

# HEALTHY HIGH PROTEIN

## *Dinner Recipes*



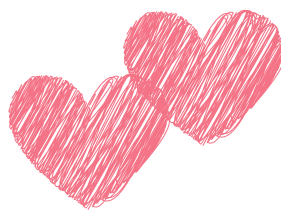
hello!

GLAD TO HAVE YOU HERE!

EATING A HIGHER PROTEIN DIET DOESN'T  
HAVE TO MEAN GRILLED CHICKEN ALL THE  
TIME.

IN THIS LITTLE RECIPE GUIDE, YOU'LL FIND A  
FEW HIGH PROTEIN RECIPES THAT ARE QUICK  
TO PREPARE AND ABSOLUTELY DELICIOUS!

HOPE YOU ENJOY!



\*\*ALL RECIPES ARE LINKED IN THE HEADER TO THEIR ORIGINAL SOURCE. NUTRITION IS AN  
APPROXIMATE VALUE BASED ON THE ORIGINAL RECIPE. PHOTOS COURTESY OF  
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# Cheesy Egg White, Kale & Mushroom Pizza

## INGREDIENTS

NONSTICK COOKING  
SPRAY  
4 LARGE EGG WHITES  
( $\frac{1}{2}$  CUP)  
 $\frac{1}{4}$  CUP ALL-NATURAL  
MARINARA SAUCE  
2 TBSP. SHREDDED  
PART-SKIM  
MOZZARELLA CHEESE  
 $\frac{1}{4}$  CUP COOKED CHOPPED  
KALE (OPTIONAL)  
 $\frac{1}{4}$  CUP COOKED SLICED  
MUSHROOMS (OPTIONAL)

## RECIPE

1. HEAT SMALL SKILLET, LIGHTLY COATED WITH SPRAY, OVER MEDIUM-HIGH HEAT.
2. ADD EGG WHITES; DO NOT STIR.
3. AS EGGS SET, LIFT EDGES, LETTING UNCOOKED PORTION FLOW UNDERNEATH; COOK FOR 1 TO 2 MINUTES, OR UNTIL SET.
4. SPREAD MARINARA SAUCE EVENLY ON TOP OF EGG WHITES.
5. TOP WITH CHEESE, KALE (IF DESIRED), AND MUSHROOMS (IF DESIRED); COOK, COVERED, FOR 1 TO 2 MINUTES, OR UNTIL CHEESE MELTS.
6. CUT INTO FOUR SLICES AND SERVE IMMEDIATELY

## SUBSTITUTIONS

2 LARGE EGG, PLUS 2 LARGE EGG WHITES ( $\frac{1}{4}$  CUP) FOR 4 LARGE EGG WHITES. LIGHTLY BEAT BEFORE ADDING TO SKILLET. TOP WITH DRIED OREGANO, GARLIC POWDER, OR CHILI POWDER, IF DESIRED.

ESTIMATED NUTRITION: 1 SERVINGS-1 SERVING 165CAL/4G FAT/12G CARB/20G PROTEIN





# Sicilian Style Cauliflower Casserole

## INGREDIENTS

NONSTICK COOKING SPRAY  
2 TSP. OLIVE OIL  
1 MEDIUM CAULIFLOWER, CHOPPED (ABOUT 1½ POUNDS)  
SEA SALT (OR HIMALAYAN SALT) AND GROUND BLACK PEPPER (TO TASTE, OPTIONAL)  
1 TBSP. CAPERS, CHOPPED  
10 KALAMATA OLIVES, CHOPPED  
2 CLOVES GARLIC, FINELY CHOPPED  
¼ TSP. CRUSHED RED PEPPER FLAKES (OPTIONAL)  
3 TBSP. FRESH SAGE, CHOPPED  
½ TSP. FINELY CHOPPED LEMON PEEL (LEMON ZEST)  
¼ CUP WHOLE-WHEAT BREAD CRUMBS  
2 OZ. SHREDDED MOZZARELLA CHEESE  
2 OZ. SHREDDED PARMESAN CHEESE  
2 TBSP. CHOPPED FLAT-LEAF PARSLEY (FOR GARNISH, OPTIONAL)

