



30

HIGH-PROTEIN

MEALS

IN UNDER

30

MINUTES



EAT LIKE A LIFTER.
BUILD MUSCLE.
STAY LEAN.

INTRODUCTION

STOP OVERCOMPLICATING FOOD

If you want to build muscle and stay lean, your diet needs to be **simple, repeatable, and high in protein.**

Most guys fail because they:

- Don't eat enough protein
- Rely on takeaway or junk
- Overcomplicate cooking
- Lose consistency after 1–2 weeks

This book fixes that.

Every meal inside:

- Takes under 30 minutes
- Uses basic ingredients
- Is high in protein
- Is designed for real life, not Instagram

You don't need to eat perfectly.
You need to eat consistently.



HOW TO USE THIS BOOK

- Repeat meals — boring works
- Batch cook lunches & dinners
- Adjust portions based on goals:
 - a. Bulking → add carbs
 - b. Cutting → reduce carbs/fats
- Protein stays high always

PROTEIN TARGETS (SIMPLE RULE)

- 1.8–2.2g protein per kg bodyweight
- Spread across 3–5 meals
- Miss one meal? Fix the next one — don't panic



SECTION 1

HIGH-PROTEIN BREAKFASTS



TIME: 10 MINS

PROTEIN: ~45G

INGREDIENTS

- 3 whole eggs
- 150g egg whites
- 100g lean ham or turkey
- Spinach
- Salt & pepper

METHOD

1. Cook meat in a pan
2. Add eggs + whites
3. Stir until just set
4. Add spinach, season

TIP: ADD TOAST OR POTATOES IF BULKING.



STEAK & EGGS POWER PLATE

TIME: 15 MINS

PROTEIN: ~50G

INGREDIENTS

- 150g lean steak
- 2 whole eggs
- Salt & pepper

METHOD

1. Season steak generously
2. Cook in hot pan 3–4 mins per side
3. Rest steak
4. Fry eggs to preference
5. Serve together

TIP: ADD RICE OR POTATOES POST-WORKOUT.



HIGH-PROTEIN OVERNIGHT OATS

TIME: 5 MINS PREP

PROTEIN: ~40G

INGREDIENTS

- ½ cup oats
- 1 scoop whey protein
- 200g Greek yogurt
- Splash of milk or water

METHOD

1. Combine all ingredients in a jar
2. Stir well
3. Refrigerate overnight

TIP: ADD PEANUT BUTTER FOR EXTRA CALORIES.



GREEK YOGURT MUSCLE BOWL

TIME: 5 MINS

PROTEIN: ~35G

INGREDIENTS

- 250g Greek yogurt
- Honey or berries
- Optional granola

METHOD

1. Add yogurt to bowl
2. Top with fruit or honey
3. Stir and eat

TIP: ADD WHEY IF PROTEIN IS LOW.



TIME: 15 MINS

PROTEIN: ~40G

INGREDIENTS

- 2 whole eggs
- ½ cup oats
- 1 scoop whey

METHOD

1. Blend all ingredients
2. Heat non-stick pan
3. Pour batter and cook pancakes

TIP: TOP WITH GREEK YOGURT.



PROTEIN BREAKFAST WRAP

TIME: 15 MINS

PROTEIN: ~45G

INGREDIENTS

- 2 whole eggs
- 150g egg whites
- 100g turkey mince
- 1 large wrap

METHOD

1. Cook turkey mince
2. Add eggs and whites
3. Scramble until set
4. Wrap and eat

TIP: ADD CHEESE WHEN BULKING.

SECTION 2

HIGH-PROTEIN LUNCHES



CHICKEN RICE POWER BOWL

TIME: 20 MINS

PROTEIN: ~50G

INGREDIENTS

- 200g chicken breast
- 1 cup cooked rice
- Mixed vegetables
- Salt, pepper, spices

METHOD

1. Season chicken
2. Cook in pan until done
3. Serve with rice and veg

TIP: SWAP RICE FOR CAULIFLOWER RICE WHEN CUTTING.



TIME: 20 MINS

PROTEIN: ~45G

INGREDIENTS

- 200g lean beef mince
- 1 medium sweet potato
- Salt & spices

METHOD

1. Microwave diced sweet potato
2. Brown mince in pan
3. Combine and season

TIP: ADD OLIVE OIL FOR EXTRA CALORIES.



