

15 High Protein Recipes



FORM



PERSONAL TRAINING & NUTRITION



visit: www.formpt.co.uk email: kevinsmith@formpt.co.uk

Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

© Copyright 2022 Form Personal Training & Nutrition
and its licensors

All rights reserved.
No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or means whatsoever without the prior consent and written permission of the copyright holder(s).

Contents

Drinks

Cherry chocolate smoothie	1
Tropical fruit & nut smoothie	2
Banana chocolate smoothie	3

Snacks

Chewy choc chip bars	5
Dreamy chocolate protein mousse	6
Fruity frozen yoghurt	7

Breakfast

Blackberry & apple smoothie bowl	9
Crustless tomato & basil quiche	10
Blueberry & vanilla protein pancakes	11

Lunch

Chicken lentil soup	13
Quick Caribbean coconut prawns	14
Japanese style baked chicken legs	15

Dinner

Batch beef balti	17
Jerk salmon	18
Garlic & herb roast chicken	19

Welcome



Welcome to the Form 100 High Protein recipe book.

This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results.

That's right 80%!

There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day. I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?," I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "When the student is ready, the teacher will appear."

And you are ready! That's why you are reading this!

Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that good nutrition has to offer – enjoy!

Get in touch



Kevin Smith

website: www.formpt.co.uk

email: kevinsmith@formpt.co.uk

call: 07961 423879



www.instagram.com/form_pt/

Drinks

Cherry chocolate smoothie

200ml unsweetened almond milk
120g fresh or frozen pitted sweet cherries
40g frozen banana
25g chocolate flavour protein powder of your choice
1 tsp cocoa powder
1 tsp cocoa nibs
1 tsp flaxseed

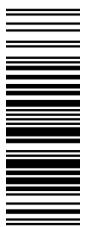
SERVES 1

PER SERVING:

282 Calories **35g** Carbs
22g Protein **6g** Fat

Place all of the ingredients in a blender and blend well until creamy. Serve.

Consume immediately.



Tropical fruit & nut smoothie

200ml unsweetened almond milk
50g fresh or frozen pineapple or mango
50g frozen banana
½ tsp ground turmeric
5g oats (use gluten free if preferred)
25g vanilla flavour protein powder of your choice
10g brazil nuts

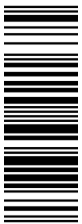
SERVES 1

PER SERVING:

295 Calories **24g** Carbs
25g Protein **10g** Fat

Place all of the ingredients in a blender and blend well until creamy. Serve.

Consume immediately.



Banana chocolate smoothie

100g frozen banana
180ml unsweetened almond milk
25g chocolate or banana flavour whey
or rice protein powder (optional)
1½ tsps cocoa powder
4 ice cubes

SERVES 1

PER SERVING:

265 Calories **31g** Carbs
24g Protein **5g** Fat

Place all of the ingredients in a blender and blend well until creamy. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

Snacks

Chewy choc chip bars

1 tsp coconut oil, to grease tin
2 medium-sized ripe bananas
150g oats (use gluten free if preferred)
25g vanilla flavour protein powder of your choice
1 large egg
130ml unsweetened almond milk (or use milk of your choice)
1 tsp vanilla extract
½ tsp baking powder
½ tsp ground cinnamon
1 tbsp nut butter of your choice
2 tbsps dark chocolate chips
a small pinch of sea salt
30g dried cherries or cranberries

MAKES 6 BARS

PER BAR:

240 Calories **32g** Carbs
10g Protein **8g** Fat

Preheat oven to 180° C/350° F. Lightly grease the base and sides of an ovenproof dish (approximately 20cm diameter) with coconut oil. Line the base with baking paper.

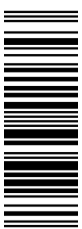
Place the bananas in a large bowl and mash well until smooth. Add the remaining ingredients and mix well until thoroughly combined.

Transfer to the dish and spread evenly.

Bake for 25-30 minutes, or until the centre is firm.

Allow to cool in the dish for 5 minutes. Cut into 6 bars.

