

HIGH PROTEIN RECIPE PACK

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

www.theperrymount.com



TABLE OF CONTENTS

1	SPANISH ZUCCHINI TORTILLA
2	OMELET WRAPS
3	EGG & TURKEY STUFFED PEPPERS
4	SMOKED SALMON, FETA & ASPARAGUS OMELET
5	HIGH PROTEIN BLUEBERRY PANCAKES
6	EGGS FRIED ON TOMATOES WITH TUNA
7	SUMMER SMOOTHIE PROTEIN BOWL
8	SPINACH SHAKSHUKA
9	SALMON TARTAR WITH AVOCADO AND MANGO
10	TUNA SALAD LETTUCE WRAPS
11	CHICKEN, ORANGE AND WALNUT SALAD
12	SALMON & PEACH SALAD

13	TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE
14	GRILLED CHICKEN & PINEAPPLE SALAD
15	WALDORF CHICKEN SALAD
16	TUNA & QUINOA TOSS SALAD
17	SALMON & COUSCOUS SALAD
18	POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE
19	MISO SALMON WITH ZUCCHINI NOODLES
20	MOROCCAN COD & BULGUR SALAD
21	TURKEY & BROCCOLI STIR FRY
22	BAKED SALMON WITH ZOODLES & QUINOA
23	CHICKEN THIGHS WITH HOISIN RICE
24	CHINESE PORK STIR-FRY WITH PINEAPPLE

TABLE OF CONTENTS

25	SLOW COOKER CHICKEN FAJITAS
26	CREAMY CHICKEN, MUSHROOM & TOMATO PASTA
27	CAJUN BEEF & VEG RICE
28	CHINESE STYLE SHRIMPS & VEG
29	ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD
30	HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE
31	SIMPLE CHICKEN CURRY WITH SAFFRON RICE
32	ONE POT TURKEY CHILI WITH RICE
33	BAKED SALMON TRAY WITH RICE & TOMATOES
34	MEXICAN FRIED RICE
35	BEEF & GREEN BEANS PASTA IN SOY SAUCE
36	CHICKEN & MANGO STIR FRY

37	SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE
38	CHICKEN ORANGE STIR FRY
39	PESTO PASTA WITH TUNA & ALMONDS
40	SWEET AND SOUR PORK STIR-FRY
41	PEPPER STEAK
42	QUICK & EASY MEATBALLS
43	QUICK BEEF CHOW MEIN
44	SIMPLE CHILLI & SWEET POTATO CHIPS
45	CHERRY SORBET
46	PROTEIN FRUIT BOWLS
47	MATCHA CHIA PUDDING
48	RASPBERRY PROTEIN SMOOTHIE









TABLE OF CONTENTS

49	GREEN GLOW PROTEIN SMOOTHIE
50	VANILLA & COFFEE PROTEIN SMOOTHIE
51	ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE
52	CINNAMON ROLL PROTEIN SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

