

CHAMPION'S NUTRITION

THE SHORTCUT TO YOUR DREAM BODY

80 BULK AND CUT RECIPES



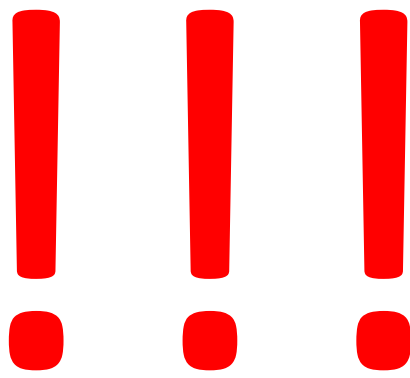
SALOMÃO MARTINS

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This eBook is for educational purposes only. The recipes and ideas shared are meant to support a healthy lifestyle but should not replace professional medical or nutritional advice.

If you have specific health conditions or dietary needs, please consult a qualified healthcare professional.

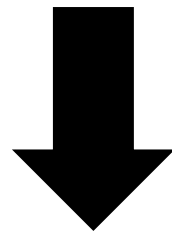
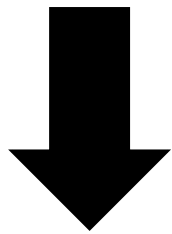
The nutritional values for each recipe in this cookbook are estimates. Please do not rely on them for your dietary strategy. Make sure to do your own calculations when tracking your calories towards your diet plan



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COMMUNITY COMING SOON!**

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BULK

(BREAKFAST)

Delicious

Healthy

Nutrition Per Serving

Calories	893
Fat (g)	31g
Carbs (g)	96g
Protein (g)	45g

Peanut Butter Banana Oatmeal

Makes 1 serving

Prep Time: 5 min.

Cook Time: 5 min.

Ingredients

- 80g rolled oats
- 250ml whole milk
- 1 banana, sliced
- 2 tbsp (32g) peanut butter
- 1 scoop (30g) whey protein

Directions

- Cook oats with milk in a saucepan until creamy.
- Stir in protein powder and half of the banana slices.
- Top with remaining banana and peanut butter.

Delicious

Healthy

Nutrition Per Serving

Protein Pancakes With Greek Yoghurt

Calories 831

Fat (g) 28g

Carbs (g) 83g

Protein (g) 61g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients

- 1 cup oat flour (100g)
- 1 scoop whey protein
- 2 eggs
- 150ml milk
- 1 tsp baking powder
- 100g Greek yogurt

Directions

- Mix oat flour, protein, eggs, milk, and baking powder into a smooth batter.
- Cook pancakes in a nonstick pan.
- Serve with Greek yogurt on top.

Delicious

Healthy

Nutrition Per Serving

Calories 775

Fat (g) 40g

Carbs (g) 62g

Protein (g) 47g

Avocado & Egg Toast With Turkey

Makes 1 servings

Prep Time: 7 min.

Cook Time: 5 min.

Ingredients

- 2 slices wholegrain bread
- 1 avocado, mashed
- 2 eggs
- 3 slices turkey breast
- Salt & pepper

Directions

- Toast bread and spread avocado.
- Fry eggs sunny side up.
- Place turkey slices and top with eggs.

Delicious

Healthy

Nutrition Per Serving

Calories 718

Fat (g) 15g

Carbs (g) 80g

Protein (g) 66g

Cottage Cheese & Berry Bowl

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 200g low-fat cottage cheese
- 1 scoop vanilla whey
- 100g mixed berries
- 40g granola

Directions

- Mix cottage cheese with whey protein.
- Add berries and granola on top.

Delicious

Healthy

Nutrition Per Serving

Calories 670

Fat (g) 31g

Carbs (g) 61g

Protein (g) 37g

Egg & Cheese Breakfast Burrito

Makes 1 servings

Prep Time: 8 min.

Cook Time: 7 min.

Ingredients

- 1 large tortilla wrap
- 3 eggs, scrambled
- 40g cheddar cheese
- 50g black beans
- 50g cooked rice
- Salsa (optional)

Directions

- Scramble eggs in a pan.
- Place rice, beans, eggs, and cheese on tortilla.
- Roll into a burrito and heat in pan until golden.

Delicious

Healthy

Nutrition Per Serving

Calories 767

Fat (g) 32g

Carbs (g) 80g

Protein (g) 43g

Chocolate Almond Protein Smoothie

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 300ml whole milk
- 1 banana
- 1 scoop chocolate whey
- 2 tbsp almond butter
- 40g oats

Directions

- Blend all ingredients until smooth.
- Pour into a large glass and enjoy.

Delicious

Healthy

Nutrition Per Serving

Calories 1040

Fat (g) 30g

Carbs (g) 110g

Protein (g) 60g

Sweet Potato & Egg Hash

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 500g sweet potato, diced
- 4 eggs
- 200g chicken breast, diced
- 2 onion, chopped
- 2 tbsp olive oil

Directions

- Pan-fry sweet potato and onion until soft.
- Add chicken and cook through.
- Crack eggs on top and cook until set.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	28g
Carbs (g)	90g
Protein (g)	45g

Nutty Chocolate Protein Pancakes

Makes 1 servings

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients

- 1 cup oat flour (100g)
- 1 scoop chocolate whey protein
- 3 eggs
- 200ml whole milk
- 2 tbsp peanut butter
- 1 tsp baking powder

Directions

- Mix oat flour, protein, eggs, milk, peanut butter, and baking powder into a smooth batter.
- Cook pancakes on a nonstick pan until golden.
- Stack pancakes and drizzle with extra peanut butter if desired.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	28g
Carbs (g)	85g
Protein (g)	45g

Peanut Butter & Banana Mass Gainer Smoothie

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 400ml whole milk
- 2 scoops vanilla whey protein
- 2 tbsp peanut butter
- 1 large banana
- 50g oats
- 1 tbsp honey

Directions

- Blend all ingredients until smooth.
- Pour into a large glass or shaker bottle.