## RECIPE

1. HEAT OVEN TO 350° F.
2. LIGHTLY COAT A 2-QUART BAKING DISH WITH SPRAY. SET ASIDE.
3. HEAT OIL IN LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT.
4. ADD CAULIFLOWER; COOK, STIRRING OCCASIONALLY, FOR 5 TO 8 MINUTES, OR UNTIL CAULIFLOWER BEGINS TO SOFTEN.
5. ADD CAPERS, OLIVES, GARLIC, CRUSHED RED PEPPER (IF DESIRED), SAGE, AND LEMON PEEL; MIX WELL.
6. PLACE CAULIFLOWER MIXTURE IN BAKING DISH.
7. TOP WITH BREAD CRUMBS, MOZZARELLA AND PARMESAN CHEESES.
8. BAKE FOR 15 TO 20 MINUTES, OR UNTIL CHEESE IS MELTED AND BREAD CRUMBS ARE GOLDEN BROWN.
9. GARNISH WITH PARSLEY IF DESIRED; SERVE IMMEDIATELY.

## SUBSTITUTIONS

REMOVE CAPERS AND/OR OLIVES FOR FLAVOR PREFERENCE. USE GLUTEN FREE BREAD CRUMBS IF GLUTEN FREE.

ESTIMATED NUTRITION: 4 SERVINGS-1 SERVING 209 CAL/11 GFAT/14G CARB/13 GPROTEIN



## Turkey Chili

### INGREDIENTS

1 TSP. OLIVE OIL

1 LARGE ONION, CHOPPED

1 MEDIUM RED BELL PEPPER, CHOPPED

MEDIUM YELLOW (OR ORANGE) BELL  
PEPPER, CHOPPED

1 LB. RAW 93% LEAN GROUND TURKEY

1 (28-OZ.) CAN CHOPPED TOMATOES

2 (15-OZ. EACH) CANS KIDNEY BEANS,  
RINSED, DRAINED

1 TSP. CHILI POWDER ½ TSP. SEA SALT  
(OR HIMALAYAN SALT)

CRUSHED RED PEPPERS (TO TASTE,  
OPTIONAL)

2 SPRIGS PARSLEY, CHOPPED

### RECIPE

1. HEAT OIL IN A LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT.
2. ADD ONION AND BELL PEPPERS; COOK, STIRRING FREQUENTLY, FOR 4 TO 5 MINUTES, OR UNTIL ONION IS SOFT.
3. ADD TURKEY; COOK FOR 4 TO 5 MINUTES, OR UNTIL TURKEY IS BROWNED
4. ADD TOMATOES, BEANS, CHILI POWDER, SALT, AND RED PEPPERS; COOK, STIRRING FREQUENTLY, FOR 10 TO 15 MINUTES.
5. DIVIDE TURKEY CHILI INTO 6 SERVING BOWLS AND GARNISH WITH PARSLEY IF DESIRED.

### SUBSTITUTIONS

CAN USE LEAN GROUND BEEF (WILL ADD EXTRA FAT) AND DIFFERENT BEAN VARIETIES

ESTIMATED NUTRITION: 6 SERVINGS-1 SERVING 258CAL/8GF/26GC/2IGP





## Healthy Chicken Parmesan

### INGREDIENTS

1 CUP WHOLE-GRAIN PANKO BREAD CRUMBS  
4 TBSP. GRATED PARMESAN CHEESE, DIVIDED USE  
1 DASH SEA SALT OR HIMALAYAN SALT  
¼ TSP. GROUND BLACK PEPPER  
¼ TSP. GARLIC POWDER  
¼ TSP. ONION POWDER  
2 LARGE EGGS, LIGHTLY BEATEN  
4 4-OZ. RAW CHICKEN BREASTS, BONELESS, SKINLESS  
1 CUP ALL-NATURAL MARINARA SAUCE  
¾ CUP SHREDDED PART-SKIM MOZZARELLA CHEESE  
1 TBSP. FINELY CHOPPED FLAT LEAF (ITALIAN) PARSLEY

