

NutriLab

High Protein Recipe Collection

Weekly Meal Planner • Shopping List • Healthy Recipes

Prepared by **NutriLab** — a modern nutrition and meal planning brand focused on healthy, high-protein and easy-to-make recipes.

Contents & Key

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8	Spring Green Shakshuka	DF	Dairy Free
10	PBJ Breakfast Parfait	LC	Low Carb (20g- serve)
12	Crispy Baked Tandoori Chicken Wings	MP	Meal Prep/Freezer Friendly
14	Tuna, Tomato, Black Olives & White Bean Salad	HP	High Protein (20g+ per serve)
16	Grilled Honey & Chipotle Salmon Foil Packets	V	Vegetarian
18	Tomato Sauce Turkey Meatballs	Q	Quick (under 30 mins)
20	Crock-Pot Chicken Drumsticks	N	Contains Nuts
22	Pea & Ham Soup		
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Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 1 avocado 2 lemons 4 limes 2 passion fruits 2 bananas raspberries strawberries Vegetables 2 red onions 2 onions large bunch green onions (spring onions) 3 leeks 2 bulbs garlic ginger root cherry tomatoes 3 tomatoes 2 red bell peppers 1 green bell pepper 1 zucchini (courgette) 1 eggplant (aubergine) spinach 12 asparagus spears 8 oz. (230g) green beans 3 carrots 1½ lbs. (680g) sweet potatoes 1 potato Fresh Herbs cilantro (coriander) dill basil chives Dried Fruit dates Frozen green peas edamame beans mixed berries	Meats 6 slices bacon 1½ lbs. (680g) chicken wings 4 lbs. (1.8kg) chicken drumsticks 1 lbs. (450g) lean ground turkey (turkey mince) 1 lb. (450g) chicken breast 1 lb. (450g) boneless skinless chicken thighs 1 lb. ham Fish & Seafood 4 salmon filet (approx. 6 oz./170g each) Cold 18 eggs cheddar cheese cream cheese butter Greek yogurt almond milk, unsweetened orange juice	Grains white basmati rice rolled oats Nuts & Seeds sesame seeds walnuts chia seeds flaxseed meal (ground flaxseed) Baking vanilla extract baking powder Dried Herbs & Spices black pepper cayenne pepper garlic powder ground cumin cumin seeds chili powder chili flakes ground allspice smoked paprika paprika ground coriander yellow curry powder ground turmeric pumpkin pie spice dried thyme dried oregano	Oils olive oil coconut oil Sweeteners honey maple syrup coconut sugar Boxed, Canned & Condiments 14 oz. (400g) tuna in spring water 14 oz. (400ml) can lite coconut milk 14 oz. (400g) can cannellini beans peanut butter granola red wine vinegar dijon mustard tamari Thai sweet chili sauce sriracha sauce chicken broth (stock) tomato passata tomato paste (puree) applesauce (puree) vegetable broth Misc/Other sea salt whole wheat tortillas breadcrumbs vanilla whey protein powder

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Spring Green Shakshuka	Tuna Tomato, Black Olives & White Bean Salad	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	Pea & Ham Soup
Tue	Spring Green Shakshuka	Tuna Tomato, Black Olives & White Bean Salad	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	Tomato Sauce Turkey Meatballs
Wed	PBJ Breakfast Parfait	Leftover Tomato Sauce Turkey Meatballs	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	Crock-Pot Chicken Drumsticks
Thu	PBJ Breakfast Parfait	Grilled Honey & Chipotle Salmon Foil Packets	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	Crock-Pot Chicken Drumsticks
Fri	Breakfast Wrap	Grilled Honey & Chipotle Salmon Foil Packets	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	One Pan Thai Chicken Curry
Sat	Breakfast Wrap	Crispy Baked Tandoori Chicken Wings	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	Meal Out - Enjoy!
Sun	Low Carb Cheesy Tuna Omelet	Marinated Chicken, Mashed Sweet Potato & Tomato Salad	E.g. High Protein Passion Fruit Smoothie, Carrot Cake Oatmeal Cups, Protein Cookies, PBJ Breakfast Parfait	One Pan Thai Chicken Curry