TUNA & RICE SMASH BOWL

TIME: 10 MINS

PROTEIN: ~40G

INGREDIENTS

- 2 cans tuna
- 1 cup cooked rice
- Light mayo or yogurt

METHOD

1. Drain tuna
2. Mix with rice and mayo
3. Season and serve

TIP: ADD SOY SAUCE OR SRIRACHA.



TERIYAKI CHICKEN STIR FRY

PROTEIN: ~50G

INGREDIENTS

- 200g chicken breast
- Frozen stir-fry vegetables
- Teriyaki sauce

METHOD

1. Cook chicken in pan
2. Add vegetables
3. Stir through sauce

TIP: SERVE OVER RICE OR NOODLES.



TURKEY PASTA MUSCLE MEAL

TIME: 25 MINS

PROTEIN: ~45G

INGREDIENTS

- 200g lean turkey mince
- 75g dry pasta
- Tomato pasta sauce

METHOD

1. Cook pasta
2. Brown turkey mince
3. Add sauce
4. Combine with pasta

TIP: USE PROTEIN PASTA FOR HIGHER PROTEIN.



TIME: 15 MINS

PROTEIN: ~40G

INGREDIENTS

- 200g chicken breast
- BBQ sauce
- 1 large wrap

METHOD

1. Cook chicken
2. Coat lightly with BBQ sauce
3. Wrap and eat

TIP: ADD CHEESE OR RICE WHEN BULKING.



TIME: 25 MINS

PROTEIN: ~50G

INGREDIENTS

- 200g steak
- 300g potatoes
- Salt & seasoning

METHOD

1. Air fry or roast potatoes
2. Cook steak to preference
3. Portion for meal prep

TIP: ADD VEG FOR VOLUME.



HIGH-PROTEIN FRIED RICE

TIME: 20 MINS

PROTEIN: ~45G

INGREDIENTS

- 200g cooked chicken
- 2 whole eggs
- 1 cup cooked rice

METHOD

1. Heat pan
2. Add chicken and rice
3. Push aside, scramble eggs
4. Mix together

TIP: ADD SOY SAUCE.

SECTION 3

DINNERS FOR GROWTH



CREAMY GARLIC CHICKEN

PROTEIN: ~45G

INGREDIENTS

- 200g chicken breast, sliced
- 1 tsp olive oil
- 2 cloves garlic, minced
- 60ml light cooking cream
- Salt & pepper
- Optional: parsley or spinach

METHOD

1. Heat oil in pan over medium heat
2. Cook chicken 5–6 mins per side until golden
3. Add garlic and cook 30 seconds
4. Pour in cream and reduce heat
5. Simmer 3–5 mins until thickened

TIP: SERVE WITH RICE OR PASTA WHEN BULKING.



LEAN BEEF BURRITO BOWL

TIME: 20 MINS

PROTEIN: ~50G

INGREDIENTS

- 200g lean beef mince (5–10%)
- 1 tsp olive oil
- 1 cup cooked rice
- 2 tbsp salsa
- Optional: lettuce, onion, chilli

METHOD

1. Heat oil in pan
2. Brown beef mince thoroughly
3. Season with salt and spices
4. Serve over rice and top with salsa

TIP: ADD CHEESE OR AVOCADO WHEN BULKING.



TIME: 25 MINS

PROTEIN: ~40G

INGREDIENTS

- 200g salmon fillet
- 300g potatoes, diced
- 1 tsp olive oil
- Salt & pepper

METHOD

1. Air fry or roast potatoes at 200°C for 20 mins
2. Season salmon
3. Pan-fry salmon skin-side down 3–4 mins per side
4. Serve together

TIP: ADD EXTRA POTATOES IF CALORIES ARE LOW.



ONE-PAN HONEY SOY CHICKEN

TIME: 20 MINS

PROTEIN: ~45G

INGREDIENTS

- 250g chicken thighs
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 tsp garlic powder

METHOD

1. Heat pan over medium heat
2. Cook chicken 5–6 mins per side
3. Add soy, honey and garlic
4. Simmer until sauce thickens

TIP: SERVE WITH RICE OR NOODLES.



TIME: 30 MINS

PROTEIN: ~50G

INGREDIENTS

- 250g lean beef mince
- 75g dry spaghetti
- ½ cup tomato pasta sauce
- Salt, pepper, herbs

METHOD

1. Cook spaghetti according to packet
2. Brown mince in pan
3. Add sauce and simmer
4. Combine with pasta

TIP: USE PROTEIN PASTA FOR HIGHER PROTEIN.