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



SCAN TO MYFITNESSPAL

Dreamy chocolate protein mousse

for the mousse:

60g ripe banana, mashed well
200g Greek yoghurt (use dairy free if preferred)

40ml tinned unsweetened coconut milk

30g chocolate or vanilla flavour protein powder of your choice

2 heaped tps cocoa powder

for the topping:

½ tsp dark chocolate (minimum 70% cocoa), finely grated

30g fresh blueberries, raspberries or strawberries

SERVES 2

PER SERVING:

246 Calories 18g Carbs

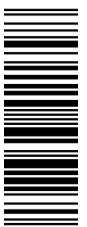
21g Protein 10g Fat

Place the mousse ingredients in a large bowl. Mix well using an electric hand blender, until smooth and creamy.

Refrigerate for 1 hour or more.

Serve topped with dark chocolate and fresh berries.

Cover any leftovers and refrigerate for up to 2 days.



Fruity frozen yoghurt

150g Greek yoghurt (use dairy free if preferred)

15g vanilla flavour protein powder of your choice

a pinch of sea salt

100g frozen mango, pineapple or peach (or a mixture or each)

for the topping:

a sprinkle of freeze-dried pineapple or raspberries (optional)

SERVES 1

PER SERVING:

205 Calories **21g** Carbs
28g Protein **1g** Fat

Place all of the ingredients in a food processor. Blend well until smooth. Pause the blender and scrape down the sides and blades during blending, if required.

Top with the freeze-dried fruit (if using).

Consume immediately or freeze on same day. If freezing, allow 20 minutes before serving, to thaw.



Breakfast

Blackberry & apple smoothie bowl

for the smoothie bowl:

- 150g frozen banana
- 150g frozen blackberries
- 1 small sweet apple, core removed
- 40g vanilla flavour protein powder of your choice
- 120g Greek yoghurt (use dairy free if preferred)
- 2 tbsps cold water or unsweetened almond milk

for the topping:

- 10g frozen blackberries
- 5g pistachios
- 2 tpsps pumpkin or sunflower seeds
- ½ tsp desiccated or shredded coconut (optional)

SERVES 2

PER SERVING:

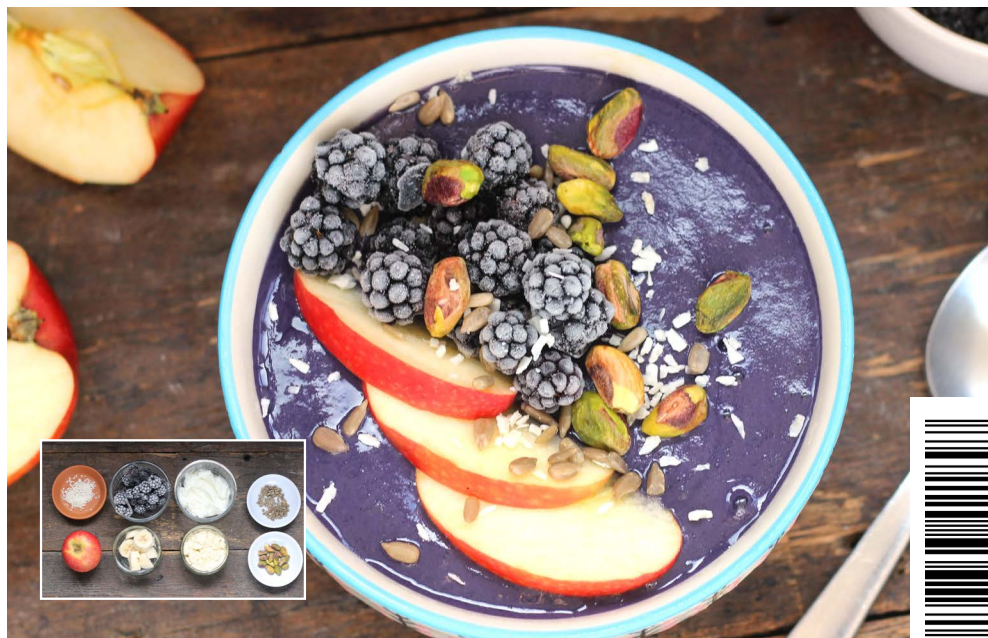
337 Calories **37g** Carbs
27g Protein **9g** Fat

Place all of the smoothie bowl ingredients in a blender jug and blend well. Pause and scrape down the sides of the blender jug, if required, then blend again.

