



NEVER MISS YOUR PROTEIN GOAL AGAIN

SIMPLE HACKS FOR BUSY PEOPLE



WHY PROTEIN MATTERS

Protein is the foundation of every goal: fat loss, muscle gain, energy, and recovery. It keeps you full, supports lean muscle, and helps regulate hormones and metabolism. Without enough protein, you'll struggle with cravings, slower results, and less energy.

What We're Covering

- **Easy Prep Guides:** Simple food pairings and meal prep hacks so protein never feels complicated.
- **Cheat Sheets:** Quick reference charts (like “30g of protein” examples) so you don't waste time guessing.
- **Grab-and-Go Options:** The best protein bars, shakes, and fast snacks that actually taste good.
- **Smart Swaps:** How to upgrade your usual meals with higher-protein alternatives.
- **Done-For-You Outlines:** Sample meal outlines and lunchbox blueprints so you can hit your goals on autopilot.

The Bottom Line

You don't need to live on plain chicken and broccoli. With the right tools and strategies, protein can be simple, tasty, and flexible – no matter how busy your lifestyle is.



MEAL PREP MADE EASY

Start with a Meal Plan: Design a 7-day menu

Get Good Containers: For easy storage and organization.

Batch Cooking: Cook large portions to save time.

INGREDIENT PREP PAIRING IDEAS

PROTEINS

- Chicken breast
- Turkey breast
- Lean beef
- Pork tenderloin
- Salmon
- Tuna
- Shrimp
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Chickpeas

GRAINS

- Quinoa
- Brown rice
- Farro
- Barley
- Bulgur
- Couscous
- Oats
- Whole wheat pasta
- Millet
- Wild rice
- Jasmine rice
- Basmati rice

VEGGIES

- Broccoli
- Spinach
- Bell peppers
- Carrots
- Zucchini
- Cherry tomatoes
- Cauliflower
- Green beans
- Asparagus
- Sweet potatoes
- Mushrooms
- Kale

YOUR LAZY LUNCH BOX BLUEPRINT

EASY PROTEIN OPTIONS

1/4 of Box

- Grilled chicken breast (store-bought or pre-cooked strips)
- Turkey meatballs
- Boiled eggs
- Tuna or salmon packets
- Deli turkey or chicken slices
- Shrimp (pre-cooked)
- Rotisserie chicken (shredded)
- Baked tofu or tempeh
- Cottage cheese cups
- Greek yogurt cups
- Hard seared steak strips

EASY FAT OPTIONS

1/4 of Box

- Avocado slices or guac cup
- Nuts (almonds, cashews, pistachios)
- Nut butter packet
- Cheese stick or cheese cubes
- Olives
- Hummus
- Seeds (sunflower, chia, hemp)
- Hard boiled egg yolk (if not already counting it as protein)

EASY CARB OPTIONS

1/4 of Box

- Jasmine rice or brown rice (microwave packs)
- Sweet potato cubes
- Rice cakes
- Quinoa
- Roasted potatoes or air-fried hash
- Pasta
- Flatbread or pita wedges
- Corn
- Lentils or chickpeas
- Crackers
- Fruit

EASY ADDITIONS

1/4 of Box

- Cucumber slices or sticks
- Bell pepper strips
- Shredded carrots
- Baby spinach or spring mix
- Steamed broccoli or green beans
- Salsa or pico de gallo
- Soy sauce, coconut aminos, or teriyaki drizzle
- Sriracha, mustard, or hot sauce
- Light ranch, tzatziki, or Caesar drizzle

30G OF PROTEIN CHEAT SHEET



CHICKEN BREAST
100g (about $\frac{2}{3}$ cup, diced)



EGG WHITES
330g ($\frac{1}{2}$ cups, liquid)



GROUND BEEF (LEAN)
115g ($\frac{3}{4}$ cup, cooked)



STEAK (COOKED)
125g (about $\frac{3}{4}$ cup, sliced)



Ground Turkey (Lean)
115g ($\frac{3}{4}$ cup, cooked)