Delicious

Healthy

Nutrition Per Serving

Chocolate Peanut Butter Overnight Oats

Calories

810

Fat (g)

30g

Carbs (g)

95g

Protein (g)

40g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 80g rolled oats
- 250ml whole milk
- 1 scoop chocolate whey protein
- 2 tbsp peanut butter
- 1 banana, sliced
- 1 tbsp cocoa powder

Directions

- In a jar or bowl, mix oats, milk, protein powder, peanut butter, and cocoa powder.
- Cover and refrigerate overnight.
- In the morning, top with sliced banana and enjoy cold.

BULK

(LUNCH and DINNER)

Delicious

Healthy

Nutrition Per Serving

Calories 820

Fat (g) 25g

Carbs (g) 90g

Protein (g) 55g

Chicken & Sweet Potato Power Bowl

Makes 1 servings

Prep Time: 10 min.

Cook Time: 25 min.

Ingredients

- 200g chicken breast, cooked and diced
- 200g sweet potato, roasted
- 100g quinoa, cooked
- 1 tbsp olive oil
- 50g avocado
- 1 handful spinach

Directions

- Roast sweet potato with olive oil until tender.
- Combine chicken, quinoa, sweet potato, and spinach in a bowl.
- Top with avocado slices and a drizzle of olive oil.

Delicious

Healthy

Nutrition Per Serving

Calories	850
Fat (g)	28g
Carbs (g)	95g
Protein (g)	60g

Beef & Brown Rice Stir-Fry

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 200g lean beef strips
- 150g brown rice, cooked
- 1 cup broccoli florets
- 1 bell pepper, sliced
- 1 tbsp sesame oil
- 2 tbsp soy sauce

Directions

- Heat sesame oil in a pan and stir-fry beef until cooked.
- Add vegetables and stir-fry for 5 min.
- Mix in cooked rice and soy sauce. Serve hot.

Delicious

Healthy

Nutrition Per Serving

Calories	830
Fat (g)	30g
Carbs (g)	85g
Protein (g)	45g

Salmon & Avocado Rice Bowl

Makes 1 servings

Prep Time: 5 min.

Cook Time: 15 min.

Ingredients

- 200g salmon fillet, grilled
- 150g cooked jasmine rice
- 50g avocado
- 1 cup steamed broccoli
- 1 tbsp olive oil

Directions

- Grill salmon until cooked through.
- Assemble rice, broccoli, and avocado in a bowl.
- Top with salmon and drizzle olive oil.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	25g
Carbs (g)	90g
Protein (g)	50g

Turkey & Quinoa Stuffed Peppers

Makes 1 servings

Prep Time: 15 min.

Cook Time: 25 min.

Ingredients

- 2 large bell peppers
- 200g ground turkey
- 100g cooked quinoa
- 1/2 onion, diced
- 1 tbsp olive oil
- 50g shredded cheese

Directions

- Preheat oven to 180°C.
- Cook turkey with onion and olive oil.
- Mix turkey with quinoa and stuff into peppers.
- Top with cheese and bake for 20 min.

Delicious

Healthy

Nutrition Per Serving

Calories 850

Fat (g) 28g

Carbs (g) 95g

Protein (g) 55g

Creamy Chicken Pasta

Makes 1 servings

Prep Time: 10 min. Cook Time: 15 min.

Ingredients

- 150g whole wheat pasta
- 200g chicken breast
- 50ml cream
- 1 tbsp olive oil
- 1 garlic clove, minced
- 30g parmesan cheese

Directions

- Cook pasta according to package instructions.
- Sauté chicken with olive oil and garlic until golden.
- Add cream and parmesan to chicken, mix with pasta, and serve.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	25g
Carbs (g)	90g
Protein (g)	50g

Beef & Sweet Potato Shepherd's Pie

Makes 1 servings

Prep Time: 10 min.

Cook Time: 30 min.

Ingredients

- 200g lean ground beef
- 200g sweet potato, mashed
- 1/2 cup peas
- 1/2 onion, diced
- 1 tbsp olive oil

Directions

- Preheat oven to 180°C.
- Sauté beef and onion until cooked.
- Layer beef mixture in a baking dish, top with mashed sweet potato.
- Bake for 20 min.

Delicious

Healthy

Nutrition Per Serving

Calories 830

Fat (g) 28g

Carbs (g) 90g

Protein (g) 45g

Salmon & Lentil Power Bowl

Makes 1 servings

Prep Time: 10 min.

Cook Time: 20 min.

Ingredients

- 200g salmon fillet, grilled
- 100g cooked lentils
- 1 cup roasted vegetables
- 1 tbsp olive oil
- 50g avocado

Directions

- Grill salmon.
- Assemble lentils, vegetables, and avocado in a bowl.
- Top with salmon and drizzle olive oil.