Add more almond milk if the mixture is too thick.

Transfer to two serving bowls and add the toppings. Serve.

Cover any leftovers and refrigerate for up to 24 hours.



Crustless tomato & basil quiche

a small amount of coconut oil or butter, to grease dish
2 vine-ripened tomatoes
4 eggs
2 egg whites
 $\frac{1}{4}$ tsp Italian herbs
 $\frac{1}{2}$ tsp paprika
a pinch of sea salt and ground black pepper
4 spring onions, finely sliced
100g plain cottage cheese
35g Swiss cheese, finely grated
20g Parmesan cheese, finely grated
10 basil leaves, chopped

SERVES 3

PER SERVING:

341 Calories **8g** Carbs

30g Protein **21g** Fat

Preheat oven to 180° C/350° F. Lightly grease a medium-sized oven dish with coconut oil or butter.

Finely slice one of the tomatoes and finely chop the other. Crack the eggs and whites into a jug. Add the Italian herbs, paprika, salt and pepper and stir well.

Stir in the chopped tomato, spring onions, and cheese. Pour the mixture into the dish. Bake for 40 minutes.

Distribute the tomato slices evenly around the surface of the quiche. Add the chopped basil. Bake for 20 minutes, or until the centre of the quiche is cooked.

Cut into 3 pieces. Serve warm or cold.

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



Blueberry & vanilla protein pancakes

SERVES 2

PER SERVING:

451 Calories **54g** Carbs

25g Protein **15g** Fat

110g oats (use gluten free if preferred)

1 egg

2 egg whites

100ml unsweetened almond milk

(or use milk of your choice)

25g vanilla flavour whey or rice protein powder

70g ripe banana

¼ tsp xanthan gum (optional)

2½ tpsps coconut oil

to serve:

50g fresh blueberries

15ml maple syrup or honey

60g fresh strawberries

Put all of the ingredients except for the coconut oil, maple syrup, strawberries and blueberries into a blender and blend well.

Heat a small amount of the oil in a large non stick pan, over a medium / high heat.

Pour a quarter of the mixture into the centre of the pan. Move the pan around gently to even out the mixture into a circular shape.

When small holes appear in the pancake, turn or flip the pancake over and cook for 2 minutes. Transfer to a plate.

Add more oil and repeat with the remaining batter.

Serve the pancakes with maple syrup and blueberries.

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



Lunch

Chicken lentil soup

SERVES 5

PER SERVING:

435 Calories **16g** Carbs

41g Protein **23g** Fat

2 tsps coconut oil, butter or ghee
1 large white onion, diced
3 garlic cloves, thinly sliced
2 medium-sized celery stalks, sliced
2 medium-sized carrots, sliced
½ tsp sea salt
½ tsp ground black pepper
2 tbsps tomato purée
2 litres vegetable stock (made with
1½ organic stock cubes)
80g (dry weight) red lentils, rinsed and
drained
1kg chicken thigh fillets, finely diced

Heat the oil/ghee/butter in a large saucepan over a medium heat. Add the onion and sauté for 4 minutes, stirring occasionally.

Add the garlic, celery, carrots, salt and pepper. Cook over a medium/low heat for 8-10 minutes, stirring occasionally.

Add the tomato purée and stir. Add the vegetable stock and lentils. Increase heat and bring to a boil then reduce heat to simmer gently.

Add the chicken. Cover and cook for 45 minutes to 1 hour. Stir occasionally and add more stock during cooking time, if required. Serve.

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



Quick Caribbean coconut prawns

1 tsp coconut oil
1 small red onion, thinly sliced
 $\frac{1}{4}$ - $\frac{1}{2}$ a small red chilli, thinly sliced
300ml coconut milk
1 tsp Jamaican jerk seasoning
300g king prawns
a small handful of fresh coriander,
finely chopped

SERVES 2

PER SERVING
(Suggestion not included):

331 Calories **11g** Carbs
29g Protein **19g** Fat

Heat the coconut oil in frying pan or wok over a medium heat. Add the onion and chilli and fry for 3-4 minutes.

