

LOW CALORIE HIGH PROTEIN

Recipes

Eat Right While Keeping Your Calories Low



Low Calorie, High Protein Recipes

Eat Right While Keeping Your Calories Low

BY

April Blomgren



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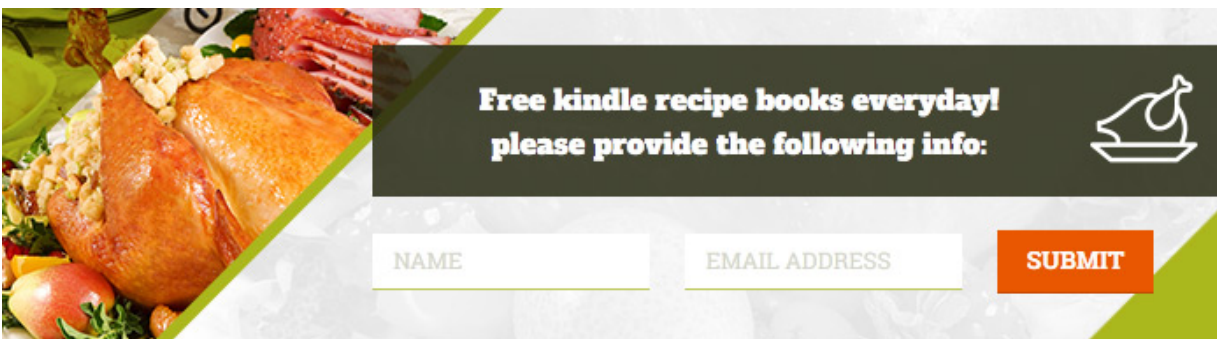
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Introduction



The Low Calorie, High Protein diet is a fantastic eating style. It aims at supporting athletes and high-intensity workouts to help you lose fat and build muscle appropriately.

Protein is a crucial part of our foods, which offers many health benefits to our well-being. Consuming high protein is an excellent practice but requires exercising alongside to prevent ailments like diabetes resulting from excessive protein sitting in your body.

However, proteins offer many tremendous benefits:

- It reduces appetite and hunger levels by lowering ghrelin, which is the hunger hormone in the body.

- It increases muscle strength and mass, acting as the building blocks for muscles.
- Protein is suitable for your bones' development, especially animal-based proteins.
- It reduces late-night cravings and snacking by improving the function of dopamine, a hormone associated with addictions and cravings.
- More protein drives fat burning, boosts metabolism, and aids weight loss.
- Healthy proteins do not harm healthy kidneys.

These, among many other benefits, prove that eating more proteins is excellent for your diet.

How do you plan to introduce more proteins into your foods? No need to rack your brains as this cookbook simplifies things. It shares foods for different types of diet, allowing you to increase proteins while still enjoying tasty and healthy delicacies.

However, before starting the diet, it is essential to consult your doctor to ensure that this eating style is right for you.

I believe that you are ready to explore them. Come with me as we enjoy these treats together.

Welcome to my Low Calorie, High Protein Cookbook.

Smoothies

Creamy Coconut Mango Smoothie



Coconut yogurt and chia seeds don't only add taste and flavor to this smoothie but boost this fruit-based drink with high proteins.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 1 cup coconut milk
- 1 medium banana, peeled and halved
- ½ cup frozen, chopped mango

- 4 tbsp vegan coconut yogurt
- 1 tbsp chia seeds
- 1 tbsp maple syrup (optional)

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Maple Peach Smoothie



This smoothie is low in calories to help you lose weight quickly. Almond milk also boosts the protein levels.

