

# HIGH PROTEIN RECIPE BOOK

HIGH PROTEIN EASY TO MAKE RECIPES



*JuliaFitElite*

# WELCOME

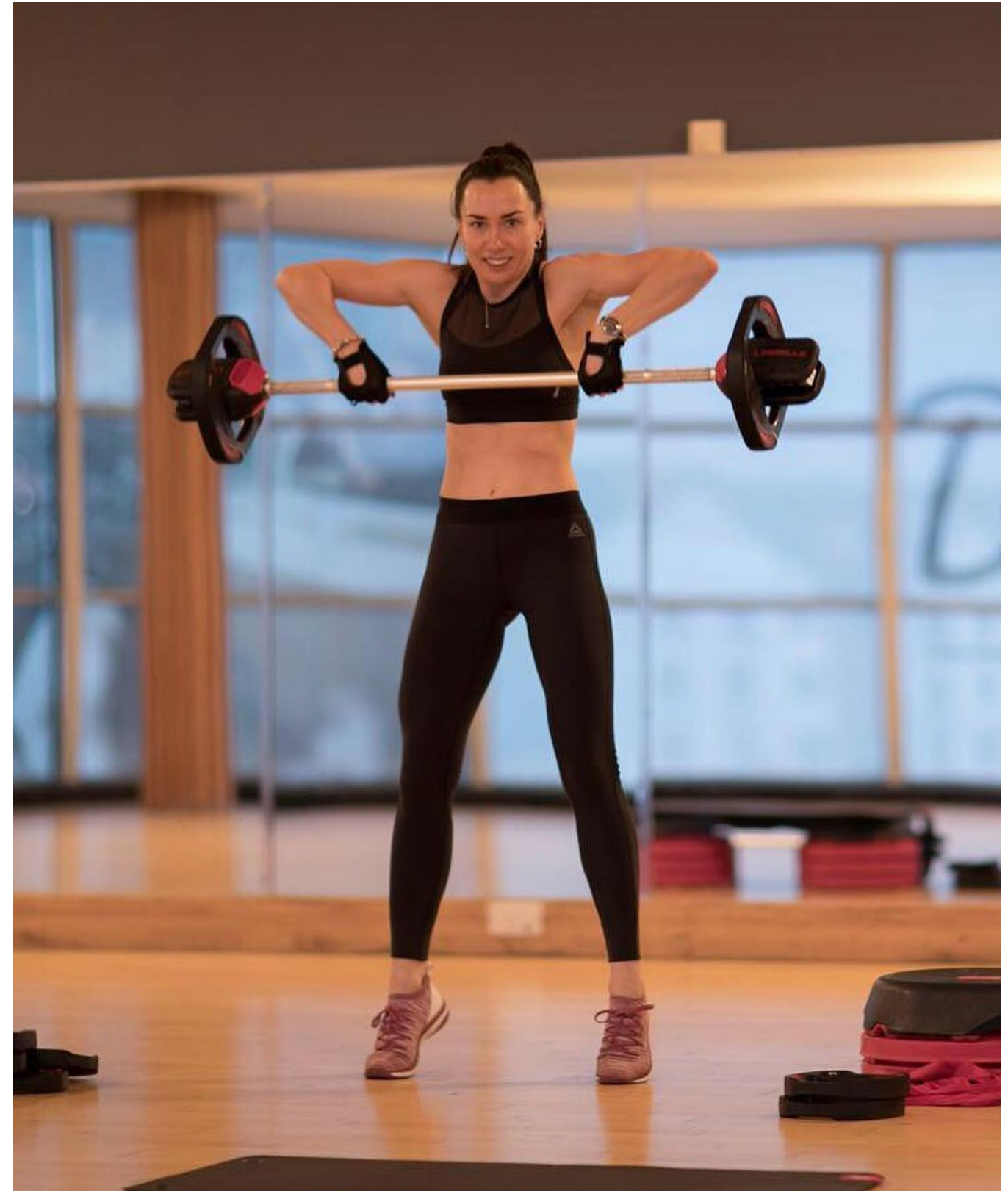
Hi, I'm Julia.

My name is Julia and I believe living a healthy lifestyle begins with maintaining a strong and fit body.

My aim is to help you identify your fitness goals, design an exercise program that fits your needs and guide you through every exercise, every workout.

My holistic approach to fitness and health will have you feeling great and seeing results in no time.