HIGH-PROTEIN BURGER BOWL

TIME: 20 MINS

PROTEIN: ~45G

INGREDIENTS

- 200g lean beef patty
- 300g potatoes
- Lettuce, tomato
- Salt & pepper

METHOD

1. Cook potatoes (air fryer or oven)
2. Grill or pan-fry beef patty
3. Serve with salad and potatoes

TIP: ADD CHEESE OR SAUCE WHEN BULKING.



AIR FRYER CHICKEN & VEG

TIME: 20 MINS

PROTEIN: ~50G

INGREDIENTS

- 250g chicken breast
- 1 cup mixed vegetables
- 1 tsp olive oil
- Salt, paprika, pepper

METHOD

1. Toss chicken and veg in oil and seasoning
2. Air fry at 200°C for 15–18 mins
3. Shake halfway through

TIP: ADD RICE OR WRAPS IF BULKING.



BEEF STIR FRY NOODLES

TIME: 20 MINS

PROTEIN: ~45G

INGREDIENTS

- 200g beef strips
- 100g cooked egg noodles
- 1 cup stir-fry vegetables
- 1 tbsp soy sauce

METHOD

1. Cook beef in hot pan
2. Add vegetables and noodles
3. Stir in soy sauce and cook 2–3 mins

TIP: SWAP NOODLES FOR RICE WHEN CUTTING.

SECTION 4

SNACKS & FAST FIXES



PROTEIN TOASTIES

TIME: 20 MINS

PROTEIN: ~45G

INGREDIENTS

- 2 slices high-protein bread
- 80g lean ham or turkey
- 40g reduced-fat cheese

METHOD

1. Assemble sandwich
2. Toast until golden and cheese melts

TIP: ADD EXTRA CHEESE WHEN BULKING.



COTTAGE CHEESE MUSCLE DIP

TIME: 5 MINS

PROTEIN: ~30G

INGREDIENTS

- 200g cottage cheese
- Salt, pepper
- Optional: garlic powder or herbs

METHOD

1. Add all ingredients to bowl
2. Mix well and serve

TIP: EAT WITH RICE CAKES OR WRAPS.



NO-BAKE PROTEIN BALLS

TIME: 10 MINS

PROTEIN: ~20G (PER SERVING)

INGREDIENTS

- ½ cup oats
- 1 scoop whey protein
- 1 tbsp peanut butter
- Splash of water

METHOD

1. Mix all ingredients
2. Roll into balls
3. Chill in fridge

TIP: ADD HONEY FOR EXTRA CALORIES.



TIME: 10 MINS

PROTEIN: ~35G

INGREDIENTS

- 1 large wrap
- 120g cooked chicken
- 40g reduced-fat cheese

METHOD

1. Fill wrap with chicken and cheese
2. Fold and toast in pan
3. Flip until cheese melts

TIP: ADD BBQ SAUCE WHEN BULKING.



PROTEIN MUG CAKE

TIME: 5 MINS

PROTEIN: ~30G

INGREDIENTS

- 1 scoop whey protein
- 1 whole egg
- ½ tsp baking powder
- Splash of milk

METHOD

1. Mix ingredients in mug
2. Microwave 60–90 seconds

TIP: TOP WITH GREEK YOGURT.



TIME: 5 MINS

PROTEIN: ~35G

INGREDIENTS

- 250g Greek yogurt
- 1 tsp honey or sweetener
- Optional: biscuit crumbs

METHOD

1. Mix yogurt and sweetener
2. Add toppings

TIP: TOP WITH GREEK YOGURT.



AIR FRYER PROTEIN NUGGETS

TIME: 15 MINS

PROTEIN: ~40G

INGREDIENTS

- 200g chicken breast, cubed
- 30g breadcrumbs
- Salt & pepper

METHOD

1. Coat chicken in breadcrumbs
2. Air fry at 200°C for 12–15 mins

TIP: SERVE WITH LOW-CALORIE SAUCE.



TIME: 5 MINS

PROTEIN: ~30G

INGREDIENTS

- 1 frozen banana
- 1 scoop whey protein

METHOD

1. Blend until smooth and creamy
2. Serve immediately

TIP: FREEZE LONGER FOR FIRMER TEXTURE.

FINAL WORDS

MUSCLE ISN'T BUILT BY
MAGIC MEALS.

IT'S BUILT BY **SHOWING UP**
EVERY DAY AND EATING
ENOUGH PROTEIN.



REPEAT THESE MEALS.
KEEP IT BORING.
GET JACKED.

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