Serves: 4

Prep Time: 10 mins

Ingredients:

- ½ cup crushed ice
- 1 large peach, stoned and chopped
- 1 peeled and frozen banana

- 1 cup almond milk
- ¼ tsp vanilla extract
- ¼ tsp cinnamon powder
- 1 tbsp maple syrup

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Coconut Berry Smoothie with Cashews



Cashews increase the protein levels in this drink, making it an excellent after-workout treat.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 1 cup frozen mixed berries
- 1 tbsp toasted cashew nuts
- ½ cup coconut water
- ½ cup coconut milk
- 2 tbsp maple syrup

- 1 tbsp coconut flakes for topping

Instructions:

1. Add all ingredients except for coconut flakes to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Spinach Cucumber Smoothie



The green vegetable mix reduces calories in this case, while flaxseeds increase the protein content.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 1 cup fresh baby spinach
- ½ cup chopped, frozen pineapple chunks
- 1 medium cucumber, peeled and sliced
- 1 tsp flax seeds
- ½ cup milk
- ½ lime, juiced

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Banana Kiwi Smoothie



Everyone loves a good banana smoothie – this one is right, tropical, and contains adequate protein levels from cow milk.

Serves: 4

Prep Time: 10 mins

Ingredients:

- A handful of baby spinach
- 2 kiwis, peeled and chopped

- 2 medium bananas, peeled and frozen
- ½ cup whole milk
- 1 tbsp maple syrup

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Rhubarb Smoothie



Almonds are the winning protein factor here, while strawberries and rhubarb make for a tasty, attractive combo.

Serves: 4

Prep Time: 10 mins

Ingredients:

- ¼ cup chopped rhubarb
- ½ cup frozen strawberries
- 5 tbsp almonds
- 1 cup apple juice
- 1 cup crushed ice

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Apricot Ginger Smoothie



Create a light and slightly spicy smoothie with this recipe while introducing proteins with almond butter and milk.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 1 large apricot, stoned and chopped
- 1 tsp fresh ginger paste
- 2 tbsp almond butter

- 1 cup skimmed milk
- 1 tsp turmeric powder
- 2 tbsp maple syrup

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Beet Strawberry Smoothie



Flaxseeds and milk are what you need to make this cheery drink fit for this diet.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 2 beets, peeled and chopped
- 1 banana, peeled and halved
- ½ cup frozen strawberries
- 1 tbsp fresh lemon juice

- 2 tbsp maple syrup
- 1 tbsp flax seeds
- 1 cup milk

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Peanut Butter Banana Smoothie



The protein level is very high in this drink and a sumptuous treat that many people love. You can find the protein sources in Greek yogurt, milk, and peanut butter.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 1 cup peeled and frozen bananas
- 4 tbsp Greek yogurt
- ½ cup milk

- 3 tbsp peanut butter

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Yogurt Citrus Smoothie



Yogurt qualifies this smoothie as a high protein one. Enjoy the delicious treat.

Serves: 4

Prep Time: 10 mins

Ingredients:

- 2 cups crushed ice
- ½ cup Greek yogurt
- 2 cups frozen peaches
- 1 banana, peeled
- ¾ cup fresh orange juice
- 1/3 cup honey
- ½ lime, juiced

Instructions:

1. Add all ingredients to a blender and process until smooth.
2. Pour smoothie into serving cups and enjoy immediately.

Slow-Cooked Recipes

Chicken Bean Chili



Chicken and beans make a terrific combo for chili and also load the stew with proteins.

Serves: 4

Prep Time: 10 mins

Cook Time: 8 hours (Low) or 4 hours (High)

Ingredients:

- 4 chicken breasts, skinless and boneless
- 1 large green bell pepper, deseeded and chopped
- 1 large yellow onion, chopped
- 2 garlic cloves, minced
- 2 cups chopped tomatoes

- 2 (7oz) cans tomato sauce
- 1 (14 oz) can black beans, drained and rinsed
- 1 (14 oz) can sweet corn kernels, drained and rinsed
- 1 cup chicken stock
- Salt and black pepper to taste
- 1 tsp dried oregano
- 1 tbsp cumin powder
- 1 tsp dried basil
- 4 oz cream cheese
- 1 tbsp freshly chopped parsley to garnish

Instructions:

1. Add all ingredients to slow cooker except for cream cheese and parsley.
2. Cover lid and set pot on Low for 8 hours or on High for 4 hours.
3. Open lid, remove chicken to a plate and shred with two forks; return chicken to cooker.
4. Stir in cream cheese, adjust taste with salt and black pepper, and spoon food into serving bowls.
5. Garnish with parsley and serve warm with crusty bread.

