



25 YUMMY
AND
SIMPLE
MEAL
RECIPIES



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Welcome to your High-Protein Quick Meals guide. This handbook offers simple, nutritious recipes that are easy to prepare. Each meal delivers approx. 40% protein to support your fitness and nutrition goals.

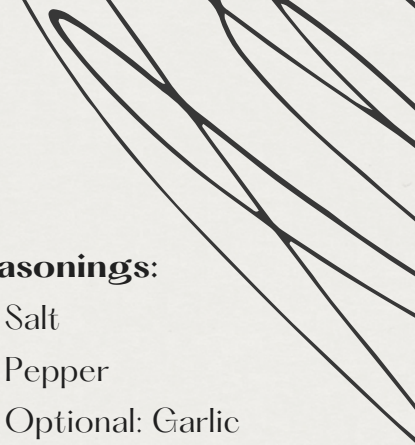
The whole idea is to make these meals simple, stress-free and not overwhelming.

The most ideal way to go about meal prepping is to cook in batches. You will find yourself eating the same stuff for a few days but that's ok! You want to start ritualizing preparing your meals. Considering you even opening this handbook means you know you can benefit from meal prepping.

TIPS!

- Batch Cooking: Cook proteins in bulk to save time. Store portions for future meals.
- Storage: Use airtight containers for freshness.
- Variety: Mix ingredients from different recipes for new flavors.

GROCERY LIST



Vegetables:

- Romaine Lettuce
- Mixed Veggies
- Asparagus
- Spinach: 15 cups

Fruits:

- Banana: 10
- Blueberry: 2.5 cups
- Raspberry: 2.5 cups

Seasonings:

- Salt
- Pepper
- Optional: Garlic powder, soy sauce

Proteins:

- Ground Beef 85/15
- Ground Turkey 85/15
- Chicken Breast: 2.5 lbs
- Chicken Thigh: 2.5 lbs

Grains & Fiber:

- White Rice:
- Oatmeal: 5 cups
- Tortilla Wrap

Others:

- Eggs:
- Protein Powder: [Purchase our Protein Here](#)
- Peanut Butter





BREAKFAST

Protein Oatmeal

- Oatmeal: 1 cup
- Protein powder: 1 scoop
- Blueberries: 1/2 cup
- Seasoning: Dash of cinnamon (optional)
- Protein: ~30g
- Calories: ~300

Instructions: Cook oatmeal with a dash of cinnamon, stir in protein powder, top with blueberries.



Peanut Butter and Banana Wrap

- Tortilla wrap: 1
- Peanut butter: 2 tbsp
- Banana: 1
- Protein: ~10g
- Calories: ~350

Instructions: Spread peanut butter on tortilla, add banana slices, roll.



Berry Protein Shake

- Protein powder: 1 scoop
- Blueberries: 1/2 cup
- Raspberries: 1/2 cup
- Protein: ~25g
- Calories: ~220

Instructions: Blend protein powder with berries and water.



Scrambled Egg with Spinach

- Eggs: 3
- Spinach: 1 cup
- Seasoning: Salt and pepper to taste
- Protein: ~21g
- Calories: ~210

Instructions: Scramble eggs with spinach, season.



Protein Powder and Blueberry Tortilla

- Tortilla wrap: 1
- Protein powder: 1 tbsp (mixed with a little water to create a paste)
- Blueberries: 1/2 cup
- Protein: ~15g
- Calories: ~200

Instructions: Spread protein paste on tortilla, add blueberries, roll.



Raspberry Oatmeal

- Oatmeal: 1 cup
- Raspberries: 1/2 cup
- Seasoning: Dash of cinnamon (optional)
- Protein: ~7g
- Calories: ~180

Instructions: Cook oatmeal with cinnamon, top with raspberries.



Spinach Blueberry Protein Shake

- Spinach: 1 cup
- Blueberries: 1/2 cup
- Protein powder: 1 scoop
- Protein: ~30g
- Calories: ~200

Instructions: Blend all ingredients with water until smooth.



Spinach Egg Wrap

- Tortilla wrap: 1
- Eggs: 2
- Spinach: 1/2 cup
- Seasoning: Salt and pepper to taste
- Protein: ~18g
- Calories: ~240

Instructions: Scramble eggs with spinach, season, place in tortilla wrap.



Peanut Butter Protein Shake

- Protein powder: 1 scoop
- Peanut butter: 2 tbsp
- Protein: ~30g
- Calories: ~270
- Instructions: Blend protein powder with peanut butter and water.



A top-down view of a white plate containing a healthy meal. The plate is filled with several slices of grilled salmon, showing a golden-brown sear and visible grill marks. Mixed with the salmon are fresh green spinach leaves and sliced cherry tomatoes. The word "LUNCH" is printed in large, white, bold, sans-serif capital letters across the center of the image, partially overlapping the food. The background is a light-colored, textured surface.

LUNCH

Ground Turkey Lettuce Wrap

- Ground turkey 85/15: 4 oz
- Romaine lettuce: 4 leaves
- Seasoning: Salt, pepper, and garlic powder to taste
- Protein: ~22g
- Calories: ~200

Instructions: Cook ground turkey with seasonings until browned. Place in romaine lettuce leaves.



