

Fit Body

SOUL REVIVAL

15 HIGH PROTEIN RECIPES



**OPTIMISE YOUR PROGRESS WITH HIGH
PROTEIN RECIPES**

@FITBODY_SOULREVIVAL

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EGG, KALE & SALMON BREAKFAST BOWL



10 Minutes



Breakfast



Serves 1



CALORIES: 456 FATS: 28G CARBS: 12G PROTEINS: 39G

INGREDIENTS

- 125g fresh salmon fillet
- 1 egg
- 1 tsp ghee or coconut oil
- 1 red bell-pepper, sliced
- a handful of kale
- 8 cherry tomatoes, halved
- a pinch of sea salt and ground black pepper

DIRECTIONS

1. Pour 3 inches of boiling water into a medium-sized saucepan and place over a medium heat. Add the salmon and poach gently for 8 minutes. Remove from the water using a large slotted spoon or fish slice and set aside.
2. Meanwhile bring a small saucepan of water to the boil. Add the egg and cook for 6-8 minutes, until cooked to your liking. You can also fry it instead if you prefer.
3. Remove the egg from the water using a slotted spoon and immerse in cold water for 2 minutes. Peel and cut in half.
4. Heat the ghee/oil in a frying pan over a medium heat. Add the bell-pepper and kale and cook for 3 minutes, stirring occasionally. Add the cherry tomatoes and cook for 2-3 minutes, stirring occasionally until the vegetables are soft. Season with salt and pepper. Transfer the cooked vegetables to a plate and top with the poached salmon and boiled egg. Serve.

MUSHROOM, ROCKET & FETA FRITTATA



20 Minutes



Breakfast



Serves 2



CALORIES: 269 FATS: 17G CARBS: 9G PROTEINS: 20G

INGREDIENTS

- 1 tsp ghee or olive oil
- 100g mushrooms of your choice, roughly chopped or torn
- 4 eggs
- 1 egg white
- a pinch of sea salt and ground black pepper
- 40g Feta cheese (use dairy free if preferred)
- a handful of rocket leaves
- 2 tsps balsamic vinegar

DIRECTIONS

1. Preheat oven to 200°C/400°F.
2. Melt the ghee / oil in a skillet or ovenproof frying pan over a medium heat. Add the mushrooms and fry gently for 2-3 minutes, stirring occasionally.
3. Break the eggs and egg white into a jug and add the salt and pepper. Beat with a fork. Add the eggs to the pan.
4. Crumble the Feta cheese over the top, distributing evenly over the eggs.
5. Bake for 10 minutes or until firm. Transfer the frittata to a plate and top with the rocket leaves. Drizzle the balsamic over the leaves and serve.
6. Consume immediately.

RASPBERRY & LEMON OVERNIGHT OATS



Overnight



Breakfast



Serves 2



CALORIES: 263 FATS: 7G CARBS: 27G PROTEINS: 23G

INGREDIENTS

- 50g fresh raspberries, mashed plus a few extra raspberries to garnish
- 60g oats
- 150ml unsweetened almond milk (or use milk of your choice)
- 60g Greek yoghurt
- juice of 1/2 a lemon
- 1 heaped tsp chia seeds
- 35g vanilla or raspberry flavour whey or rice protein powder (optional)
- a small amount of natural sweetener, to taste (only required if you're omitting protein powder)
- 1/2 tsp vanilla extract

DIRECTIONS

1. Place all of the ingredients in a sealable container and stir well.
2. Refrigerate for 4 hours or overnight. Stir well and add a drop of chilled milk if required, to achieve desired consistency.
3. Transfer mixture to two serving bowls.
4. Serve topped with the additional raspberries. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

THICK & FLUFFY PROTEIN PANCAKES



15 Minutes



Breakfast



Serves 4



CALORIES: 168 FATS: 4G CARBS: 15G PROTEINS: 18G

INGREDIENTS

- 8 egg whites
- 75g oats (use gluten free if preferred)
- 40g vanilla flavour whey or rice protein powder (optional)
- 1 tsp stevia (or natural sweetener of your choice)
- 100ml unsweetened almond milk
- ¼ tsp xanthan gum (optional)
- 2 tps coconut oil

DIRECTIONS

1. Place the egg whites, oats, protein powder (if using), stevia, milk and xanthan gum (if using) in a blender, and blend well until creamy.
2. Melt ½ tsp oil in a frying pan over a medium heat. Pour ¼ of the batter into the pan. Tilt the base of the pan gently to shape the batter into a circle.
3. Cook for 2-3 minutes. When small holes appear on the surface of the pancake, flip or turn using a fish slice.
4. Cook on the other side for 2-3 minutes or until the underside of the pancake is golden. Transfer to a plate.
5. Repeat steps with the remaining oil and batter.

