

JSON.**fit**

THE FREE COOKBOOK

The Skinny Guy's

Bulking Cookbook

81 calorie-dense meals — with the macros, every ingredient, and the step-by-step method. Built for guys who struggle to eat enough.

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01

SECTION 01

Breakfast

Big morning plates to start the day already in a surplus.

15 recipes

Baked Oats

Oven · 30 min

A cake-like baked oat pudding with whey in the batter, topped with Greek yoghurt and berries.



51g PROTEIN	104g CARBS	19g FAT	800 KCAL
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Macros & ingredients below make **Baked Oats** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Rolled oats (raw)	80 g
Whey protein vanilla (1 scoop.)	30 g
Egg whole (Binds the batter.)	1
Full cream milk	120 ml
Banana (Mashed into the batter.)	60 g
Honey (Approximately 1 tbsp.)	21 g
Baking powder	1 tsp
Cinnamon (ground)	0.5 tsp

METHOD

- 1 Preheat the oven to 180C (350F) and mash the banana in a bowl.
- 2 Add the oats, whey, egg, milk, honey, baking powder, and cinnamon, and mix to a smooth batter.
- 3 Pour into a greased oven dish or large ramekin and bake for 20-22 minutes until set and golden on top.

WAYS TO SERVE IT · 1 MORE

Loaded Baked Oats

P 59g · C 116g · F 35g · 1010 kcal

ADD Greek yoghurt vanilla full fat 80g, Banana 60g, Peanut butter natural 32g

1. Top with Greek yoghurt, sliced banana, and a drizzle of peanut butter.

Big Breakfast Plate

Stovetop · 25 min

The full cooked fry-up: fried eggs, bacon, sausage, mushrooms, grilled tomato, baked beans, and sourdough toast.



70g

PROTEIN

78g

CARBS

59g

FAT

1130

KCAL / SERVE

INGREDIENTS

Breakfast sausage (2 sausages or equivalent.)	120 g
Bacon (3 rashers.)	60 g
Egg whole (Fried.)	3
Baked beans (About half a small can.)	130 g
Mushroom brown (Sliced.)	80 g
Cherry tomatoes (Halved.)	100 g
Sourdough crusty (2 slices, toasted.)	100 g
Butter salted (For frying and the toast.)	12 g
Salt	0.25 tsp
Black pepper (ground)	0.25 tsp

METHOD

- 1 Fry the bacon and sausage in a large pan over medium heat for 6–8 minutes until cooked, then set aside and keep warm.
- 2 In the same pan, fry the sliced mushrooms and halved tomatoes for 4–5 minutes until soft and browned.
- 3 Warm the baked beans and toast the sourdough.
- 4 Fry the eggs in the pan to your liking, then plate everything together.

Cottage Cheese Power Bowl

No-Cook Assembly · 3 min

High-protein savoury bowl with cottage cheese, fresh vegetables, and everything bagel seasoning



28g

PROTEIN

12g

CARBS

24g

FAT

380

KCAL / SERVE

INGREDIENTS

Cottage cheese (Full-fat cottage cheese, approximately 1 cup.)	250 g
Cherry tomatoes (Halved, approximately 6-8 cherry tomatoes.)	100 g
Cucumber (Diced, approximately ½ medium cucumber.)	80 g
Olive oil (Extra virgin olive oil, approximately 1 tbsp.)	14 g
Everything bagel seasoning (Approximately 1 tsp for topping.)	1 tsp
Salt (Pinch to taste.)	0.25 tsp
Black pepper (ground) (Freshly ground, to taste.)	0.25 tsp

METHOD

- 1 Prep the vegetables by halving the cherry tomatoes and dicing the cucumber into small cubes.
- 2 Assemble the bowl by spooning cottage cheese into a serving bowl and topping with vegetables, olive oil, and seasoning.

Egg Muffins

Oven (Batch) · 35 min

A batch of 12 cottage-cheese-blended egg muffins with sausage and spinach. One serving is 3 muffins, served with avo toast.

**44g**

PROTEIN

63g

CARBS

41g

FAT

790

KCAL / SERVE

INGREDIENTS

Egg whole	8
Cottage cheese (Blended into the eggs.)	250 g
Breakfast sausage (Browned and crumbled.)	200 g
Cheese tasty (grated)	80 g
Spinach baby (Chopped.)	60 g
Brown onion (Diced.)	60 g
Olive oil (For greasing the tin.)	5 g
Salt	0.5 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Preheat the oven to 180C (350F) and grease a 12-cup muffin tin. If the sausage is raw, brown and crumble it; chop the spinach and onion.
- 2 Blend the eggs, cottage cheese, salt, and pepper until smooth.
- 3 Divide the sausage, spinach, onion, and half the cheese between the cups, pour the egg mixture over to fill each 3/4 full, and top with the rest of the cheese.
- 4 Bake for 18-22 minutes until set and puffy, then cool for 5 minutes and remove.

Freezer Breakfast Burrito

Stovetop (Batch) · 40 min

A batch of 5 hearty sausage, egg, cheese, and potato burritos to wrap and freeze. Macros are per burrito.



37g

PROTEIN

48g

CARBS

37g

FAT

680

KCAL / SERVE

INGREDIENTS

Breakfast sausage (Browned and crumbled.)	350 g
Egg whole	10
Tortilla large	5
Cheese tasty (grated)	150 g
Potato waxy (Diced small for hash.)	250 g
Brown onion (Diced.)	120 g
Capsicum red (Diced.)	120 g
Olive oil	11 g
Salt	0.5 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Dice and fry the potato in the olive oil over medium-high heat for 10-12 minutes until tender, then add the onion and capsicum and cook until soft. Set aside.
- 2 Brown the breakfast sausage in the pan, breaking it up, until cooked through.
- 3 Whisk the eggs with salt and pepper and scramble softly.
- 4 Lay out the tortillas, divide the sausage, eggs, potato-veg mix, and cheese between them, and roll up tightly.
- 5 Eat one now; wrap the rest individually in foil and freeze. Reheat from frozen in the microwave, then crisp in a pan.

Greek Yoghurt Power Bowl

No-Cook · 5 min

A thick protein-yoghurt base topped with berries, chia, and granola — no-cook, 5 minutes.



47g PROTEIN	91g CARBS	22g FAT	740 KCAL
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Macros & ingredients below make **Greek Yoghurt Power Bowl** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Greek yoghurt vanilla full fat	280 g
Whey protein vanilla (1 scoop, stirred into the yoghurt for a thick protein base.)	30 g
Honey (Approximately 1tbsp.)	21 g

METHOD

- 1 Spoon the Greek yoghurt into a bowl, add the whey and honey, and stir until smooth and creamy — loosen with a splash of milk if it gets too thick.

WAYS TO SERVE IT · 1 MORE

Loaded Greek Yoghurt Power Bowl

P 58g · C 130g · F 40g · 1080 kcal

ADD Mixed berries 100g, Banana 120g, Chia seeds 10g, Granola 50g, Peanut butter natural 32g

1. Top with berries and sliced banana, a sprinkle of chia, a scatter of granola, and a drizzle of peanut butter.

Maple Muscle Toast

Stovetop · 15 min

Thick-cut brioche French toast soaked in a whey-spiked custard, stacked with yoghurt, banana, and maple.



60g

PROTEIN

120g

CARBS

40g

FAT

1050

KCAL / SERVE

INGREDIENTS

Brioche loaf (3 thick slices, approximately 40g each.)	120 g
Egg whole	2
Full cream milk	100 ml
Whey protein vanilla (1 scoop. Whisk in last so it does not clump.)	30 g
Greek yoghurt vanilla full fat (For topping.)	100 g
Banana (1 medium, sliced, for topping.)	120 g
Maple syrup (Approximately 1 tbsp.)	20 ml
Butter salted (For the pan.)	10 g
Cinnamon (ground)	0.5 tsp

METHOD

- 1 Whisk the eggs, milk, whey, and cinnamon in a wide shallow bowl until completely smooth — add the whey last and whisk well so it does not clump.
- 2 Soak each brioche slice in the custard for 20-30 seconds per side — long enough to soak through, not so long it falls apart.
- 3 Melt the butter in a non-stick pan over medium heat. Cook the soaked slices for 2-3 minutes per side until golden and set.
- 4 Stack on a plate, dollop over the Greek yoghurt, fan the sliced banana on top, and drizzle with maple syrup.

Muscle Oats

Stovetop · 8 min

Creamy oats cooked in milk with whey, banana, and peanut butter — the classic bulking porridge.



53g

PROTEIN

115g

CARBS

32g

FAT

960

KCAL / SERVE

INGREDIENTS

Rolled oats (raw) (Approximately 3/4 cup.)	80 g
Full cream milk	250 ml
Whey protein vanilla (1 scoop. Stir in off the heat so it stays smooth.)	30 g
Banana (1 medium, sliced, for topping.)	120 g
Peanut butter natural (Approximately 2 tbsp, for topping.)	32 g
Honey (Approximately 1 tbsp.)	21 g
Cinnamon (ground)	1 tsp

METHOD

- 1 Combine the oats and milk in a small saucepan over medium heat. Stir often and simmer for 4-5 minutes until thick and creamy.
- 2 Take it off the heat and let it sit for a minute, then stir the whey through — off the heat keeps it smooth rather than grainy.
- 3 Stir in the honey and cinnamon, then tip into a bowl.
- 4 Top with the sliced banana and peanut butter (warm the peanut butter 15 seconds to drizzle, if you like).

PB Banana Toast

No-Cook · 5 min

Toasted sourdough with peanut butter and a whey-spiked mashed-banana spread, finished with honey and chia.

**45g**

PROTEIN

113g

CARBS

26g

FAT

840

KCAL / SERVE

INGREDIENTS

Sourdough crusty (2-3 slices.)	120 g
Peanut butter natural (Approximately 2.5 tbsp.)	40 g
Banana (1 medium.)	120 g
Whey protein vanilla (Mashed into the banana so it spreads smooth.)	25 g
Honey (Approximately 1/2 tbsp.)	14 g
Chia seeds	8 g

METHOD

- 1 Toast the sourdough.
- 2 Mash the banana in a bowl with a fork, sprinkle in the whey, and mash again until smooth and combined.
- 3 Spread the peanut butter over the toast, then spread the banana-whey mash on top.
- 4 Drizzle with honey and sprinkle over the chia seeds.

Protein Overnight Oats

No-Cook (Overnight) · 4h 5m

Creamy no-cook oats soaked overnight with Greek yoghurt, whey, and chia, topped with banana.