Chicken Breast Salad

- Chicken breast: 4 oz
- Spinach: 1 cup
- Raspberries: 1/2 cup
- Seasoning: Salt and pepper to taste
- Protein: ~30g
- Calories: ~190

Instructions: Grill seasoned chicken breast. Slice and mix with spinach and raspberries.



Rice and Ground Beef Bowl

- Ground beef 85/15: 4 oz
- White rice: 1/2 cup (cooked)
- Mixed veggies: 1/2 cup
- Seasoning: Soy sauce or salt and pepper to taste
- Protein: ~24g
- Calories: ~350

Instructions: Brown the ground beef with seasonings. Mix with cooked white rice and steamed mixed veggies.



Chicken Thigh Romaine Salad

- Chicken thigh: 4 oz
- Romaine lettuce: 1 cup
- Mixed veggies: 1/2 cup
- Seasoning: Salt and pepper to taste
- Protein: ~20g
- Calories: ~230

Instructions: Grill seasoned chicken thigh. Chop and mix with romaine lettuce and mixed veggies.



Turkey and Rice Bowl

- Ground turkey 85/15: 4 oz
- White rice: 1/2 cup (cooked)
- Spinach: 1/2 cup
- Seasoning: Soy sauce or salt and pepper to taste
- Protein: ~22g
- Calories: ~280

Instructions: Cook ground turkey with seasonings. Serve over rice with sautéed spinach.



Chicken Spinach Wrap

- Chicken breast: 4 oz
- Tortilla wrap: 1
- Spinach: 1/2 cup
- Seasoning: Salt and pepper to taste
- Protein: ~30g
- Calories: ~320

Instructions: Grill seasoned chicken, slice and place in tortilla with spinach.



Beef and Spinach Tortilla Wrap

- Ground beef 85/15: 4 oz
- Tortilla wrap: 1
- Spinach: 1/2 cup
- Seasoning: Salt and pepper to taste
- Protein: ~24g
- Calories: ~340

Instructions: Cook ground beef with seasonings, place in tortilla with spinach.



Chicken and Veggie Wrap

- Chicken thigh: 4 oz
- Tortilla wrap: 1
- Mixed veggies: 1/2 cup
- Seasoning: Salt and pepper to taste
- Protein: ~20g
- Calories: ~270

Instructions: Grill seasoned chicken thigh, slice and place in tortilla with steamed veggies.



Turkey and Veggie Salad

Ground turkey 85/15: 4 oz

Spinach: 1 cup

Mixed veggies: 1/2 cup

Seasoning: Salt and pepper to taste

Protein: ~22g

Calories: ~220

Instructions: Cook ground turkey with seasonings, mix with spinach and steamed veggies.



Rice and Chicken Thigh Bowl

- Chicken thigh: 4 oz
- White rice: 1/2 cup (cooked)
- Spinach: 1/2 cup
- Seasoning: Soy sauce or salt and pepper to taste
- Protein: ~20g
- Calories: ~260

Instructions: Grill seasoned chicken thigh. Serve over rice with sautéed spinach





DINNER

Chicken Thigh and Asparagus

- Chicken thigh: 4 oz
- Asparagus: 1/2 cup
- Seasoning: Salt, pepper, and garlic powder to taste
- Protein: ~20g
- Calories: ~220

Instructions: Grill seasoned chicken thigh. Steam or grill asparagus until tender.



Chicken & Spinach

- Chicken breast: 4 oz
- Spinach: 1 cup
- Seasoning: Salt and pepper to taste
- Protein: ~30g
- Calories: ~200

Instructions: Grill seasoned chicken breast. Serve with sautéed spinach.



Ground Turkey Stir-fry

- Ground turkey 85/15: 4 oz
- Mixed veggies: 1/2 cup
- Spinach: 1 cup
- Seasoning: Soy sauce and pepper to taste
- Protein: ~22g
- Calories: ~290

Instructions: Cook ground turkey, and saute spinach & veggies in soy sauce and spices.



Chicken stir-fry

- Grilled chicken: 4 oz
- Mixed veggies: 1/2 cup
- Spinach: 1 cup
- Seasoning: Soy sauce and pepper to taste
- Protein: ~22g
- Calories: ~290

Instructions: Cook grilled chicken, and saute spinach & veggies in soy sauce and spices.



Chicken Thigh and Rice

- Chicken thigh: 4 oz
- White rice: 1/2 cup (cooked)
- Seasoning: Soy sauce or salt and pepper to taste
- Protein: ~20g
- Calories: ~250

Instructions: Grill seasoned chicken thigh. Serve over cooked rice.



Ground Chicken Lettuce Wrap

- Ground chicken 85/15: 4 oz
- Romaine lettuce: 4 leaves
- Seasoning: Salt, pepper, and garlic powder to taste
- Protein: ~22g
- Calories: ~200

Instructions: Cook ground chicken with seasonings until browned. Place in romaine lettuce leaves.





HAPPY COOKING!

Nutrition is key. These recipes aim to be nutritious and delicious. Adjust servings as needed and consult with a nutrition professional for guidance.

Enjoy!

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