

Protein-first meal ideas

Eight simple meals built around protein. Two for breakfast, lunch, dinner and snacks. Pick what fits your day and your calories.



BREAKFAST

Greek yoghurt power bowl

53g



BREAKFAST

Loaded scrambled eggs

42g



LUNCH

Chicken salad wrap

54g



LUNCH

Tuna and bean salad

49g



DINNER

Salmon, rice and greens

43g



DINNER

Lean beef chilli

46g



SNACK

Cottage cheese and fruit

26g



SNACK

Protein shake

35g



Greek yoghurt power bowl

Thick, creamy and done in five minutes. The whey turns a simple yoghurt bowl into a proper protein hit.

Ready in **5 min** | Serves **1**



PROTEIN

53g

CARBS

36g

FAT

6g

CALORIES

410kcal

• INGREDIENTS

250g 0% fat Greek yoghurt

1 scoop (30g) whey protein, vanilla or unflavoured

100g mixed berries, fresh or frozen

20g granola

1 tsp honey (optional)

• METHOD

- 1 Spoon the yoghurt into a bowl and stir in the whey until smooth. Add a splash of water if it gets too thick.
- 2 Top with the berries. Frozen ones work well and soften as you eat.
- 3 Sprinkle over the granola and drizzle with honey if you like it sweeter.

• SWAPS AND TIPS

- Make it the night before in a jar and grab it on the way out.
- Swap the granola for chopped nuts if you want fewer carbs and a bit more fat.
- No whey? Use 350g yoghurt instead for around 39g protein.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.

Loaded scrambled eggs

Whole eggs for flavour, egg whites for extra protein without the extra calories.

Ready in **10 min** | Serves **1**



PROTEIN

42g

CARBS

35g

FAT

25g

CALORIES

540kcal

• INGREDIENTS

3	large eggs
100g	liquid egg whites
50g	spinach
2 slices	wholemeal bread
5g	butter
Pinch	salt, pepper and chilli flakes

• METHOD

- 1 Whisk the eggs and egg whites together with a pinch of salt and pepper.
- 2 Melt the butter in a non-stick pan on a low to medium heat. Add the spinach and let it wilt.
- 3 Pour in the eggs and stir slowly until just set. Take them off the heat while still slightly glossy.
- 4 Serve on the toast with a pinch of chilli flakes.

• SWAPS AND TIPS

- Add 30g smoked salmon or ham for around 6g more protein.
- Cutting carbs? Swap the toast for a pile of mushrooms and tomatoes.
- Low heat and patience is the secret to soft, creamy eggs.

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Chicken salad wrap

The easiest high protein lunch there is. Use leftover or ready cooked chicken and it's done in minutes.

Ready in **5 min** | Serves **1**



PROTEIN

54g

CARBS

35g

FAT

12g

CALORIES

480 kcal

• INGREDIENTS

150g	cooked chicken breast, sliced
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1 large	wholemeal wrap
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Handful	mixed salad leaves
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1/2	tomato, sliced
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1/4	cucumber, sliced
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2 tbsp	tzatziki
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• METHOD

- 1 Lay the wrap flat and spread the tzatziki down the middle.
- 2 Add the salad, tomato and cucumber, then the chicken on top.
- 3 Fold in the ends, roll it up tight and cut in half.

• SWAPS AND TIPS

- Batch cook chicken breasts to cover the next 2 days of lunches, and freeze the rest in portions.
- Swap tzatziki for light mayo, hummus or sweet chilli sauce.
- Toast it in a dry pan for a minute each side for a warm wrap.

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LUNCH

Tuna and bean salad

Cupboard staples, no cooking, and enough protein and fibre to keep you full all afternoon.

Ready in **5 min** | Serves **1**

PROTEIN

49_g

CARBS

39_g

FAT

21_g

CALORIES

560_{kcal}

• INGREDIENTS

1 tin (110g drained)	tuna in spring water
200g	mixed beans, drained and rinsed
1/4	cucumber, diced
1	tomato, diced
1/4	red onion, finely sliced
30g	light feta
1 tbsp	olive oil and a squeeze of lemon

• METHOD

- 1** Tip the beans into a bowl with the cucumber, tomato and red onion.
- 2** Flake in the tuna and crumble over the feta.
- 3** Dress with the olive oil, lemon juice, salt and pepper, then toss together.