### RECIPE

1. PREHEAT OVEN TO 450° F.
2. LIGHTLY COAT MEDIUM BAKING SHEET WITH SPRAY. SET ASIDE.
3. COMBINE BREAD CRUMBS, 2 TBSP. PARMESAN CHEESE, SALT, PEPPER, GARLIC POWDER, AND ONION POWDER IN A SMALL BOWL; MIX WELL. TRANSFER TO A PLATE. SET ASIDE.
4. PLACE EGGS IN A SHALLOW DISH. DIP EACH CHICKEN BREAST IN EGGS, COMPLETELY COATING, THEN BREAD CRUMBS; COATING EACH EVENLY ON ALL SIDES.
5. PLACE CHICKEN ON PREPARED BAKING SHEET.
6. BAKE FOR 22 TO 26 MINUTES, TURNING AFTER 15 MINUTES, OR UNTIL CHICKEN IS NO LONGER PINK IN THE MIDDLE AND JUICES RUN CLEAR.
7. PREHEAT BROILER ON HIGH THEN TOP EACH CHICKEN BREAST EVENLY WITH MARINARA SAUCE, MOZZARELLA CHEESE, AND REMAINING 2 TBSP. PARMESAN CHEESE.
8. RETURN TO OVEN FOR 2 TO 3 MINUTES, OR UNTIL CHEESE IS MELTED. SPRINKLE WITH PARSLEY BEFORE SERVING.

### SUBSTITUTIONS

GLUTEN FREE BREADCRUMBS FOR GLUTEN FREE OPTION

ESTIMATED NUTRITION: 4 SERVINGS-1 SERVING 351CAL/13G FAT/21 G CARB/38G PROTEIN



## Teriyaki Chicken Stirfry

### INGREDIENTS

1 TBSP. + 1 TSP. EXTRA-VIRGIN ORGANIC COCONUT OIL  
1 LB. RAW CHICKEN BREAST, BONELESS, SKINLESS, CUT INTO 1-INCH CUBES  
1 DASH SEA SALT (OR HIMALAYAN SALT)  
¼ TSP. GROUND BLACK PEPPER  
2 CLOVES GARLIC, FINELY CHOPPED  
¼ CUP REDUCED-SODIUM SOY SAUCE  
¼ CUP WATER  
3 TBSP. HONEY  
1 TSP. FINELY CHOPPED FRESH GINGER  
1 MEDIUM ONION, THINLY SLICED  
1 MEDIUM GREEN BELL PEPPER, THINLY SLICED  
1 MEDIUM RED BELL PEPPER, THINLY SLICED  
1 CUP BROCCOLI FLORETS  
2 CUPS COOKED BROWN RICE  
¼ CUP SESAME SEEDS

### RECIPE

1. HEAT OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT.
2. ADD CHICKEN; COOK FOR 5 TO 8 MINUTES, OR UNTIL NO LONGER PINK IN THE MIDDLE.
3. SEASON WITH SALT AND PEPPER. ADD GARLIC; COOK, STIRRING FREQUENTLY, FOR 1 MINUTE.
4. REMOVE FROM SKILLET. KEEP WARM. SET ASIDE.
5. ADD SOY SAUCE, WATER, HONEY, AND GINGER TO SKILLET.
6. BRING TO A BOIL OVER MEDIUM-HIGH HEAT, STIRRING FREQUENTLY.
7. REDUCE HEAT; GENTLY BOIL FOR 3 TO 5 MINUTES, OR UNTIL SAUCE THICKENS.
8. ADD ONION, BELL PEPPERS, AND BROCCOLI; COOK COVERED, STIRRING OCCASIONALLY, FOR 3 TO 5 MINUTES, OR UNTIL VEGETABLES ARE TENDER-CRISP.
9. ADD CHICKEN MIXTURE; COOK, STIRRING FREQUENTLY, FOR 1 TO 2 MINUTES, OR UNTIL CHICKEN IS COATED WITH SAUCE AND HEATED THROUGH.
10. EVENLY DIVIDE RICE BETWEEN FOUR SERVING BOWLS.  
11. EVENLY TOP WITH CHICKEN MIXTURE. SPRINKLE EVENLY WITH SESAME SEEDS.