Chicken and Potato Coconut Curry



Nothing beats the taste of fresh curry drowned in coconut milk. To identify the high protein elements here, chicken and coconut milk have you covered.

Serves: 4

Prep Time: 10 mins

Cook Time: 8 hours (Low) or 4 hours (High)

Ingredients:

- 3 large Yukon gold potatoes, peeled and diced
- 1 tsp cumin powder
- 1 tbsp freshly chopped oregano leaves
- 1 tbsp red curry powder
- 4 cups chicken broth

- 4 chicken breasts, cut into bite-size cubes
- 1 tbsp coconut oil
- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 1 cup coconut milk
- Salt and black pepper to taste
- 1 lime, juiced
- 1 tbsp freshly chopped parsley to garnish

Instructions:

1. Add all ingredients to slow cooker except for lime juice and parsley.
2. Cover lid and set cooker on Low for 8 hours or on High for 4 hours.
3. Open lid, adjust taste with salt and black pepper and stir in lime juice.
4. Dish curry into serving bowls, garnish with parsley, and serve warm with rice.

Beef Taco Soup



Do you realize that beef taco soup tastes better the next day? As a result, I ensure to make a week's worth always to splurge on its goodness all week long. Beef and beans create the adequate protein nutrition.

Serves: 4

Prep Time: 10 mins

Cook Time: 8 hours (Low) or 4 hours (High)

Ingredients:

- 1 lb. ground beef
- 1 medium yellow onion, chopped
- 2 tbsp taco seasoning
- 2 tbsp ranch dressing mix

- 1 ¼ cup beef broth
- 1 (14 oz) can tomato sauce
- 1 cup diced tomatoes
- 1 (14 oz) can red beans, not drained
- 1 (7 oz) can sweet corn kernels, not drained
- Salt and black pepper to taste
- For serving:
- 1 cup sour cream
- 1 cup grated cheddar cheese
- Tortilla chips

Instructions:

1. Add all ingredients to slow cooker except for serving ingredients.
2. Cover lid and set pot on Low for 8 hours or High for 4 hours.
3. Open lid after, stir and adjust taste with salt and black pepper.
4. Dish soup, add serving toppings, and enjoy!

Shrimp Paella



Add shrimp and sausages to paella to help you increase the protein content in the dish. It is a hearty dinner for quick weeknight meals.

Serves: 4

Prep Time: 9 mins

Cook Time: 8 hours (Low) or 4 hours (High)

Ingredients:

- 1 tbsp olive oil
- ½ lb. andouille sausage, sliced
- 1 medium white onion, chopped
- 1 garlic clove, minced
- 1 cup Arborio rice
- 2 carrots, peeled and chopped

- 1 cup chopped tomatoes
- ½ cup chicken broth
- Salt and black pepper to taste
- ¼ tsp crushed saffron
- ¼ tsp paprika
- 1 cup frozen peas
- 1 lb. medium shrimp, peeled and deveined
- 1 tbsp chopped fresh parsley for garnish

Instructions:

1. Heat olive oil in a medium skillet and brown sausages on both sides for 5 minutes. Transfer to slow cooker.
2. Add onion to skillet and cook for 3 minutes or until tender. Stir in garlic and cook for 30 seconds or until fragrant. Add mixture to slow cooker including rice, carrots, tomatoes, chicken broth, saffron, paprika, salt, and black pepper.
3. Cover lid and set pot on Low for 8 hours or on High for 4 hours.
4. About 30 minutes before the cooking time is over open lid and spread peas, and shrimp on top. Close lid and cook until the time is over.
5. Stir food and adjust taste with salt and black pepper.
6. Dish into serving plates, garnish with parsley and serve warm.

Lentil Chili with Avocados



Tempeh, lentils, and beans transform a simple chili into one that will help you hit your body-building goals quickly.

