALS:

1. PIZZA'PROT



850 KCALS - 65g Prot - 90g Glu - 25g Lip

Ingredients:

-  1 full pizza base
-  150g chicken breast, cooked and minced
-  100g tomato sauce
-  100g grated mozzarella cheese
-  50g sliced mushrooms
-  1 tablespoon olive oil
-  Oregano for seasoning

Instructions:

- Preheat oven to 200°C.
- Spread tomato sauce over pizza base.
- Add chicken, mushrooms and mozzarella.


- Drizzle with olive oil and sprinkle with oregano.
- Bake in the oven for 15-20 minutes until the cheese is melted and golden brown.

2.CHIPOTLE BOWL




750 KCALS - 55g Prot - 85g Glu - 20g Lip

Ingredients:

 150g chipotle-seasoned grilled chicken

 100g cooked basmati rice

 50g black beans

 50g corn

 1 avocado, sliced

 1 handful fresh coriander

🌶️ 2 tablespoons salsa

👨‍🍳 **Instructions:**

- Arrange rice, chicken, beans, corn and avocado in a bowl.
- Garnish with fresh coriander and salsa.

3.CAESAR WRAP



700 KCALS - 50g Prot - 75g Glu - 25g Lip

🔪 **Ingredients:**

- 🥣 1 large whole-wheat tortilla
- 🍗 150g grilled chicken
- 🥬 50g romaine lettuce
- 🧀 30g grated Parmesan cheese

 2 tablespoons light Caesar sauce

Instructions:





- Top tortilla with chicken, lettuce, Parmesan and Caesar sauce.
- Roll up tortilla and cut in half before serving.

4 BULK BURRITO



800 KCALS - 60g Prot - 85g Glu - 25g Lip

Ingredients:

-  1 large whole-wheat tortilla
-  150g grilled chicken
-  100g cooked brown rice
-  50g black beans

🌽 50g corn

🥑 1 avocado, sliced

🧀 30g grated cheese

🌶️ 2 tablespoons salsa

🥛 1 tablespoon sour cream



Instructions:












- Heat tortilla in a frying pan.
- Add brown rice, grilled chicken, black beans, corn, sliced avocado, grated cheese and salsa.
- Roll tortilla into a burrito and serve with sour cream.

5.HOMEMADE BIG MAC



900 KCALS - 55g Prot - 70g Glu - 45g Lip

Ingredients:

-  200g ground beef
-  2 slices cheddar cheese
-  1 wholemeal burger bun + 1 middle slice
-  1 tablespoon mayonnaise
-  1 tablespoon sweet relish
-  1 teaspoon mustard
-  1 tablespoon ketchup
-  1/2 onion, finely chopped
-  1 handful finely chopped lettuce
-  3 slices gherkin
-  salt and pepper

Instructions:

- Mix mayonnaise, sweet relish, mustard and ketchup to make the special sauce.
- Season minced meat with salt and pepper, forming two small steaks.
- Heat a frying pan and cook the steaks over medium heat until cooked to your liking.
- Add a slice of cheddar cheese to each steak and cover the pan to melt the cheese.
- Lightly toast the burger bun.
- Spread the base of the burger bun with the special sauce, add a handful of lettuce, chopped onions and the pickle slices.
- Add the first steak with melted cheese, then the middle slice of burger bun.

Repeat with special sauce, lettuce, onions, pickles and second steak with melted cheese.


Close the burger with the top of the burger bun and serve immediately.

6.GRILLED CHEESE SANDWICH



900 KCALS - 50g Prot - 80g Glu - 45g Lip


Ingredients:


 3 slices wholemeal bread

 2 slices cheddar cheese

 2 slices bacon

 1 handful fresh spinach

 1 tomato, thinly sliced

 1 medium onion, thinly sliced

 1 tablespoon mustard

 100g romaine lettuce or salad mix

 1/2 cucumber, thinly sliced

 1 carrot, grated

 1 tomato, quartered

 1 tablespoon balsamic vinegar

 2 tablespoons olive oil

1 tablespoon mayonnaise

 salt, pepper

 2 tablespoons butter

 1 tablespoon olive oil

 salt and pepper

Instructions:

- Butter one side of each slice of wholemeal bread (the outside will be used for baking).
 - On the unbuttered side of two slices of bread, spread a thin layer of mustard and/or mayonnaise (optional).
 - Place a slice of cheddar cheese on top and bottom bread.
 - Add bacon slices, fresh spinach, tomato slices and golden onions.
 - Cover with the third slice of bread, buttered side out.
 - Heat a frying pan over medium heat and place the sandwich on top.
 - Cook sandwich for 3-4 minutes on each side, until bread is golden and cheese is melted.
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