



High Protein Recipe Pack

Discover the collection of simple high-protein recipes, including breakfast, lunch, dinner, treats and smoothie options.

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

Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				Meal Out - Enjoy!
Sun				

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds & Spices	Cans, Condiments, Misc
Fruits	Fish, Seafood	Grains	Oils
•	•	•	•
•		•	•
•		•	
•	•	•	Cans, Condiments
•			•
•		Nuts, Seeds	•
•	Meats	•	•
	•	•	•
Vegetables	•	•	•
•	•	•	
•	•		
•	•	Spices	Sweeteners
•	Dairy	•	•
•	•	•	
•	•	•	Misc, Other
•	•	•	•
•	•	•	•
•	•	•	•
•	Non-Dairy	Baking	
•	•	•	
•	•	•	
•	•		
•			
Herbs			
•			
•			
Frozen			
•			

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				Meal Out - Enjoy!
Sun				



Weekly Shopping List for Meal Plan 02

Fruits, Vegetables	Meat, Dairy, Non-Dairy	Grains, Seeds, Spices	Cans, Condiments, Misc
Fruits	Fish, Seafood	Grains	Oils
•	•	•	•
•		•	•
•		•	•
•			
	Meats	Spices	Cans, Condiments
Vegetables	•	•	•
•	•	•	•
•	•	•	•
•	•		•
•		Nuts, Seeds	•
•	Dairy	•	•
•	•	•	•
•			•
•	Non-Dairy		
•	•		Sweeteners
•	•		•
•			•
•			
•			Misc, Other
•			•
			•
Frozen			•
•			
•			
Herbs			
•			
•			
•			



Spanish Zucchini Tortilla

Serves 2

What you need to do

GF	DF	MP	HP	V
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	377	22	22	21

*Nutrition per serving



Omelet Wraps

Serves 4

What you need to do

GF	DF	LC	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20

*Nutrition per serving



Egg & Turkey Stuffed Peppers

Serves 4

What you need to do

GF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	329	12	11	43

*Nutrition per serving



Smoked Fish, Feta & Asparagus Omelet

Serves 2

What you need to do

Pro Tip: The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

GF	LC	MP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	302	21	6	20

*Nutrition per serving



High Protein Blueberry Pancakes

Serves 1

What you need to do

GF	LC	HP	V	Q	N
----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36

*Nutrition per serving



Eggs Fried On Tomatoes With Tuna

Serves 1

What you need to do

Tips:

- Replace tuna with feta or Gorgonola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	307	15	8	32

*Nutrition per serving



Summer Smoothie Protein Bowl

Serves 2

What you need to do

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

GF	V	Q
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	252	5	36	18

*Nutrition per serving



Spinach Shakshuka

Serves 2

What you need to do

GF	DF	LC	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	321	22	19	24

*Nutrition per serving



Tuna Salad

Serves 2

What you need to do

GF	DF	LC	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	286	9	14	38

*Nutrition per serving



Chicken, Orange & Walnut Salad

Serves 2

What you need to do

GF	DF	HP	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	458	20	47	28

*Nutrition per serving



Hake & Peach Salad

Serves 2

What you need to do

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	15 mins	416	25	21	33

*Nutrition per serving



Tuna & Broccoli Salad With Honey Vinaigrette

Serves 2

What you need to do

HP	Q
----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	328	14	26	21

*Nutrition per serving



Grilled Chicken & Pineapple Salad

Serves 2

What you need to do

Vegetarian Option: Replace the grilled chicken with fried or baked tofu or feta cheese.

GF	DF	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	13 mins	356	16	34	27

*Nutrition per serving



Waldorf Chicken Salad

Serves 2

What you need to do

Vege Option: Instead of chicken add tofu.

GF	MP	HP	Q	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	354	16	33	20

*Nutrition per serving



Tuna & Quinoa Toss Salad

Serves 2

What you need to do

GF	MP	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	399	11	41	37

*Nutrition per serving



Salmon & Couscous Salad

Serves 2

What you need to do

Note: Salmon is expensive and can therefore be replaced with beef strips, pork strips, chicken breast, turkey or hake.

MP	HP	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	516	29	29	36

*Nutrition per serving



Miso Salmon With Zucchini Noodles

Serves 2

What you need to do

Note: Salmon is expensive and can therefore be replaced with any other affordable meat option you prefer.