Delicious

Healthy

Nutrition Per Serving

Calories 850

Fat (g) 30g

Carbs (g) 95g

Protein (g) 55g

Chicken Burrito Bowl

Makes 1 servings

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients

- 200g cooked chicken breast
- 150g cooked rice
- 50g black beans
- 1/2 cup corn
- 1 tbsp olive oil
- Salsa & guacamole

Directions

- Mix rice, beans, corn, and chicken in a bowl.
- Top with salsa and guacamole.

Delicious

Healthy

Nutrition Per Serving

Calories	800
Fat (g)	25g
Carbs (g)	85g
Protein (g)	50g

Tuna & Pasta Salad

Makes 1 servings

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients

- 150g whole wheat pasta
- 1 can tuna in olive oil
- 1/2 cup cherry tomatoes
- 1 tbsp olive oil
- 30g feta cheese

Directions

- Cook pasta, drain, and let cool.
- Mix pasta with tuna, tomatoes, olive oil, and feta.
- Serve chilled or room temperature.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	28g
Carbs (g)	90g
Protein (g)	50g

Chicken & Avocado Wrap

Makes 1 servings

Prep Time: 10 min.

Cook Time: 5 min.

Ingredients

- 1 large tortilla wrap
- 200g grilled chicken breast
- 50g avocado
- 50g cooked rice
- 30g cheddar cheese
- 1 tbsp Greek yogurt

Directions

- Lay tortilla flat, add chicken, rice, avocado, and cheese.
- Spread Greek yogurt on top, roll up, and grill slightly if desired.

BULK

(HIGH-CALORIE SHAKES)

Delicious

Healthy

Nutrition Per Serving

Calories 1050

Fat (g) 38g

Carbs (g) 115g

Protein (g) 55g

Peanut Butter Banana Gainer XL

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 500ml whole milk
- 2 scoops vanilla whey protein
- 2 tbsp peanut butter
- 2 bananas
- 80g oats
- 1 tbsp honey

Directions

- Blend all ingredients until smooth.
- Pour into a large glass or shaker.

Delicious

Healthy

Nutrition Per Serving

Chocolate Almond Bulk Shake

Calories 1100

Fat (g) 40g

Carbs (g) 120g

Protein (g) 60g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 500ml whole milk
- 2 scoops chocolate whey protein
- 3 tbsp almond butter
- 2 bananas
- 80g oats
- 1 tbsp cocoa powder

Directions

- Blend everything until creamy.

Delicious

Healthy

Nutrition Per Serving

Calories 1020

Fat (g) 28g

Carbs (g) 130g

Protein (g) 52g

Strawberry Oat Mass Shake

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 450ml whole milk
- 2 scoops strawberry whey protein
- 200g frozen strawberries
- 80g oats
- 150g Greek yogurt
- 1 tbsp honey

Directions

- Blend until thick and smooth.

Delicious

Healthy

Nutrition Per Serving

Calories 1080

Fat (g) 35g

Carbs (g) 115g

Protein (g) 58g

Mocha Power Shake

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 450ml whole milk
- 1 espresso shot (cooled)
- 2 scoops chocolate whey protein
- 3 tbsp peanut butter
- 80g oats
- 1 tbsp cocoa powder

Directions

- Blend until smooth and creamy.

Delicious

Healthy

Nutrition Per Serving

Calories 1040

Fat (g) 22g

Carbs (g) 140g

Protein (g) 50g

Tropical Mass Shake XL

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 450ml whole milk
- 2 scoops vanilla whey protein
- 200g pineapple
- 200g mango
- 80g oats
- 1 tbsp flaxseeds

Directions

- Blend all until smooth.

Delicious

Healthy

Nutrition Per Serving

Calories 1150

Fat (g) 38g

Carbs (g) 125g

Protein (g) 62g

Cookies & Cream Monster Shake

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 500ml whole milk
- 2 scoops cookies & cream whey protein
- 4 Oreo cookies
- 3 tbsp peanut butter
- 80g oats

Directions

- Blend until smooth and thick.

Delicious

Healthy

Nutrition Per Serving

Calories 1080

Fat (g) 36g

Carbs (g) 120g

Protein (g) 55g

Banana Nutella Power Shake

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 450ml whole milk
- 2 scoops vanilla whey protein
- 2 bananas
- 3 tbsp Nutella
- 80g oats
- 1 tbsp peanut butter

Directions

- Blend all ingredients until smooth.

Delicious

Healthy

Nutrition Per Serving

Calories 1030

Fat (g) 25g

Carbs (g) 135g

Protein (g) 50g

Caramel Apple Gainer Shake

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 450ml whole milk
- 2 scoops vanilla whey protein
- 2 apples, chopped
- 80g oats
- 2 tbsp caramel sauce
- 2 tbsp almond butter

Directions

- Blend until creamy.

Delicious

Healthy

Nutrition Per Serving

Calories 1090

Fat (g) 34g

Carbs (g) 120g

Protein (g) 55g

PB&J Mass Shake

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 450ml whole milk
- 2 scoops vanilla whey protein
- 3 tbsp peanut butter
- 3 tbsp strawberry jam
- 80g oats
- 1 banana

Directions

- Blend until smooth.

Delicious

Healthy

Nutrition Per Serving

Calories 1060

Fat (g) 32g

Carbs (g) 115g

Protein (g) 56g

Chocolate Coconut Bulk Shake

Makes 1 servings

Prep Time: 5 min. Cook Time: --- min.

Ingredients

- 450ml whole milk
- 2 scoops chocolate whey protein
- 3 tbsp shredded coconut
- 3 tbsp peanut butter
- 80g oats
- 1 tbsp honey

Directions

- Blend until smooth.