TUNA (CANNED IN WATER)
110g (about $\frac{1}{2}$ cup)



SALMON (COOKED)
125g (about $\frac{3}{4}$ cup, flaked)



SHRIMP (COOKED)
140g (about 1 cup)



GREEK YOGURT (PLAIN, NONFAT)
250g (1 cup)



COTTAGE CHEESE (LOW-FAT)
200g ($\frac{3}{4}$ cup)



TOFU (FIRM)
175g (about $\frac{3}{4}$ cup, cubed)



QUINOA (COOKED)
330g ($\frac{1}{2}$ cups)



WHEY PROTEIN POWDER
35g (1 scoop depending on brand)



PLANT-BASED PROTEIN POWDER
40g (1 scoop depending on brand)

PROTEIN SHAKES: ENDLESS POSSIBILITIES

Protein shakes can really help simplify your day-to-day nutrition on your personal health journey. They're convenient, packed with nutrients, and can be tailored to suit your tastes.

By trying different protein shake varieties, you can add excitement to your health journey. Whether it's adding fruits, superfoods, or new fun flavors, learning how to create shake recipes that excite you is going to be super helpful!



Choose a Base

- *Frozen Banana*
- *Ice*
- *Frozen Milk Cubes*
- *Frozen Fruit*

Add a Protein

- *Protein Powder*
- *Greek Yogurt*
- *Cottage Cheese*
- *Nuts*
- *Seeds*

Spice it Up

- *Cinnamon*
- *Nutmeg*
- *Peanut Butter*
- *Almond Butter*
- *Cocoa Powder*
- *Spinach*
- *Mint*
- *Lime Juice*
- *Orange Juice*
- *Avocado*
- *Berries*
- *Caramel Drizzle*
- *White Chocolate Drizzle*
- *Chocolate Drizzle*
- *Top with Marshmallows*
- *Top with Candy Cane*

TOP PROTEIN BAR RECOMMENDATIONS

Here are some of the best protein bars to grab and go that are widely available across different regions!



QUEST: 190 Calories, 21g Protein

Best Flavours: Chocolate Chip Cookie Dough & Cookies and Cream



ATKINS: 125 Calories, 5.2g Protein

Best Flavours: Caramel Nut Chew



ATHENA: 214 Calories, 15g Protein

Best Flavours: Cookies and cream, chocolate caramel



MUSASHI: 239 Cals, 20g Protein

Best Flavors: Chocolate Mint, Chocolate Peanut Butter



NO'NAUGHTY: 150 Cals, 15g Protein

Best Flavors: Chocolate Crunch, Peanut Butter Crunch



GRENADE: 232 Cals, 20g Protein

Best Flavors: Chocolate Chip Cookie Dough & Cookies and Cream

LOW/NO CALORIE FAST SNACKS

If you're finding you're struggling with wanting to over-eat, try to opt for some low or no calorie options outside of high-protein meals to satiate yourself.

MISO & BROTHS



One of my FAVORITES is coating grapes in Jello Powder and freezing it to make candy grapes!

FRUIT



TEA



SEAWEED SNACKS





EASY AF HIGH PROTEIN RECIPES





Protein Strawberry Pastry



Search it on MyFitnessPal
Protein Strawberry Pastry 222

Calories	Carbs	Fats	Protein	Fiber	Sugar
300	52g	6g	35g	31g	9g

Ingredients

Servings: 1 (2 per serving)

(Macros are per serving)

- Low-carb tortillas: 100g (2 tortillas)
- Strawberries: 120g (8 small)
- Vanilla whey protein powder: 15g (1/2 scoop)
- Casein protein powder: 15g (1/2 scoop), mixed with a little water for creamy texture

Optional glaze alternative: whey protein 30g (2 tbsp), coconut flour 14g (2 tbsp), water 90ml (6 tbsp)

Instructions

1. Microwave strawberries until soft, then mash.
2. Stir whey protein into mashed berries.
3. Place filling in center of tortilla, fold sides and top to form a rectangle, and seal edges with a bit of casein mix.
4. Grill on a skillet until golden and crisp.
5. Pipe casein glaze over the top. Cool slightly before serving.