Serves: 4

Prep Time: 10 mins

Cook Time: 8 hours (Low) or 4 hours (High)

Ingredients:

- 1 lb. tempeh, chopped
- 1 medium red onion, chopped
- 1 red bell pepper, deseeded and chopped
- 1 yellow bell pepper, deseeded and chopped
- 1 large carrot, peeled and chopped
- 3 garlic cloves, minced
- 2 cups chopped tomatoes
- 2 (15 oz) cans tomato sauce
- 2 ½ cups vegetable broth

- 2 (15 oz) cans of kidney beans, drained and rinsed
- 2 cups brown lentils, rinsed
- 1 tbsp cumin powder
- Salt and black pepper to taste
- 2 large avocados, pitted, peeled, and sliced

Instructions:

1. Add all ingredients to crockpot except for avocados.
2. Close lid and set pot on Low for 8 hours or High for 4 hours.
3. Open lid, stir and adjust taste with salt and black pepper.
4. Dish food, top with avocados and serve warm with rice.

Zucchini Risotto



For a vegetarian option, you can add animal or plant cheese to certify it as one for this diet. What will you serve it with? Some accompaniments are grilled tempeh, tofu, or seitan.

Serves: 4

Prep Time: 10 mins

Cook Time: 8 hours (Low) or 4 hours (High) + 30 mins (High)

Ingredients:

- 2 tbsp olive oil
- 2 tbsp butter
- 1 medium white onion, chopped
- ¼ cup celery leaves, chopped
- 2 medium zucchinis, shredded
- 1½ cups Arborio rice

- 5 cups vegetable broth
- Salt and black pepper to taste
- ¼ cup freshly chopped parsley
- ⅔ cup grated Parmesan cheese
- ½ lemon, juiced for topping

Instructions:

1. Heat olive oil and butter in a medium skillet and sauté onion, celery leaves, and zucchini for 4 minutes or until softened. Pour vegetables in slow cooker and add rice, vegetable broth, salt, black pepper, and parsley.
2. Cover lid and set pot on Low for 8 hours or High for 4 hours.
3. Open lid and stir in Parmesan cheese, cover, and cook for 30 more minutes on High.
4. Dish food and drizzle with lemon juice. Serve warm.

Balsamic Pepper Chicken



Bell peppers make any dish shine, and in this chicken platter, they do a wonderful job.

Serves: 4

Prep Time: 10 mins

Cook Time: 8 hours (Low) or 4 hours (High)

Ingredients:

- 2 tbsp butter
- 8 chicken thighs, skin on and bone-in
- Salt and black pepper to taste
- 4 mixed bell peppers, deseeded and sliced

- ¼ cup balsamic vinegar
- ¼ cup honey
- ½ tsp dried basil
- 2 garlic cloves, minced
- 1 tbsp freshly chopped basil leaves to garnish

Instructions:

1. Melt butter in large skillet, season chicken with salt, black pepper, and brown in butter on both sides for 4 minutes. Place chicken in slow cooker. Top with the bell peppers, balsamic vinegar, honey, basil, and garlic.
2. Cover lid and set pot on Low for 8 hours or High for 4 hours.
3. Spoon chicken onto serving plates, drizzle with some sauce from pot and serve warm with rice.

Stovetop Cooking

Thai Pan-Fried Salmon with Bok Choy



Salmon and sesame seeds marry well while boosting your protein intake for a dinner-worthy meal.

Serves: 4

Prep Time: 10 mins + 20 mins marinating

Cook Time: 20 mins

Ingredients:

- 4 salmon fillets
- 2 tbsp fish sauce
- 2 limes, juiced
- 2 tbsp brown sugar
- 1 tsp coriander powder
- Salt and black pepper to taste

- 3 tbsp olive oil, divided
- 3 garlic cloves, minced
- ½ lb. bok choy

Instructions:

1. Place medium salmon in a bowl and set aside. In a small bowl, mix the fish sauce, lime juice, brown sugar, coriander powder, salt, and black pepper. Pour mixture over fish and let marinate for 20 minutes.
2. Heat 2 tablespoons of olive oil in a large skillet, take out fish from marinade while shaking off any excess liquid, and cook in oil with skin side down for 5 to 10 minutes or until fish is flaky. Transfer to a plate and set aside for serving.
3. Heat remaining olive oil in medium skillet and sauté garlic for 30 seconds or until fragrant. Stir in bok choy and cook for 4 minutes or until wilted.
4. Serve salmon and bok choy warm.