BULK

(DESSERTS)

Delicious

Healthy

Nutrition Per Serving

Calories	810
Fat (g)	38g
Carbs (g)	75g
Protein (g)	40g

Protein Strawberry Cheesecake

Makes 1 servings

Prep Time: 10 min.

Cook Time: --- min. (1 hour freeze)

Ingredients

- 200 g cream cheese light
- 1 scoop whey vanilla (30 g)
- 2 tbsp honey (30 g)
- 100 g strawberries
- 50 g oats
- 1 tbsp peanut butter (15 g)

Directions

- Mix cream cheese, whey, and honey until creamy.
- Crush oats and mix with peanut butter for the base.
- Place the base in cups, add the cream, and top with strawberries.
- Freeze for 1 hour before serving.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	50g
Carbs (g)	50g
Protein (g)	38g

Protein Chocolate Brownie

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15-20 min.

Ingredients

- 1 scoop whey chocolate (30 g)
- 2 tbsp cocoa powder (10 g)
- 100 g peanut butter
- 2 eggs
- 50 g oats
- 1 tsp baking powder

Directions

- Mix all ingredients until smooth.
- Bake at 180°C for 15-20 min.
- Cut into squares and serve.

Delicious

Healthy

Nutrition Per Serving

Calories	800
Fat (g)	30g
Carbs (g)	50g
Protein (g)	55g

Vanilla Protein Pudding

Makes 1 servings

Prep Time: 5 min.

Cook Time: ... min. (chill 2 hours)

Ingredients

- 300 ml skim milk
- 1 scoop whey vanilla (30 g)
- 1 tbsp unflavored gelatin (10 g)
- 1 tbsp sweetener
- 1 tsp vanilla extract

Directions

- Dissolve gelatin in warm milk.
- Mix whey, sweetener, and vanilla.
- Refrigerate for 2 hours.

Delicious

Healthy

Nutrition Per Serving

Calories	810
Fat (g)	50g
Carbs (g)	85g
Protein (g)	25g

Banana Oat Protein Muffin

Makes 1 servings

Prep Time: 10 min.

Cook Time: 20 min.

Ingredients

- 1 ripe banana (120 g)
- 2 scoops whey vanilla (60 g)
- 50 g oats
- 2 eggs
- 1 tbsp peanut butter (15 g)
- 1 tsp baking powder

Directions

- Mash banana and mix with eggs and peanut butter.
- Add whey, oats, and baking powder.
- Bake at 180°C for 20 min.

Delicious

Healthy

Nutrition Per Serving

Calories

800

Fat (g)

30g

Carbs (g)

85g

Protein (g)

45g

Greek Yogurt Protein Parfait

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 200 g Greek yogurt
- 1 scoop whey vanilla (30 g)
- 50 g granola
- 100 g fruit (strawberry, blueberry, banana)
- 1 tbsp peanut butter (15 g)

Directions

- Mix yogurt with whey.
- Layer yogurt, fruit, and granola in cups.
- Top with peanut butter.

Delicious

Healthy

Nutrition Per Serving

Calories 810

Fat (g) 40g

Carbs (g) 60g

Protein (g) 42g

Chocolate Protein Pancakes

Makes 1 servings

Prep Time: 5 min.

Cook Time: 10 min.

Ingredients

- 1 scoop whey chocolate (30 g)
- 50 g oats
- 2 eggs
- 100 ml milk
- 1 tbsp peanut butter (15 g)

Directions

- Blend all ingredients until smooth.
- Cook in a non-stick pan until golden (approx. 5 min each side).
- Serve with peanut butter on top.

Delicious

Healthy

Nutrition Per Serving

Calories	820
Fat (g)	50g
Carbs (g)	55g
Protein (g)	45g

Peanut Butter Protein Fudge

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min. (chill 1 hour)

Ingredients

- 100 g peanut butter
- 2 scoops whey chocolate (60 g)
- 2 tbsp honey (30 g)
- 50 g oats

Directions

- Mix peanut butter, whey, honey, and oats until smooth.
- Press mixture into a small tray lined with parchment paper.
- Refrigerate for 1 hour before cutting into squares.

Delicious

Healthy

Nutrition Per Serving

Calories 800

Fat (g) 25g

Carbs (g) 100g

Protein (g) 42g

Protein Apple Crisp

Makes 1 servings

Prep Time: 10 min.

Cook Time: 25 min.

Ingredients

- 1 large apple (150 g), chopped
- 1 scoop whey vanilla (30 g)
- 50 g oats
- 1 tbsp coconut oil (15 g)
- 1 tbsp honey (15 g)
- 1 tsp cinnamon

Directions

- Preheat oven to 180°C.
- Mix apple pieces with cinnamon and honey.
- Combine oats, whey, and coconut oil for the topping.
- Spread apples in a baking dish and sprinkle topping over.
- Bake 25 min until golden.

Delicious

Healthy

Nutrition Per Serving

Calories 800

Fat (g) 25g

Carbs (g) 100g

Protein (g) 40g

Chocolate Banana Protein Ice Cream

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min. (freeze 2 hours)

Ingredients

- 2 frozen bananas (200 g)
- 1 scoop whey chocolate (30 g)
- 1 tbsp peanut butter (15 g)
- 50 ml milk

Directions

- Blend frozen bananas, whey, peanut butter, and milk until smooth.
- Pour into a container and freeze for 2 hours.
- Serve chilled.