Recipe Tip

Enjoy warm for best texture—if making ahead, crisp them back up in the air fryer or oven before serving.



Protein Cottage Cheese Overnight Oats



Search it on MyFitnessPal
Cottage Cheese Overnight Oats 222

Calories
441

Carbs
42.5g

Fats
6g

Protein
41g

Fiber
14g

Sugar
7.5g

Ingredients

Servings: 2

(Macros are per serving)

- Cottage cheese 226g
- Rolled oats 120g
- Protein powder (any flavor) 30g
- Unsweetened milk substitute 236ml
- Vanilla extract 5ml
- Sweetener of choice 12-24g (to taste)
- Built Bar (any flavor) 1 bar, chopped (topping)

Instructions

1. In a bowl, mix cottage cheese, oats, protein powder, milk, vanilla, and sweetener until fully combined.
2. Divide the mixture evenly into 2 mason jars or containers with lids.
3. Refrigerate overnight, or for at least 2-3 hours if short on time.
4. Before serving, chop and sprinkle your favorite Built Bar on top.

Recipe Tip

Switch up the topping with other high-protein bars, or skip it and stir in fruit if you want something lighter.



Spinach Ham Protein Quiche (Crustless)



Search it on MyFitnessPal
Spinach Ham Protein Quiche 222

Calories
506

Carbs
10g

Fats
38g

Protein
30g

Fiber
2g

Sugar
6g

Ingredients

Servings: 4 slices (1 per serving)

(Macros are per serving)

- Eggs: 200g (4 large)
- Half & half cream: 480ml (2 cups)
- Onion powder: 10g (2 tsp)
- Garlic powder: 3g (1 tsp)
- Table salt: 3g (1/2 tsp)
- Black pepper: 1g (1/4 tsp)
- Frozen chopped spinach (defrosted, squeeze-dried): 280g (10oz)
- Cheddar cheese, shredded: 170g (1 1/2 cups)
- Ham, cooked & diced: 150g (1 cup)

Instructions

1. Preheat oven to 200C (400F). Lightly grease a 23cm (9") deep pie dish.
2. Whisk eggs, cream, onion powder, garlic powder, salt, and pepper in a bowl.
3. Stir in spinach, cheese, and ham until combined.
4. Pour mixture into dish and bake 30–40 minutes, until a knife inserted in the center comes out clean.
5. Rest 5 minutes before slicing into 4 even pieces and serving.

Recipe Tip

Switch up the fillings—swap ham for turkey, bacon, or smoked salmon, and try different cheeses like feta or mozzarella to keep each bake unique.



Air Fryer Beef Taquitos



Search it on MyFitnessPal
Air Fryer Beef Taquitos 222

Calories
364

Carbs
38.5g

Fats
18.5g

Protein
37.5g

Fiber
31g

Sugar
1g

Ingredients

Servings: 4 (2 per serving)
(Macros are per serving)

- Ground beef, 96/4: 450g (1lb)
- Cream cheese, 1/3 less fat: 113g (4oz)
- Low-carb flour tortillas: 8 tortillas (soft taco size)

Optional seasonings: salt, onion powder, garlic powder, paprika, chili powder, ground cumin, water (to taste)

Instructions

1. Cook ground beef in a skillet over medium heat, breaking it into small pieces.
2. Stir in taco seasoning (optional) with a little water to coat the beef.
3. Add cream cheese and cook until melted and combined.
4. Preheat air fryer. Divide filling evenly among tortillas, roll tightly, and spray lightly with oil.
5. Air fry at 175C (350F) for 4 minutes, flip, then cook 4 more minutes until crisp.

Recipe Tip

Make a double batch and freeze before air frying—just reheat straight from frozen for a quick high-protein snack.