Low Carb Cheesy Tuna Omelet

Serves 2

2 tbsp. olive oil, divided
½ red bell pepper, diced
½ green bell pepper, diced
3.5 oz. (100g) tuna in spring water, drained
2 tbsp. cream cheese
6 eggs
salt & pepper
4 tbsp. cheddar cheese, shredded
1 tbsp. chives, chopped

What you need to do

Heat 2 teaspoons of olive oil in a skillet over a medium-high heat and sauté the bell peppers until they start to soften, about 3 minutes. Remove from heat.

In a medium bowl, mix the bell peppers, tuna and cream cheese together. Set aside.

In a separate medium bowl, beat the eggs together, season with salt and pepper.

Heat a further 2 teaspoons of oil in the skillet over a medium-high heat, add in half the eggs and cook without stirring until the edges begin to set. With a silicone spatula, push the edges toward the center of the skillet and tilt it so the uncooked eggs move towards the edge. Repeat until the eggs are somewhat set but still a little soft in the center, about 6 minutes.

Spoon half the tuna mixture over half of the omelet and top with 2 tablespoons of shredded cheese. Gently lift one edge of the omelet and fold it over. Gently hold the spatula over the closed omelet, until the edges cook together. Transfer the omelet to a plate and garnish with half the chives.

Repeat the process with the remaining ingredients to make a second omelet.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	461	32	6	37	1

*Nutrition per serve

Spring Green Shakshuka

Serves 2

12 asparagus spears
¼ cup (120g) green peas
¼ cup (120g) edamame beans
7 oz. (200g) spinach, shredded
salt & pepper
2 tbsp. olive oil
3 leeks, sliced
2 cloves garlic, minced
2 tsp. cumin seeds
4 eggs
1 tbsp. dill, chopped
pinch chili flakes

What you need to do

Bring a pot of salted water to a boil then add the asparagus and cook for 30 seconds. Add the green peas and edamame beans and cook for another 30 seconds, then add in the spinach and cook for a few more seconds, until wilted. Drain the vegetables into a colander.

Heat the olive oil in a large skillet over a medium heat. Cook the leeks and garlic until soft, then add the cumin seeds. Stir in the drained vegetables and cook for 3-4 minutes. Season with salt and pepper, and create 4 craters in the vegetables for the eggs. Crack one egg into each of the craters.

Cover the skillet with a lid, and continue to cook until the eggs are cooked to your liking. To serve, scatter over the dill and chili flakes.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	490	27	39	28	12

*Nutrition per serve

PBJ Breakfast Parfait

Serves 3

For the jam:

13 oz. (370g) mixed berries,
frozen

2½ tbsp. chia seeds

1 tbsp. orange juice

2 tbsp. maple syrup

For the parfait:

16 oz. (450g) Greek yogurt

3 tbsp. peanut butter, natural

4 tbsp. granola, to serve

2 strawberries, sliced, to serve

What you need to do

To make the chia jam, combine the berries, chia seeds and orange juice in a bowl and stir well. Cover and leave at room temperature for 1-2 hours or chill in the refrigerator overnight.

When ready to eat, mash the jam until smooth. Stir in the maple syrup and leave for 20-30 minutes. This recipe serves 3 and only uses half the jam, so store the remaining jam in an airtight container in the refrigerator for up to 1 week.

For each parfait, divide the yogurt between 3 serving glasses or bowls. Top with layers of the peanut butter and chia jam. Repeat each layer and chill until ready to serve.

When ready to serve, top with granola and strawberries.



Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	2 hrs - overnight + 30 mins	406	17	45	22	9

*Nutrition per serve

Crispy Baked Tandoori Chicken Wings

Serves 6

1½ lbs. (680g) chicken wings

Marinade:

¾ cup (215g) Greek yogurt

1½ tbsp. fresh lemon juice

½ tbsp. fresh ginger, minced

½ tbsp. garlic, minced

½ tbsp. allspice

¾ tsp. cayenne pepper

¾ tsp. smoked paprika

1 tbsp. cumin powder

½ tbsp. ground coriander

¾ tsp. salt

pinch of black pepper

1 tbsp. coconut oil, melted

What you need to do

Place all the ingredients for the marinade into a large bowl and mix together until well combined. Add the chicken wings and stir until completely coated in the marinade. Cover the bowl and place into the refrigerator for at least 2 hours.

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Take the wings out of the marinade and place onto the baking sheet. Bake in the oven for 45-50 minutes until golden and crispy. Serve immediately.

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Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	50 mins	2 hrs	260	17	2	23	0

*Nutrition per serve

Tuna, Tomato, Black Olives & White Bean Salad

Serves 4

For the dressing:

¼ cup (60ml) olive oil
2 tbsp. red wine vinegar
1 tbsp. Dijon mustard
½ tbsp. lemon juice
zest of 1 lemon
salt & pepper

For the salad:

14 oz. (400g) can cannellini beans, rinsed & drained
8.8 oz. (250g) can tuna in spring water, drained
1 cup (150g) cherry tomatoes, halved
4 tbsp. basil, chopped

What you need to do

Place all the ingredients for the dressing in a small bowl and whisk until well combined.

Add the cannellini beans, tuna, tomatoes and basil to a large bowl, then toss to combine.

Pour the dressing over the salad and stir until well combined. Cover the bowl and place the salad in the refrigerator until ready to serve.

Storage: Leftovers can be stored in an airtight container in the refrigerator for up to 4 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	334	19	18	21	5

*Nutrition per serve

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Grilled Honey & Chipotle Salmon Foil Packets

Serves 4

For the sauce:

4 tbsp. butter, melted
2 tbsp. honey
1 tbsp. chili powder
3 cloves garlic, minced
½ tsp. salt

For the parcels:

4 salmon filets (approx. 6 oz./170g each)
1 zucchini, chopped
1 eggplant, chopped
1 red onion, chopped
salt & pepper
4 lime wedges, for serving

What you need to do

Preheat the oven to 425°F (220°C).

Place the sauce ingredients into a small bowl, whisk together and set aside.

Season both sides of the salmon filets with salt.

Add the zucchini, eggplant and red onion to a medium bowl and season with salt and pepper.

Lay four pieces of kitchen foil on a flat surface, big enough to hold the salmon and vegetables. Divide the vegetables equally between each piece of kitchen foil, placing the vegetables on one half of the foil, close to the center. Next place a salmon filet on the other half, close to the center. Drizzle the salmon and vegetables with the sauce. Then fold and seal the edges of the foil to create a packet.

Place the parcels onto a baking sheet and cook in the oven for 12-15 minutes, until the salmon has cooked through and vegetables are tender.

Serve each parcel with a wedge of lime.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	424	23	20	36	5

*Nutrition per serve

Tomato Sauce Turkey Meatballs

Serves 4

Meatballs:

1 tbsp. olive oil
1 onion, diced
2 cloves of garlic
1 tsp. dried oregano
½ tsp. paprika
salt & pepper
1 lb. (450g) lean ground turkey
3 tbsp. breadcrumbs
1 egg
1 tbsp. tamari

Sauce:

½ cup (120ml) chicken broth
1 cup (240ml) tomato
passata 1 tsp. coconut sugar
2 tsp. dried oregano

What you need to do

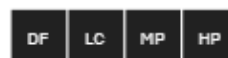
Heat the olive oil in a skillet over a medium heat and sauté the onion and garlic until softened, about 3-4 minutes. Add the dried oregano and paprika powder, season with salt and pepper and transfer to a large bowl.

Add in the ground turkey, breadcrumbs, egg, tamari, and season with salt and pepper. Mix well using your hands, and form the mixture into meatballs roughly the size of walnuts.