47g

PROTEIN

105g

CARBS

20g

FAT

770

KCAL

Macros & ingredients below make **Protein Overnight Oats** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Rolled oats (raw) (Approximately 1/2 cup.)	50 g
Chia seeds (Thickens the oats as they soak.)	10 g
Whey protein vanilla (1 scoop. Pre-mix with a splash of the milk to avoid clumps.)	30 g
Full cream milk	200 ml
Greek yoghurt vanilla full fat	120 g
Honey (Approximately 1 tbsp.)	21 g

METHOD

- 1 Add the oats, chia, whey, milk, Greek yoghurt, and honey to a jar or container and stir well until no dry pockets or whey clumps remain.
- 2 Seal and refrigerate for at least 4 hours, ideally overnight.
- 3 In the morning, give it a stir and loosen with a splash of milk if it has thickened too much.

WAYS TO SERVE IT · 1 MORE

Loaded Protein Overnight Oats

P 59g · C 135g · F 43g · 1140 kcal

ADD Banana 120g, Peanut butter natural 32g, Granola 40g

1. Top with sliced banana, a drizzle of peanut butter, and a scatter of granola.

Protein Pancakes

Stovetop · 18 min

Fluffy blender pancakes of oats, whey, Greek yoghurt, and egg, topped with berries and maple.



52g

PROTEIN

74g

CARBS

27g

FAT

760

KCAL

Macros & ingredients below make **Protein Pancakes** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Rolled oats (raw) (Blended to a flour.)	60 g
Whey protein vanilla (1 scoop.)	30 g
Egg whole	2
Greek yoghurt vanilla full fat (Keeps the pancakes moist and fluffy.)	80 g
Full cream milk (To thin the batter.)	60 ml
Baking powder	1 tsp
Butter salted (For the pan.)	8 g

METHOD

- 1 Blend the oats, whey, eggs, Greek yoghurt, milk, and baking powder into a smooth batter and let it rest for 5 minutes.
- 2 Melt the butter in a non-stick pan over medium heat. Pour in about 1/4 cup of batter per pancake and cook for about 2 minutes until bubbles form on the surface.
- 3 Flip and cook another 1-2 minutes until golden and set. Repeat with the remaining batter.

WAYS TO SERVE IT · 1 MORE

Loaded Protein Pancakes

P 61g · C 98g · F 43g · 1010 kcal

ADD Banana 120g, Peanut butter natural 32g, Maple syrup 20ml

1. Stack the pancakes, top with sliced banana and a drizzle of peanut butter, and finish with maple syrup.

Scramble Stack

Stovetop · 12 min

Soft-scrambled cheesy eggs piled on buttered sourdough with smashed avocado — the savoury staple.



42g

PROTEIN

38g

CARBS

42g

FAT

700

KCAL / SERVE

INGREDIENTS

Egg whole	4
Cheese tasty (grated) (Stirred through the eggs at the end.)	40 g
Sourdough crusty (2 thick slices.)	100 g
Avocado (Flesh only, smashed onto the toast.)	80 g
Butter salted (For the eggs and the toast.)	12 g
Salt	0.25 tsp
Black pepper (ground)	0.25 tsp

METHOD

- 1 Crack the eggs into a bowl, season with the salt and pepper, and whisk until just combined.
- 2 Toast the sourdough, spread with half the butter, smash the avocado on top, and season.
- 3 Melt the rest of the butter in a non-stick pan over medium-low heat. Add the eggs and stir gently, pulling them in from the edges until softly set — about 2-3 minutes. Stir the cheese through in the last 30 seconds.
- 4 Pile the cheesy scramble onto the avocado toast, crack over more pepper, and eat immediately.

Shakshuka

Stovetop · 25 min

Eggs poached in a spiced tomato and capsicum sauce, topped with feta and served with sourdough for scooping.

**46g**

PROTEIN

82g

CARBS

41g

FAT

880

KCAL / SERVE

INGREDIENTS

Egg whole	4
Crushed tomatoes (canned)	250 g
Capsicum red (Diced.)	100 g
Brown onion (Diced.)	80 g
Feta (Crumbled on top.)	40 g
Sourdough crusty (2 slices, to serve and scoop.)	100 g
Olive oil	9 g
Garlic clove (Crushed.)	2 cloves
Ground cumin	1 tsp
Paprika sweet	1 tsp
Salt	0.5 tsp
Black pepper (ground)	0.25 tsp

METHOD

- 1 Saute the diced onion, capsicum, and crushed garlic in the olive oil over medium heat for 5-7 minutes until soft.
- 2 Add the crushed tomatoes, cumin, paprika, salt, and pepper, and simmer for 8-10 minutes until thickened.
- 3 Make 4 wells in the sauce, crack an egg into each, cover, and cook 5-7 minutes until the whites are set but yolks still runny.
- 4 Crumble the feta over the top and serve straight from the pan with the sourdough.

Smoked Salmon Bagel

Stovetop · 12 min

A toasted bagel with cream cheese, smoked salmon, avocado, cucumber, red onion, and fried eggs — the gym-coded brunch bagel.



44g

PROTEIN

59g

CARBS

44g

FAT

790

KCAL / SERVE

INGREDIENTS

Smoked salmon	100 g
Bagel	1
Cream cheese	40 g
Egg whole (Fried, yolks soft.)	2
Avocado (Sliced.)	60 g
Cucumber (Sliced.)	40 g
Brown onion (Red onion, thinly sliced.)	20 g
Olive oil (For frying the eggs.)	5 g
Salt	0.25 tsp
Black pepper (ground)	0.25 tsp

METHOD

- 1 Slice and toast the bagel, and fry the eggs in the olive oil to your liking — keep the yolks soft.
- 2 Spread the cream cheese over both toasted bagel halves and season (a squeeze of lemon and dill is great if you have them).
- 3 Layer the cucumber, smoked salmon, red onion, avocado, and fried eggs on the base.
- 4 Top with the other bagel half, press gently, and slice.

Steak & Eggs

Stovetop · 22 min

Garlic-butter seared sirloin with fried eggs and crispy pan potatoes — the highest-protein plate in the set.



65g

PROTEIN

37g

CARBS

44g

FAT

820

KCAL / SERVE

INGREDIENTS

Sirloin steak	200 g
Egg whole	3
Potato waxy (Diced small.)	200 g
Butter salted (For searing the steak.)	12 g
Olive oil (For the potatoes.)	7 g
Garlic clove (Crushed, for the steak butter.)	2 cloves
Salt	0.5 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Pat the steak dry, season both sides with salt and pepper, and leave it to come up to room temperature.
- 2 Dice the potatoes and pan-fry in the olive oil over medium-high heat for 12-15 minutes until golden and tender, then season and set aside.
- 3 Sear the steak in the butter with the crushed garlic over high heat, 2-3 minutes per side for medium, then rest it for 5 minutes.
- 4 Fry the eggs in the same pan, slice the rested steak, and plate everything together.

02

SECTION 02

Mains

Hearty lunches and dinners — the backbone of your day's calories.

28 recipes

Beef & Broccoli Stir-Fry

One-Pan Stovetop · 25 min

Velveting lean beef and broccoli in a glossy brown sauce over jasmine rice — a fast one-pan stir-fry built for bulking. Makes 4 meal-prep portions.



52g

PROTEIN

98g

CARBS

22g

FAT

860

KCAL / SERVE

INGREDIENTS

Sirloin steak (Sliced thin against the grain. 200g per serving.)	800 g
Jasmine rice (2 cups uncooked.)	370 g
Broccoli (Florets.)	500 g
Olive oil (For searing.)	28 g
Garlic clove (Minced.)	4 cloves
Ginger (fresh) (Grated.)	3 tsp
Soy sauce (15ml (1 tbsp) for velveting the beef + 60ml for the sauce.)	75 ml
Cornstarch (2 tsp for velveting + 1.5 tbsp for the sauce.)	16 g
Oyster sauce	45 ml
Chinese cooking wine	30 ml
Brown sugar	12 g
Water	125 ml
Sesame oil	5 ml

METHOD

- 1 Velvet the beef: toss the sliced beef with 1 tbsp soy sauce and 2 tsp cornstarch, then rest while you prep everything else.
- 2 Rinse the jasmine rice until the water runs clear, then cook per packet and keep warm.
- 3 Whisk the sauce: 60ml soy, 3 tbsp oyster sauce, 2 tbsp Shaoxing wine, 1 tbsp brown sugar, 1.5 tbsp cornstarch, 125ml water, and 1 tsp sesame oil until smooth with no lumps.
- 4 Steam the broccoli in a lidded pan with a splash of water until crisp-tender, then drain.
- 5 Sear the beef in 2 tbsp oil over high heat in two batches until browned, then remove.
- 6 Stir-fry the garlic and ginger for 30 seconds, return the beef and broccoli, pour in the sauce, and toss until glossy. Divide rice across 4 containers and top.

Beef Bulgogi Bowl

Marinate & Sear · 45 min

Korean BBQ beef — thinly sliced beef in a sweet-savoury soy-sesame-garlic marinade, seared hot until caramelised, over jasmine rice with spring onion and sesame. A sweeter, nuttier counterpart to the beef & broccoli stir-fry.



50g

PROTEIN

96g

CARBS

22g

FAT

820

KCAL / SERVE

INGREDIENTS

Sirloin steak (Sliced thin against the grain; freeze ~1hr first for easier slicing. 200g per serving.)	800 g
Jasmine rice (2 cups uncooked.)	370 g
Soy sauce (Marinade.)	60 ml
Brown sugar (Marinade; honey works too.)	24 g
Sesame oil (Marinade.)	15 ml
Garlic clove (Minced, into marinade.)	4 cloves
Brown onion (Grated into the marinade.)	75 g
Black pepper (ground) (Marinade.)	0.5 tsp
Sesame seeds (Half in marinade, half to garnish.)	9 g
Pear (Optional tenderiser, grated into marinade; or apple, or omit.)	0.5
Ginger (fresh) (Optional, grated into marinade.)	1 tsp
Olive oil (For searing.)	14 g
Spring onion (Sliced, to garnish.)	2

METHOD

- 1 Slice the beef thinly against the grain (freezing it about 1 hour first makes this much easier).
- 2 Mix the marinade: soy sauce, brown sugar, sesame oil, minced garlic, grated onion, black pepper, and half the sesame seeds (plus grated pear and ginger if using).
- 3 Toss the beef in the marinade and rest 30 minutes to overnight in the fridge.
- 4 Rinse the jasmine rice until the water runs clear, then cook per packet and keep warm.
- 5 Sear the beef in a little olive oil in a hot pan, in batches so it caramelises rather than stews, for 2-3 minutes.
- 6 Serve the beef over jasmine rice, garnished with spring onion and the remaining sesame seeds.