BBQ Chicken Lavash Pizza



Search it on MyFitnessPal
BBQ Chicken Lavash Pizza 222

Calories
509

Carbs
30g

Fats
25g

Protein
48g

Fiber
8g

Sugar
4g

Ingredients

Servings: 1

(Macros are per serving)

- Lavash bread: 1 sheet (Joseph's brand or similar)
- Cheddar cheese, shredded: 28g (1/4 cup / 1oz)
- Mozzarella cheese, shredded: 28g (1/4 cup / 1oz)
- Blackened chicken strips, chopped: 85g (3oz, pre-cooked)
- Red onion, thinly sliced: 10g
- BBQ sauce, no sugar added: 60g (4 tbsp)
- Yogurt ranch dressing: 30g (2 tbsp)
- Fresh cilantro: to taste

Instructions

1. Preheat oven to 175C (350F). Optional: pre-crisp lavash for 5 minutes.
2. Place lavash on a baking sheet. Spread BBQ sauce evenly.
3. Sprinkle half the cheese, then add chicken and onion. Top with remaining cheese.
4. Bake 5 minutes, then broil briefly until edges are crisp and cheese is melted.
5. Drizzle with ranch and garnish with fresh cilantro.

Recipe Tip

Swap lavash for a tortilla, use low-fat cheese, or change up the protein for variety.



Pizzadilla (Pizza Quesadillas)



Search it on MyFitnessPal
Pizzadilla (Pizza Quesadillas) 222

Calories
588

Carbs
42g

Fats
34g

Protein
30g

Fiber
6.8g

Sugar
3.4g

Ingredients

Servings: 2

(Macros are per serving)

- Corn tortillas 8 (200g)
- Pizza or marinara sauce 1/4 cup (60g)
- Shredded mozzarella cheese 2 cups (224g)
- Pepperoni slices 24 (60g)
- Oil, for pan (about 2 tsp / 10g)
- Optional toppings:
mushrooms, olives, cooked sausage, peppers, tomatoes

Instructions

1. Lay 4 tortillas on a flat surface. Spread ~1 tbsp pizza sauce on each, keeping it away from the edges.
2. Sprinkle mozzarella evenly over each. Add 6 slices of pepperoni (and any optional toppings).
3. Top with remaining 4 tortillas to form quesadillas.
4. Heat a pan over medium-high with a light coating of oil.
5. Cook each pizzadilla until the bottom is golden and crisp, then flip and brown the other side.
6. Let cool 1-2 minutes before slicing and serving.

Recipe Tip

Make a batch and freeze them uncooked—just pop into a skillet straight from the freezer for a quick, crispy weeknight win.



Chipotle Ranch Tuna Wraps



Search it on MyFitnessPal
Chipotle Ranch Tuna Wraps 222

Calories
394

Carbs
12g

Fats
25g

Protein
38g

Fiber
7g

Sugar
0g

Ingredients

Servings: 1

(Macros are per serving)

Tuna Mixture

- Canned tuna (5oz / 142g), drained
- Bread and butter pickles 3 (30g), chopped
- Red onion 1 tbsp (10g), chopped
- Celery 1 tbsp (10g), chopped
- Chipotle ranch dressing (store-bought) 2 tbsp (30g)

Wrap Fixings

- Burrito-size wrap or tortilla (Tumaro or similar) 1 (65g)
- Lettuce leaves
- Tomato slices (about 2 slices / 30g)

Instructions

1. In a bowl, mix tuna, pickles, red onion, celery, and chipotle ranch until well combined.
2. On the lower half of the wrap, layer lettuce, tomato, and the tuna mixture.
3. Fold in the sides, roll up tightly into a burrito shape.
4. Optional: Sear in a hot pan or panini press until golden.

Recipe Tip

Make a double batch of the tuna mix and keep it in the fridge for easy lunches all week—just build your wrap fresh each day.