Bacon-Wrapped Chicken with Asparagus



It is a protein celebration with this one! Bacon and chicken are one to embrace. I call it an indulgence for supper paired with a healthy asparagus side dish.

Serves: 4

Prep Time: 10 mins

Cook Time: 42 mins

Ingredients:

- 2 tsp smoked paprika
- 1 tsp dried basil
- 1 tsp garlic powder
- 1 tsp onion powder

- Salt and black pepper to taste
- 4 chicken breasts
- 4 bacon slices
- ½ lb. asparagus, trimmed
- 2 tbsp butter
- 1 lemon, juiced
- 1 tbsp freshly chopped tarragon
- 1 tbsp freshly chopped parsley

Instructions:

1. Preheat oven to 375 F and lightly grease a baking sheet with cooking spray.
2. In small bowl, mix paprika, basil, garlic powder, onion powder, salt, and black pepper.
3. Rub half of mixture on chicken and wrap with bacon. Secure loose ends with toothpick and spread remaining spice mixture on top.
4. Place chicken on baking sheet and bake in oven for 25 to 30 minutes or until crispy and brown on top.
5. Meanwhile, cook asparagus in 1 cup of boiling water for 10 minutes or until tender. Drain.
6. Melt butter in a medium skillet and sauté asparagus until well coated in butter. Pour lemon juice on top, add tarragon, and season with salt and black pepper. Cook for 1 to 2 minutes and transfer to a plate.
7. When chicken is ready, plate with asparagus, garnish with parsley and serve warm.

Beef and Vegetable Couscous



With this recipe, you will never serve couscous in a boring way again. Work in some vegetables and beef to improve its tastes and make it appropriate for your workout program.

Serves: 4

Prep Time: 10 mins

Cook Time: 12 mins

Ingredients:

- 2 cups couscous
- 3 tbsp olive oil, divided
- 1 medium green bell pepper, deseeded and chopped into chunks
- 1 lb. beef stew meat, cut into strips

- Salt and black pepper to taste
- 1 medium red bell pepper, deseeded and chopped into chunks
- 1 medium red onion, finely chopped
- 1 tsp Italian seasoning
- ½ cup cottage cheese

Instructions:

1. Cook couscous according to package's instruction, fluff, and set aside.
2. Heat 2 tablespoons of olive oil in a large skillet, season beef with salt, black pepper, and cook in oil for 5 minutes or until light brown. Stir in bell peppers, onion, and cook further for 5 minutes or until tender and beef cooked.
3. Mix in couscous, Italian seasoning, and cook for 1 to 2 minutes. Turn heat off and stir in cottage cheese.
4. Dish food and serve warm.

Tuna Quinoa Skillet



Tuna flakes have been treats for sandwiches and salads for many years, but did you know that they are high in protein? This quinoa skillet is an intelligent way to incorporate tuna into your meal plan.

Serves: 4

Prep Time: 10 mins

Cook Time: 20 mins

Ingredients:

- 1 cup uncooked quinoa, rinsed well
- 3 tbsp olive oil, divided
- 1 cup red bell pepper, deseeded and chopped
- 1 cup half-mooned cucumber slices

- 1 (7 oz) can sweet corn kernels, drained
- 5 garlic cloves, minced
- 2 (6 oz) cans tuna flakes, drained
- 2 tbsp freshly chopped parsley
- Salt and black pepper to taste

Instructions:

1. Cook quinoa in 1 ½ cups of boiling water for 10 to 12 minutes or until liquid absorbs.
2. Heat olive oil in large skillet and sauté bell pepper, cucumber, and corn for 5 minutes or until softened. Stir in garlic and cook for 30 seconds or until fragrant. Mix in tuna, quinoa, parsley, salt, black pepper, and simmer for 1 to 2 minutes.
3. Dish food and serve warm.