WEEKLY MEAL PLANNER 01



MONDAY

BREAKFAST

Spanish Zucchini
Tortilla

LUNCH

Chicken Orange &
Walnut Salad

SNACK

E.g. Cinnamon
Roll Protein
Smoothie, Protein
Fruit Bowls

DINNER

Chinese Pork Stir-
Fry with Pineapple

TUESDAY

BREAKFAST

Omelet Wraps

LUNCH

Tuna & Broccoli
Salad with Honey
Vinaigrette

SNACK

E.g. Cinnamon Roll
Protein Smoothie,
Protein Fruit Bowls

DINNER

Baked Salmon
Tray with Rice &
tomatoes

WEDNESDAY

BREAKFAST

Egg & Turkey
Stuffed Peppers

LUNCH

Leftover Baked
Salmon Tray with
Rice & tomatoes

SNACK

E.g. Cinnamon
Roll Protein
Smoothie, Protein
Fruit Bowls

DINNER

Beef & Green
Beans Pasta in
soy sauce

THURSDAY

BREAKFAST

Omelet Wraps

LUNCH

Chicken Orange &
Walnut Salad

SNACK

E.g. Cinnamon
Roll Protein
Smoothie, Protein
Fruit Bowls

DINNER

Leftover Beef &
Green Beans
Pasta in soy sauce

FRIDAY

BREAKFAST

Egg & Turkey
Stuffed Peppers

LUNCH

Tuna & Broccoli
Salad with Honey
Vinaigrette

SNACK

E.g. Cinnamon
Roll Protein
Smoothie, Protein
Fruit Bowls

DINNER

Waldorf Chicken
Salad

SATURDAY

BREAKFAST

Cinnamon Roll
Protein Smoothie

LUNCH

Leftover Waldorf
Chicken Salad

SNACK

E.g. Cinnamon Roll
Protein Smoothie,
Protein Fruit Bowls

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Spanish Zucchini
Tortilla

LUNCH

Cinnamon Roll
Protein

SNACK

E.g. Cinnamon Roll
Protein Smoothie,
Protein Fruit Bowls

DINNER

Chinese Pork Stir-
Fry with Pineapple

WEEKLY MEAL PLANNER 02



MONDAY

BREAKFAST

High Protein
Blueberry
Pancakes

TUESDAY

BREAKFAST

Eggs Fried On
Tomatoes with
Tuna

WEDNESDAY

BREAKFAST

Eggs Fried On
Tomatoes with
Tuna

THURSDAY

BREAKFAST

High Protein
Blueberry
Pancakes

FRIDAY

BREAKFAST

Spinach
Shakshuka

SATURDAY

BREAKFAST

Spinach
Shakshuka

SUNDAY

BREAKFAST

Summer Smoothie
Protein Bowl

LUNCH

Grilled Chicken
and Pineapple
Salad

LUNCH

Leftover Grilled
Chicken and
Pineapple Salad

LUNCH

Leftover Salmon
Teriyaki with Green
Beans &
Sweetcorn Rice

LUNCH

Tuna Salad
Lettuce Wraps

LUNCH

Leftover Tuna
Salad Lettuce
Wraps

LUNCH

Leftover Chicken &
Mango Stir-Fry

LUNCH

Antioxidant
Blueberry
Smoothie

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

SNACK

E.g. Antioxidant
Blueberry
Smoothie, Matcha
Chia Pudding

DINNER

Turkey & Broccoli
Stir-Fry

DINNER

Salmon Teriyaki
with Green Beans
& Sweetcorn Rice

DINNER

Quick & Easy
Meatballs served
with rice and veg

DINNER

Leftover Quick &
Easy Meatballs
served with rice
and veg

DINNER

Chicken & Mango
Stir-Fry

DINNER

Meal Out – Enjoy!

DINNER

Turkey & Broccoli
Stir-Fry



SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
377 kcal
22g Fats
22g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

OMELET WRAPS



OMELET WRAPS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
237 kcal
15g Fats
3g Carbs
20g Protein



WHAT YOU NEED

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

WHAT YOU NEED TO DO

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.

To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.



EGG & TURKEY STUFFED PEPPERS

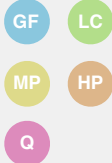
EGG & TURKEY STUFFED PEPPERS



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
329 kcal
12g Fats
11g Carbs
43g Protein



WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb. (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

WHAT YOU NEED TO DO

Heat oven to 400° F (200° C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.

To serve, sprinkle with chopped parsley.



**SMOKED SALMON, FETA
& ASPARAGUS OMELET**

SMOKED SALMON, FETA & ASPARAGUS OMLETTE



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
302 kcal
21g Fats
6g Carbs
20g Protein



WHAT YOU NEED

- 4 oz. (125g) asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 2 oz. (60g) smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

PRO TIP:

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

WHAT YOU NEED TO DO

Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about ½ cm pieces.

Boil in lightly salted water for about 2 minutes, then strain and set aside.

In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.

Heat the oven to 350° F (180° C). Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).

Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.

To serve sprinkle with fresh dill and season with freshly ground black pepper.

HIGH PROTEIN BLUEBERRY PANCAKES



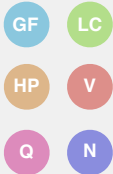
HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
257 kcal
5g Fats
18g Carbs
36g Protein



WHAT YOU NEED

- ¼ cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- ½ banana, mashed
- almond milk, if needed
- ¼ cup (25g) fresh or frozen blueberries
- ½ tsp. coconut oil

WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.



**EGGS FRIED ON
TOMATOES WITH TUNA**

EGGS FRIED ON TOMATOES WITH TUNA



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
307 kcal
15g Fats
8g Carbs
32g Protein



WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 3 oz. (80g) tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

WHAT YOU NEED TO DO

Peel the tomato and chop into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

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



**SUMMER SMOOTHIE
PROTEIN BOWL**

SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
252 kcal
5g Fats
36g Carbs
18g Protein



GF

V

Q



WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- ¾ cup (190g) natural yoghurt
- ½ cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional toppings:

- fresh berries
- Goji berries
- walnuts
- chia seeds
- muesli

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE:

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



**SPINACH
SHAKSHUKA**

SPINACH SHAKSHUKA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
321 kcal
22g Fats
19g Carbs
24g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.

