

HIGH PROTEIN MEAL IDEAS



ROXY PT



Turkey spaghetti

480calories, 45g protein

Ingredients

- 180g of turkey mince
- quarter medium yellow onion (chopped)
- 1 clove of garlic (minced)
- 100ml can of crushed tomatoes (no salt added)
- 15ml can of tomato paste
- 1 tsp of extra virgin olive oil
- 2 tbsp of dried basil
- 2 tbsp of Italian seasoning
- 0.5 tbsp of sugar
- Salt and pepper to taste (go light on salt)



Turkey Spaghetti

Directions

Heat a large pot or dutch oven to medium heat and add olive oil and onions.

Cook onions until tender.

Add garlic and cook for 1 minute.

Add ground turkey and cook through.

Reduce heat and stir in crushed tomatoes, tomato sauce, tomato paste, basil, Italian seasoning, and sugar.

Simmer uncovered for at least 1 hour.

Add salt and pepper to taste

.Divide into servings of 4 cups to freeze. (each serving should make 3-4 meals)



Sweet and sour chicken with cashews 436 calories, 41g protein

150g boneless chicken breasts
quarter cup pure pineapple juice
1 tsp. coarse salt
2 Tbs. apple cider vinegar
2 tsp. honey
1 tsp oil

5 medium carrots, peeled and thinly sliced diagonally
2 large red bell peppers, cut into 1 inch pieces
1 bunch green onions, cut into 1 inch pieces
20g unsalted cashews, chopped With slanted knife

slice each chicken breast down through width into several 1/8 -inch-thick slices.

In small bowl, whisk juice, salt, vinegar, and honey; set aside. In a large non-stick skillet, heat 1 Tbs. oil over high until very hot.

Add chicken and cook, stirring frequently, until chicken just loses its pink color throughout.

Transfer chicken to bowl.

Add 1 Tbs. oil to skillet and heat over medium-high. Add carrots and peppers; cook 4 minutes, stirring.

Add green onions and cook, stirring, until vegetables are crisp-tender, about 2 minutes.

Return chicken and any accumulated juices to skillet; stir in juice mixture; cook 1 minute to heat through.

To serve, sprinkle chicken with cashews



Mexican Chicken & Cauliflower Rice

449 calories, 132g protein

Mexican Chicken & Cauliflower Rice

2 Tbs. olive oil

1 medium onion, diced 1 tsp.
ground cumin

1 green bell pepper,

diced 1 head cauliflower,

chopped fairly small 1 can diced green chilies

2 large boneless chicken breasts Salt
to taste

Heat oiled grill pan or grill.
Grill chicken for 6-8 minutes on each side or until
cooked through.
Cut into 1-inch cubes.
Set aside. In a large skillet, heat oil over medium heat.
Sauté onion for 6-8 minutes, until soft.
Add cumin and bell pepper to skillet and sauté for 5
minutes.
Place cauliflower in a food processor and process in
batches until it's the texture of rice.
Add cauliflower to skillet; stir occasionally and cook 5-8
minutes, until soft.
Salt to taste.
Add chilies and precooked chicken to cauliflower skillet
and heat until everything is thoroughly heated through,
2-3 minutes.
Serve topped with avocado, cheese, olives, tomato,
lettuce and cilantro.
Finish with a squeeze of lime if you'd like.



Indian-Style Chicken

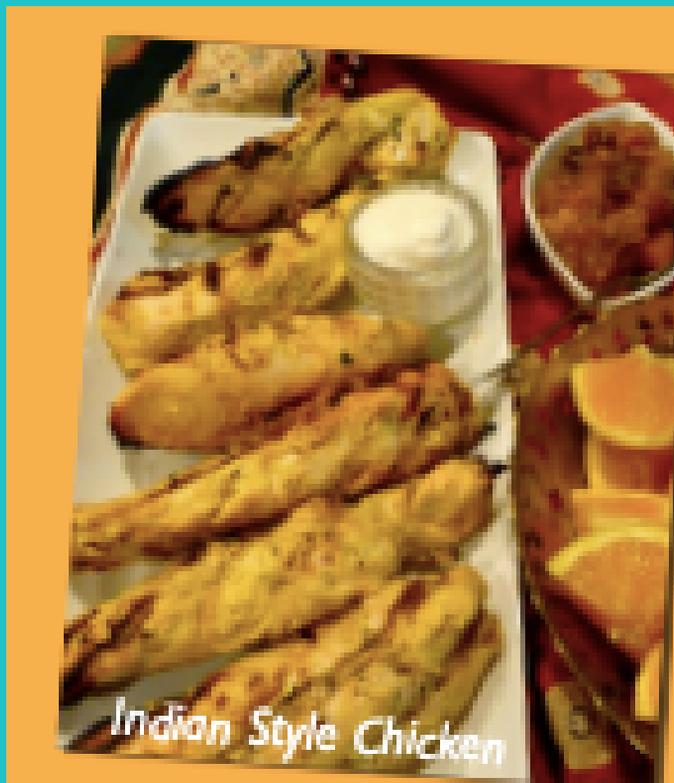
263 calories, 180g protein

Ingredients:

150g chicken breasts
cut in half the long way

For Marinade:

100g natural yogurt
1 Tbs. lemon juice
2 tsp. prepared legal mustard
! tsp. each; dried parsley and
turmeric
" tsp. each; ground coriander
and cinnamon
1/8 tsp. each; ground ginger
and pepper



Combine marinade ingredients in a zip top bag till well blended. Place chicken in bag, turn to cover and marinate in the refrigerator 4 to 24 hours to allow flavors to blend; turn chicken occasionally.

Oil a grill or grill pan and heat over medium-high heat.

Remove chicken from marinade and place on grill; discard marinade.

Grill chicken for 6 to 7 minutes on each side or until chicken is tender and no longer pink inside. If desired, garnish with homemade chutney and a spoonful of SCD yogurt.

Marinating the chicken for 4 to 24 hours allows the flavors to permeate the chicken.

Cook meat on the grill or your trusty grill pan for a quick meal.

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