

FREE HIGH-PROTEIN HIGH-PROTEIN LUNCH IDEAS

Three sample recipes from the Chris Reader PT recipe collection.

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





Salmon, Avocado & Mango Tartar

Serves 2

10 Minutes

3.5 oz. (100g) salmon fillet, cubed

¼ avocado, cubed

1 oz. (30g) mango, cubed

1 tbsp. lime juice

⅓ tsp. honey

chili pepper, to taste

handful of chopped coriander

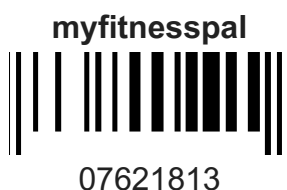
Wash and pat dry the salmon fillet before cubing.

In a mixing bowl, combine salmon, avocado, and mango cubes.

Add lime juice, honey, chili pepper, and chopped coriander to the bowl. Season with salt and pepper to taste, and mix thoroughly.

Refrigerate the mixture for at least 10 minutes to chill.

Serve chilled with toast (toast not included in nutritional information).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	361kcal	21g	22g	21g



Tuna Salad Lettuce Boats

Serves 2 | 10 Minutes

- 10 oz. (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

Combine the tuna and half of the oil from the can in a bowl with the tomato puree.

Finely chop the red onion and add it to the bowl. Halve the apple, remove the core, and chop it into small cubes; add it to the bowl. Mix all ingredients thoroughly.

Divide the tuna mixture evenly among the 8 lettuce leaves, spooning it into the center of each leaf. Fold or wrap the leaves to enclose the filling and serve immediately.



GF DF LC HP Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	10g	39g	11g



Chicken Salad with Orange & Walnuts

Serves 2

20 Minutes

Dressing:

3 tbsp. honey

2 tbsp. mustard

1 tbsp. olive oil

1 tbsp. lemon juice

2 tbsp. orange juice

⅓ tsp. cinnamon

Salad:

7 oz. (200g) chicken breast

2 oz. (60g) arugula (rocket)

¼ iceberg lettuce, roughly chopped

1 orange

⅓ pomegranate, seeds only

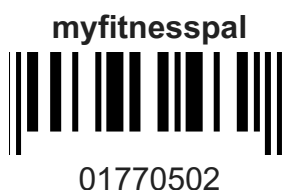
1 oz. (30g) pecans, roasted

Peel the orange, separate the pulp, and set aside. Squeeze the juice and save it.

Mix the dressing ingredients and season with salt and pepper.

Cut the chicken breast into four pieces. Season, coat with olive oil, and grill for four minutes on each side. Drizzle with 1 tbsp of dressing and grill for 1.5 minutes on lower heat. Flip, drizzle with another 1 tbsp, and grill for another minute. Remove, cool slightly, then slice.

Mix salad leaves and divide between two plates. Top with orange, chicken, pomegranate seeds, and pecans. Drizzle with dressing and serve.



GF	DF	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	473kcal	44g	27g	21g