Delicious

Healthy

Nutrition Per Serving

Calories 810

Fat (g) 30g

Carbs (g) 85g

Protein (g) 45g

Protein Oat Cookies

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 2 scoops whey vanilla (60 g)
- 100 g oats
- 1 egg
- 2 tbsp peanut butter (30 g)
- 2 tbsp honey (30 g)

Directions

- Preheat oven to 180°C.
- Mix all ingredients until a dough forms.
- Form small cookies on a baking tray.
- Bake 15 min until golden.

CUT
(BREAKFAST)

Delicious

Healthy

Nutrition Per Serving

Greek Yogurt Protein Bowl

Calories	310
Fat (g)	5g
Carbs (g)	28g
Protein (g)	34g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 200g non-fat Greek yogurt
- 1 scoop vanilla whey protein
- 50g blueberries
- 15g chia seeds

Directions

- Mix whey with Greek yogurt until smooth.
- Top with blueberries and chia seeds.
- Serve chilled.

Delicious

Healthy

Nutrition Per Serving

Egg White Veggie Scramble

Calories 250

Fat (g) 8g

Carbs (g) 12g

Protein (g) 30g

Makes 1 servings

Prep Time: 5 min.

Cook Time: 10 min.

Ingredients

- 6 egg whites
- 1 whole egg
- 80g spinach
- 50g mushrooms
- 1 tsp olive oil

Directions

- Heat olive oil in a non-stick pan.
- Add spinach and mushrooms, sauté for 3 minutes.
- Pour in eggs and scramble until fluffy.

Delicious

Healthy

Nutrition Per Serving

Protein Pancakes with Greek Yogurt

Calories	420
Fat (g)	11g
Carbs (g)	45g
Protein (g)	35g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients

- 1 cup oat flour (100g)
- 1 scoop whey protein
- 2 eggs
- 150ml milk
- 1 tsp baking powder
- 100g Greek yogurt

Directions

- Mix oat flour, protein, eggs, milk, and baking powder into a smooth batter.
- Heat a nonstick pan over medium heat and pour small amounts of batter to form pancakes.
- Cook until golden on both sides.
- Serve stacked, topped with Greek yogurt.

Delicious

Healthy

Nutrition Per Serving

Protein Oatmeal

Calories	380
Fat (g)	8g
Carbs (g)	45g
Protein (g)	32g

Makes 1 servings

Prep Time: 5 min.

Cook Time: 5 min.

Ingredients

- 40g oats
- 200ml unsweetened almond milk
- 1 scoop whey protein
- 10g peanut butter

Directions

- Cook oats with almond milk for 3–4 minutes.
- Stir in protein powder after cooking.
- Top with peanut butter.

Delicious

Healthy

Nutrition Per Serving

Tuna Salad Wrap

Calories	290
Fat (g)	6g
Carbs (g)	20g
Protein (g)	35g

Makes 1 servings

Prep Time: 10 min.

Cook Time: --- min.

Ingredients

- 1 whole-wheat tortilla
- 100g canned tuna in water
- 1 tbsp Greek yogurt
- Lettuce, tomato slices

Directions

- Mix tuna with Greek yogurt.
- Fill tortilla with tuna mix, lettuce, and tomato.
- Roll tightly and serve.

Delicious

Healthy

Nutrition Per Serving

Turkey Zucchini Burgers

Calories 360

Fat (g) 15g

Carbs (g) 14g

Protein (g) 40g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 150g lean ground turkey
- 80g grated zucchini
- 1 egg white
- Spices: paprika, garlic, black pepper

Directions

- Mix turkey, zucchini, egg white, and spices.
- Form patties and grill 6–7 minutes per side.
- Serve with side salad or veggies.

Delicious

Healthy

Nutrition Per Serving

Calories 310

Fat (g) 8g

Carbs (g) 20g

Protein (g) 35g

Shrimp Stir-Fry

Makes 1 servings

Prep Time: 5 min.

Cook Time: 10 min.

Ingredients

- 150g shrimp (peeled)
- 100g bell peppers
- 50g broccoli
- 1 tbsp soy sauce
- 1 tsp sesame oil

Directions

- Heat sesame oil in wok.
- Add shrimp and cook 3–4 min.
- Toss in veggies and soy sauce, stir-fry until tender.

Delicious

Healthy

Nutrition Per Serving

Beef & Cauliflower Rice Bowl

Calories 390

Fat (g) 14g

Carbs (g) 18g

Protein (g) 42g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 150g lean ground beef (5% fat)
- 150g cauliflower rice
- 50g onion
- Spices: chili powder, garlic, paprika

Directions

- Brown ground beef with onion in a skillet.
- Add spices and mix well.
- Stir in cauliflower rice, cook 5 more minutes.

Delicious

Healthy

Nutrition Per Serving

Baked Salmon with Asparagus

Calories 420

Fat (g) 24g

Carbs (g) 10g

Protein (g) 38g

Makes 1 servings

Prep Time: 5 min.

Cook Time: 20 min.

Ingredients

- 150g salmon fillet
- 150g asparagus
- 1 tsp olive oil
- Lemon, garlic, pepper

Directions

- Preheat oven to 200°C.
- Place salmon and asparagus on tray, drizzle olive oil, add spices.
- Bake for 20 minutes.

Delicious

Healthy

Nutrition Per Serving

Turkey Ham & Egg Wrap

Calories

420

Fat (g)

11g

Carbs (g)

45g

Protein (g)

35g

Makes 1 servings

Prep Time: 7 min.

Cook Time: 5 min.

