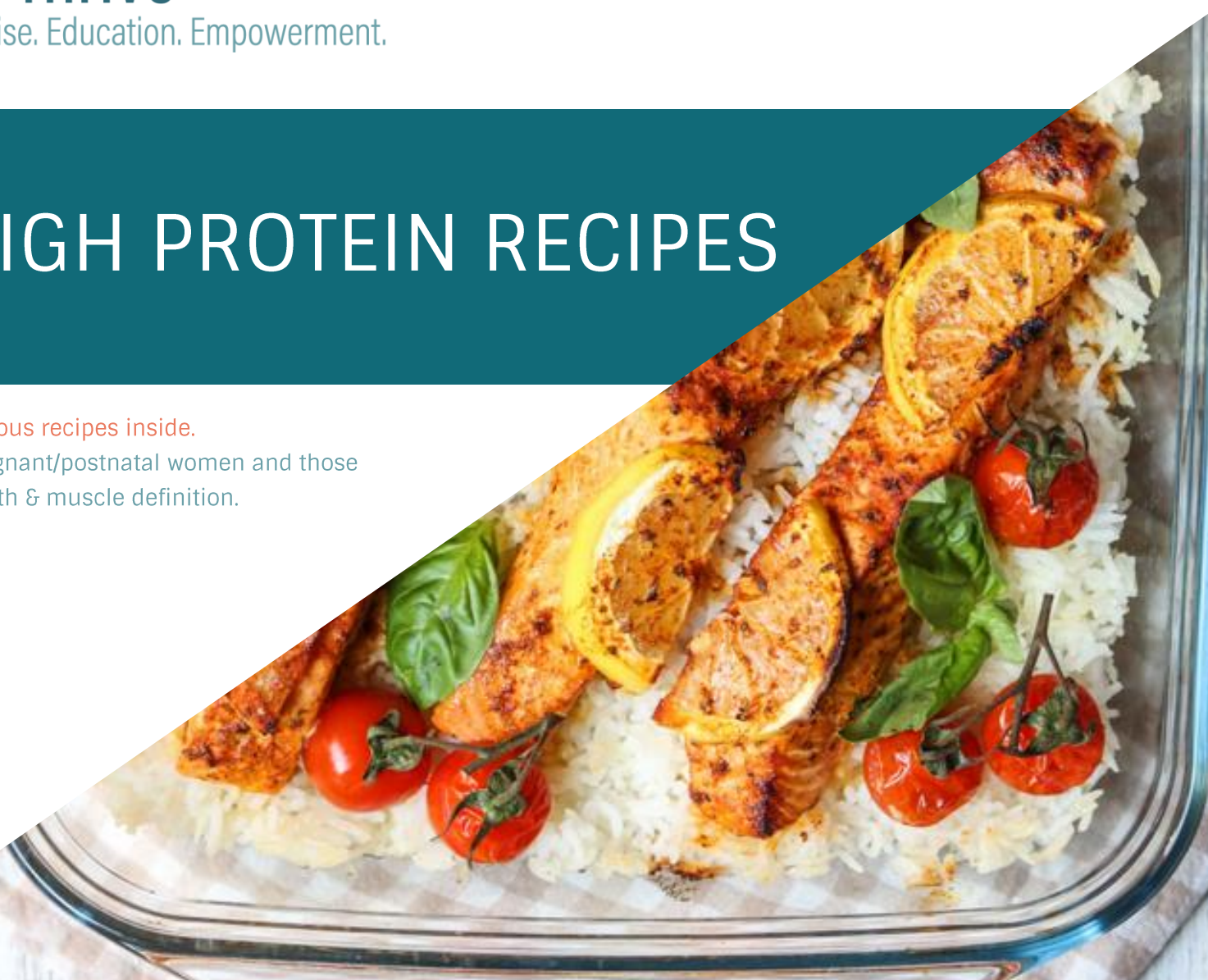


# 6 HIGH PROTEIN RECIPES

6 easy & delicious recipes inside.