• SWAPS AND TIPS

- Keeps well in the fridge for 2 days, so make two at once.
- Swap tuna for tinned salmon or a couple of boiled eggs.
- Add a handful of rocket or spinach for extra volume.

Salmon, rice and greens

A simple plate that ticks every box: quality protein, carbs to fuel training and a big portion of veg.

Ready in **20 min** | Serves **1**



PROTEIN

43g

CARBS

46g

FAT

23g

CALORIES

585kcal

• INGREDIENTS

150g	salmon fillet
150g	cooked basmati rice (about 50g dry)
150g	broccoli or green beans
1 tbsp	soy sauce
1/2	lemon
1 tsp	sesame seeds (optional)

• METHOD

- 1 Heat the oven to 200C. Put the salmon on a lined tray, squeeze over half the lemon and bake for 12 to 15 minutes.
- 2 While it cooks, boil or steam the greens for 4 to 5 minutes.
- 3 Heat the rice, plate everything up and drizzle the soy sauce over the salmon.
- 4 Finish with sesame seeds if you have them.

• SWAPS AND TIPS

- Microwave rice pouches save time and portion the carbs for you.
- Swap salmon for cod or prawns for a leaner plate with a little less protein.
- Air fryer works too: 180C for 10 to 12 minutes.

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Lean beef chilli

Big flavour, freezes brilliantly, and lean mince keeps the fat low while the protein stays high.

Ready in **30 min** | Serves **1**



PROTEIN

46g

CARBS

72g

FAT

9g

CALORIES

570kcal

• INGREDIENTS

150g	5% fat beef mince
100g	kidney beans, drained
200g	chopped tomatoes
1/2	onion and 1/2 pepper, diced
1 tsp each	chilli powder, cumin and smoked paprika
150g	cooked rice to serve

• METHOD

- 1 Brown the mince in a dry non-stick pan, breaking it up as it cooks.
- 2 Add the onion and pepper and cook for 5 minutes until soft.
- 3 Stir in the spices for 30 seconds, then add the tomatoes and beans.
- 4 Simmer for 15 minutes until thick. Serve over the rice.

• SWAPS AND TIPS

- Scale it up and freeze portions for easy nights.
- Top with a spoon of Greek yoghurt instead of sour cream for a little extra protein.
- Swap the beef for turkey mince or Quorn mince for a leaner or veggie version.

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Cottage cheese and fruit

A quick snack that does the job. Cottage cheese is one of the best value protein sources going.

Ready in **2 min** | Serves **1**



PROTEIN

26g

CARBS

31g

FAT

4g

CALORIES

255kcal

• INGREDIENTS

200g low fat cottage cheese

100g pineapple or berries

2 rice cakes (optional, included in macros)

Pinch cinnamon

• METHOD

- 1** Spoon the cottage cheese into a bowl.
- 2** Top with the fruit and a pinch of cinnamon.
- 3** Eat as it is, or spread on the rice cakes for some crunch.

• SWAPS AND TIPS

- Prefer savoury? Go for cherry tomatoes, cracked pepper and a few chilli flakes.
- Blend it smooth if the texture puts you off.
- Swap the cottage cheese for 200g 0% Greek yoghurt for a little less protein, around 22g.

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SNACK

Protein shake

Not magic, just convenient. The quickest way to close the gap when you're short on protein for the day.

Ready in **1 min** | Serves **1**



PROTEIN

35g

CARBS

16g

FAT

7g

CALORIES

270kcal

• INGREDIENTS

1 scoop (30g)	whey protein
300ml	semi-skimmed milk
1	banana (optional, not in macros, adds about 23g carbs)
Handful	ice

• METHOD

- 1 Add the milk to a shaker first so the powder doesn't stick to the bottom.
- 2 Add the whey and ice, then shake hard for 20 seconds.
- 3 Or blend everything with the banana for a thicker smoothie.

• SWAPS AND TIPS

- Best used to top up a low protein day, not to replace real meals.
- Use water instead of milk for around 24g protein and fewer calories.
- Dairy free? A plant protein with soya milk gets you close.

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