Healthy Sesame Chicken



Search it on MyFitnessPal
Healthy Sesame Chicken 222

Calories
312

Carbs
12.5g

Fats
12g

Protein
40g

Fiber
.2g

Sugar
7g

Ingredients

Instructions

Servings: 5 (~260g per serving)
(Macros are per serving)

Sauce

- Low sodium soy sauce 74ml
- Hot sauce 5–10ml (optional)
- Minced garlic 10g
- Honey 42g
- Ground ginger 3g
- Sesame seeds 8g
- Cornstarch 7.5g
- Cold water 30ml

Chicken

- Chicken breast 907g (about 2 lbs), trimmed and chopped
- Cornstarch 15g
- Salt & black pepper, to taste
- Toasted sesame oil 28g (or other oil)

1. In a small bowl, whisk cold water with cornstarch until smooth. Add soy sauce, honey, garlic, ginger, sesame seeds, and hot sauce (if using). Set sauce aside.
2. In a large bowl, toss chopped chicken with cornstarch, salt, and pepper until evenly coated.
3. Heat sesame oil in a pan over medium heat. Once hot, add chicken and cook 2–3 minutes per side until browned.
4. Reduce heat to low and pour sauce into the pan. Stir to coat and simmer until sauce thickens, about 3–5 minutes.
5. Serve hot with optional steamed rice or veggies.

Recipe Tip

Serve over steamed broccoli or frozen stir-fry veggies to make it a full high-protein, low-effort meal.



Simple Protein Cheesecake Bars



Search it on MyFitnessPal
Simple Protein Cheesecake Bars 222

Calories
187

Carbs
17.2g

Fats
7g

Protein
13g

Fiber
.8g

Sugar
6g

Ingredients

Instructions

Servings: 8

(Macros are per serving)

Crust:

- Graham Cracker, 90g
- Butter (melted), 42g

Cheesecake Bars:

- Rolled Oats, 40g
- Large Whole Eggs, 2
- Protein Powder, 60g
- Vanilla Extract, 5ml
- Greek Yogurt, 85g
- Cottage Cheese, 339g

1. (Optional) Crush graham crackers and mix with melted butter. Press into the bottom of a lined 8x8 baking dish and bake at 375°F/190°C for 12–15 minutes until golden.
2. In a blender, combine all cheesecake bar ingredients and blend until smooth.
3. Pour mixture over crust (or directly into pan if skipping crust). Top with optional chocolate chips.
4. Bake at 325°F/162°C for 30–35 minutes until set.
5. Cool, then refrigerate for a few hours for optimal texture.

Nutrition Facts (without crust, per bar):

- Calories: 100
- Carbs: 8.3g
- Fat: 1.8g
- Protein: 12.6g
- Fiber: 0.5g
- Sugar: 3.2g

Recipe Tip

Swirl a spoonful of sugar-free jam or nut butter into the top before baking for a fun twist on flavor—PB&J cheesecake bars, anyone?



Chocolate Protein Oatmeal Skillet



Search it on MyFitnessPal
Chocolate Protein Oatmeal Skillet 222

Calories
333

Carbs
25g

Fats
6.5g

Protein
29.5g

Fiber
6.5g

Sugar
4.5g

Ingredients

Servings: 4 (150g per serving)
(Macros are per serving)

- Rolled oats 1 cup (90g)
- Protein powder (vanilla or chocolate) 3 scoops (~90g)
- Cocoa powder 4 tbsp (24g)
- Milk or milk substitute 3oz (90ml)
- Brewed coffee 3oz (90ml)
- Unsweetened applesauce 1/2 cup (120g) (or 1 banana, mashed, or 1/2 cup pumpkin)
- Peanut butter 6 tbsp (96g)
- Baking powder 1/2 tsp (2g)

Instructions

1. Preheat oven to 350°F (175°C).
2. In a large bowl, combine oats, protein powder, cocoa powder, baking powder, milk, coffee, applesauce, and peanut butter. Stir until well mixed.
3. Pour mixture into a skillet or oven-safe baking dish.
4. Bake 12 minutes (less time = gooey texture).
5. Optionally, top with your favorite frosting or drizzle and enjoy warm.

Recipe Tip

Top with a quick frosting made from Greek yogurt mixed with a little protein powder for extra creaminess.