

HIGH-PROTEIN, LOW- CALORIE RECIPES



**NUTRITIOUS MEALS UNDER 400 CALORIES
IN UNDER 30 MINUTES**

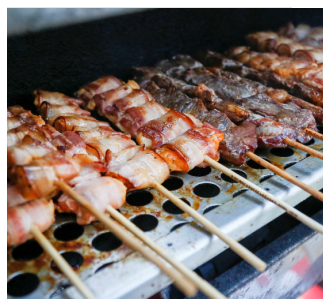
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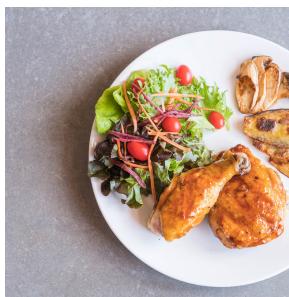
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INTRODUCTION

Welcome to "High-Protein, Low-Calorie Quick Recipes: Nutritious Meals Under 400 Calories". This book contains a select number of delicious, protein-rich meals that are low in calories and quick to prepare.

IMPORTANCE OF HIGH-PROTEIN, LOW-CALORIE MEALS

Protein plays a crucial role in our bodies. It's essential for building and repairing tissues, making enzymes and hormones, and supporting immune function.

High-protein meals can also help you feel fuller for longer, reducing the likelihood of overeating and aiding in weight management.

However, it's not just about consuming protein - it's also about balancing it with the right amount of calories. Low-calorie meals can help you maintain a healthy weight, reduce the risk of chronic diseases, and promote overall health. By combining high-protein and low-calorie ingredients, you can create meals that are not only nutritious but also delicious and satisfying.

BENEFITS OF QUICK AND EASY RECIPES

In our busy lives, finding time to cook nutritious meals can be a challenge. That's where quick and easy recipes come in. These recipes are designed to be prepared in 30 minutes or less, making it easier for you to enjoy a healthy meal even on your busiest days. They use simple, readily available ingredients and straightforward cooking methods, so you don't have to be a gourmet chef to make them.

HOW TO USE THIS BOOK

This book is divided into sections based on meal types: breakfast, lunch, dinner, snacks, and desserts. Each recipe includes a list of ingredients, step-by-step cooking instructions, preparation and cooking time, number of servings, and nutritional information, including calories and protein content.

Feel free to experiment with the recipes and adjust them to your taste. You can substitute ingredients based on your dietary needs or preferences, add your favorite herbs and spices, or adjust the portion sizes to fit your nutritional goals.

Remember, eating healthily is not about strict limitations, but about fueling your body with the right nutrients. So, let's get cooking and enjoy the process of creating high-protein, low-calorie meals that are quick, easy, and delicious.



BREAKFAST

PROTEIN-PACKED SCRAMBLED EGGS WITH SPINACH

Start your day with this nutritious, protein-rich breakfast. The eggs provide a high-quality source of protein, while the spinach offers a wealth of vitamins and minerals. This quick and easy dish is a delicious way to fuel your morning.

INGREDIENTS:

- 3 large eggs
- 30g fresh spinach
- 7.5ml olive oil
- Salt and pepper to taste
- Optional: 15g grated Parmesan cheese

PREPARATION TIME:

5 minutes

COOKING TIME:

5 minutes

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION:

- Calories: 320
- Protein: 25g
- Carbohydrates: 2g
- Fat: 25g

INSTRUCTIONS:

1. Heat the olive oil in a non-stick skillet over medium heat.
2. In a bowl, crack the eggs and whisk them until the yolks and whites are fully combined. Season with salt and pepper.
3. Add the spinach to the heated skillet and sauté it until it begins to wilt, which should take about 1-2 minutes.
4. Pour the beaten eggs over the wilted spinach. Allow them to cook undisturbed for a few seconds until they start to set around the edges.
5. Stir the eggs with a spatula, pushing them from the edges toward the center. Continue to cook, stirring occasionally, until the eggs are mostly cooked but still slightly runny.
6. Remove the skillet from the heat and let the residual heat finish cooking the eggs. They should be soft and slightly creamy. If you're using Parmesan cheese, sprinkle it on top now.
7. Serve immediately and enjoy your protein-packed, low-calorie breakfast.

CHICKEN AND SPINACH BREAKFAST BURRITO

This breakfast burrito is a great high-protein, low-calorie option that's quick to prepare and easy to take on the go.