Honey Chicken

Pan-Fried (lighter) · 30 min

Chinese-takeaway honey chicken — cornstarch-coated pan-crisped chicken tossed in a glossy honey-soy glaze, over jasmine rice. Lighter pan-fried version for meal prep (deep-fried battered is the indulgent alternative). Makes 4.



54g

PROTEIN

104g

CARBS

15g

FAT

786

KCAL / SERVE

INGREDIENTS

Chicken breast (Breast (leaner, fits the lighter version) or thigh. Bite-size. 200g per serving.) 800 g

Jasmine rice (2 cups uncooked.) 370 g

Cornstarch (Most to coat the chicken + a little for the glaze slurry.) 40 g

Olive oil (Shallow-fry; most drains off (only ~20g retained in macros).) 28 g

Honey (Glaze base — the main carb/sugar contributor; defining feature.) 90 g

Soy sauce 45 ml

Rice vinegar 30 ml

Sesame oil 10 ml

Garlic clove (Minced.) 3 cloves

Sesame seeds (Garnish.) 9 g

Spring onion (Garnish.) 2

METHOD

- 1 Rinse the jasmine rice until the water runs clear, then cook per packet and keep warm.
- 2 Toss the bite-size chicken in cornstarch with a pinch of salt to coat.
- 3 Shallow-fry / pan-crisp the chicken in oil over medium-high until golden and cooked through, then drain.
- 4 Make the glaze: simmer honey, soy, rice vinegar, sesame oil, garlic, and a cornstarch slurry until glossy and thickened.
- 5 Toss the crispy chicken through the glaze just before serving to keep it crisper.
- 6 Serve over rice, garnished with sesame seeds and spring onion.

Honey Soy Salmon Noodle Bowl

Sheet-Pan or Pan-Sear · 25 min

Salmon in a glossy honey-soy-garlic-ginger glaze over noodles with roasted broccoli. A sweet-savoury Asian counterpart to the Mediterranean sheet-pan salmon — completely different profile. Makes 4.



53g

PROTEIN

75g

CARBS

33g

FAT

820

KCAL / SERVE

INGREDIENTS

Salmon fillet (Skin off, cubed or whole. 200g per serving.)	800 g
Noodles (70g dry per serve; egg/soba/udon/rice — any noodle works.)	280 g
Honey (Glaze; main carb driver.)	80 g
Soy sauce (Glaze.)	60 ml
Garlic clove (Glaze, minced.)	3 cloves
Ginger (fresh) (Glaze, grated. ~1 tbsp.)	3 tsp
Sesame oil (Glaze + noodles. ~2 tsp.)	10 ml
Olive oil (For roasting/searing. ~1 tbsp.)	14 g
Broccoli (Roasted alongside; snap peas/brussels swap in.)	400 g
Rice vinegar (Splash in the glaze. ~2 tbsp.)	30 ml
Sesame seeds (Garnish.)	6 g
Spring onion (Garnish, sliced.)	2

METHOD

- 1 Make the glaze: honey, soy, garlic, ginger, sesame oil, and a splash of rice vinegar.
- 2 Toss the salmon in some glaze and roast on a sheet pan about 12-14 minutes at 200°C (or pan-sear), basting with more glaze partway. Roast the broccoli alongside.
- 3 Cook the noodles, then toss with a little sesame oil and the remaining glaze.
- 4 Build the bowl: noodles, salmon, broccoli; garnish with sesame seeds and spring onion.

Satay Chicken

One-Pan Stir-Fry · 30 min

Velveting chicken seared with charred onion in a creamy peanut-coconut satay sauce, over jasmine rice. Aussie-Chinese-restaurant style with a hint of curry powder (not Thai skewer satay). Rich and calorie-dense from the peanut butter and coconut milk. Makes 4.



50g

PROTEIN

79g

CARBS

45g

FAT

919

KCAL / SERVE

INGREDIENTS

Chicken thigh (Default cut (juicier). Swap chicken_breast for leaner/lower-fat. 200g per serving. Sliced.)	800 g
Jasmine rice (About 75g dry per serve.)	300 g
Peanut butter natural (Smooth natural; base of the sauce. Fat-dense — counts a lot.)	80 g
Coconut milk (Full-fat canned; about a third of a 400ml can. Fat-dense.)	150 ml
Soy sauce (~1 tbsp to velvet + ~2 tbsp in the sauce.)	45 ml
Brown sugar (Balances the sauce.)	18 g
Curry powder (KEY — the Chinese-restaurant satay flavour. Do not omit.)	3 tsp
Garlic clove (Minced.)	3 cloves
Brown onion (Sliced, charred into the sauce.)	150 g
Olive oil (For searing.)	14 g
Cornstarch (For velveting the chicken.)	6 g
Lime (To finish.)	1

METHOD

- 1 Rinse the jasmine rice until the water runs clear, then cook per packet and keep warm.
- 2 Velvet the sliced chicken: toss with about 1 tbsp soy sauce and the cornstarch, then rest while you prep.
- 3 Mix the satay sauce: peanut butter, coconut milk, the remaining soy, brown sugar, curry powder, and a splash of water until smooth.
- 4 Sear the chicken in a hot pan or wok until browned, then remove.
- 5 Char the onion and garlic in the same pan until soft with golden edges.
- 6 Return the chicken, pour in the sauce, and simmer until glossy and clinging; finish with a squeeze of lime.
- 7 Serve over the jasmine rice, garnished with crushed peanuts and coriander.

Teriyaki Chicken Rice Bowl

One-Pan Stovetop · 30 min

A fast one-pan teriyaki chicken bowl over jasmine rice with steamed broccoli, built for bulking — 200g chicken per portion over a honey-glaze rice base. Makes 4 meal-prep portions.



56g

PROTEIN

108g

CARBS

18g

FAT

890

KCAL / SERVE

INGREDIENTS

Chicken breast (Cut into bite-size pieces. 200g per serving.)	800 g
Jasmine rice (2 cups uncooked.)	370 g
Olive oil (For browning the chicken.)	28 g
Soy sauce (1/2 cup.)	120 ml
Honey	126 g
Rice vinegar	45 ml
Ginger (fresh) (Grated.)	3 tsp
Garlic clove (Minced.)	4 cloves
Cornstarch	12 g
Water	30 ml
Sesame oil	5 ml
Broccoli (Florets.)	500 g
Spring onion (Sliced, to finish.)	4
Sesame seeds (To finish.)	18 g

METHOD

- 1 Rinse the jasmine rice until the water runs clear, then cook per packet and keep warm.
- 2 Whisk the soy, honey, rice vinegar, ginger, garlic, cornstarch, water, and sesame oil into a smooth glaze with no lumps.
- 3 Steam the broccoli in a lidded pan with a splash of water until crisp-tender, then drain and set aside.
- 4 Wipe the pan dry, heat the oil over medium-high, and brown the chicken in a single layer until golden and cooked through, turning once.
- 5 Pour the glaze over the chicken and simmer, stirring, until glossy and clinging.
- 6 Divide rice across 4 containers, top with chicken and broccoli, and finish with spring onions and sesame seeds.

Chicken Mac and Cheese

Stovetop + Oven · 40 min

Creamy baked macaroni with diced chicken in a high-protein cheese sauce (blended cottage cheese + milk + cheddar), topped with cheese and baked golden. The comfort/mass main for hitting a surplus when appetite is the limiter. Makes 4.



80g PROTEIN	75g CARBS	33g FAT	935 KCAL / SERVE
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INGREDIENTS

Chicken breast (Breast or thigh; rotisserie/pre-cooked shredded is a valid shortcut. 200g per serving.)	300 g
Macaroni (85g dry per serve; high-protein pasta swaps in.)	340 g
Cottage cheese (Blended into the sauce — the high-protein trick.)	300 g
Full cream milk (Full-cream for richness, or protein/skim.)	300 ml
Cheese tasty (grated) (Grated cheddar/tasty (mix with mozzarella if you like); sauce + topping.)	200 g
Butter salted (Optional roux.)	20 g
Flour plain (Optional roux (skip if using the blended-cottage-cheese method).)	20 g
Garlic powder	1 tsp
Onion powder	1 tsp
Paprika smoked (Smoked preferred.)	1 tsp
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Cook the macaroni to just under al dente, then drain.
- 2 Cook the chicken (sear diced, or use pre-cooked shredded) and season.
- 3 Make the cheese sauce: blend the cottage cheese with the milk, warm it, then melt in most of the grated cheese with the garlic powder, onion powder, paprika, salt, and pepper. (Or build a roux: butter + flour + milk, then cheese — the cottage-cheese route is higher-protein.)
- 4 Fold the pasta and chicken through the sauce.
- 5 Transfer to a baking dish and top with the remaining grated cheese (and breadcrumbs if using).
- 6 Bake about 20 minutes at 180-200°C until golden and bubbling.

Chicken Schnitzel

Crumb & Pan-Fry · 30 min

Plain crumbed chicken schnitzel with salad or potatoes, hot or cold, lemon to serve. The lean, simple option.



54g PROTEIN	53g CARBS	20g FAT	621 KCAL
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Macros & ingredients below make **Schnitzel Plate** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Chicken breast (Sliced thin/pounded to -1/2cm. 200g/serve.)	800 g
Flour plain (Seasoned, for dredging.)	40 g
Egg whole (Beaten.)	2
Breadcrumbs (Panko = crispier.)	100 g
Olive oil (Shallow-fry; ~12g absorbed/serve (most drains). Oven-bake w/ spray for ~10g less fat/serve.)	55 g
Garlic powder (In the crumb/flour.)	1 tsp
Paprika sweet (In the crumb/flour.)	1 tsp
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Slice the chicken breast thin, or pound to ~1/2 cm.
- 2 Crumb: seasoned flour -> beaten egg -> breadcrumbs, pressing on, then rest 15-20 min so the coating sets.
- 3 Shallow-fry in oil over medium-high, 3-4 min per side, until golden and 73C/165F inside; drain on a rack.
- 4 Assemble per plate: plate, roll, or parma.

WAYS TO SERVE IT · 2 MORE

Schnitzel Roll

P 63g · C 70g · F 38g · 881 kcal

ADD Bread roll 4, Butter salted 40g, Cheese tasty (grated) 80g, Lettuce 60g, Sweet chilli sauce 60ml

1. Build the roll.

Chicken Parma

P 62g · C 54g · F 30g · 747 kcal

ADD Tomato paste 120g, Cheese tasty (grated) 120g, Jalapenos pickled 40g, Baking potato 500g

1. Top and melt.

Red Wine Beef Stew

Slow Cooker · 8h 25m

Fork-tender beef chuck with carrots, mushrooms and baby potatoes.