Stir in the coconut milk and jerk seasoning and bring to a simmer before adding the prawns. Cook for 4-5 minutes.

Serve garnished with fresh coriander.

Consume immediately.

Serving suggestion: Serve on a bed of steamed rice.



SCAN TO MYFITNESSPAL

Japanese style baked chicken legs

SERVES 3

PER SERVING:

342 Calories **9g** Carbs

36g Protein **18g** Fat

- 1 *tbsp* honey
- 1 *tbsp* tomato purée
- 1 *tbsp* soy sauce or tamari
- 4 *garlic* cloves, finely chopped
- 1 *tsp* sea salt
- 600g *chicken* legs, skin removed
- 1 *spring* onion, sliced

Preheat oven to 180° C/350° F. Line a baking tray with foil.

Place the honey, tomato purée, soy sauce, garlic, and salt in a jug and stir well.

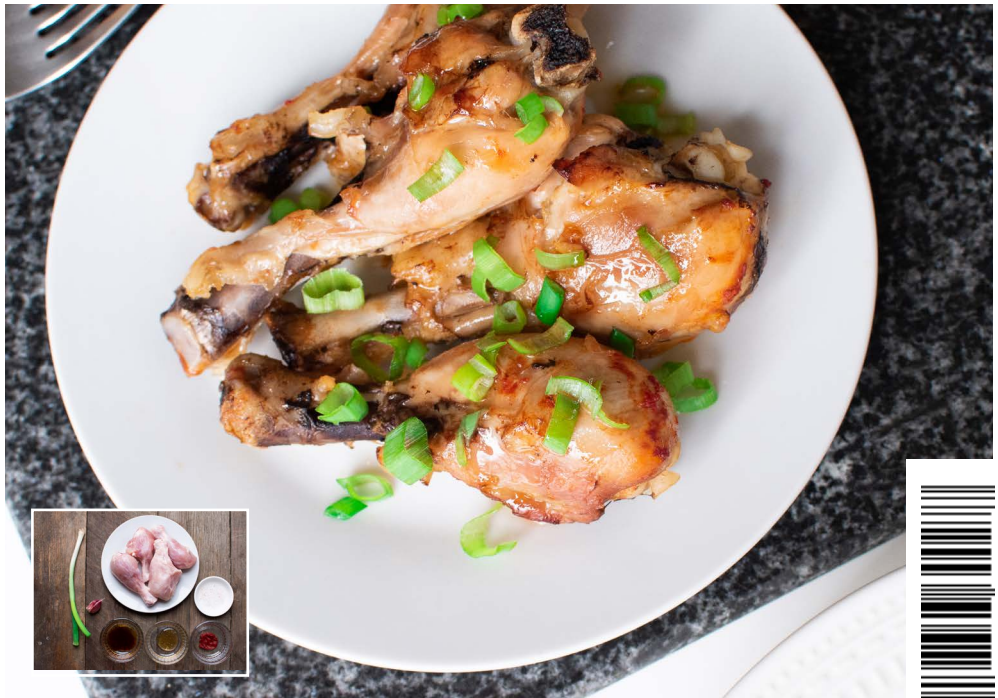
Place the chicken onto the tray and coat with the marinade.

Cover the chicken with foil and bake for 40 minutes.

Remove the foil and turn the chicken over, then bake for a further 15-20 minutes, or until the chicken is thoroughly cooked.

Serve garnished with spring onion.