Ingredients

- 1 whole-wheat tortilla (60g)
- 3 slices lean turkey ham (60g)
- 2 egg whites + 1 whole egg
- 30g low-fat cheese
- Handful of spinach leaves
- Salt & pepper to taste

Directions

1. In a non-stick pan, scramble egg whites and the whole egg with a pinch of salt and pepper.
2. Warm the tortilla slightly in the pan.
3. Layer spinach, turkey ham, scrambled eggs, and cheese inside the tortilla.
4. Roll up tightly and toast briefly on the pan for extra crunch.
5. Slice in half and serve warm.

CUT

(LUNCH and DINNER)

Delicious

Healthy

Nutrition Per Serving

Grilled Chicken with Brown Rice and Broccoli

Calories	480
Fat (g)	10g
Carbs (g)	50g
Protein (g)	45g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 20 min.

Ingredients

- 150g chicken breast
- 100g cooked brown rice
- 150g broccoli
- 1 tsp olive oil
- Salt, pepper, garlic powder

Directions

- Cook brown rice in salted water.
- Grill chicken seasoned with salt, pepper, and garlic powder.
- Steam broccoli.
- Serve chicken with rice and broccoli, drizzle with olive oil.

Delicious

Healthy

Nutrition Per Serving

Oven-Baked Salmon with Sweet Potato and Asparagus

Calories

520

Fat (g)

18g

Carbs (g)

45g

Protein (g)

38g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 25 min.

Ingredients

- 150g salmon fillet
- 200g sweet potato
- 100g asparagus
- 1 tbsp olive oil
- Lemon, salt, pepper, herbs

Directions

- Slice sweet potato and bake at 200°C for 15 min.
- Add salmon (seasoned) and asparagus, bake for 10 more min.
- Finish with lemon juice.

Delicious

Healthy

Nutrition Per Serving

Turkey & Veggie Stir-Fry with Soy Sauce

Calories

410

Fat (g)

14g

Carbs (g)

30g

Protein (g)

37g

Makes 1 servings

Prep Time: 8 min.

Cook Time: 12 min.

Ingredients

- 150g lean ground turkey
- 150g mixed veggies
(zucchini, bell pepper, carrot)
- 1 tbsp soy sauce (low sodium)
- 1 tsp olive oil
- Garlic, ginger, pepper

Directions

- Heat olive oil in a pan, add garlic and ginger.
- Cook ground turkey until browned.
- Add chopped veggies, stir-fry 5–7 min.
- Add soy sauce and mix well.

Delicious

Healthy

Nutrition Per Serving

Seared Tuna with Veggies and Couscous

Calories	420
Fat (g)	12g
Carbs (g)	45g
Protein (g)	35g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 10 min.

Ingredients

- 150g fresh tuna steak (or canned tuna in water)
- 70g couscous
- 150g mixed vegetables (zucchini, bell pepper, carrot)
- 1 tbsp olive oil
- Salt, garlic powder, parsley

Directions

- Hydrate couscous with hot salted water.
- Stir-fry vegetables in olive oil with seasonings.
- Sear tuna for 1–2 min per side or mix canned tuna with veggies.
- Serve with couscous.

Delicious

Healthy

Nutrition Per Serving

Whole Wheat Chicken & Hummus Wrap

Calories	390
Fat (g)	12g
Carbs (g)	35g
Protein (g)	32g

Makes 1 servings

Prep Time: 5 min.

Cook Time: 8 min.

Ingredients

- 1 whole wheat tortilla
- 120g grilled chicken breast
- 40g hummus
- Lettuce, tomato, cucumber

Directions

- Grill chicken and slice into strips.
- Warm tortilla, spread hummus.
- Add chicken and veggies, wrap, and serve.

Delicious

Healthy

Nutrition Per Serving

Fit Cod "à Brás"

Calories	450
Fat (g)	16g
Carbs (g)	28g
Protein (g)	42g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 150g shredded cod (desalted)
- 1 whole egg + 4 egg whites
- 100g boiled potato cubes
- 1 small onion
- Parsley, pepper, olive oil

Directions

- Sauté onion in olive oil.
- Add cod and potato cubes.
- Stir in beaten eggs, cook until set.
- Garnish with parsley.

Delicious

Healthy

Nutrition Per Serving

Quinoa Bowl with Chicken and Avocado

Calories

520

Fat (g)

18g

Carbs (g)

45g

Protein (g)

40g

Makes 1 servings

Prep Time: 12 min.

Cook Time: 18 min.

Ingredients

- 80g quinoa
- 150g chicken breast
- 50g avocado
- 100g cherry tomatoes
- 1 tbsp olive oil

Directions

- Cook quinoa in salted water.
- Grill chicken and cut into cubes.
- Assemble bowl with quinoa, chicken, avocado, and tomatoes.
- Drizzle with olive oil.

Delicious

Healthy

Nutrition Per Serving

Calories 480

Fat (g) 11g

Carbs (g) 55g

Protein (g) 35g

Whole Wheat Spaghetti with Shrimp & Tomato Sauce

Makes 1 servings

Prep Time: 10 min.

Cook Time: 15 min.

Ingredients

- 80g whole wheat spaghetti
- 120g shrimp
- 150g natural tomato sauce
- Garlic, olive oil, parsley

Directions

- Cook spaghetti al dente.
- Sauté garlic in olive oil, add shrimp.
- Add tomato sauce and combine with pasta.
- Garnish with parsley.

Delicious

Healthy

Nutrition Per Serving

Lean Beef Chili with Beans

Calories	510
Fat (g)	15g
Carbs (g)	45g
Protein (g)	42g

Makes 1 servings

Prep Time: 12 min.