46g PROTEIN	32g CARBS	38g FAT	700 KCAL
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Macros & ingredients below make **Red Wine Beef Stew** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Beef chuck (Cut into 3.5cm cubes. Ask the butcher for it pre-cubed if you're rushed.)	1200 g
Flour plain (For dusting the beef. Approximately 1/3 cup.)	50 g
Olive oil (Split: 30g for browning, 15g for sautéing the vegetables.)	45 g
Brown onion (Approximately 1 large, halved and sliced 1cm thick.)	250 g
Garlic clove (Minced.)	4 cloves
Carrot (Approximately 3 medium, cut into 2.5cm chunks on the diagonal.)	300 g
Celery (Approximately 2 stalks, cut into 2.5cm chunks.)	150 g
Mushroom brown (Halved. Optional but recommended for depth of flavour.)	250 g
Potato baby chat (Halved, skins on.)	400 g
Red wine cooking (Full-bodied — cabernet sauvignon, merlot, or shiraz. Discount bottles are fine.)	500 ml
Beef stock liquid (Salt-reduced preferred. Campbell's Real Stock or Massel.)	750 ml
Tomato paste (Approximately 2 tbsp.)	30 g
Worcestershire sauce (Approximately 2 tsp.)	10 ml
Thyme (fresh) (4 sprigs, tied together for easy removal. Substitute 1 tsp dried thyme if unavailable.)	4
Bay leaves (dried)	2
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Pat the beef cubes dry with paper towel. Season with the salt and pepper. Place the beef and flour in a large zip-top bag or bowl and toss to coat evenly. Shake off the excess.
- 2 Heat 30g olive oil in a large heavy skillet over high heat — get it properly hot. Brown the beef aggressively in 2-3 batches, about 1.5 minutes per side. Don't crowd the pan; you want crust, not steam. Transfer browned beef to the slow cooker.
- 3 Drain the excess fat from the skillet. Drop the heat to medium-low. Add the remaining 15g oil.
- 4 Add the onion and garlic; cook 3 minutes. Add the carrot and celery; cook 4 minutes until softening at the edges. Transfer to the slow cooker.
- 5 Pour the red wine into the still-hot skillet. Bring to a vigorous simmer, scraping all the brown bits off the bottom of the pan (the fond). Simmer 2 minutes to cook off some alcohol and reduce slightly.
- 6 Pour the wine into the slow cooker. Add the beef stock, tomato paste, Worcestershire sauce, thyme, and bay leaves. Stir.
- 7 Add the mushrooms and baby potatoes on top. Push down so everything is mostly submerged in liquid.
- 8 Cook on LOW for 8 hours or HIGH for 5 hours. Beef should be fork-tender and falling apart.
- 9 Optional finishing reduction: if the sauce is thinner than you want (slow cookers vary), ladle the liquid into a saucepan and simmer 10-15 minutes to reduce. Or remove the lid for the last 30 minutes on HIGH.
- 10 Discard the bay leaves and thyme sprigs before serving.

Beef Stew on Creamy Mash

P 52g · C 87g · F 77g · 1288 kcal

ADD Baking potato 300g, Butter salted 25g, Thickened cream 50ml, Full cream milk 30ml, Parsley flat leaf 3g, Salt 0.25tsp, Black pepper (ground) 0.125tsp

1. Peel the potato and cut into 3cm chunks. Place in a saucepan, cover with cold water, and salt generously. Boil 15-18 minutes until knife-tender.
2. Drain thoroughly, return to the hot empty saucepan, and leave for 30 seconds to steam off moisture.
3. Add the butter, cream, and milk. Mash until smooth. Season with salt and pepper.
4. Pile the mash into a wide shallow bowl. Make a small well in the centre.
5. Ladle a generous portion of stew over and around the mash — make sure plenty of sauce hits the mash.
6. Scatter parsley over the top.

Beef Stew with Crusty Bread

P 52g · C 76g · F 48g · 977 kcal

ADD Sourdough crusty 80g, Butter salted 10g, Parsley flat leaf 3g

1. Reheat 1 serving of stew in a saucepan or microwave until piping hot.
2. Slice the bread into 2 thick slices. Optionally warm in a 180°C oven for 3-4 minutes, or briefly under the grill, until just crisp on the outside.
3. Ladle stew into a wide bowl. Scatter parsley over the top.
4. Spread butter on the bread. Serve alongside.
5. Eat by dipping the bread into the gravy as you go.

Red Wine–Braised Lamb Shanks

Slow Cooker · 8h 25m

Whole lamb shank slow-braised in red wine and tomato.



54g PROTEIN	14g CARBS	58g FAT	825 KCAL
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Macros & ingredients below make **Red Wine–Braised Lamb Shank** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Lamb shank (Approximately 400g each. Ask for French-trimmed if you want the bone exposed nicely.)	4
Olive oil (Split: 30g for searing the shanks, 15g for sautéing the vegetables.)	45 g
Brown onion (Approximately 1 medium, finely diced.)	150 g
Garlic clove (Minced.)	3 cloves
Carrot (Approximately 1 large, finely diced (about 1 cup).)	130 g
Celery (Approximately 2 stalks, finely diced (about 1 cup).)	100 g
Red wine cooking (Full-bodied — cabernet sauvignon, merlot, or shiraz. Don't use expensive wine; cleanskins are fine.)	625 ml
Crushed tomatoes (canned) (One 800g tin.)	800 g
Tomato paste (Approximately 2 tbsp.)	30 g
Chicken stock liquid	500 ml
Thyme (fresh) (5 sprigs, tied together for easy removal. Substitute 2 tsp dried thyme if unavailable.)	5
Bay leaves (dried)	2
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Pat the shanks dry with paper towel. Season generously with salt and pepper.
- 2 Heat 30ml of the olive oil in a large heavy skillet over high heat. Sear the shanks in two batches until well-browned all over — about 5 minutes per batch. Don't rush this; the colour is where the flavour comes from. Transfer browned shanks to the slow cooker.
- 3 Drain any excess fat from the skillet. Drop the heat to medium-low. Add the remaining 15ml oil.
- 4 Add the onion and garlic; cook 2 minutes. Add the carrot and celery; cook 5 minutes until the onion is translucent and starting to sweeten.
- 5 Pour in the red wine. Bring to a simmer, scraping all the brown bits off the bottom of the pan into the wine — this is the fond, every bit of it matters. Simmer 2-3 minutes to cook off some of the alcohol.
- 6 Add the crushed tomatoes, tomato paste, chicken stock, thyme, and bay leaves. Stir well and bring to a simmer.
- 7 Pour the entire braising liquid into the slow cooker over the shanks. The shanks should be mostly submerged — squeeze them in to fit if needed.
- 8 Cook on LOW for 8 hours. The meat should be fall-off-the-bone tender.
- 9 Carefully remove the shanks (they're delicate when done — use two spoons). Strain the sauce into a saucepan, discarding the solids for a clean sauce or leaving the carrot and celery in for a rustic finish. Simmer on the stovetop for 10-15 minutes to reduce to a thick, glossy gravy.
- 10 Return the shanks to the reduced sauce to warm through before serving.

WAYS TO SERVE IT · 1 MORE

Lamb Shank on Creamy Mash

P 57g · C 80g · F 90g · 1417 kcal

ADD Baking potato 300g, Butter salted 25g, Thickened cream 50ml, Full cream milk 30ml, Parsley flat leaf 3g, Salt 0.25tsp, Black pepper (ground) 0.125tsp

1. Peel the potato and cut into 3cm chunks. Place in a large saucepan, cover with cold water, and add a generous pinch of salt. Bring to a boil and cook 15-18 minutes until a knife slides in with no resistance.
2. Drain the potatoes thoroughly, then return them to the empty hot saucepan. Leave for 30 seconds — this steams off excess moisture and gives you fluffier mash.
3. Add the butter, cream, and milk. Mash until smooth (or use a potato ricer if you want it silky). Season generously with salt and pepper. Taste and adjust.
4. Pile the hot mash into a wide shallow bowl. Make a slight well in the middle.
5. Place the lamb shank on top of the mash. Spoon a generous amount of the reduced red wine sauce over the shank and onto the mash — the sauce should pool around the base.
6. Scatter the chopped parsley over the top. Serve immediately.

Sheet-Pan Sausage & Veg

Sheet-Pan (oven) · 45 min

Sausages, potatoes, onion, peppers, and broccoli tossed in oil and herbs and roasted on one tray. The lowest-effort meal on the list — chop, toss, roast. Default leaner chicken/turkey sausage; pork is the richer option. Makes 4.



44g PROTEIN	74g CARBS	30g FAT	733 KCAL / SERVE
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INGREDIENTS

Sausage (Chicken/turkey (default, leaner) or pork (richer). ~200g per serving (~2-3 sausages).)	800 g
Potato baby chat (Baby/new potatoes halved; generous (300g/serve) for bulking carbs.)	1200 g
Brown onion (Chunked; red onion fine. ~2 medium onions.)	300 g
Capsicum red (Bell peppers, chunked. ~2 large peppers.)	400 g
Broccoli (Or green beans; added partway through.)	400 g
Olive oil (~2.5 tbsp across the tray.)	32 g
Dried oregano (Italian/mixed dried herbs.)	2 tsp
Paprika sweet	1 tsp
Garlic powder	1 tsp
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Heat the oven to 200°C (400°F).
- 2 Toss the halved potatoes, onion, and peppers with oil and the seasoning, and spread on the tray in a single layer (don't crowd — crowding steams instead of browns).
- 3 Add the sausages (whole or sliced) to the tray.
- 4 Roast about 20 minutes, then turn everything and add the broccoli; roast another 15-20 minutes until the potatoes are tender and the sausage is browned.
- 5 Finish with parsley (or parmesan / a fried egg if using).

Slow-Cooked BBQ Pulled Pork

Slow Cooker · 8h 30m

Slow-cooked pork shoulder shredded and tossed in tangy BBQ sauce.