Store any leftovers in an airtight container and refrigerate for up to 2 days. Serve with mixed berries and a drizzle of agave syrup, maple syrup or honey.

SPINACH AND MUSHROOM SHAKSHUKA



25 Minutes



Breakfast



Serves 2



CALORIES: 321 FATS: 22G CARBS: 19G PROTEINS: 24G

INGREDIENTS

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

DIRECTIONS

1. Heat the oil in a large pan over medium heat. Sauté the onion and garlic for 2-3 minutes until soft. Add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.
2. Start adding the spinach to the pan. You may need to do this in batches. Put a lid on the pan and let the spinach wilt. Repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Four indentations ('wells') should be made in the spinach and an egg should be placed in each of them. Cook for 5-6 minutes covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve.

EDAMAME & GARLIC CHICKEN SALAD



25 Minutes



Lunch



Serves 2



CALORIES: 400 FATS: 20G CARBS: 16G PROTEINS: 39G

INGREDIENTS

- 1 garlic clove, skin on
- a pinch of sea salt and ground black pepper
- 200g chicken breasts, cut into strips
- 1 tsp olive oil or coconut oil
- 100g cooked edamame beans
- 1 large carrot, spiralised or coarsely grated
- a large handful of mixed lettuce leaves
- 2 eggs

FOR THE DRESSING:

- 1 tbsp olive oil
- 1 tsp wholegrain mustard
- 2 tps rice vinegar
- 1 tsp honey

DIRECTIONS

1. Crush the garlic clove with a wooden spoon. Season the chicken with salt and pepper.
2. Heat the oil in a frying pan over a medium heat. Add the chicken and garlic and cook for 6-8 minutes, or until the chicken is thoroughly cooked.
3. Bring a small saucepan of water to the boil. Add the eggs, ensuring they are covered with water. Simmer for 6-8 minutes, depending on how well cooked you like them. Remove from the pan with a slotted spoon and immerse in cold water for 2 minutes. Peel the eggs then slice in half lengthways.
4. Mix the dressing ingredients in a jug. Divide the lettuce leaves between two serving bowls. Top with the edamame beans, carrot and chicken. Drizzle the dressing over the salad. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

SPICY SATAY CURRY



25 Minutes



Lunch



Serves 4



CALORIES: 410 FATS: 18G CARBS: 24G PROTEINS: 38G

INGREDIENTS

- 1 tsp coconut oil
- 2 tbsps Thai red curry paste
- 200ml coconut milk
- 1 small red onion, sliced
- 1 red bell-pepper, sliced
- 1 yellow bell-pepper, sliced
- 3 garlic cloves, finely chopped
- 1 inch piece ginger, finely chopped
- 2 red or green chilli peppers, finely chopped
- 500g chicken breast, diced
- 150g (drained weight) tinned chickpeas, rinsed and drained
- 40g crunchy peanut butter
- 100g green beans, ends trimmed
- juice of 1 lemon

DIRECTIONS

1. Melt the coconut oil in a large saucepan over a medium heat. Add the red curry paste with a splash of coconut milk. Cook for 1 minute, stirring.
2. Add the onion and bell-peppers and fry gently for 4 minutes, stirring occasionally. Add the garlic, ginger and chilli peppers. Fry for 2 minutes, stirring frequently.
3. Add the chicken and cook for 8 minutes, stirring occasionally.
4. Add the remaining coconut milk, chickpeas and peanut butter. Stir well and bring to a gentle simmer. Add the green beans.
5. Cover and cook for 4-5 minutes or until the beans are almost tender. Stir in the lemon juice and remove pan from heat. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SWEET & HERBY CHICKEN



25 Minutes



Lunch



Serves 3



CALORIES: 409 FATS: 17G CARBS: 13G PROTEINS: 51G

INGREDIENTS

- 600g skinless chicken thighs, visible fat removed
- a pinch of sea salt and ground black pepper
- 1 tsp paprika
- 1 tsp Italian seasoning
- 2 tsps onion granules
- 1 tsp ghee or coconut oil
- 6 cloves garlic, peeled and crushed
- 2 tbsps honey or maple syrup
- 100ml chicken stock (made with one organic stock cube)
- 2 tbsps apple cider vinegar or white wine vinegar
- 1 tbsp soy sauce or tamari

DIRECTIONS

1. Season the chicken with salt, pepper, paprika, Italian seasoning and onion granules.
2. Melt the ghee/oil in a large frying pan or skillet over a medium / high heat.
3. Add the chicken and cook for 3-4 minutes, to seal on both sides.
4. Reduce heat to medium and cook for 6-8 minutes, or until the chicken is thoroughly cooked.
5. Add the garlic and fry for 1 minute. Add the honey, stock, vinegar and soy sauce. Increase the heat to medium / high and cook for 5 minutes.
6. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day. Serving suggestion: Serve on a bed of steamed rice or with a leafy salad.