Perfect for pregnant/postnatal women and those seeking strength & muscle definition.



# PROTEIN AND ITS' SUPER POWER

Protein contains amino acids that form the basis of all the cells in our bodies. These cells make up the rest of us – including our muscles. Literally, protein is the building blocks of life!

Along with all the amazing stuff at a cellular level, protein also helps with:

- Maintenance and growth of muscle.
- Decreasing risk of coronary disease.
- Lowering blood pressure.
- Increasing and maintaining bone density and strength (it makes up about 33% of bone mass).
- Assisting with weight loss and weight management due to increased feelings of fullness.
- Repairing body tissues – particularly important for the postpartum body.
- Breast milk production.



# PROTEIN AND ITS' SUPER POWER

Women especially need protein when pregnant and postnatally after birth. During pregnancy you'll need an extra 25g per day of it, a total of about 70-80g per day.

Women who are breastfeeding need nearly twice as much protein as non pregnant, non nursing women.

ALL women will benefit from consuming more protein, especially those who exercise regularly. During exercise, particularly weight training, our muscles experience tiny microtears. Those microtears need protein to repair and rebuild up the muscle! As we age, we start to lose muscle mass.

If you are wanting weight loss, including protein meals will help you feel full for longer, curbing late night snacking.

Try to have protein in some form in each meal. These recipes are designed to have over 20g of protein per meal. The 6 meals are a “taster” from the 52 high protein recipe pack, available here on the Re.Thrive website.

Buon appetito strong lady!



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### RECIPE KEY

Look for these helpful icons throughout the file.



Gluten Free



Dairy Free



Low Carb (under 20g serving)



Meal Prep/Freezer Friendly



Vegetarian



Quick (under 30 mins)



Contains Nuts



# SHOPPING LIST

## FRUIT, VEGES & FRESH HERBS

- 1x onion
- 2x lemon
- 1x red bell peppers
- 3x banana
- 6x garlic
- Spring onion
- Watercress
- Cherry tomatoes
- Basil
- Coriander
- Ginger

## MEAT, DAIRY & NON-DAIRY

- 100g (3.5oz.) smoked salmon
- 400g (14oz.) salmon fillet
- 500g (1lb.) lean ground beef
- 12x slices streaky bacon
- 8x skinless chicken thighs
- 11x eggs
- Cottage cheese
- Natural yoghurt, 0% fat

Choose a milk of your choice:  
Soy, cow or almond

## GRAINS, SEEDS & SPICES

- Jasmin rice
- Buckwheat flour (normal is fine!)
- Dried cranberries
- Flaxseeds
- Mixed herbs
- Oregano
- Cinnamon
- Paprika
- Curry
- Chili flakes
- Chicken stock

## CANS, CONDIMENTS & MISC

- Coconut oil
- Sesame oil
- Olive oil
- Soy sauce
- Rice vinegar
- Peanut butter
- Honey
- Blueberries
- Vanilla whey protein powder
- White wine
- Espresso coffee
- Ice







## OMELETTE WRAPS





# OMELETTE WRAPS



Serves: 4

Prep: 15 mins

Cook: 10 mins



Nutrition per serving:

237 kcal

15g Fats

3g Carbs

20g Protein



GF

DF

LC

Q

200g (7oz.) cottage cheese  
4 handfuls watercress  
1 lemon, zest only  
6 eggs  
¼ cup (60ml) milk of choice  
1 tsp. mixed herbs  
4 tsp. coconut oil  
100g (3.5oz.) smoked salmon,  
chopped

Place the cottage cheese, watercress and lemon zest in a tall bowl and puree with a hand blender (or food processor) until a smooth paste forms.

In a separate bowl, beat the eggs with the milk and herbs.

Heat 1 tsp. of oil in a medium sized frying pan and fry ¼ of the egg mixture over medium heat for 2 minutes until the egg solidifies, then turn over. Bake the other side for ½ minute.

Remove the omelette from the pan and set aside. Repeat the process with the remaining egg mixture.