INGREDIENTS:

- 1 whole grain tortilla
- 70g cooked chicken breast, chopped
- 30g fresh spinach
- 2 large eggs
- 7.5ml olive oil
- Salt and pepper to taste

PREPARATION TIME:

5 minutes

COOKING TIME:

10 minutes

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION:

- Calories: 485
- Protein: 40g
- Carbohydrates: 33g
- Fat: 22g

INSTRUCTIONS:

1. Heat the olive oil in a non-stick skillet over medium heat.
2. In a bowl, whisk the eggs and season with salt and pepper.
3. Add the spinach to the skillet and sauté it until it begins to wilt, about 1-2 minutes.
4. Pour the beaten eggs over the spinach and add the chopped turkey. Stir gently to combine.
5. Cook the egg mixture, stirring occasionally, until the eggs are mostly cooked but still slightly runny.
6. Warm the tortilla in the microwave for about 10 seconds to make it more pliable.
7. Place the cooked egg mixture in the center of the tortilla. Fold in the sides of the tortilla, then roll it up from the bottom to enclose the filling.

COTTAGE CHEESE PANCAKES WITH FRESH BERRIES

These cottage cheese pancakes are a delicious, high-protein breakfast option. They're quick to prepare and can be topped with your favorite fruits for added flavor and nutrition.

INGREDIENTS:

- 200g low-fat cottage cheese
- 2 large eggs
- 30g whole wheat flour
- 5g baking powder
- 15ml olive oil
- 100g fresh berries (like strawberries, blueberries, raspberries)
- Optional: 10g honey or maple syrup for serving

PREPARATION TIME:

10 minutes

COOKING TIME:

10 minutes

NUMBER OF SERVINGS:

2

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 285
- Protein: 21g
- Carbohydrates: 25g
- Fat: 11g

INSTRUCTIONS:

1. In a blender, combine the cottage cheese, eggs, whole wheat flour, and baking powder. Blend until smooth.
2. Heat the olive oil in a non-stick skillet over medium heat.
3. Pour 1/4 cup of the batter into the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook until browned on the other side.
4. Repeat with the remaining batter.
5. Serve the pancakes topped with fresh berries and a drizzle of honey or maple syrup, if desired.



LUNCH

LOW CALORIE & HIGH PROTEIN TUNA MELT

This Low Calorie, High Protein Tuna Melt is full of flavour but low on calories. It's prepped and ready to eat in 15 minutes and can be prepared in advance and eaten on the go.

INGREDIENTS:

- 1 Can Spring water Tuna
- Chilli Flakes and/or All Season
- 1/2 Tbsp Lemon Juice
- 10g English Mustard
- 10g Light Mayonnaise
- 20g Spring Onion
- 1 egg
- 2 slices of low calorie bread or wholemeal bread
- 15g 50% reduced fat cheddar cheese

PREPARATION TIME:

5minutes

COOKING TIME:

10 minutes

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 390

- Protein: 43g

- Carbohydrates: 23g

- Fat: 13g

INSTRUCTIONS:

1. Add the can of drained tuna into a bowl then add 1/2 Tsp of chilli flakes, 1 Tsp of All Season, 1/2 Tbsp of lemon juice, 10g of English mustard, 10g of light mayonnaise, 20g spring onion and mix it together with a spoon.
2. In a small separate bowl whisk the egg then cook it using a non stick pan on medium heat. .
3. Just before the eggs are fully cooked place 2 slices of bread on top, Leave for 1 minute then flip it over using a spatula.
4. Sprinkle a bit more All Season on top then add 15g of cheese & the tuna mix on one half.
5. Fold the sides of the eggs inwards to the middle, once both sides of the eggs are folded gently hold it down with your hand & using your other hand flip the other side of the bread over to create a sandwich.
6. Lower the heat and cook for 1 - 2 minutes on each side or until the bread is crispy and serve.

GREEK SALAD WITH GRILLED CHICKEN

This vibrant salad pairs grilled chicken with a medley of fresh vegetables and feta cheese, drizzled with a light olive oil and lemon dressing, offering a high-protein, low-calorie lunch that's as flavorful as it is healthy.

INGREDIENTS:

- 150g chicken breast
- 60g mixed salad greens
- 1 medium tomato, chopped
- 1/2 medium cucumber, chopped
- 30g feta cheese, crumbled
- 7.5ml olive oil
- 15ml lemon juice
- Salt and pepper to taste

PREPARATION TIME:

10 minutes

COOKING TIME:

15 minutes

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 350
- Protein: 45g
- Carbohydrates: 2g
- Fat: 16g

INSTRUCTIONS:

1. Season the chicken breast with salt and pepper, then grill it on medium heat for about 6-7 minutes on each side, or until fully cooked. Let it rest for a few minutes, then slice it.
2. In a large bowl, combine the salad greens, chopped tomato, chopped cucumber, and crumbled feta cheese.
3. In a small bowl, whisk together the olive oil and lemon juice. Season with salt and pepper.
4. Add the sliced chicken to the salad, pour the dressing over the top, and toss to combine.
5. Serve immediately.