GF	DF
----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	496	30	27	29

*Nutrition per serving



Moroccan Chicken & Bulgur Salad

Serves 2

What you need to do

DF	HP				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
35 mins	15-25 mins	447	18	42	34

*Nutrition per serving



Turkey & Broccoli Stir Fry

Serves 2

What you need to do

GF	DF	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10mins	20 mins	494	16	56	42

*Nutrition per serving



Baked Fish With Noodles & Quinoa

Serves 2

What you need to do

GF	DF	LC	HP	Q
----	----	----	----	---

Prep	Chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	15 mins	487	28	19	38

*Nutrition per serving



Chicken Thighs With Hoisin Rice

Serves 8

What you need to do

GF	DF	LC	MP	HP	N
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	50 mins	336	15	16	29

*Nutrition per serving



Chinese Pork Stir-Fry With Pineapple

Serves 4

What you need to do

GF	DF	MP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	303	11	22	28

*Nutrition per serving



Slow Cooker Chicken Fajitas

Serves 8

What you need to do

Suggested serving (not included in nutrition info): tortillas, cream, guacamole, coriander

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	3-4 hrs	183	3	12	28

*Nutrition per serving



Creamy Chicken, Mushroom & Tomato Pasta

Serves 3

What you need to do

DF	MP
----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	385	14	26	35

*Nutrition per serving



Cajun Beef & Veg Rice

Serves 3

What you need to do

GF	DF	MP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	503	13	55	40

*Nutrition per serving



Chinese Style Shrimps & Veg

Serves 3

What you need to do

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	436	11	63	22

*Nutrition per serving



Zesty Turkey Meatballs With Couscous Salad

Serves 4

What you need to do

MP	HP
----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	30 mins	429	8	52	42

*Nutrition per serving



Honey & Lime Glazed Salmon With Pineapple Rice

Serves 4

What you need to do

GF	DF	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.05 hrs	35 mins	643	24	68	35

*Nutrition per serving



Simple Chicken Curry With Saffron Rice

Serves 4

What you need to do

Tip: Rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.

GF	DF	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10-15 mins	30-45 mins	531	22	47	36

*Nutrition per serving



One Pot Turkey Chili With Rice

Serves 4

What you need to do

Dairy free option: cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	295	9	21	31

*Nutrition per serving



Baked Salmon Tray With Rice & Tomatoes

Serves 4

What you need to do

GF	MP	HP
----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30 mins	476	19	44	31

*Nutrition per serving



Mexican Fried Rice

Serves 4

What you need to do

Pro Tip: To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25-30 mins	360	16	32	24

*Nutrition per serving



Beef & Green Beans Pasta In Soy Sauce

Serves 2

What you need to do

DF	MP	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	491	12	53	44

*Nutrition per serving



Chicken & Mango Stir Fry

Serves 4

What you need to do

GF	DF	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	308	9	31	29

*Nutrition per serving



Salmon Teriyaki With Green Beans & Sweetcorn Rice

Serves 4

What you need to do

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.10 hrs	15 mins	507	19	40	45

*Nutrition per serving



Chicken Orange Stir Fry

Serves 4

What you need to do

GF	DF	MP	HP				
Prep		Cook		Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins		25 mins		397	7	53	34

*Nutrition per serving



Pesto Pasta With Tuna & Almonds

Serves 4

What you need to do

GF	DF	Q	N
----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	512	16	69	24

*Nutrition per serving



Sweet & Sour Pork Stir-Fry

Serves 4

What you need to do

Note: This dish is also very tasty with chicken breast or chicken thighs.

GF	DF	Q
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	446	16	52	22

*Nutrition per serving



Pepper Steak

Serves 4

What you need to do

GF	DF	LC	MP	HP
----	----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	187	6	12	22

*Nutrition per serving



Quick & Easy Meatballs

Serves 4

What you need to do

GF	DF	LC	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	309	14	9	36

*Nutrition per serving



Quick Beef Chow Mein

Serves 4

What you need to do

DF	MP	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	325	10	33	28

*Nutrition per serving



Simple Chili & Sweet Potato Chips

Serves 4

What you need to do

GF	DF	MP	HP
----	----	----	----

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	382	16	33	29

*Nutrition per serving



Cherry Sorbet

Serves 4

What you need to do

GF	DF	V
----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	109	1	24	2

*Nutrition per serving



Protein Fruit Bowls

Serves 4

What you need to do

V	Q
---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	250	4	30	25

*Nutrition per serving



Matcha Chia Pudding

Serves 2

What you need to do

GF	DF	LC	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
overnight	0 mins	275	9	19	23

*Nutrition per serving



Raspberry Protein Smoothie

Serves 1

What you need to do

GF	HP	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	331	12	25	29

*Nutrition per serving



Green Glow Protein Smoothie

Serves 1

What you need to do

Note: The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).

GF	HP	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	350	12	34	29

*Nutrition per serving



Vanilla & Coffee Protein Smoothie

Serves 2

What you need to do

GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26

*Nutrition per serving



Antioxidant Blueberry Protein Smoothie

Serves 1

What you need to do

GF	LC	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving



Cinnamon Roll Protein Smoothie

Serves 2

What you need to do

GF	HP	V	Q	N
----	----	---	---	---

255	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	255	3	35	22

*Nutrition per serving