To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon. Roll up the omelette as a wrap and cut in half.





## HIGH PROTEIN BLUEBERRY PANCAKES





# HIGH PROTEIN BLUEBERRY PANCAKES



**Serves:** 1

**Prep:** 5 mins

**Cook:** 10 mins



**Nutrition per serving:**

257 kcal

5g Fats

18g Carbs

36g Protein



GF

LC

N

V

Q

1/4 cup liquid egg whites  
(around 4 eggs)  
1 scoop (25g) of vanilla whey  
powder  
1/2 banana, mashed  
milk of choice, if needed  
1/4 cup (25g) fresh or frozen  
blueberries  
1/2 tsp. coconut oil

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan on low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.







## BAKED SALMON TRAY WITH RICE & TOMATOES





# BAKED SALMON TRAY WITH RICE & TOMATOES



**Serves:** 4

**Prep:** 5 mins

**Cook:** 30 mins



**Nutrition per serving:**

476 kcal

19g Fats

44g Carbs

31g Protein



MP

GF

HP

400g (14oz.) salmon fillet,  
skin removed

1 tsp. honey

2 tbsp. soy sauce

2 tbsp. olive oil

4 slices of lemon + 2 tbsp. of  
juice

7/8 cup (200g) jasmine rice

1 cup (150g) cherry tomatoes

handful basil leaves

4 tbsp. natural yoghurt, 0%  
fat

**Spices:**

2 tsp. paprika

1/2 tsp. curry

1 tsp. oregano

pinch of chilli flakes

Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. olive oil and 2 tbsp. of lemon juice, mix everything and cover the salmon.

Preheat oven to 200C (400F).

Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yoghurt.







## CHICKEN THIGHS WITH HOISIN RICE





# CHICKEN THIGHS WITH HOISIN RICE



**Serves:** 8

**Prep:** 5 mins

**Cook:** 50mins



**Nutrition per serving:**

336 kcal

15g Fats

16g Carbs

29g Protein



GF

DF

LC

N

MP

2 tbsp. coconut oil  
8 skinless chicken thighs  
1 cup jasmine rice  
4 spring onions, chopped  
4 cloves garlic, sliced  
1/3 cup (200ml) white wine  
2 cups (500ml) chicken stock  
4 tbsp. dried cranberries

**For the Sauce:**

3 tbsp. soy sauce  
2 tbsp. rice vinegar  
1 tbsp. peanut butter  
1 tsp. chili flakes  
1 tsp. honey  
1 tsp. sesame oil

Heat the oven to 190C (375F). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.

Add into the pan the garlic and spring onions, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all the sauce ingredients of hoisin sauce, chicken stock, and cranberries. Bring to the boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the centre. Bake in the preheated oven for 30 minutes.

Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.





## QUICK & EASY MEATBALLS





## QUICK & EASY MEATBALLS



**Serves:** 4

**Prep:** 15 mins

**Cook:** 20 mins



**Nutrition per serving:**

309 kcal

14g Fats

9g Carbs

36g Protein



GF

DF

LC

500g (1lb.) lean ground beef  
1 small onion, finely diced  
2 garlic cloves, minced  
1 red pepper, diced  
1 egg  
1/2 cup (30g) flour of choice  
1/4 cup coriander, chopped  
1 tsp. oregano  
12 slices streaky bacon

Preheat the oven to 200C (400F).

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a 1/4 cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 mins. For the last 4-5 mins set the oven to grill/broil to crisp the outside.





## VANILLA & COFFEE PROTEIN SMOOTHIE



# VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2

Prep: 10 mins

Cook: 0 mins



Nutrition per serving:

174 kcal

6g Fats

4g Carbs

26g Protein



GF

LC

N

V

Q

1/4 cup (60ml) espresso  
1 2/3 cup (400ml) milk of  
choice  
2 scoops vanilla whey  
2 tsp. cinnamon  
2 tbsp. flax seeds  
handful ice

Place all ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.







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**Time to thrive**