EGG AND BACON LUNCH WRAP

This Egg and Bacon Wrap is a great high-protein, low-calorie option that's quick to prepare and easy to take on the go. It's perfect for a quick, nutritious lunch or breakfast.

INGREDIENTS:

- 1 whole grain tortilla
- 1 large egg
- 2 slices of bacon medallions
- 30g 50% reduced fat cheddar cheese
- Salt and pepper to taste
- Optional: 30g diced pepper, 30g diced onion

PREPARATION TIME:

10 minutes

COOKING TIME:

10 minutes

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 400
- Protein: 34g
- Carbohydrates: 33g
- Fat: 20g

INSTRUCTIONS:

1. Heat a non-stick skillet over medium heat, add the bacon slices and cook until crispy. Remove from the skillet and set aside.
2. In the same skillet, add the diced bell pepper and onion (if using), and sauté until they're softened, about 3-4 minutes.
3. In a bowl, whisk the egg and season with salt and pepper. Pour the egg mixture into the skillet and cook, stirring occasionally, until the eggs are mostly cooked but still slightly runny.
4. Warm the tortilla in the microwave for about 10 seconds to make it more pliable.
5. Place the cooked eggs, crispy bacon, and shredded cheese in the center of the tortilla.
6. Fold in the sides of the tortilla, then roll it up from the bottom to enclose the filling.
7. Gently toast the outside of the tortilla in the pan.
8. Remove from the pan and serve.



DINNER

GRILLED LEMON HERB CHICKEN

This Grilled Lemon Herb Chicken is a simple, high-protein, low-calorie dinner option that's bursting with fresh flavors and can be paired with your favorite side for a complete meal.

INGREDIENTS:

- 200g chicken breast
- 7.5ml olive oil
- 15ml lemon juice
- 2g dried herbs (like thyme, rosemary, oregano)
- Salt and pepper to taste

PREPARATION TIME:

5 minutes (plus marinating time)

COOKING TIME:

15 minutes

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320
- Protein: 55g
- Carbohydrates: 5g
- Fat: 11g

INSTRUCTIONS:

1. In a bowl, combine the olive oil, lemon juice, dried herbs, salt, and pepper.
2. Add the chicken breast to the bowl and turn to coat it in the marinade. Let it marinate for at least 15 minutes.
3. Preheat your grill or grill pan to medium heat.
4. Grill the chicken for 6-7 minutes on each side, or until fully cooked.
5. Serve the chicken with a side of steamed vegetables or a salad.

VEGGIE-STUFFED PEPPERS

These Veggie-Stuffed Bell Peppers are a hearty, high-protein, low-calorie dinner option that's packed with nutritious ingredients and bursting with flavor.

INGREDIENTS:

- 2 medium peppers
- 100g cooked brown rice
- 100g canned black beans, drained and rinsed
- 100g sweetcorn
- 50g shredded cheddar cheese
- 7.5ml olive oil
- Salt and pepper to taste

PREPARATION TIME:

10 minutes

COOKING TIME:

30 minutes

NUMBER OF SERVINGS:

2

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 300
- Protein: 30g
- Carbohydrates: 65g
- Fat: 25g

INSTRUCTIONS:

1. Preheat your oven to 180°C (350°F).
2. Cut the tops off the bell peppers and remove the seeds.
3. In a bowl, combine the cooked brown rice, black beans, sweetcorn, and half of the cheese. Season with salt and pepper.
4. Stuff the bell peppers with the rice mixture and place them in a baking dish.
5. Sprinkle the remaining cheese on top of the stuffed peppers.
6. Bake for 25-30 minutes, or until the peppers are tender and the cheese is melted and bubbly.
7. Serve hot.

TURKEY MEATBALLS WITH COURGETTE NOODLES

These Turkey Meatballs with Courgette Noodles are a high-protein, low-calorie dinner option that's full of flavor and offers a lighter, healthier alternative to traditional pasta dishes.