48g PROTEIN	28g CARBS	32g FAT	610 KCAL
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Macros & ingredients below make **BBQ Pulled Pork** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Pork shoulder (boneless)	2200 g
Apple juice cloudy (Pour around the pork in the slow cooker, not over the rub.)	180 ml
Brown sugar (For the rub. Approximately 2 tbsp.)	24 g
Paprika sweet (For the rub.)	2 tsp
Onion powder (For the rub.)	1 tsp
Garlic powder (For the rub.)	1 tsp
Ground cumin (For the rub.)	0.5 tsp
Mustard powder (For the rub.)	0.75 tsp
Salt (For the rub. Approximately 6 g.)	1 tsp
Black pepper (ground) (For the rub.)	0.5 tsp
Ketchup tomato (For the BBQ sauce. Approximately 2½ cups.)	625 g
Brown sugar (For the BBQ sauce. Approximately 2 tbsp.)	24 g
Worcestershire sauce (For the BBQ sauce. Approximately 1 tbsp.)	17 ml
Apple cider vinegar (For the BBQ sauce. Approximately ½ cup.)	120 ml
Lemon juice (For the BBQ sauce. Approximately 1 tbsp.)	15 ml
Black pepper (ground) (For the BBQ sauce.)	1.5 tsp
Onion powder (For the BBQ sauce.)	1.5 tsp
Mustard powder (For the BBQ sauce.)	1.5 tsp

METHOD

- 1 Mix the rub ingredients (24g brown sugar, paprika, onion powder, garlic powder, cumin, mustard powder, salt, black pepper) in a small bowl. Rub generously all over the pork shoulder, including the fat cap. If time permits, marinate in the fridge for an hour; otherwise straight to step 2.
- 2 Place pork in the slow cooker, fat cap facing up. Pour the apple juice around the pork — not over the rub.
- 3 Cook on low for 8 hours, or high for 4-5 hours. Pork is done when it shreds easily under light fork pressure.
- 4 Lift the pork carefully into a roasting pan or large bowl. Pour the cooking liquid into a measuring jug. Skim and reserve 1 cup (240ml) of the juices for the BBQ sauce. The rest can be discarded or frozen for stock.
- 5 (Optional crisp step.) Preheat oven to 180°C. Roast the lifted pork for 20 minutes for surface caramelisation. Worth it for texture; skip if rushed.
- 6 Make the BBQ sauce (can be done during the slow cook): combine ketchup, the second 24g brown sugar, Worcestershire, apple cider vinegar, reserved pork juices (240ml), lemon juice, and the sauce spices (1.5 tsp each of black pepper, onion powder, mustard powder) in a saucepan. Bring to a simmer over medium heat. Simmer gently for 1 hour, stirring occasionally, until thickened to coating consistency.
- 7 Shred the pork with two forks, discarding any large gristle pieces. If you're planning the Pulled Pork Tacos plate this week, reserve approximately 151g of plain shredded pork per planned tacos serve in a separate container before continuing.
- 8 Pour BBQ sauce over the remaining shredded pork and toss to coat generously. You'll have extra sauce — bottle and use it for serving.

WAYS TO SERVE IT · 5 MORE

BBQ Pulled Pork Burger

P 61g · C 76g · F 72g · 1210 kcal

ADD Brioche bun 1, Coleslaw mayo 100g, Cheese tasty (grated) 30g

1. Split and lightly toast the brioche bun (cut side down in a dry pan, 1 minute).
2. Pile 1 serving of BBQ pulled pork onto the bottom bun.
3. Scatter grated cheese over the hot pork — residual heat melts it.
4. Top with coleslaw, lid on, eat immediately.

Pulled Pork Rice Bowl

P 61g · C 118g · F 66g · 1330 kcal

ADD Basmati rice (cooked) 280g, Coleslaw mayo 100g, Cheese tasty (grated) 30g, Ketchup tomato 15g

1. Cook the basmati rice if not already prepared (10 minutes in a rice cooker or boiling).
2. Spread rice across the bottom of a bowl.
3. Pile 1 serving of BBQ pulled pork on one side of the rice; coleslaw on the other side.
4. Scatter cheese over the pork; drizzle extra BBQ sauce.

Loaded Pulled Pork Baked Potato

P 60g · C 90g · F 63g · 1177 kcal

ADD Baking potato 350g, Cheese tasty (grated) 30g, Sour cream 30g, Spring onion 1, Olive oil 5g, Salt 0.25tsp

1. Preheat oven to 200°C. Prick the potato all over with a fork. Rub with olive oil and salt.
2. Bake directly on the oven rack for 60 minutes, until skin is crisp and inside gives easily when squeezed.
3. Split the potato open lengthways. Fluff the flesh with a fork.
4. Pile in 1 serving of BBQ pulled pork. Scatter cheese (residual heat melts it), dollop sour cream, scatter spring onion.

Pulled Pork Tacos

P 61g · C 55g · F 74g · 1155 kcal

ADD Flour tortilla small 3, Avocado 100g, Cheese tasty (grated) 30g, Coriander leaves (fresh) 1.5tbsp, Lime 0.5, Pickled red onion 20g

1. Warm the reserved plain shredded pork in a pan with a splash of water — about 2 minutes.
2. Warm tortillas (30 sec per side in a dry pan, or 15 sec in microwave under a damp cloth).
3. Mash avocado roughly with a fork; squeeze in half the lime, pinch of salt.
4. Divide pork between the three tortillas (~50g each). Top each with smashed avocado, cheese, coriander, pickled red onion. Squeeze remaining lime over.

Pulled Pork Mac & Cheese Stack

BIG SERVE

P 102g · C 124g · F 109g · 1907 kcal

ADD Macaroni dry 75g, Butter salted 20g, Flour plain 20g, Full cream milk 250ml, Cheese tasty (grated) 60g, Salt 0.25tsp, Black pepper (ground) 0.25tsp

1. Cook macaroni in salted boiling water until al dente (about 7 minutes). Reserve ½ cup of pasta water, then drain.
2. In the same pot, melt butter over medium heat. Whisk in flour, cook 30 seconds. Gradually whisk in milk until smooth.
3. Simmer 2-3 minutes, whisking, until thickened. Stir in grated cheese off the heat until melted. Season.
4. Stir drained macaroni through the cheese sauce. Loosen with a splash of pasta water if needed.
5. Scoop mac and cheese into a bowl. Top with 1.5 servings' worth of BBQ pulled pork.

Tuna Pasta Bake

Stovetop + Oven · 35 min

Pasta and canned tuna in a creamy high-protein cheese sauce (blended cottage cheese + milk + cheddar) with peas and sweetcorn, baked golden under a cheese top. The cheapest, most pantry-friendly meal on the list — no fresh shopping needed. Makes 4.



57g PROTEIN	91g CARBS	22g FAT	795 KCAL / SERVE
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INGREDIENTS

Tuna (About 2 large cans, drained. ~90g drained per serving.)	370 g
Macaroni (80g dry per serve; penne/spiral/macaroni — any short shape.)	320 g
Cottage cheese (Blended into the sauce — the protein-rich base.)	300 g
Full cream milk	250 ml
Cheese tasty (grated) (Grated cheddar/tasty; sauce + top.)	130 g
Garlic clove (Optional if using fresh.)	2 cloves
Brown onion (Optional; soften first. ~1 medium onion.)	150 g
Peas (Frozen; broccoli swaps in.)	150 g
Sweetcorn	150 g
Olive oil (1 tbsp for softening aromatics.)	14 g
Breadcrumbs (Optional crunchy top.)	40 g
Dried oregano	1 tsp
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Cook the pasta to just under al dente, then drain.
- 2 Make the sauce: blend the cottage cheese with the milk, warm through, then melt in most of the grated cheese with the herbs, salt, and pepper (soften the garlic and onion in oil first if using fresh).
- 3 Fold through the drained tuna, peas, sweetcorn, and pasta.
- 4 Tip into a baking dish and top with the remaining cheese (and breadcrumbs if using).
- 5 Bake about 20 minutes at 200°C until golden and bubbling.

Butter Chicken with Basmati Rice

Stovetop (From Scratch) · 45 min

Slow-simmered chicken thigh in spiced tomato-cream sauce, served over basmati rice



52g

PROTEIN

68g

CARBS

24g

FAT

720

KCAL

Macros & ingredients below make **Butter Chicken with Basmati Rice** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Chicken thigh (skinless)	200 g
Greek yoghurt plain (for marinade)	60 g
Garam masala	2 tsp
Ground cumin	1 tsp
Ground coriander	1 tsp
Ground turmeric	0.5 tsp
Kashmiri chilli powder	1 tsp
Garlic clove	2 cloves
Ginger (fresh)	1 tsp
Ghee	15 g
Brown onion	75 g
Tomato passata	200 ml
Thickened cream	60 ml
Salt	0.5 tsp
Basmati rice (cooked)	180 g
Coriander leaves (fresh) (for garnish)	1 tbsp

METHOD

- 1 Cut chicken thigh into 3 cm cubes. Combine with yoghurt, half the garam masala, half the cumin, and half the turmeric. Marinate for 20 minutes.
- 2 Heat ghee in a large frying pan over medium-high heat. Add the marinated chicken and sear for 4-5 minutes until golden on all sides. Remove and set aside.
- 3 In the same pan, add the diced onion and cook for 3 minutes until softened. Add garlic and ginger and cook for another 30 seconds.
- 4 Add the remaining garam masala, cumin, coriander, turmeric, and Kashmiri chilli powder. Stir for 30 seconds until fragrant.
- 5 Pour in the tomato passata and add salt. Bring to a simmer and cook for 5 minutes, stirring occasionally.
- 6 Return the chicken to the pan and stir through the thickened cream. Simmer for 5 more minutes until the chicken is cooked through and the sauce has thickened.
- 7 Serve over cooked basmati rice, garnished with fresh coriander leaves.

WAYS TO SERVE IT · 1 MORE

Butter Chicken

P 48g · C 14g · F 28g · 490 kcal

Beef Ragù with Gnocchi

Slow Braise (default) · 2h 45m

Cheap tough beef seared and slow-braised 2-3 hrs in a rich tomato-soffritto sauce until it shreds, tossed through pillowy gnocchi and finished with parmesan. The library's only slow-braise and its best meal-prepper.



53g

PROTEIN

88g

CARBS

31g

FAT

856

KCAL / SERVE

INGREDIENTS

Beef chuck (Whole chuck/blade. ~200g/serve. Braising renders fat you can skim.)	800 g
Gnocchi (200g/serve; cook fresh to packet.)	800 g
Crushed tomatoes (canned)	700 g
Tomato paste (Browned for depth.)	50 g
Brown onion	150 g
Garlic clove	4 cloves
Carrot (Soffritto; optional.)	120 g
Celery (Soffritto; optional.)	100 g
Beef stock cube (Made up to ~250ml braising liquid.)	10 g
Red wine cooking (Optional; deglaze. Keep accessible — not required.)	125 ml
Olive oil	18 g
Parmesan (grated) (To finish.)	40 g
Oregano (dried)	1 tsp
Thyme (dried)	1 tsp
Bay leaves (dried)	2
Salt	1.5 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Pat the beef dry, season, and sear hard on all sides until deeply browned; remove.
- 2 Soften the soffritto, then brown the tomato paste.
- 3 Deglaze (optional wine), add tomatoes, stock, herbs; return the beef.
- 4 Cover and braise low until the beef shreds — oven 160°C ~2.5 hrs (or stovetop low / slow-cooker 8 hrs low).
- 5 Shred the beef, return to the sauce, skim fat if you like, simmer 15-20 min to thicken.
- 6 Cook the gnocchi to packet and toss through with a splash of pasta water; finish with parmesan and basil.

