



**PELLO FITNESS**  
ESTD 2003

# HIGH PROTEIN RECIPE PACK

*Discover 12 easy, healthy and tasty recipes,  
including breakfast, lunch, dinner, treat and  
smoothie options.*

*Pello Fitness*











# TABLE OF CONTENTS

1	EGG & TURKEY STUFFED PEPPERS
2	HIGH PROTEIN BLUEBERRY PANCAKES
3	EGG, BACON & AVOCADO BOWL
4	HEALTHY CORONATION CHICKEN
5	GRILLED LEMON CHICKEN SALAD
6	TUNA & QUINOA TOSS SALAD
7	SALMON & COUSCOUS SALAD
8	CHICKEN ORANGE STIR FRY
9	SIMPLE CHILI & SWEET POTATO CHIPS
10	STRAWBERRY PROTEIN MUFFINS
11	PEANUT BUTTER PROTEIN FLUFF
12	POST-WORKOUT ORANGE BANANA SMOOTHIE



## RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

# WEEKLY MEAL PLANNER



## MONDAY

### BREAKFAST

Post-Workout  
Orange Banana  
Smoothie

### LUNCH

Healthy  
Coronation  
Chicken

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Chicken Orange  
Stir Fry

## TUESDAY

### BREAKFAST

High Protein  
Blueberry  
Pancakes

### LUNCH

Tuna & Quinoa  
Toss Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Leftover  
Chicken Orange  
Stir Fry

## WEDNESDAY

### BREAKFAST

Egg, Bacon &  
Avocado Bowl

### LUNCH

Healthy  
Coronation  
Chicken

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Simple chili &  
Sweet Potato  
Chips

## THURSDAY

### BREAKFAST

Post-Workout  
Orange Banana  
Smoothie

### LUNCH

Tuna & Quinoa  
Toss Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Leftover Simple  
chili & Sweet  
Potato Chips

## FRIDAY

### BREAKFAST

Egg & Turkey  
Stuffed Peppers

### LUNCH

Grilled Lemon  
chicken Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Salmon &  
Couscous Salad

## SATURDAY

### BREAKFAST

Egg & Turkey  
Stuffed Peppers

### LUNCH

Leftover Grilled  
Lemon chicken  
Salad

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Meal Out –  
Enjoy!

## SUNDAY

### BREAKFAST

Strawberry  
Protein Muffins

### LUNCH

Leftover Egg &  
Turkey Stuffed  
Peppers

### SNACK

E.g. Strawberry  
Protein Muffins,  
Post-Workout  
Orange Banana  
Smoothie, PB  
Protein Fluff

### DINNER

Leftover Salmon &  
Couscous Salad





## **EGG & TURKEY STUFFED PEPPERS**

# EGG & TURKEY STUFFED PEPPERS



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
329 kcal  
12g Fats  
11g Carbs  
43g Protein



## WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

## WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.

To serve sprinkle with chopped parsley.



# HIGH PROTEIN BLUEBERRY MUFFINS



# HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
257 kcal  
5g Fats  
18g Carbs  
36g Protein



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*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 to 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.*



PELLO FITNESS  
ESTD 2003



A top-down view of a white ceramic bowl filled with a salad. The salad consists of diced avocado, hard-boiled egg slices, crumbled bacon, and diced red bell peppers. The bowl is placed on a white wooden surface. To the left of the bowl is a silver fork. In the background, a brown paper bag is partially visible. A semi-transparent white box with black text is overlaid on the top right of the image.

# EGG, BACON & AVOCADO BOWL

# EGG, BACON & AVOCADO BOWL



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
378 kcal  
32g Fats  
14g Carbs  
23g Protein



## WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

## WHAT YOU NEED TO DO

*Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.*

*Combine the bacon eggs, avocado, onion and bell pepper in a bowl.*

*Season with salt and pepper to serve.*



A top-down photograph of a white ceramic bowl filled with coronation chicken salad. The salad consists of cubed chicken, avocado, and a creamy dressing, all mixed together. The bowl is placed on a light-colored wooden surface. To the right of the bowl, a piece of sesame seed bun is visible. A striped napkin is partially visible under the bowl. The text 'HEALTHY CORONATION CHICKEN SALAD' is overlaid in the upper right quadrant of the image.

# HEALTHY CORONATION CHICKEN SALAD

# HEALTHY CORONATION CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
217 kcal  
8g Fats  
10g Carbs  
25g Protein



GF

MP

HP

LC

Q

## WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

## WHAT YOU NEED TO DO

*Mix the mayonnaise, yoghurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.*

*Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.*

*Serve with a side salad or as a sandwich filling.*



PELLO FITNESS  
ESTD 2003

A close-up photograph of a white ceramic plate containing a grilled lemon chicken salad. The salad consists of several pieces of grilled chicken breast, a bed of fresh green arugula, and several stalks of grilled asparagus. A half of a grilled lemon is placed on the left side of the plate. A silver fork is positioned on the left side of the plate. The plate is set on a light-colored wooden surface. In the background, a glass of amber-colored liquid is visible. The text "GRILLED LEMON CHICKEN SALAD" is overlaid in the upper right quadrant of the image.