INGREDIENTS:

- 200g ground turkey
- 1 large egg
- 30g whole wheat breadcrumbs
- 2 medium courgette, spiralized
- 240ml marinara sauce
- 15ml olive oil
- Salt and pepper to taste

PREPARATION TIME:

10 minutes

COOKING TIME:

15 minutes

NUMBER OF SERVINGS:

2

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 280

- Protein: 33g

- Carbohydrates: 24g

- Fat: 15g

INSTRUCTIONS:

1. In a bowl, combine the ground turkey, egg, breadcrumbs, salt, and pepper. Mix until well combined, then shape the mixture into meatballs.
2. Heat the olive oil in a skillet over medium heat. Add the meatballs and cook until they're browned on all sides and fully cooked through, about 10 minutes.
3. Add the marinara sauce to the skillet and stir to coat the meatballs.
4. In a separate skillet, sauté the spiralized courgette for 2-3 minutes, until it's tender but still has some bite.
5. Serve the meatballs and sauce over the courgette noodles.



DESSERT

CHOCOLATE AND PEANUT BUTTER CAKE

This Chocolate and Peanut Butter cake is high-protein, low-calorie dessert that's quick and satisfying, making it a perfect snack for a quick energy boost.

INGREDIENTS:

- 15g Chocolate Protein Powder
- 5g Cocoa Powder
- 15g Stevia
- 5g Baking Powder
- 15g Powdered Peanut Butter like PB2
- 80g Egg Whites

PREPARATION TIME:

10 minutes

COOKING TIME:

None

NUMBER OF SERVINGS:

10

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 190

- Protein: 30g

- Carbohydrates: 11g

- Fat: 3g

INSTRUCTIONS:

1. Separate 2 egg whites from the egg yolks & placing the egg whites in a large bowl.
2. In the same big bowl add 5g of cocoa powder, 15g of stevia, 5g of baking powder and 15g of chocolate protein powder
3. Using an electric hand mixer, whisk everything together for a few minutes until peaks form.
4. Once peaks form then add 15g of chocolate protein powder & very gently mix everything together until combined.
5. Place the mixture into a bowl and microwave for 1 - 2 minutes. Keep an eye on it and check every 30 seconds or so.
6. In a small bowl add 2 Tbsp of water and 15g of powdered peanut butter, start mixing and gradually add water and continue mixing until you have your desired texture.
7. Drizzle the sauce on top of the cake & enjoy!

CHOCOLATE PROTEIN SMOOTHIE

This Chocolate Protein Smoothie is a high-protein, low-calorie dessert that's creamy and chocolatey, making it a delicious and nutritious treat after a workout or a meal.

INGREDIENTS:

- 1 scoop (about 25g) chocolate protein powder
- 1 medium banana (~100g)
- 240ml (1 cup) unsweetened almond milk
- 5g (1 teaspoon) unsweetened cocoa powder
- A handful of ice cubes

PREPARATION TIME:

5 minutes

COOKING TIME:

None

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 225
- Protein: 21g
- Carbohydrates: 26g
- Fat: 5g

INSTRUCTIONS:

1. In a blender, combine the protein powder, banana, almond milk, cocoa powder, and ice cubes.
2. Blend until smooth.
3. Serve immediately.

HIGH PROTEIN ICED COFFEE

This High Protein Iced Coffee is a super quick way to satisfy your sweet tooth while getting a caffeine and protein boost..

INGREDIENTS:

- 1.5 Tbsp Instant Coffee (or espresso shot from coffee machine)
- 1 Scoop Protein Powder (your choice of flavour - I use vanilla)
- 100ml Unsweetened Almond Milk
- Water
- Ice
- Optional - Sweetener or flavour drops (I use MyProtein Flavdrops)

PREPARATION TIME:

5 minutes

COOKING TIME:

None

NUMBER OF SERVINGS:

1

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 140

- Protein: 25g

- Carbohydrates: 4g

- Fat: 2g

INSTRUCTIONS:

1. Add 1 scoop of protein powder (approx 25g scoop) to a protein shaker bottle. If you don't have one then a normal cup will be fine or you can grab one [here](#) *(affiliate link)
2. Pour 100ml of unsweetened almond milk in to the shaker bottle and shake to mix until the mixture is smooth.
3. If you are using instant coffee then fill a cup/glass with around 1/3 boiling water and your 1.5 Tbsp of coffee. If using an espresso shot then add this to the cup/glass and top up to around 1/3 with boiling water.
4. Add ice to the coffee until it fills the glass.
5. Pour the protein shake you made earlier into the cup/glass that contains the coffee.
6. Add any sweetener or FlavDrops for sweetness or flavour.
7. Enjoy your protein and caffeine boost!

THANK YOU!

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*All nutritional values stated are approximate and will vary dependent on ingredients used.