Slow-Simmered Bolognese

Slow Cooker · 6h 20m

Slow-simmered beef and tomato ragù with red wine and pancetta.



32g

PROTEIN

18g

CARBS

32g

FAT

510

KCAL

Macros & ingredients below make **Bolognese** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Olive oil (Split: 15g for sautéing the soffritto, 15g for browning the mince.)	30 g
Beef mince regular (Don't use lean — fat is doing real work here.)	1000 g
Pancetta diced	100 g
Brown onion (Approximately 2 medium onions, finely diced.)	300 g
Garlic clove (Minced.)	4 cloves
Carrot (Approximately 1 medium, finely diced.)	120 g
Celery (Approximately 2 stalks, finely diced.)	100 g
Red wine cooking (Cabernet sauvignon or merlot. Any cleanskin works.)	250 ml
Crushed tomatoes (canned) (Two 800g tins.)	1600 g
Tomato paste (Approximately 4 tbsp.)	60 g
Beef stock cube (Three cubes.)	30 g
Worcestershire sauce (Approximately 1 tbsp.)	20 ml
Sugar white (Approximately 2 tsp. Balances tomato acidity.)	8 g
Oregano (dried)	2 tsp
Thyme (dried)	2 tsp
Bay leaves (dried)	3
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- Heat 15g of the olive oil in a large skillet over medium-high heat. Add the diced onion, carrot, and celery. Cook for 7 minutes until soft and the onion is translucent. Add the garlic and pancetta; cook 2 more minutes. Transfer everything to the slow cooker.
- Add the remaining 15g oil to the same skillet over high heat. Add the beef mince and brown in two batches if needed — don't overcrowd the pan. Break up the mince with a wooden spoon as it cooks. Transfer to the slow cooker.
- Return the skillet to medium heat. Pour in the red wine and scrape all the browned bits from the bottom of the pan — this fond is where the flavour lives. Simmer for 2 minutes, then pour into the slow cooker.
- Add the crushed tomatoes, tomato paste, stock cubes, Worcestershire sauce, sugar, oregano, thyme, bay leaves, salt, and pepper to the slow cooker. Stir well.
- Cook on LOW for 6 hours (or HIGH for 4 hours).
- After cooking, taste and adjust salt. Remove the bay leaves. If the sauce looks too liquid (common in slow cookers — they don't reduce much), prop the lid open with a wooden spoon and cook on HIGH for 30 more minutes.

WAYS TO SERVE IT · 4 MORE

Spaghetti Bolognese

P 48g · C 97g · F 46g · 996 kcal

ADD Spaghetti dry 100g, Parmesan (grated) 20g, Olive oil 5g, Salt 1tsp

1. Bring a large pot of well-salted water to the boil. Cook the spaghetti for 1 minute less than the packet directions — you want it firm because it'll finish in the sauce.
2. While the pasta cooks, reheat 1 serving of bolognese in a large pan over medium heat. Reserve ½ cup of pasta cooking water before draining.
3. Drain the spaghetti and add it directly to the sauce pan. Add a splash (~50ml) of the pasta water. Toss vigorously over medium heat for 1 minute — the starch in the water emulsifies the sauce and makes it cling to the pasta.
4. Plate. Top with grated parmesan and a drizzle of olive oil.

Loaded Bolognese Baked Potato

P 44g · C 84g · F 55g · 1007 kcal

ADD Baking potato 350g, Cheese tasty (grated) 30g, Sour cream 30g, Olive oil 5g, Salt 0.25tsp

1. Preheat the oven to 200°C. Prick the potato all over with a fork. Rub with olive oil and salt.
2. Bake directly on the oven rack for 60 minutes, until the skin is crisp and the inside gives easily when squeezed.
3. Reheat 1 serving of bolognese while the potato finishes.
4. Split the potato open lengthways. Fluff the flesh with a fork.
5. Pile in the bolognese. Scatter cheese (residual heat melts it), dollop sour cream.

Bolognese with Garlic Bread

P 42g · C 65g · F 59g · 968 kcal

ADD Garlic bread (frozen) 120g, Parmesan (grated) 15g

1. Bake the garlic bread per packet instructions, usually 180°C for 12-15 minutes.
2. Reheat 1 serving of bolognese in a pan or microwave. Spoon into a wide bowl.
3. Top with grated parmesan.
4. Serve the garlic bread alongside for dipping.

Bolognese Lasagne

BIG SERVE

P 62g · C 76g · F 63g · 1130 kcal

ADD Lasagne sheets dry 60g, Ricotta full fat 80g, Egg whole 0.17, Mozzarella (shredded) 50g, Parmesan (grated) 10g, Butter salted 5g, Flour plain 5g, Full cream milk 67ml, Nutmeg (ground) 0.05tsp

1. Note: this plate makes a 6-portion bake. You'll commit 6 servings of bolognese in one go. Plan to eat across the week or freeze portions.
2. Make the béchamel: melt the butter in a small saucepan over medium heat. Whisk in the flour, cook 30 seconds. Gradually whisk in the milk until smooth. Simmer 2-3 minutes, whisking, until thickened. Season with nutmeg, salt, pepper. Set aside.
3. Make the ricotta mix: combine ricotta, egg, half the parmesan, salt and pepper in a bowl. Stir until smooth.
4. Preheat the oven to 180°C. Lightly grease a deep baking dish (roughly 30 × 20 cm).
5. Layer it up: a thin smear of bolognese on the base of the dish; lasagne sheets to cover (break to fit if needed); 1/3 of the remaining bolognese; 1/3 of the ricotta mix dolloped and spread; 1/3 of the béchamel; repeat these layers two more times. Top with mozzarella and the remaining parmesan.
6. Cover with foil. Bake 25 minutes. Remove the foil and bake 10 more minutes until the cheese is golden and bubbling.
7. Rest 15 minutes before cutting — this is non-negotiable; lasagne falls apart if you cut it hot. Cut into 6 portions.

Spaghetti Carbonara

Stovetop (cook fresh) · 15 min

Classic Roman carbonara — spaghetti tossed with crispy cured pork and a glossy egg-and-cheese sauce emulsified with starchy pasta water, finished with lots of black pepper. No cream. Cook fresh and eat immediately; the sauce does not store or reheat.



54g

PROTEIN

96g

CARBS

52g

FAT

1080

KCAL / SERVE

INGREDIENTS

Spaghetti (Dry. Generous single portion.)	125 g
Bacon (Streaky bacon or pancetta, cut into batons. Guanciale is the authentic upgrade.)	80 g
Egg whole (1 whole egg + 1 extra yolk per serving for richness — treat as ~2 eggs in macros.)	2
Parmesan (Finely grated. Pecorino Romano is the authentic upgrade. Some reserved for topping.)	40 g
Black pepper (ground) (Freshly ground, generous.)	0.75 tsp
Salt (For the pasta water.)	1 tsp

METHOD

- 1 Bring a pot of well-salted water to the boil and cook the spaghetti al dente. Reserve a cup of the starchy pasta water before draining.
- 2 In a cold pan brought up to medium-high, render the bacon until crisp, keeping the rendered fat.
- 3 Beat the whole egg plus extra yolk with the grated parmesan and lots of black pepper into a thick paste.
- 4 Off the heat, toss the hot drained pasta with the pork and its fat, then stir through the egg-cheese mix, loosening with splashes of pasta water until glossy and creamy. Keep the pan off direct heat so the egg emulsifies rather than scrambles.
- 5 Serve immediately, topped with extra cheese and black pepper.

Turkey Meatballs & Spaghetti

Oven + Stovetop · 45 min

Lean turkey meatballs in a rich tomato sauce over spaghetti. High-protein Italian comfort meal perfect for batch prep. Store cooked meatballs and sauce separately, reheat with fresh pasta.



56g

PROTEIN

91g

CARBS

25g

FAT

810

KCAL / SERVE

INGREDIENTS

Turkey mince (Lean ground turkey (93/7). Can substitute chicken mince. 150g per serve.)	600 g
Spaghetti (80g dry per serve. Cook fresh for each meal.)	320 g
Breadcrumbs (For binding meatballs. Panko preferred.)	50 g
Full cream milk (Soaks breadcrumbs for tender meatballs.)	60 ml
Egg whole (Binds the meatballs.)	1
Parmesan (grated) (In meatballs + for serving.)	40 g
Crushed tomatoes (canned) (Base for sauce. 1 large can.)	800 g
Tomato paste (Concentrates tomato flavor. 2 tbsp.)	30 g
Brown onion (Diced for sauce. 1 medium onion.)	150 g
Garlic clove (Fresh garlic preferred.)	4 cloves
Olive oil (For browning and sauce.)	28 g
Dried oregano (Essential Italian herb.)	2 tsp
Dried basil (Complements oregano.)	2 tsp
Salt	1.5 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Prep meatball mixture: soak breadcrumbs in milk, mix with turkey, egg, half the parmesan, salt and pepper.
- 2 Form 20-24 meatballs (about 30g each) and arrange on oiled baking sheet.
- 3 Bake meatballs at 200°C for 15-18 minutes until browned and cooked through.
- 4 Meanwhile, make sauce: sauté diced onion in olive oil until soft, add garlic for 1 minute.
- 5 Add tomato paste, cook 2 minutes, then add crushed tomatoes, oregano, basil, season and simmer 10-15 minutes.
- 6 Add baked meatballs to sauce, simmer 5 minutes. Serve over cooked spaghetti with remaining parmesan.

Chicken Shawarma

Marinate & Cook · 35 min

Marinated chicken with salad and yogurt sauce in a large tortilla



51g

PROTEIN

62g

CARBS

31g

FAT

738

KCAL

Macros & ingredients below make **Chicken Shawarma Wrap** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Chicken thigh (skinless)	800 g
Greek yoghurt plain	200 g
Garlic clove	5 cloves
Olive oil	28 g
Lemon	1
Ground cumin	2 tsp
Ground coriander	2 tsp
Paprika sweet	2 tsp
Ground turmeric	1 tsp
Cherry tomatoes	200 g
Cucumber	200 g
Brown onion	150 g
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Make marinade with yogurt, garlic, lemon juice, spices, oil, salt and pepper
- 2 Marinate chicken for at least 30 minutes
- 3 Cook chicken in hot pan until done, rest and slice
- 4 Prepare vegetables - dice tomatoes, cucumber, slice onion
- 5 Assemble wraps or bowls with chicken, vegetables and remaining yogurt sauce

WAYS TO SERVE IT · 1 MORE

Chicken Shawarma Rice Bowl

P 50g · C 92g · F 24g · 793 kcal

ADD Jasmine rice 400g

Lamb Kofta

Mix, Form & Grill · 30 min

Spiced lamb koftas (cumin, coriander, paprika, cinnamon) grilled and served over rice with salad and a garlic-yoghurt sauce.