Heat the same skillet over a medium heat and add the meatballs. Cook for 5-6 minutes until browned all over. Pour over the chicken broth, cover with a lid and cook for a further 5-6 minutes.

Add in the tomato passata and bring to a boil. Simmer uncovered for about 10-15 minutes, until the sauce has reduced and meatballs are cooked through.

Season the sauce with salt, pepper, coconut sugar and dried oregano. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	271	15	11	25	2

*Nutrition per serve

Crock-Pot Chicken Drumsticks

Serves 6

½ cup (120ml) tamari
½ cup (120ml) chicken broth
4 tbsp. Thai sweet chili sauce
2 tbsp. sriracha
2 tbsp. coconut sugar
juice of 1 lime
1" fresh ginger, peeled & minced
3 cloves garlic, crushed
4 lbs. (1.8kg) chicken drumsticks
2 green onions, thinly sliced
1 tsp. sesame seeds, to garnish

What you need to do

In a large bowl, whisk together the tamari, chicken broth, Thai sweet chili sauce, sriracha, coconut sugar, lime juice, ginger and garlic.

Place the chicken drumsticks into a large bowl and pour over the marinade, taking time to ensure each drumstick is well coated. Cover the bowl and marinate the chicken for at least 30 minutes, or if time allows overnight.

When ready to cook, place the drumsticks into the bowl of the slow cooker and pour over the marinade. Cook on high for 3 hours, until the drumsticks are tender and cooked through.

Preheat the broiler (grill) to high. Line a large baking sheet with kitchen foil.

Transfer the drumsticks to the baking sheet and broil until golden and crisp, roughly 3-5 minutes.

Garnish with green onions and sesame seeds, and serve hot.



Prep	Cook	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	3 hrs	30 mins or overnight	523	28	8	57	1

*Nutrition per serve

Pea & Ham Soup

Serves 4

1 tbsp. butter
1 onion, chopped
1 potato, peeled, diced
4 cups (950ml) vegetable
broth 1 lb. (450g) green peas,
frozen 1 lb. (450g) ham, thickly
sliced

What you need to do

Heat the butter in a pot over medium-high heat. Add the onion and cook until softened.

Next add in the potato and stir, then pour in the broth. Simmer until softened, around 10 minutes.

Finally add in the frozen peas and bring back to the boil. Cook for a few more of minutes.

Remove from the heat and blend until smooth, using a hand mixer. Stir in the diced ham and serve.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	277	8	31	22	7

*Nutrition per serve

One Pan Thai Chicken Curry

Serves 4

1 tbsp. coconut oil
4 cloves garlic, minced
1 lb. (450g) boneless skinless chicken thighs
freshly ground salt & pepper
1 tbsp. freshly grated ginger
5 green onions, chopped
1 red bell pepper, sliced
8 oz. (230g) green beans, ends trimmed & cut into pieces
2 carrots, sliced
14 oz. (400ml) can lite coconut milk
½ cup (120ml) chicken broth
1 tbsp. yellow curry powder
1 tsp. ground turmeric
1 lime, juiced
1 cup (210g) white basmati rice

To garnish:

4 tbsp. cilantro, chopped
2 green onions, sliced

What you need to do

Heat the coconut oil in a large deep skillet over a medium-high heat and cook half of the garlic for 1 minute. Add in the chicken and season with salt and pepper. Cook the chicken for 4-5 minutes on each side, until golden. Remove the chicken from the pan and transfer to a plate.

In the same skillet, add the remaining garlic, ginger, chopped green onions, red bell pepper, green beans and carrots. Sauté over a medium heat for 3-4 minutes.

Add the coconut milk, chicken broth, curry powder, turmeric, lime juice and salt to the skillet, stir well to combine. Bring to a simmer, then add in the rice.

Place the chicken on top, then reduce the heat to low, cover the skillet and cook for 20 minutes, until the liquid has been absorbed and the rice is cooked.

Serve immediately, garnished with cilantro and green onions.