*Julia Joules*



# MEDICAL DISCLAIMER

This recipe book is not designed to replace any advice given to you by a medical practitioner or registered dietician.

All recipes within this book are for information purposes only. If you choose to make a recipe within this book, then you are doing so at your own risk. Please check all the ingredients first to ensure you are not allergic to any of them.

If you think there is any part of the book that might have a negative impact on your health, then please consult a doctor before starting.

# STAND OUT FEATURES

There are some cool features in this recipe book that will make it easy for you to cook the dishes and also track your food.

## RECIPE VIDEOS

All the recipes in the book come with a short video showing you how to cook them. Click the play button on each page to watch the video.



## TRACKING YOUR FOOD

If you want to keep track of your macronutrients and calories, then all you have to do is scan the barcode on each recipe in your MyFitnessPal™ App and voila.



# EGGS ROYALE

(Per Serving) Calories **390** / Carbs **18g** / Protein **30g** / Fat **22g**

For a simple yet sophisticated breakfast, brunch or lunch, you can't beat Eggs Royale. Buttery avocado goes so well with the silky smooth smoked salmon and a perfectly poached egg. Great for helping you to build muscle and lose weight.

WATCH NOW



Serves **2**  
Prep Time **5 mins**  
Cook Time **5 mins**

## INGREDIENTS

**2 Wholegrain Seeded Bread Slices**

**Pinch of Salt**

**1 tsp Vinegar**

**4 Medium Eggs**

**1 Avocado**

**100g Smoked Salmon**

## HOW TO COOK IT

Put the water on the heat and bring to the boil.

Place the bread in the toaster and toast.

Add a pinch of salt and a tsp of vinegar to the boiling water.

Create a swirl in the water and then quickly crack the eggs, add them to the water.

Cook the eggs for 90 to 120 secs then remove from the water.

Halve the avocado, remove the stone and mash both halves of the avocado.

Spread the mashed avocado over both slices of toast.

Place the smoked salmon on top of the avocado.

Place the cooked eggs on top of the salmon and serve.

## DIETICIAN'S NOTES

Higher protein breakfasts (25-30 grams of protein) are a great choice if your goal is weight loss, as they stave off hunger for longer than cereal based meals.



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# RED PEPPER AND CHICKEN TRAY BAKE

(Per Serving) Calories **620** / Carbs **34g** / Protein **49g** / Fat **32g**

*Indulge in this tasty one-pan roast chicken supper with lemon, cumin, paprika, coriander and other North African flavours. High in protein and low in saturated fat, this delicious traybake is a real mid-week lifesaver helping you save time and avoid stress.*

WATCH NOW 

Serves **2**  
Prep Time **10 mins**  
Cook Time **40 mins**

## INGREDIENTS

1 tsp Lemon Zest  
1 Lemon (Juiced)  
1 tsp Smoked Paprika  
½ tsp Cumin  
½ tsp Fennel Seeds  
3 tbsp Olive Oil  
350g Chicken Thighs  
(skinless & boneless)  
250g New Potatoes  
(cut into quarters)  
100g Onion  
100g Red Pepper  
Salt & Pepper  
100g Broccoli  
2 tbsp Greek Yogurt  
Coriander  
(roughly chopped)

## HOW TO COOK IT

Preheat oven to 200° C.

In a small mixing bowl add lemon zest, lemon juice, paprika, cumin, fennel seeds and olive oil. Mix it together and put to one side.

In a large mixing bowl, add skinless and boneless chicken thighs, new potatoes, onion and peppers.

Pour the mixture from the small mixing bowl in to the big mixing bowl, add salt and pepper and mix until all the chicken and vegetables are coated.

Put the mixture on to a baking tray and place in the preheated oven for 20 minutes.

Remove from the oven, stir and place back into the oven for a further 20 minutes.

Meanwhile, prepare the broccoli in boiling water (cook for between 3 and 5 minutes).

Plate up the food and add a tablespoon of Greek yogurt to each dish.

Sprinkle coriander over the top before serving.

**Tip: Lower the calories and fat per serving by reducing the Olive Oil to 2 tbsp (instead of 3 tbsp). New Macros would be:**  
(Per Serving) Calories **559** / Carbs **34g** / Protein **49g** / Fat **25g**

## DIETICIAN'S NOTES

*Using olive oil in cooking is a great habit - it's rich in monounsaturated fats, which are linked with a lower risk of heart disease. You'll also score two of your five-a-day with this dish.*



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