Cook Time: 25 min.

Ingredients

- 150g lean ground beef
- 100g cooked red beans
- 100g canned tomatoes
- 1 small onion
- Bell pepper, garlic, cumin, chili powder

Directions

- Sauté onion, garlic, and bell pepper.
- Add beef and cook until browned.
- Stir in tomatoes and beans, season with spices.
- Simmer for 20 min.

Delicious

Healthy

Nutrition Per Serving

Hake Fillets with Pea Purée

Calories	430
Fat (g)	12g
Carbs (g)	35g
Protein (g)	38g

Makes 1 servings

Prep Time: 8 min.

Cook Time: 15 min.

Ingredients

- 150g hake fillets
- 200g frozen peas
- 1 tbsp olive oil
- Garlic, salt, pepper, lemon

Directions

- Boil peas, then blend into purée, season to taste.
- Grill hake fillets with garlic and lemon.
- Serve with pea purée.

CUT

(SNACKS)

Delicious

Healthy

Nutrition Per Serving

Greek Yogurt with Berries & Almonds

Calories	220
Fat (g)	7g
Carbs (g)	18g
Protein (g)	20g

Makes 1 servings

Prep Time: 3 min.

Cook Time: --- min.

Ingredients

- 150g Greek yogurt (0–2% fat)
- 50g mixed berries
- 10g almonds (chopped)

Directions

1. Place yogurt in a bowl.
2. Top with berries and almonds.

Delicious

Healthy

Nutrition Per Serving

Cottage Cheese with Pineapple

Calories	180
Fat (g)	5g
Carbs (g)	14g
Protein (g)	17g

Makes 1 servings

Prep Time: 2 min.

Cook Time: --- min.

Ingredients

- 150g cottage cheese
- 80g pineapple chunks (fresh or canned in juice)

Directions

- Mix cottage cheese with pineapple.
- Chill or eat immediately.

Delicious

Healthy

Nutrition Per Serving

Protein Shake with Banana

Calories	280
Fat (g)	5g
Carbs (g)	30g
Protein (g)	28g

Makes 1 servings

Prep Time: 3 min.

Cook Time: --- min.

Ingredients

- 1 scoop whey protein (30g)
- 250ml unsweetened almond milk
- 1 medium banana

Directions

- Blend all ingredients until smooth.
- Serve cold.

Delicious

Healthy

Nutrition Per Serving

Tuna & Rice Cakes

Calories	200
Fat (g)	3g
Carbs (g)	18g
Protein (g)	22g

Makes 1 servings

Prep Time: 4 min.

Cook Time: --- min.

Ingredients

- 1 can tuna in water (drained, ~100g)
- 2 rice cakes
- 1 tsp light mayo or Greek yogurt

Directions

- Mix tuna with yogurt/mayo.
- Spread on rice cakes.

Delicious

Healthy

Nutrition Per Serving

Calories 170

Fat (g) 9g

Carbs (g) 7g

Protein (g) 13g

Boiled Eggs with Carrot Sticks

Makes 1 servings

Prep Time: 5 min. Cook Time: 10 min.

Ingredients

- 2 boiled eggs
- 100g carrot sticks

Directions

- Boil eggs, peel, and cut in half.
- Serve with carrot sticks.

Delicious

Healthy

Nutrition Per Serving

Protein Pancakes (Quick Version)

Calories

250

Fat (g)

6g

Carbs (g)

22g

Protein (g)

25g

Makes 1 servings

Prep Time: 5 min.

Cook Time: 8 min.

Ingredients

- 1 scoop whey protein
- 1 whole egg + 2 egg whites
- 40g oats (blended into flour)
- Dash of cinnamon

Directions

- Mix all ingredients into a batter.
- Cook small pancakes on a non-stick pan.

Delicious

Healthy

Nutrition Per Serving

Smoked Salmon & Cucumber Bites

Calories

160

Fat (g)

7g

Carbs (g)

6g

Protein (g)

16g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 80g smoked salmon
- 1 cucumber (sliced into rounds)
- 1 tbsp low-fat cream cheese

Directions

- Spread cream cheese on cucumber slices
- Top with smoked salmon.

Delicious

Healthy

Nutrition Per Serving

Edamame with Sea Salt

Calories	190
Fat (g)	7g
Carbs (g)	15g
Protein (g)	18g

Makes 1 servings

Prep Time: 2 min.

Cook Time: 5 min.

Ingredients

- 150g frozen edamame (in pods)
- Pinch of sea salt

Directions

1. Boil edamame for 5 min.
2. Drain, sprinkle with sea salt.

Delicious

Healthy

Nutrition Per Serving

Turkey Roll-Ups with Cheese

Calories	210
Fat (g)	11g
Carbs (g)	2g
Protein (g)	25g

Makes 1 servings

Prep Time: 3 min.

Cook Time: --- min.

Ingredients

- 3 slices turkey breast (90g)
- 1 slice light cheese (20g)
- Lettuce leaves

Directions

- Lay turkey slices flat.
- Place cheese and lettuce inside
- Roll and slice.

Delicious

Healthy

Nutrition Per Serving

Apple Slices with Peanut Butter & Protein Powder

Calories	240
Fat (g)	9g
Carbs (g)	25g
Protein (g)	14g

Makes 1 servings

Prep Time: 4 min.

Cook Time: --- min.