MEXICAN CHICKEN TACO BOWL



15 Minutes



Lunch



Serves 2



CALORIES: 608 FATS: 20G CARBS: 47G PROTEINS: 60G

INGREDIENTS

- 70g wholegrain or basmati rice

FOR THE CHICKEN:

- 1 tsp ghee or coconut oil
- 300g chicken mini fillet strips
- 1 heaped tsp chilli powder
- 1 tsp garlic powder
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- a pinch of sea salt

FOR THE BOWL:

- 1 large beef tomato, diced
- juice of 1 lime
- a pinch of ground black pepper
- a small handful of fresh coriander, finely chopped
- 60g (drained weight) tinned sweetcorn
- 1 ripe avocado

TO SERVE:

- 2-3 lime wedges, to garnish
- 30g Cheddar cheese (optional) grated

DIRECTIONS

1. Bring a saucepan of water to the boil and add the rice. Stir briefly and cook according to pack instructions. Drain well.
2. Heat the ghee/oil in a frying pan over a medium heat. Add the chicken and ground spices and stir well. Cook for 5-6 minutes, stirring occasionally, until the chicken is thoroughly cooked. Remove pan from heat. Mix the diced tomato, lime juice, pepper, and coriander in a bowl to make a salsa.
3. Divide the rice between two serving bowls. Add the salsa, tinned sweetcorn and chicken. Peel and slice or mash the avocado and add to the serving bowls.
4. Serve with the lime wedges and grated cheese (if using).

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

ORIENTAL FISH SALAD



25 Minutes



Lunch



Serves 2



CALORIES: 370 FATS: 14G CARBS: 23G PROTEINS: 38G

INGREDIENTS

- 300g cod fillets
- 10g cashews

FOR THE SALAD:

- 2 carrots, peeled and grated
- 1 red bell-pepper, finely diced
- 40g cucumber, chopped
- 1 celery stalk, finely chopped
- 5 radishes, finely sliced
- 2 spring onions, sliced
- a small handful of fresh coriander, chopped
- a handful of mixed lettuce leaves

FOR THE DRESSING:

- 11/2 tbsps olive oil
- juice of 1/2 a lemon
- a small amount of stevia or maple syrup
- 2 tps soy sauce or tamari
- 1 tsp grated ginger
- 1 garlic clove, finely chopped

DIRECTIONS

1. Preheat oven to 180°C/350°F.
2. Place the fish on a sheet of tin foil and wrap to seal in a loose parcel. Place on a baking tray. Bake for 20 minutes or until the fish is thoroughly cooked.
3. Meanwhile, mix the salad ingredients together in a large bowl. Transfer to two serving bowls.
4. Mix the dressing ingredients in a jug.
5. Flake the fish over the salad. Drizzle some of the dressing over the salad and top with the cashews.

Store any leftovers in an airtight container and refrigerate for up to 1 day.

WALDORF CHICKEN SALAD



10 Minutes



Dinner



Serves 2



CALORIES: 354 FATS: 16G CARBS: 23G PROTEINS: 20G

INGREDIENTS

- 100g chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- 40g raisins
- 30g walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 90g mixed salad leaves

DIRECTIONS

1. In a bowl, combine the chicken, celery and apple, raisins, and walnuts. Mix in the mayonnaise, yogurt, and lemon juice. Season with salt and pepper.
2. Distribute the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

VEGGIE OPTION:

Instead of chicken add tofu.

STICKY CITRUS SALMON WITH ROASTED ONION



1 Hour



Dinner



Serves 2



CALORIES: 547 FATS: 27G CARBS: 42G PROTEINS: 34G

INGREDIENTS

- the grated zest and juice of 2 navel oranges
- 1 tbsp honey, maple or agave syrup
- 2 cloves garlic, finely chopped
- 1 tbsp soy sauce or tamari
- 1 red chilli pepper, finely chopped
- a pinch of sea salt and ground black pepper
- 2 x 150g fresh salmon fillets
- 1 large white onion, peeled and cut into quarters
- 1 navel orange, cut into slices
- 1 tbsp olive oil

DIRECTIONS

1. Preheat oven to 175°C/350°F.
2. Mix the orange zest and juice, honey, garlic, soy sauce, chilli pepper, salt and pepper in a large bowl.
3. Add the salmon fillets and cover well with the sauce. Cover and refrigerate for 30 minutes.
4. Meanwhile, place the onion in a roasting dish and drizzle over the oil. Roast for 20 minutes. Place the salmon in the roasting dish with the onion. Pour the marinade over the salmon. Place the orange slices over the salmon fillets.
5. Bake for 20 minutes or until the salmon is cooked. The flesh will be a pale pink colour when cooked.