### SUBSTITUTIONS

OLIVE OIL INSTEAD OF COCONUT OIL //USE OTHER VEGETABLES AS YOU PLEASE//REMOVE SESAME SEEDS

ESTIMATED NUTRITION: 4 SERVINGS-1 SERVING 432CAL/13G FAT/46 G CARB/32G PROTEIN





## Healthy Beef Stroganoff

### INGREDIENTS

3 TSP. OLIVE OIL, DIVIDED USE  
1½ LBS. EXTRA LEAN BEEF SIRLOIN,  
CUT INTO THIN STRIPS  
1 MEDIUM ONION, CHOPPED  
8 OZ. SLICED MUSHROOMS  
3 TBSP. WHOLE-WHEAT FLOUR  
4 CUPS LOW-SODIUM ORGANIC BEEF  
BROTH  
¾ TSP. SEA SALT (OR HIMALAYAN  
SALT)  
½ TSP. GROUND BLACK PEPPER  
5 OZ. DRY WHOLE-WHEAT EGG  
NOODLES  
½ CUP REDUCED FAT (2%) PLAIN  
GREEK YOGURT  
2 TBSP. PARSLEY, FINELY CHOPPED

### RECIPE

1. HEAT 1 TSP. OIL IN LARGE NONSTICK SKILLET OVER HIGH HEAT.
2. ADD BEEF; COOK, STIRRING FREQUENTLY, FOR 4 TO 5 MINUTES, OR UNTIL BROWNED. REMOVE FROM SKILLET. SET ASIDE.
3. HEAT 1 TSP. OIL IN SAME SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION; COOK, STIRRING FREQUENTLY, FOR 3 TO 4 MINUTES.
4. ADD MUSHROOMS; COOK, STIRRING FREQUENTLY, FOR 4 TO 6 MINUTES, OR UNTIL MOST LIQUID IS ABSORBED.
5. ADD REMAINING 1 TSP. OIL; COOK, STIRRING OCCASIONALLY, FOR 1 MINUTE.
6. ADD FLOUR; COOK, STIRRING FREQUENTLY, UNTIL ONION MIXTURE IS EVENLY COATED.
7. ADD BROTH SLOWLY, STIRRING CONSTANTLY.
8. SEASON WITH SALT AND PEPPER. BRING TO A BOIL. REDUCE HEAT TO MEDIUM-LOW; COOK, STIRRING FREQUENTLY, FOR 8 TO 10 MINUTES.
9. ADD BEEF AND EGG NOODLES.
10. MIX WELL; COVER. COOK FOR 8 TO 10 MINUTES, OR UNTIL NOODLES ARE SOFT. REMOVE FROM HEAT. ADD YOGURT; MIX WELL.
11. SERVE GARNISHED WITH PARSLEY.

### SUBSTITUTIONS

SUBSTITUTE GLUTEN FREE NOODLES OR FLOUR

ESTIMATED NUTRITION: 6 SERVINGS-1 SERVING 323CAL/10G FAT/23 G CARB/34G PROTEIN



Hope you  
enjoyed

REMEMBER TO FOLLOW  
FOR ALL THINGS  
NUTRITION + FITNESS



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