Ingredients

- 1 medium apple (sliced)
- 15g peanut butter
- 1 tbsp whey protein (vanilla, mixed with 1 tbsp water to make a cream)

Directions

1. Mix whey with water until creamy.
2. Spread peanut butter and protein cream over apple slices.

CUT

(DESSERTS)

Delicious

Healthy

Nutrition Per Serving

Calories 220

Fat (g) 4g

Carbs (g) 20g

Protein (g) 24g

Protein Chocolate Mug Cake

Makes 1 servings

Prep Time: 5 min.

Cook Time: 2 min.

Ingredients

- 1 scoop chocolate whey protein
- 2 tbsp oat flour
- 1 tsp cocoa powder
- ½ tsp baking powder
- 100 ml almond milk
- Sweetener to taste

Directions

- Mix all ingredients in a mug until smooth.
- Microwave for 90 seconds.
- Let cool slightly and enjoy warm.

Delicious

Healthy

Nutrition Per 4 bites

Strawberry Protein Cheesecake Bites

Calories

180

Fat (g)

3g

Carbs (g)

12g

Protein (g)

22g

Makes 1 servings

Prep Time: 10 min.

Cook Time: --- min. (chill 1 hour)

Ingredients

- 150g fat-free Greek yogurt
- 1 scoop vanilla whey protein
- 60g light cream cheese
- 100g strawberries, chopped
- 1 tsp vanilla extract
- Sweetener to taste

Directions

- Blend yogurt, cream cheese, protein, vanilla, and sweetener.
- Fold in strawberries.
- Pour into silicone molds and refrigerate 1h.

Delicious

Healthy

Nutrition Per Serving

Protein Ice Cream (Vanilla-Cinnamon)

Calories	210
Fat (g)	2g
Carbs (g)	28g
Protein (g)	26g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min. (freeze 2h)

Ingredients

- 1 scoop vanilla whey protein
- 200g frozen banana
- 150g fat-free Greek yogurt
- ½ tsp cinnamon

Directions

- Blend all ingredients until creamy.
- Freeze for 2h, stirring once halfway.
- Scoop and serve.

Delicious

Healthy

Nutrition Per Serving

Chocolate Protein Pudding

Calories	190
Fat (g)	3g
Carbs (g)	10g
Protein (g)	29g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 200g fat-free Greek yogurt
- 1 scoop chocolate casein protein
- 1 tbsp cocoa powder
- Sweetener to taste

Directions

- Mix all ingredients until thick and creamy.
- Chill for 20 minutes for best texture.

Delicious

Healthy

Nutrition Per Serving

Protein Apple Crumble Bowl

Calories

240

Fat (g)

4g

Carbs (g)

30g

Protein (g)

25g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 5 min.

Ingredients

- 1 apple, diced
- 1 scoop vanilla whey protein
- 20g oats
- 1 tsp cinnamon
- Sweetener to taste

Directions

- Microwave apple with cinnamon 2–3 min.
- Mix oats with protein powder and a little water.
- Top warm apple with the oat-protein mix.

Delicious

Healthy

Nutrition Per Serving

Peanut Butter Protein Balls

Calories	210
Fat (g)	6g
Carbs (g)	18g
Protein (g)	21g

Makes 1 servings

Prep Time: 10 min.

Cook Time: --- min. (chill 20min.)

Ingredients

- 1 scoop vanilla whey protein
- 40g powdered peanut butter
- 20g oats
- 50 ml almond milk
- Sweetener to taste

Directions

- Mix all ingredients into a dough.
- Roll into balls and refrigerate.

Delicious

Healthy

Nutrition Per Serving

Protein Brownie Batter Dip

Calories

200

Fat (g)

3g

Carbs (g)

12g

Protein (g)

28g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min.

Ingredients

- 1 scoop chocolate whey protein
- 150g cottage cheese (fat-free)
- 1 tbsp cocoa powder
- Sweetener to taste

Directions

- Blend everything until smooth.
- Use as a dip for fruit or rice cakes.

Delicious

Healthy

Nutrition Per Serving

Protein Chia Pudding

Calories	230
Fat (g)	7g
Carbs (g)	15g
Protein (g)	23g

Makes 1 servings

Prep Time: 5 min.

Cook Time: --- min. (chill overnight)

Ingredients

- 1 scoop vanilla whey protein
- 200 ml almond milk
- 20g chia seeds
- Sweetener to taste

Directions

- Mix protein powder with milk until smooth.
- Stir in chia seeds and refrigerate overnight.

Delicious

Healthy

Nutrition Per Serving

Protein Berry Yogurt Bark

Calories	180
Fat (g)	2g
Carbs (g)	15g
Protein (g)	24g

Makes 1 servings

Prep Time: 10 min.

Cook Time: --- min. (freeze 2h)

Ingredients

- 200g fat-free Greek yogurt
- 1 scoop vanilla whey protein
- 50g mixed berries
- Sweetener to taste

Directions

- Mix yogurt and protein.
- Spread onto a baking sheet.
- Add berries on top and freeze for 2h.
- Break into pieces and serve.

Delicious

Healthy

Nutrition Per Serving

Protein Banana Pancakes

Calories	260
Fat (g)	4g
Carbs (g)	32g
Protein (g)	27g

Makes 1 servings

Prep Time: 10 min.

Cook Time: 5 min.

Ingredients

- 1 ripe banana
- 1 scoop whey protein (vanilla or cinnamon)
- 2 egg whites
- 30g oats
- ½ tsp baking powder

Directions

- Blend all ingredients into a batter.
- Cook small pancakes in a non-stick pan, 1–2 min per side.