Store any leftover salmon in an airtight container and refrigerate for up to 2 days. Serving suggestion: Serve with salad or steamed vegetables of your choice.

TURKEY CASHEW COCONUT CURRY



25 Minutes



Dinner



Serves 4



CALORIES: 363 FATS: 15G CARBS: 15G PROTEINS: 42G

INGREDIENTS

- 1 tsp ghee or coconut oil
- 1 large white onion, chopped
- 3 garlic cloves, chopped
- 1 inch piece ginger, chopped
- 3 green chilli peppers, chopped
- 3/4 tsp sea salt
- 1/2 tsp ground cinnamon
- 1 tsp black mustard seeds
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 600g turkey breast mince
- 200ml coconut milk
- 30g cashews, finely chopped
- a small handful fresh coriander, finely chopped

DIRECTIONS

1. Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring frequently. Add the ginger, garlic, and chilli peppers and fry gently for 2 minutes, stirring occasionally.
2. Add the salt, cinnamon, mustard seeds, turmeric, cumin and ground coriander. Stir well and cook for 1 minute.
3. Add the turkey mince and stir well. Cook for 5 minutes, breaking up the mince with a spoon as it cooks.
4. Add the coconut milk and cashews. Bring to a simmer and cook for 5 minutes. Add the fresh coriander, stir well and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

CAJUN SPICED CHICKEN



30 Minutes



Dinner



Serves 3



CALORIES: 337 FATS: 17G CARBS: 15G PROTEINS: 31G

INGREDIENTS

- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 heaped tsp hot paprika
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp ground cumin
- 1/2 tsp chilli powder
- 450g skinless chicken thighs, diced
- 1 tsp ghee or olive oil
- 1 small white onion, finely chopped
- 1 bell-pepper (any colour), diced
- 3 garlic cloves, finely chopped
- 400g tinned chopped tomatoes
- 200ml chicken stock (made with one organic stock cube)

DIRECTIONS

1. Place the salt, pepper, dried herbs and spices in a bowl and mix well. Add the chicken and stir well to coat. Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and fry for 4 minutes, stirring occasionally.
2. Add the bell-pepper and fry for 4 minutes, stirring occasionally. Add the garlic and fry gently for 2 minutes, stirring frequently.
3. Add the chicken and cook for 5 minutes, stirring occasionally to seal on all sides. Add the tinned tomatoes and stock. Stir well and bring to a simmer.
4. Cover and cook for 15 minutes, stirring occasionally.
5. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

BASIL CHICKEN WITH ALMONDS



30 Minutes



Dinner



Serves 2



CALORIES: 348 FATS: 12G CARBS: 24G PROTEINS: 36G

INGREDIENTS

- 1 tsp ghee or coconut oil
- 1 medium-sized white onion, finely chopped
- 2 cloves of garlic, finely chopped
- 1 red or green bell-pepper, finely sliced
- 4 fresh basil stalks and leaves, roughly chopped, plus a few extra whole leaves, to garnish
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tsp Italian seasoning
- 250g fresh chicken breast, cut into strips
- a pinch of sea salt and ground black pepper
- 200g tinned chopped tomatoes
- 30g blanched almonds
- the juice of 1 lemon

DIRECTIONS

1. Melt the ghee / oil in large saucepan over a medium heat. Add the onion, garlic and bell-pepper and fry gently for 3 minutes, stirring frequently. Add the fresh basil and fry for 1 minute, stirring frequently. Add the paprika, cayenne pepper and Italian seasoning. Stir well and cook for 1 minute.
2. Add the chicken, salt and pepper. Cook for 3 minutes, stirring occasionally to seal the chicken on all sides.
3. Add the tinned tomatoes, stir well, cover and cook for 6-8 minutes, or until the chicken is thoroughly cooked. Add the almonds and cook for 3-4 minutes, stirring occasionally. Add the lemon juice and stir. Serve garnished with the extra basil leaves.

Store any leftovers in an airtight container and refrigerate for up 3 days or freeze on same day. Serve on a bed of noodles or rice or with steamed leafy greens.

Thank You
LET'S CONNECT!



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