



High Protein Recipe Bundle

LOOKING FOR HIGH
PROTEIN, LOW CARB MEALS
THAT ARE EASY TO MAKE,
HAVE ONLY HEALTHY
INGREDIENTS, AND ARE
NUTRIENT DENSE. LOOK NO
FURTHER!

A close-up photograph of a breakfast dish on a white plate. The dish consists of a sunny-side-up egg with a runny yolk, topped with a drizzle of olive oil and a sprinkle of black pepper. The egg is served with a bed of fresh green arugula and several halved, roasted cherry tomatoes. A semi-transparent text box is overlaid in the center of the image.

High Protein Breakfast

START YOUR DAY RIGHT

Hearty Sausage and Eggs Scramble



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 8 MIN

INGREDIENTS

- 1 organic chicken sausage link, sliced 1/4 inch thick
- 2 eggs
- 1/2 tbsp (7g) avocado oil
- 1/2 cup (45g) chopped broccoli florets
- 1/4 small onion, chopped small
- 1 clove garlic, minced
- Sea salt and black pepper to taste

DIRECTIONS

1. Warm avocado oil in a skillet over medium heat.
2. Add sliced sausage, broccoli, onion, and garlic to the skillet and cook for 5 minutes stirring occasionally.
3. Whisk eggs in a bowl then add to skillet along with salt and pepper.
4. Stir until eggs are cooked through.
5. Remove from heat and serve warm.

NUTRITION INFO

Calories: 350, Carbohydrate: 20 grams, Protein: 34 grams, Fat: 14 grams



High Protein Lunch

GET THE BOOST YOU NEED.

Cobb Salad



SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 20 - 25 MIN

(TIME TO COOK CHICKEN,
BACON, AND EGGS)

INGREDIENTS

- 2 cups (42g) mixed greens
- 1 hard boiled egg, quartered
- 2 slices cooked bacon, crumbled
- 2 oz (56g) cooked chicken breast, sliced
- 1 handful cherry tomatoes, chopped
- 1/8 small red onion, sliced
- 1/2 tbsp (7g) olive oil
- Lemon juice to taste
- Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients together and enjoy!

NUTRITION INFO

Calories: 376, Carbohydrate: 8 grams, Protein: 37 grams, Fat: 21 grams



High Protein Dinner

END THE DAY FEELING
GOOD.

Chicken Sheet Pan Dinner



SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 2, 5 oz (142g) boneless skinless chicken breasts, sliced and uncooked
- 2 large carrots, chopped
- 2 cups (182g) broccoli, chopped
- 1 yellow bell pepper, chopped
- 1 red bell pepper, chopped
- 1 small red onion, chopped
- 3 tbsp (40g) olive oil
- 3 cloves garlic, minced
- 1 tsp (1g) dried thyme
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix together olive oil, garlic, thyme, salt, and pepper.
3. Place chicken breast and vegetables together on an aluminum or glass oven pan.
4. Drizzle olive oil mixture over chicken and vegetables. Then lightly toss to fully coat the chicken and vegetables.
5. Bake at 20-25 minutes, mixing occasionally to prevent the chicken and vegetables from sticking to the pan and to cook evenly.

NUTRITION INFO

Calories: 414, Carbohydrate: 15, Protein: 39, Fat: 23