Dress in fresh parsley and serve.



**SALMON TARTAR WITH
AVOCADO AND MANGO**

SALMON TARTAR WITH AVOCADO AND MANGO



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
282 kcal
17g Fats
9g Carbs
26g Protein



WHAT YOU NEED

- 1 small salmon fillet (100g), cut in cubes
- ¼ avocado, cut in cubes
- ¼ cup (30g) mango, cut in cubes
- 1 tbsp. lime juice
- ⅓ tsp. honey
- chili pepper, to taste
- handful coriander, chopped

WHAT YOU NEED TO DO

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 minutes, then serve with toast (not included in nutrition info).

A top-down view of five lettuce wraps arranged on a white marble surface. Each wrap consists of a large green lettuce leaf filled with a chunky tuna salad. To the right of the wraps, two slices of a yellow apple are visible. A semi-transparent white rectangular box is centered over the middle of the image, containing the title text.

**TUNA SALAD
LETTUCE WRAPS**

TUNA SALAD LETTUCE WRAPS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
286 kcal
9g Fats
14g Carbs
38g Protein



WHAT YOU NEED

- 1 ¼ cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.

A top-down view of a light green ceramic bowl filled with a salad. The salad consists of fresh green leafy vegetables, including arugula and lettuce. It is topped with several pieces of grilled chicken breast, bright orange slices, and scattered pomegranate seeds. Chopped walnuts are also visible, adding texture to the dish. The bowl is set against a light-colored, textured background.

**CHICKEN, ORANGE
AND WALNUT SALAD**

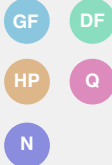
CHICKEN, ORANGE AND WALNUT SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
458 kcal
20g Fats
47g Carbs
28g Protein



WHAT YOU NEED

For the dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

For the salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

WHAT YOU NEED TO DO

Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.

A top-down view of a white ceramic bowl filled with a colorful salad. The salad includes pieces of seared salmon, sliced peaches, yellow corn cobs, cherry tomatoes, and fresh basil leaves. The bowl is set on a light-colored wooden surface. In the top left corner, there is a small glass dish containing more cherry tomatoes. In the bottom right corner, another bowl with similar salad ingredients is partially visible.

SALMON & PEACH SALAD

SALMON & PEACH SALAD



Serves: 2
Prep: 30 mins
Cook: 15 mins



Nutrition per
serving:
416 kcal
25g Fats
21g Carbs
33g Protein



WHAT YOU NEED

For the Marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- ½ tsp. ground pepper

For the Salad:

- 2 salmon fillets (5oz./140g each)
- 1 cob corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

WHAT YOU NEED TO DO

Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.

In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.

Next, preheat the oven to 400° F (200° C) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.

Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.

To serve, drizzle with balsamic vinegar and season with salt and pepper.



**TUNA & BROCCOLI SALAD
WITH HONEY VINAIGRETTE**

TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
328 kcal
14g Fats
26g Carbs
21g Protein



HP Q



WHAT YOU NEED

For the Salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the Dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

WHAT YOU NEED TO DO

Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.

Toast the bread and cut into cubes, then add to the salad.

Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.

In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



**GRILLED CHICKEN &
PINEAPPLE SALAD**

GRILLED CHICKEN & PINEAPPLE SALAD



Serves: 2
Prep: 10 mins
Cook: 13 mins



Nutrition per
serving:
356 kcal
16g Fats
34g Carbs
27g Protein



WHAT YOU NEED

For the Salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

For the Dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian option: replace the grilled chicken with fried or baked tofu or feta cheese.



**WALDORF
CHICKEN SALAD**

WALDORF CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
354 kcal
16g Fats
33g Carbs
20g Protein



WHAT YOU NEED

- 3.5 oz (100g) chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- ¼ cup (40g) raisins
- ¼ cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

WHAT YOU NEED TO DO

Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.

Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

VEGGIE OPTION:

Instead of chicken add tofu.

TUNA & QUINOA TOSS SALAD



TUNA & QUINOA TOSS SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
399 kcal
11g Fats
41g Carbs
37g Protein



WHAT YOU NEED

For the dressing:

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt & pepper, to taste

For the salad:

- 1 cup (185g) cooked quinoa
- ¼ cup (50g) chickpeas, rinsed and drained
- ½ cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7oz./200g drained)

WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.

Drizzle with the dressing and toss gently to coat.