Italian Frittata



A load up on eggs will not harm but help you. Enjoy this fresh bake for brunch, lunch, or dinner.

Serves: 6

Prep Time: 10 mins

Cook Time: 20 mins

Ingredients:

- 3 tbsp olive oil, divided
- 4 Italian sausages, sliced
- 1 small red onion, chopped
- 2 tomatoes, chopped
- ½ cup baby spinach, chopped

- Salt and black pepper to taste
- 8 eggs, beaten
- ¼ cup grated cheddar cheese

Instructions:

1. Preheat oven to 375 F.
2. Heat olive oil in large, oven-safe skillet and cook sausages for 4 minutes or until brown. Transfer to a plate and set aside.
3. Add onion and tomatoes to skillet and sauté for 4 minutes or until softened. Stir in spinach to wilt and return sausages to pan; season with salt and black pepper.
4. Season eggs with salt and black pepper, pour all over the vegetables and sausages and top with cheese.
5. Transfer skillet to oven and bake for 10 to 12 minutes or until cheese melts and eggs set.
6. Remove skillet and serve frittata warm.

Chickpea Stir-Fry



Chickpeas are a good source of protein on the vegan diet, making this stir-fry that you will enjoy with rice and bread.

Serves: 6

Prep Time: 10 mins

Cook Time: 20 mins

Ingredients:

- 1 (15 oz) can chickpeas, drained
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 medium white onion, chopped
- 1 red bell pepper, deseeded and chopped

- ½ cup broccoli florets
- ½ tbsp cornstarch
- 1 tbsp coconut sugar
- 3 tbsp rice vinegar
- 2 garlic cloves, minced
- 2 tsp fresh ginger paste
- Salt and black pepper to taste

Instructions:

1. In medium bowl, mix chickpeas and 1 tablespoon of soy sauce, and leave to marinate for 15 minutes.
2. Heat sesame oil in medium skillet and sauté onion, bell pepper, and broccoli for 5 minutes or until softened. Stir in chickpeas and cook for 3 minutes or until heated through.
3. In a small bowl, mix remaining soy sauce and rest of ingredients. Stir mixture into chickpeas and cook for 1 to 2 minutes or until syrupy.
4. Serve stir-fry warm with rice.

Classic Beef Goulash



Make this pot for the family and introduce high protein and low calorie dieting to others. It is a European classic and still makes a good impression every time.

Serves: 4

Prep Time: 10 mins

Cook Time: 29 mins

Ingredients:

- 1 cup dry elbow macaroni
- 2 tbsp olive oil, divided
- 1 lb. ground beef
- 1 medium yellow onion, chopped

- 2 garlic cloves, minced
- 1 ½ cups tomato in sauce
- ½ cup canned sweet corn kernels, drained
- 1 tbsp Italian seasoning
- 1 tbsp dried oregano
- ¼ cup chopped fresh parsley
- Salt and black pepper to taste

Instructions:

1. Cook macaroni in slightly salted boiling water for 10 to 12 minutes or until al dente. Drain and set aside.
2. In another large pot, heat olive oil and cook in beef until brown for 10 minutes or until brown, while stirring and breaking the lumps that form. Add onion, garlic and cook for 5 minutes or until softened; season with salt and black pepper.
3. Mix in tomato with sauce, corn kernels, Italian seasoning, and oregano. Cover pot, bring to a boil, and then simmer for 10 minutes.
4. Open lid, stir in macaroni, parsley, and adjust taste with salt and black pepper. Cook further for 2 minutes.
5. Dish goulash and serve warm with rice or bread.

Curry Egg Scramble



A quick fix for wraps, breakfast, brunch, or salads. Enjoy!