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



Dinner

Batch beef balti

SERVES 6

PER SERVING:

383 Calories **15g** Carbs

65g Protein **7g** Fat

- 2 tpsps ghee or butter
- 400g tinned chopped tomatoes
- 5 cloves garlic, peeled and crushed
- 4 tpsps ground cumin
- 5 tpsps garam masala
- 2 tpsps ground turmeric
- 25g fresh ginger, finely chopped
- 2 tpsps chilli powder
- 1 tsp sea salt
- 250ml fresh chicken stock (made with one organic stock cube)
- 10g fresh coriander, finely chopped
- 1kg beef, diced
- 1 tsp ground black pepper
- 500g white onions, sliced
- 1 green bell-pepper, diced
- 10 baby plum tomatoes, chopped

If you have a slow cooker, simply place all ingredients in the cooker. Cook for 3+ hours. Add more stock if the balti becomes too dry.

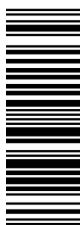
Alternatively, place a large saucepan over a medium / high heat. Add 1 tsp ghee/butter, tinned tomatoes, garlic, cumin, garam masala, turmeric, ginger, chilli powder and salt. Cook for 4 minutes, stirring frequently.

Add the stock and the coriander and simmer for 15 minutes, stirring occasionally. Add more stock if the balti becomes too dry.

Season the beef with black pepper. Heat the remaining ghee/butter in a frying pan and sauté the onion and green pepper for 3 minutes.

Add the beef and baby tomatoes and cook until the beef is browned, stirring frequently. Pour the contents of the frying pan into the saucepan and cook for 5 minutes. Serve.

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



Jerk salmon

SERVES 2

PER SERVING:

595 Calories **16g** Carbs

54g Protein **35g** Fat

*50g white or red onion, chopped
2 garlic cloves, chopped
a small bunch of fresh coriander,
chopped*

*3 tbsps Worcester sauce
2 tbsps white malt vinegar
1 tsp molasses sugar or honey*

1 tsp cayenne pepper

1 tsp sea salt

1 tsp ground black pepper

1 tbsp olive oil

2 x 210g salmon fillet

70g red onion, sliced

1 tsp olive oil

In a bowl, combine the onion, garlic, coriander, Worcester sauce, malt vinegar, molasses sugar, cayenne pepper, salt and black pepper. Using a stick blender, blend the ingredients to form a marinade.

Place the salmon in a shallow bowl and top with the marinade. Spread to cover well.

Heat 1 tbsp olive oil in a frying pan over a medium heat. Add the salmon, skin side down, and fry for 4 minutes.

Gently turn using a fish slice and fry for 5 minutes, or until the fish is cooked and the marinade has darkened.

Remove the fish from the pan.

Heat the remaining olive oil in the same frying pan. Add the sliced onion and sauté for 4-5 minutes, stirring occasionally.

Serve the onion topped with the salmon and garnished with a sprinkle of coriander.

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



Garlic & herb roast chicken

SERVES 5

PER SERVING

(Suggestion not included):

478 Calories **2g** Carbs

68g Protein **22g** Fat

2kg whole chicken (giblets removed)

2 tbsps olive oil

25g unsalted butter, at room

temperature, cut into large pieces

1-2 tps sea salt, to taste

1 tsp ground black pepper, to taste

4 garlic cloves, peeled and minced

1 head of garlic, peeled, half minced, half left whole

3 rosemary sprigs

1 lemon

2 tbsps parsley, finely chopped

1 tbsp dried parsley

1 tsp dried thyme

Preheat oven to 200°C /400° F. Prepare a roasting dish. Using your hands, gently loosen the skin from the surface of the chicken.

Start from the breast near the neck and move carefully over the surface of the chicken.

Place the pieces of butter under the skin, distributing around the chicken. Drizzle the olive oil over the chicken. Season with salt and pepper. Sprinkle the minced garlic over the chicken.

Stuff the remaining garlic into the chicken cavity along with the rosemary sprigs. Pierce the lemon twice using a skewer and place in the chicken cavity.

Place the chicken into the roasting dish. Roast for 1 hour 20 minutes, basting half way through cooking time. At the end of cooking time, baste again and roast for 5 minutes. Remove from the oven, cover with foil and allow to stand for 10 minutes before serving. Pour the juices over the chicken. Serve.

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

Serving suggestion: Halfway through cooking time, add some chopped root vegetables around the base of the chicken. Stir to cover in the juices.



SCAN TO MYFITNESSPAL