**GRILLED LEMON  
CHICKEN SALAD**

# GRILLED LEMON CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
242 kcal  
8g Fats  
2g Carbs  
38g Protein



## WHAT YOU NEED

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

## WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.



PELLO FITNESS  
ESTD 2003

# TUNA & QUINOA TOSS SALAD



# TUNA & QUINOA TOSS SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
399 kcal  
11g Fats  
41g Carbs  
37g Protein



## WHAT YOU NEED

### **For the Dressing:**

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt & pepper, to taste

### **For the Salad:**

- 1 cup (185g) cooked quinoa
- 1/4 cup (50g) chickpeas, rinsed and drained
- 1/2 cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7 oz./200g drained)

## WHAT YOU NEED TO DO

*Cook quinoa according to instructions on the packaging.*

*Combine the dressing ingredients in a small bowl.*

*Combine quinoa and the remaining ingredients in a bowl.*

*Drizzle with the earlier made dressing and toss gently to coat.*



# **SALMON & COUSCOUS SALAD**



# SALMON & COUSCOUS SALAD



Serves: 2  
Prep: 10 mins  
Cook: 12 mins



Nutrition per serving:  
516 kcal  
29g Fats  
29g Carbs  
36g Protein



## WHAT YOU NEED

### For the Salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- Sea salt and pepper

### For the Salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- 1/2 red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

### For the Dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- 1/2 tsp. maple syrup or honey (optional)
- Sea salt and pepper, to taste

## WHAT YOU NEED TO DO

*Preheat oven to 400F (200C). Rub the salmon with olive oil and season with salt and pepper.*

*Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.*

*In the meantime, make the dressing by whisking together all the ingredients.*

*Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.*

*Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.*



A close-up photograph of a white bowl filled with a chicken orange stir fry. The dish consists of rice, chicken pieces, green beans, red bell peppers, and black sesame seeds. The bowl is placed on a light-colored surface, and a striped cloth is visible in the background.

## **CHICKEN ORANGE STIR FRY**

# CHICKEN ORANGE STIR FRY



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
397 kcal  
7g Fats  
53g Carbs  
34g Protein



## WHAT YOU NEED

### For the Sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. siracha (or as needed)
- 1 tbsp. buckwheat flour

### For the Stir Fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

## WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Cook rice according to instructions on packaging or use leftover rice.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.

Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.

Garnish with sesame seeds and more green onion to serve.



A top-down view of a bowl of food. The bowl contains a base of red chili, topped with a mound of green guacamole, several slices of red chili, and fresh green cilantro. Sweet potato chips are arranged around the perimeter of the bowl. The bowl sits on a light-colored, textured cloth napkin. To the left is a wooden spoon, and to the right is a whole red chili pepper and a pile of fresh cilantro. In the bottom right corner, there is a small white bowl containing more guacamole with a silver spoon.

**SIMPLE CHILI &  
SWEET POTATO CHIPS**

# SIMPLE CHILI & SWEET POTATO CHIPS



Serves: 4  
Prep: 10 mins  
Cook: 40 mins



Nutrition per  
serving:  
382 kcal  
16g Fats  
33g Carbs  
29g Protein



## WHAT YOU NEED

### For the Potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

### For the Simple Chili:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

### For the Garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

## WHAT YOU NEED TO DO

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 mins, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 mins and season with chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.



# STRAWBERRY PROTEIN MUFFINS



# STRAWBERRY PROTEIN MUFFINS



Makes: 12  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
cookie:  
91 kcal  
4g Fats  
9g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- Zest of 1/2 a lemon
- 2 tbsp. stevia
- 1/2 tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- 1/2 cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- 1/2 cup (100g) strawberries, chopped into small pieces
- 1/4 cup (45g) 75% dark chocolate, chopped

## WHAT YOU NEED TO DO

*Preheat oven to 350F (180C).*

*Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).*

*Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.*

*Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.*

*Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.*

*Remove from the oven, and let the muffins cool before serving.*

### **NOTE:**

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.







**PEANUT BUTTER  
PROTEIN FLUFF**

# PEANUT BUTTER PROTEIN FLUFF



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
244 kcal  
20g Fats  
9g Carbs  
9g Protein



## WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

## WHAT YOU NEED TO DO

*Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.*

*Transfer the mix into a bowl and top with your favourite toppings to serve.*



**PELLO FITNESS**  
ESTD 2003

A close-up photograph of a glass filled with a vibrant orange smoothie. The smoothie is topped with several pieces of white, flaked coconut. The glass is clear and shows the texture of the smoothie. The background is a soft, out-of-focus light color.

**POST-WORKOUT  
ORANGE BANANA SMOOTHIE**

# POST-WORKOUT ORANGE BANANA SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
363 kcal  
11g Fats  
46g Carbs  
25g Protein



## WHAT YOU NEED

- 1 medium banana
- 1 orange, peeled
- 1 scoop (25g) vanilla protein powder
- 1 tbsp. coconut flakes
- 1 cup (230ml) almond milk

## WHAT YOU NEED TO DO

*Add all ingredients into a high powered blender and blend until smooth.*



**PELLO FITNESS**  
ESTD 2003