Serves: 4

Prep Time: 10 mins

Cook Time: 11 mins

Ingredients:

- 2 tbsp olive oil, divided
- 1 small red onion, chopped
- 1 medium red bell pepper, deseeded and chopped
- 6 eggs
- 2 tbsp milk
- ½ tsp red curry powder

- Salt and black pepper to taste
- 2 scallions, chopped

Instructions:

1. Heat olive oil in medium skillet and sauté onion and bell pepper for 5 minutes or until softened.

2. Meanwhile, in medium bowl, whisk eggs with milk, curry powder, salt, and black pepper. Pour mixture into skillet and scramble immediately for 3 to 5 minutes or until set. Stir in scallions, cook for 1 minute and turn the heat off.

3. Serve warm.

Green Pork Chili



You can't stop digging into this mouthwatering and healthy chili. What better way to serve it than with thin pork strips?

Serves: 4

Prep Time: 10 mins

Cook Time: 34 mins

Ingredients:

- 3 tbsp olive oil, divided
- 2 lb. pork shoulder, cut into thin strips
- Salt and black pepper to taste
- 1 large yellow onion, chopped
- 3 garlic cloves, minced
- 2 cups chicken broth
- 1 ½ cup chili verde

- ½ tsp dried oregano
- ½ tbsp cumin powder

Instructions:

1. Heat olive oil in a large pot, season pork with salt, black pepper, and sear in oil for 10 minutes or until golden brown. Transfer to a plate and set aside.
2. Add onion to pot and sauté for 3 minutes or until tender. Stir in garlic, cumin, oregano, and cook for 30 seconds or until fragrant.
3. Return pork to pot and pour chicken broth and chili verde. Cover and cook on medium-low heat for 15 to 20 minutes or until pork softens. Adjust taste with salt and black pepper.
4. Dish food and serve warm.

Tofu Stew



Make a vegan classic by adding tofu to a simple tomato sauce. It is an easy approach but gives you the right amount of protein for that muscle-building boost.

Serves: 4

Prep Time: 10 mins

Cook Time: 24 mins

Ingredients:

- 1 tbsp olive oil
- 1 lb. of extra-firm tofu, pressed and cut into one-inch cubes
- 3 garlic cloves, minced
- 1 medium red onion chopped

- 1 medium red bell pepper, deseeded and chopped
- 1/2 cup green beans, chopped
- 1 tsp Italian seasoning
- 2 bay leaves
- 1 tsp dried basil
- 1 tsp dried oregano
- Salt and black pepper to taste
- 2 (14 oz) cans diced tomatoes with sauce

Instructions:

1. Heat olive oil in a medium pot and brown in tofu on all sides, 7 minutes. Transfer to a plate and set aside.
2. Sauté onion, bell pepper, and green beans in oil for 5 minutes or until softened. Mix in garlic, Italian seasoning, bay leaves, basil, oregano, salt, black pepper and cook for 1 minute or until fragrant.
3. Pour in tomatoes, cover lid, bring to a boil and simmer for 8 to 10 minutes or until sauce thickens.
4. Return tofu to stew, adjust taste with salt and black pepper, and cook for 2 more minutes.
5. Dish stew and serve with pasta.

Snacks

Scrambled Tofu Wraps



Make your wraps elegant by loading them with scrambled tofu and vegetables.

Serves: 4

Prep Time: 10 mins

Cook Time: 11 mins

Ingredients:

- 2 tbsp olive oil
- 1 small red onion, chopped
- 1 medium red bell pepper, deseeded and chopped
- 1 lb. firm tofu, pressed and crumbled
- 1 tsp red curry powder

- Salt and black pepper to taste
- 4 soft vegan tortilla wraps
- 1 cup baby spinach
- 1 large avocado, pitted, peeled, and sliced
- 2 garlic cloves, minced

Instructions:

1. Heat olive oil in medium skillet and sauté onion and bell pepper for 5 minutes or until softened. Stir in garlic and cook for 30 seconds or until fragrant.
2. Crumble tofu into pot, stir-fry for 2 minutes, and season with curry powder, salt, and black pepper. Cook with continuous stirring for 3 minutes and turn the heat off.
3. Lay tortilla wraps on a clean, flat surface, and spread spinach on top.
4. Spoon scrambled tofu in middle of each tortilla and top with avocado.
5. Wrap tortillas, divide each wrap into two, and serve.