53g

PROTEIN

88g

CARBS

32g

FAT

857

KCAL

Macros & ingredients below make **Lamb Kofta Rice Bowl** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Lamb mince (Lean default; regular for juicier/fattier. Not too lean — a bit of fat keeps them juicy. 200g/serve.)	800 g
Greek yoghurt plain (Garlic-yoghurt sauce.)	200 g
Garlic clove (Mince + sauce.)	5 cloves
Brown onion (Grated into the mince for moisture (red onion for the salad).)	150 g
Breadcrumbs (Optional binder.)	40 g
Lemon (Into the sauce.)	1
Ground cumin	2 tsp
Ground coriander	2 tsp
Paprika sweet	2 tsp
Cinnamon (ground) (KEY warm note — do not omit.)	0.5 tsp
Parsley flat leaf (Fresh parsley and/or mint, chopped into the mince.)	20 g
Olive oil (For searing.)	14 g
Cherry tomatoes (Salad.)	200 g
Cucumber (Salad.)	200 g
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Mix the kofta: lamb, grated onion, garlic, herbs, spice blend (incl. cinnamon), salt, pepper (+ soaked breadcrumbs). Do not overmix.
- 2 Form into ovals/patties and chill 10 min to hold shape.
- 3 Grill or pan-sear 3-4 min per side until browned and cooked through; rest.
- 4 Make the garlic-yoghurt sauce and the salad.
- 5 Assemble per plate (rice bowl or wrap).

WAYS TO SERVE IT · 1 MORE

Lamb Kofta Wrap

P 55g · C 70g · F 39g · 856 kcal

ADD Tortilla large 6

1. Build the wrap.

Sheet-Pan Lemon-Garlic Salmon & Potatoes

Sheet-Pan (oven) · 40 min

One-tray baked salmon with golden roast potatoes and broccoli, finished with a lemon-garlic butter. Bright, savoury, and calorie-dense from the salmon's natural fat plus starchy potatoes. Makes 4.



46g

PROTEIN

58g

CARBS

38g

FAT

780

KCAL / SERVE

INGREDIENTS

Salmon fillet (4 fillets, ~200g each.)	800 g
Potato baby chat (Baby/new potatoes halved, or any potato quartered.)	800 g
Broccoli (Florets; green beans or asparagus swap in cleanly.)	400 g
Olive oil (For the potatoes.)	28 g
Butter salted (For the lemon-garlic butter.)	40 g
Garlic clove (Minced; some with potatoes, most in the butter.)	4 cloves
Lemon (Juice in the butter + wedges to finish.)	1
Parsley (Chopped, into the butter.)	10 g
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- Heat the oven to 200°C (400°F).
- Toss the halved potatoes with olive oil, salt, pepper, and a little garlic, spread on a sheet pan, and roast 15-20 minutes for a head start.
- Make the lemon-garlic butter: melt the butter with the remaining minced garlic, lemon juice, and parsley.
- Push the potatoes aside, add the salmon (skin-side down if skin-on) and broccoli to the tray, spoon the lemon-garlic butter over the salmon and veg, and season.
- Return to the oven 12-15 minutes until the salmon flakes easily and the potatoes are golden.
- Finish with a squeeze of lemon.

Ćevapi

Mix, Rest & Grill · 30 min

Grilled garlicky-paprika minced-meat sausages in warm flatbread with raw onion and ajvar (red pepper relish) — the traditional Balkan serve.



51g

PROTEIN

71g

CARBS

35g

FAT

806

KCAL

Macros & ingredients below make **Ćevapi with Flatbread** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Beef mince regular (Lean beef preferred; part of the blend. ~200g total mince/serve.) 500 g

Lamb mince (The authentic blend is beef + lamb (+ pork). All-beef or beef-pork works everywhere; lamb/pork raise fat.) 300 g

Brown onion (Grated into the mix — key for moisture (raw red onion to serve).) 150 g

Garlic clove (Heavy hand — the signature.) 6 cloves

Paprika sweet (Sweet or smoked — the heart of the flavour.) 4 tsp

Bicarb soda (Springy-tender texture — do not skip.) 0.5 tsp

Ajvar (To serve.) 160 g

Cherry tomatoes (Salad (rice plate).) 150 g

Cucumber (Salad (rice plate).) 150 g

Salt 1.5 tsp

Black pepper (ground) 0.5 tsp

METHOD

- 1 Mix the mince with grated onion, garlic, paprika, salt, pepper, bicarb (and a splash of sparkling water), then rest.
- 2 With damp hands, roll into small fingers ~8 cm long.
- 3 Grill or pan-sear over medium-high ~3-4 min per side, turning once, until browned with a crust but juicy. Do not press.
- 4 Serve per plate (flatbread or rice plate) with onion and ajvar.

WAYS TO SERVE IT · 1 MORE

Ćevapi Rice Plate

P 48g · C 81g · F 26g · 760 kcal

ADD Jasmine rice 340g

1. Build the rice plate.

Carne Asada Bowl

Marinate & Grill · 35 min

Citrus-marinated grilled steak, sliced thin against the grain, over cilantro-lime rice with black beans, corn, pico, and cheese. The first whole-cut beef dish — a charred, citrusy contrast to the soy-glaze beef meals. Makes 4.



62g

PROTEIN

93g

CARBS

23g

FAT

827

KCAL / SERVE

INGREDIENTS

Sirloin steak (Lean sirloin (default/accessible) or flank/skirt (authentic, fattier). 200g per serving.)	800 g
Jasmine rice (Cilantro-lime style; ~75g dry/serve.)	300 g
Black beans (canned) (One drained can.)	240 g
Sweetcorn	200 g
Cherry tomatoes (Pico; or any tomato.)	200 g
Brown onion (Red onion for the pico. ~1 medium onion.)	150 g
Lime (Marinade + cilantro-lime rice.)	2
Orange juice (Citrus marinade base.)	80 ml
Garlic clove (Marinade.)	3 cloves
Cheese tasty (grated) (Grated topping; optional.)	80 g
Olive oil (~1 tbsp.)	14 g
Ground cumin (Marinade.)	2 tsp
Chilli powder (Marinade.)	2 tsp
Paprika sweet	1 tsp
Brown sugar (Optional pinch, helps the char. ~1 tsp.)	5 g
Coriander (fresh) (Rice + pico.)	15 g
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Make the marinade: lime and orange juice, garlic, cumin, chilli powder, oil, salt (and an optional pinch of sugar). Marinate the steak 2-4 hours — not more than 8, as the citrus turns it mushy.
- 2 Cook the rice, then stir through lime juice, chopped coriander, and salt.
- 3 Warm the beans and make a quick pico (chopped tomato, red onion, coriander, lime).
- 4 Grill or sear the steak hot until charred, about 4-7 minutes per side to your doneness, then rest 5-10 minutes and slice thin against the grain (the key tenderness step).
- 5 Build the bowl: rice, sliced steak, beans, corn, pico, and cheese.

Chicken Fajita Bowl

Stovetop · 35 min

Seasoned chicken with peppers and onions over jasmine rice, topped with black beans and lime. Perfect for meal prep.

**56g**

PROTEIN

96g

CARBS

14g

FAT

770

KCAL / SERVE

INGREDIENTS

Chicken breast (Cut into strips. 200g per serving.)	800 g
Jasmine rice (Uncooked, about 1.5 cups.)	320 g
Capsicum red (Sliced into strips.)	300 g
Brown onion (Sliced.)	300 g
Black beans (1 can, drained and rinsed.)	400 g
Olive oil (For cooking.)	42 g
Garlic clove (Minced.)	4 cloves
Ground cumin	2 tsp
Chilli powder	2 tsp
Paprika sweet	1 tsp
Garlic powder	1 tsp
Salt	1 tsp
Black pepper (ground)	0.5 tsp
Lime (Juice and wedges.)	2
Water (For cooking rice.)	480 ml

METHOD

- 1 Cook the jasmine rice according to package directions (about 18 minutes).
- 2 Mix the fajita seasoning: combine cumin, chilli powder, paprika, garlic powder, salt, and pepper in a small bowl.
- 3 Season the chicken strips with half the fajita spice mix.
- 4 Heat 2 tablespoons olive oil in a large pan over medium-high heat. Cook chicken strips 6-8 minutes until golden and cooked through. Remove and set aside.
- 5 In the same pan, add remaining oil. Sauté onions and peppers with remaining spice mix for 5-6 minutes until softened.
- 6 Add garlic and cook 1 minute until fragrant.
- 7 Return chicken to pan, add black beans, and warm through for 2-3 minutes.
- 8 Serve over rice with fresh lime juice and lime wedges.

Slow-Simmered Chilli Con Carne

Slow Cooker · 6h 15m

Slow-simmered beef chilli with kidney and black beans.



42g

PROTEIN

38g

CARBS

32g

FAT

620

KCAL

Macros & ingredients below make **Chilli Con Carne** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Olive oil (Split: 15g for sautéing aromatics, 15g for browning the mince.)	30 g
Beef mince regular (Don't use lean — fat is doing real work here.)	1000 g
Brown onion (Approximately 2 medium onions, diced.)	300 g
Garlic clove (Minced.)	5 cloves
Capsicum red (Approximately 2 large, diced.)	300 g
Crushed tomatoes (canned) (Two 800g tins.)	1600 g
Tomato paste (Approximately 6 tbsp.)	90 g
Kidney beans (canned) (One 420g tin, drained weight approximately 250g — the recipe scales to 400g drained-equivalent. Drain and rinse before adding.)	400 g
Black beans (canned) (One 420g tin, drained weight approximately 250g. Drain and rinse before adding.)	400 g
Beef stock cube (Three cubes, crumbled.)	30 g
Sugar white (Approximately 3 tsp. Balances tomato acidity.)	12 g
Paprika sweet	8 tsp
Ground cumin	10 tsp
Garlic powder	4 tsp
Onion powder	4 tsp
Oregano (dried)	4 tsp
Cayenne pepper (Adjust to spice tolerance — 2 tsp for mild, 3 tsp for hot.)	2.5 tsp
Salt	1.5 tsp
Water	250 ml

METHOD

- Heat 15ml of the olive oil in a large skillet over medium-high heat. Add the onion, garlic, and capsicum. Cook 4–5 minutes until softening and slightly caramelised. Transfer to the slow cooker.
- Add the remaining 15ml oil to the same skillet over high heat. Add the beef mince and brown in two batches if needed — break it up with a wooden spoon as it cooks. You want proper browning, not stewing. Transfer to the slow cooker.
- Add to the slow cooker: crushed tomatoes, tomato paste, both drained beans, crumbled stock cubes, sugar, paprika, cumin, garlic powder, onion powder, oregano, cayenne, salt, and water. Stir well.
- Cook on LOW for 6 hours or HIGH for 4 hours.
- Taste and adjust — more cayenne for heat, more salt if needed, more sugar if too acidic. If the sauce is too liquid, prop the lid open on HIGH for 20 minutes to reduce.

