

FREE HIGH-PROTEIN HIGH-PROTEIN DINNER IDEAS

Three sample recipes from the Chris Reader PT recipe collection.

Each recipe includes the original photograph, ingredients, method and nutrition.





Turkey Broccoli Stir-Fry

Serves 2

30 Minutes

3.5 oz. (100g) black rice noodles

Cook the noodles as directed. Strain, rinse with cold water, and set aside.

7 oz. (200g) turkey fillet, chopped

Mix 1 tbsp of tamari, sesame oil, rice vinegar, and grated ginger in a small bowl to make the sauce. Set aside.

1 head of broccoli, cut into florets

Heat 1 tbsp olive oil in a wok over medium heat. Sauté the turkey for 3-4 minutes. Add broccoli and cook for 1-2 minutes. Then, add half a cup of water and 3 tbsps of tamari. Cook until the water evaporates and the broccoli is tender, about 10 minutes.

4 tbsp. tamari

Add noodles to the turkey and broccoli. Heat for 2-3 minutes, stirring gently.

2 tsp. sesame oil

1 tbsp. rice vinegar

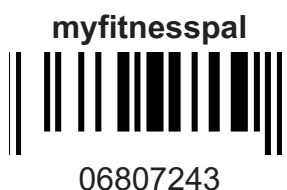
1 tbsp. grated ginger

Remove from heat, pour the sauce over, and toss to combine.

2 tbsp. chopped spring onions

Garnish with chopped spring onions and coriander. Serve and enjoy!

handful of coriander, chopped



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	523kcal	59g	38g	15g



Wholesome Salmon Quinoa Zoodles

Serves 2

1 Hour 25 Minutes

2 salmon fillets (4.4 oz / 125g each)

3.5 oz (100g) quinoa, cooked

1 zucchini

1 garlic clove, crushed

2.5 oz. (70g) sundried tomatoes, rinsed & chopped

Marinade:

2 tbsp. tamari

½ tbsp. olive oil

½ tsp. sweet paprika

½ tsp. hot paprika

1 tbsp. rice vinegar

1 tsp. honey

1 tbsp. black sesame seeds

Combine all marinade ingredients in a bowl. Cover the salmon with the marinade and let it sit for 1 hour.

Preheat the oven to 480°F (250°C).

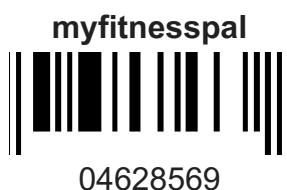
While the salmon marinate, spiralize zucchini into noodles.

Heat 1/2 tbsp olive oil in a pan over medium heat. Sauté garlic for 1-2 minutes. Add zoodles and cook for 3-4 minutes, then mix in chopped sundried tomatoes. Season with salt and pepper.

Place salmon on a baking tray and bake for 7 minutes.

Let the salmon rest briefly. Stir the baking tray juices into the quinoa.

Serve quinoa and zoodles on plates, top with salmon.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	638kcal	60g	41g	26g



Hoisin Rice with Chicken Thighs

Serves 2

55 Minutes

- 2 tbsp. coconut oil
- 8 skinless, boneless chicken thighs
- 7 oz. (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 6.7 fl. oz. (200ml) white wine
- 16.9 fl. oz. (500ml) chicken stock
- 4 tbsp. dried cranberries

- Sauce:**
- 3 tbsp. tamari
 - 2 tbsp. rice vinegar
 - 1 tbsp. peanut butter
 - 1 tsp. chili flakes
 - 1 tsp. honey
 - 1 tsp. sesame oil

Preheat the oven to 375°F (190°C). Heat coconut oil in a large pan over medium heat.

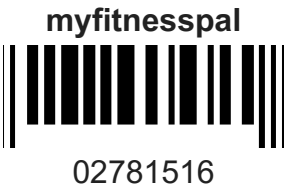
Season chicken thighs with salt and pepper. Fry for 5 minutes on each side until golden brown. Remove and set aside on a plate. Discard most of the fat, leaving about 1 tbsp in the pan.

Add garlic and spring onions to the same pan; sauté for 1 minute. Stir in rice and cook for 1 minute. Add wine and simmer for 2 minutes until most of the liquid evaporates.

Add hoisin sauce ingredients, chicken stock, and cranberries; bring to a boil.

Transfer the rice mixture to an oven-safe dish and place chicken thighs on top. Bake for 30 minutes.

Serve immediately or cool and store in the refrigerator for up to 3 days.



GF	DF	LC	MP	HP	N
Nutrition Per Serve	Energy	Carbs	Protein	Fat	
	302kcal	27g	26g	10g	