Raisin Bars



These protein bars are pieces to stock up if you are a muscle builder. It contains high levels of protein that aids support throughout the day.

Serves: 4

Prep Time: 10 mins

Cook Time: 28 mins

Chill Time: 1 hour

Ingredients:

- 1 cup rolled oats
- 1/3 cup almond meal
- 1 ½ tsp cinnamon powder
- ¼ cup peanut butter

- $\frac{3}{4}$ cup mixed nuts, chopped
- $\frac{1}{4}$ cup mixed colored raisins
- Salt and black pepper to taste
- $\frac{1}{4}$ cup coconut oil, divided
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup honey

Instructions:

1. Preheat oven to 325 F and line a baking sheet with greaseproof paper.
2. Mix all ingredients in a medium bowl and spread evenly on baking sheet. Bake for 25 to 28 minutes or until well compacted.
3. Remove from oven, divide into bars, let cool, and chill in refrigerator for 1 hour.
4. Enjoy after.

Sweet Potato Cakes



Sweet potatoes are carbohydrates but to factor in high proteins, add some beans and eggs for a good pass. They turn out great!

Serves: 4

Prep Time: 10 mins

Cook Time: 45 mins

Ingredients:

- 4 sweet potatoes, peeled and diced
- $\frac{1}{4}$ cup beaten eggs
- 1 cup whole grain breadcrumbs
- 2 tbsp whole-wheat flour
- 1 (15 oz) can black beans, drained

- 1 shallot, finely chopped
- ½ tsp white pepper
- Salt to taste

Instructions:

1. Preheat oven to 400 F and line a baking sheet with greaseproof paper. Grease lightly with cooking spray and set aside.
2. Cook sweet potatoes in 3 cups of salted boiling water for 15 to 20 minutes or until fork-tender. Drain and transfer sweet potatoes to a medium bowl. Add remaining ingredients and mash until well combined. Form 4 to 6 patties out of mixture and place on baking sheet.
3. Bake in oven for 25 minutes, flipping cakes halfway until light brown and compacted.
4. Remove from oven and serve warm with spinach salad.

Conclusion

Do you feel less burdened about how to include proteins in your diet? If yes, I am glad that I could help.

Proteins are crucial to our bodies' growth and drive a healthy lifestyle. This diet is perfect for workout enthusiasts to help build muscle while providing many benefits to regular dieters.

I am pleased to share these recipes with you and hope that you enjoy them as much as I do.

I wish you happy days of low calorie and high protein feasting.

Cheers!

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books but you chose this one. So a big thanks for buying this book and reading all the way to the end.

*If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on **Amazon.com**. Your support does make a difference and helps to benefit other people.*

Thanks!

April Blomgren

About the Author



April Blomgren

Hello everyone! Are you ready to grill tonight? My name is April and I love to cook and entertain friends and family almost every weekend. If you share my passion for great food, easy preparation time but mouthwatering results, you and I are going to get along just fine!

I think a successful meal among loved ones is based on a few key factors: fresh ingredients and appropriate cooking method. Some meats for example, can truly benefit from being marinated overnight, and will be at their best prepared on the grill. Another aspect of cooking I must insist on, no matter what your cooking style is: rely on the use of herbs and spices. Please favor fresh herbs each time you can. However, I understand that it

may be difficult during certain periods of the year, so simply keep a well-stocked pantry of dried basic herbs and spices such as cinnamon, nutmeg, basil, oregano, thyme or any other favorites.

Finally, once you embark that exciting culinary journey with me, you will realize that simplicity is also one of my allied. Don't overthink when cooking. Inspire yourself of recipes, have fun doing it and taste as you go. Sure, you might once in a while burn a few pork chops or use too much salt in your sauce, you are just human. Cooking is not about succeeding every time, it is about the opportunity to learn and get better. Don't be afraid to taste your dishes along the way, adjust the seasonings and serve accordingly.