GF DF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	466	16	63	29	7

*Nutrition per serve

Marinated Chicken, Mashed Sweet Potato & Tomato Salad

Serves 4

For the chicken:

2 tsp. garlic powder
1 tbsp. dried oregano
4 tbsp. tomato paste
1 lb. (450g) chicken breast
1 tbsp olive oil

For the sweet potatoes:

1½ lbs. (680g) sweet potatoes, peeled, cubed
1 tbsp. butter
2 tsp. dried thyme
4 tbsp. almond milk, unsweetened
salt & pepper

For the salad:

3 tomatoes, diced
½ green bell pepper, diced
½ red onion, diced
juice of 1 lime
4 tbsp. cilantro, chopped
salt & pepper



What you need to do

Place all the spices for the chicken into a large bowl along with the tomato paste and olive oil, mix to combine. Add the chicken breasts to the bowl taking care to coat them in the spice mix. Cover the bowl and set aside in the refrigerator to marinate for 1 hour before cooking.

Preheat the oven to 400°F (200°C).

Place the chicken in an ovenproof dish and bake in the hot oven for 20-25 minutes until the chicken is cooked through.

Meanwhile, place the sweet potatoes in a large pot, cover with water and bring to a boil. Reduce the heat to low and simmer gently until tender, about 18-20 minutes. Drain the potatoes and return them to the pot.

Add the butter, thyme, almond milk, salt and pepper to sweet potatoes and mash them to smooth using a potato masher.

Finally make the salad by combining all the salad ingredients together in a large bowl.

Serve each chicken breast with a portion of the mashed sweet potatoes and salad.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr	45 mins	386	11	44	31	9

*Nutrition per serve

High Protein Passion Fruit Smoothie

Serves 2

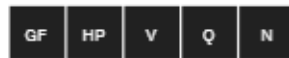
2 passion fruits
2 bananas
½ cup (140g) Greek yogurt
1 cup (240ml) almond milk
1 scoop (25g) vanilla whey
protein powder
¾ cup (100g) raspberries

What you need to do

Halve the passion fruits and scoop the pulp into a high-speed blender. Add in the bananas, Greek yogurt, almond milk and protein powder, and blitz until smooth.

Mash the raspberries with a fork.

Divide the smoothie between 2 glasses, then add the raspberry puree on top. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	257	3	41	20	9

*Nutrition per serve

Carrot Cake Oatmeal Cups

Serves 12

1 cup (250g) applesauce, unsweetened
2 eggs
1 cup (240ml) almond milk, unsweetened
4 tbsp. honey
2 cups (160g) rolled oats
½ cup flaxseed meal
½ tbsp. baking powder
1 tsp. vanilla extract
1 tsp. pumpkin pie spice mix
1 carrot, shredded
½ cup (40g) walnuts, chopped
½ cup (60g) dates, chopped

What you need to do

Preheat the oven to 350°F (180°C). Line a muffin tin with liners or use a silicone muffin tray.

Place all the ingredients together in a large bowl and mix until well combined.

Transfer about ¼ cup of the batter into each muffin case. Place into the hot oven and bake for 35-40 minutes, until cooked through and a cocktail stick inserted into the center of the cake comes out clean.

Set the tray onto a wire rack and allow the oatmeal cups to cool, before removing from the liners.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	145	6	22	4	3

*Nutrition per serve

Protein Cookies

Makes 12

1 cup (250g) peanut butter
2/3 cup (120g) coconut sugar
1 egg
1/2 cup (55g) vanilla protein powder

What you need to do

Preheat the oven to 350°F (180°C). Line a baking sheet with baking paper.

Place all the ingredients into a large bowl and mix until well combined.

Form the mixture into 12 balls and place them on the lined baking sheet. Press down each ball to form a cookie.

Place the tray into the hot oven and bake the cookies for 12-14 minutes, or until the edges of the cookies start to brown.

Remove from the oven, place the baking sheet onto a wire rack and let the cookies cool completely on the baking sheet.

Store the cookies in an airtight container for up to 14 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	14 mins	186	12	16	8	1

*Nutrition per serve