Bulking Chilli Bowl

P 52g · C 123g · F 62g · 1263 kcal

ADD Basmati rice (cooked) 250g, Cheese tasty (grated) 30g, Sour cream 30g, Avocado 80g, Coriander leaves (fresh) 1tbsp, Lime 0.25

1. Cook the rice according to packet directions, or use a rice cooker. 85g dry basmati + 170ml water on a low simmer, covered, for 12 minutes, then rest off heat 5 minutes.
2. Reheat 1 serving of chilli in a saucepan or microwave.
3. Pile the rice into a bowl. Ladle the chilli over the rice — generously, you want sauce flooding the rice.
4. Top with grated cheese (the heat melts it), a dollop of sour cream, sliced or smashed avocado, and a scatter of fresh coriander leaves.
5. Squeeze the lime wedge over everything just before eating.

Loaded Chilli Nachos

BIG SERVE

P 53g · C 94g · F 82g · 1319 kcal

ADD Corn chips 80g, Cheese tasty (grated) 40g, Sour cream 30g, Avocado 60g, Jalapenos pickled 20g, Spring onion 1, Coriander leaves (fresh) 1tbsp, Lime 0.25

1. Preheat the oven to 200°C.
2. Reheat 1 serving of chilli in a small saucepan or microwave until hot.
3. Spread the corn chips across an oven-safe dish or baking tray in a single thick layer.
4. Spoon the hot chilli evenly over the chips — go right to the edges, you want chilli on every chip.
5. Scatter the grated cheese over the top in an even layer.
6. Bake for 8-10 minutes, until the cheese is fully melted and bubbling at the edges.
7. Remove from the oven. Top immediately with dollops of sour cream, sliced or smashed avocado, scattered jalapeños, sliced spring onion, and fresh coriander.
8. Squeeze the lime wedge over everything. Eat straight from the dish.

Spicy Chipotle Chicken Burrito

Cook & Assemble · 30 min

Smoky chipotle-spiced chicken thigh with rice, black beans, cheese, and salsa wrapped in a large tortilla. Default heat from smoked paprika, chilli powder, and cayenne.

**56g**

PROTEIN

101g

CARBS

32g

FAT

933

KCAL

Macros & ingredients below make **Spicy Chipotle Chicken Burrito** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Chicken thigh (skinless) (200g/serve; breast swaps in leaner.)	800 g
Jasmine rice (65g dry/serve.)	260 g
Black beans (One drained can.)	240 g
Cheese tasty (grated)	80 g
Cherry tomatoes (Salsa.)	150 g
Brown onion (Red onion for salsa.)	150 g
Olive oil	14 g
Ground cumin	2 tsp
Paprika smoked (Smoked preferred.)	2 tsp
Chilli powder	2 tsp
Cayenne pepper (Default heat.)	1 tsp
Lime	1
Coriander (fresh)	12 g
Salt	1 tsp
Black pepper (ground)	0.5 tsp

METHOD

- 1 Cook the rice; stir through lime and coriander.
- 2 Spice and cook the chicken (cumin, smoked paprika, chilli, cayenne).
- 3 Warm the beans and make a quick salsa.
- 4 Assemble per plate (burrito, extra hot, or bowl).

WAYS TO SERVE IT · 2 MORE

Spicy Chipotle Chicken Burrito (Extra Hot)

P 56g · C 101g · F 32g · 933 kcal

ADD Tortilla large 4, Chipotle in adobo 60g

1. Add the chipotle, then wrap.

Spicy Chipotle Chicken Burrito Bowl

P 51g · C 71g · F 27g · 747 kcal

1. Build the bowl.

Slow-Cooked Massaman Beef Curry

Slow Cooker · 8h 15m

Slow-cooked beef and potato in fragrant Thai coconut curry.



52g

PROTEIN

42g

CARBS

58g

FAT

890

KCAL

Macros & ingredients below make **Massaman Beef Curry** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Beef chuck (Cut into 4cm cubes. Ask the butcher for chuck steak or gravy beef.)	1600 g
Massaman curry paste (Two 114g cans of Maesri, or one jar of Valcom or Ayam.)	200 g
Coconut cream (Two 400ml cans of Ayam or Trang.)	800 ml
Beef stock liquid (Or 500ml water + 1 stock cube.)	500 ml
Brown onion (Approximately 1 large onion, sliced.)	200 g
Garlic clove (Minced.)	4 cloves
Ginger (fresh) (Grated.)	1 tsp
Potato waxy (Peeled and cut into 3cm chunks. Do not substitute with starchy baking potatoes — they fall apart.)	800 g
Fish sauce (Approximately 3 tbsp. Squid brand.)	45 ml
Sugar brown palm substitute (Approximately 2 tbsp.)	30 g
Tamarind paste (Approximately 2 tbsp.)	30 g
Olive oil (For browning.)	30 g
Cinnamon stick	1
Star anise	2
Bay leaves (dried)	3

METHOD

- Heat 15ml of the olive oil in a large skillet over medium-high heat. Brown the beef in 2-3 batches, about 2 minutes per side to get a hard sear — don't crowd the pan. Transfer to the slow cooker as you go. Browning is optional but adds real depth of flavour.
- In the same skillet (don't wipe out), drop the heat to medium. Add the sliced onion and cook 3 minutes until starting to soften. Add the garlic, ginger, and massaman curry paste. Cook 2 minutes, stirring constantly, until the paste is fragrant and the oil starts to split out — this "blossoms" the paste and is the most important flavour step.
- Pour in 1 cup of the coconut cream and stir to combine with the paste, scraping all the brown bits off the bottom of the pan. Bring to a simmer for 1 minute, then transfer everything to the slow cooker.
- Add the remaining coconut cream, beef stock, potatoes, fish sauce, brown sugar, tamarind paste, cinnamon stick, star anise, and bay leaves to the slow cooker. Stir to combine.
- Cook on LOW for 8 hours or HIGH for 5 hours, until the beef is fork-tender and falls apart with light pressure.
- Optional finishing reduction: if the sauce looks too thin (slow cookers vary), transfer to a saucepan and simmer uncovered for 10 minutes to reduce. Or mash 2-3 potato chunks gently into the sauce to thicken naturally.
- Remove the cinnamon stick, star anise, and bay leaves before serving.

WAYS TO SERVE IT · 1 MORE

Massaman Beef Curry with Rice

P 59g · C 133g · F 68g · 1403 kcal

ADD Basmati rice (cooked) 300g, Peanuts roasted unsalted 20g, Coriander leaves (fresh) 1tbsp, Lime 0.25

1. Cook the rice according to packet directions, or use a rice cooker. 100g dry basmati + 200ml water on a low simmer, covered, for 12 minutes, then rest off heat 5 minutes.
2. Reheat 1 serving of massaman curry in a small saucepan or microwave. Don't boil hard — gentle warming preserves the texture of the beef.
3. Pile the rice into a bowl on one side, ladle the curry over the other side (or on top of the rice).
4. Scatter crushed peanuts over the curry. Top with fresh coriander leaves.
5. Squeeze the lime wedge over everything just before eating.

Thai Basil Chicken

Stir-Fry · 25 min

Chicken mince stir-fried with garlic, chilli, and holy basil in a salty-sweet sauce, over jasmine rice. Fast, punchy, high-protein.

**44g**

PROTEIN

84g

CARBS

25g

FAT

736

KCAL

Macros & ingredients below make **Thai Basil Chicken over Rice** on its own — pick a way to serve it for the full plate.

INGREDIENTS

Chicken mince (200g/serve.)	800 g
Jasmine rice (90g dry/serve.)	360 g
Thai basil (fresh) (Added at the end.)	40 g
Garlic clove	6 cloves
Red chilli (fresh) (To taste.)	20 g
Oyster sauce	60 ml
Soy sauce	40 ml
Fish sauce	20 ml
Sugar white	12 g
Olive oil	28 g
Green beans (Optional veg.)	200 g

METHOD

- 1 Cook the jasmine rice.
- 2 Mix the sauce: oyster sauce, soy, fish sauce, sugar.
- 3 Stir-fry garlic and chilli, then the chicken mince over high heat until browned.
- 4 Add the sauce, toss, then fold through the basil off the heat. Serve over rice.

WAYS TO SERVE IT · 1 MORE

Thai Basil Chicken with Fried Egg

P 50g · C 84g · F 29g · 807 kcal

ADD Egg whole 4, Olive oil 14 g

1. Fry an egg per serve and set on top.

03

SECTION 03

Snacks

Easy calories between meals, for when you just need to keep eating.

15 recipes

Banana

Grab & Go · 1 min

A banana — the original grab-and-go fuel. Fast carbs and potassium, ideal around training.

**1g**

PROTEIN

27g

CARBS

0g

FAT

105

KCAL / SERVE

INGREDIENTS

Banana

120 g

METHOD

①

Peel a banana and eat — great before or after a session for quick carbs.

Beef Jerky

Grab & Go · 1 min

The most portable high-protein grab there is — a bag of beef jerky. No fridge, no prep.

**14g**

PROTEIN

5g

CARBS

3g

FAT

115

KCAL / SERVE

INGREDIENTS

Beef jerky (About one small bag. Lower-sodium where possible.) 40 g

METHOD

- 1 Open a bag of beef jerky and eat — choose a lower-sodium variety if you can.

Cheese

Grab & Go · 1 min

A portion of cheese — block, string, or individual rounds. High-protein, high-fat, no prep.

**7g**

PROTEIN

1g

CARBS

9g

FAT

115

KCAL / SERVE

INGREDIENTS

Cheese block (About one slice, one string cheese, or one Babybel.) 30 g

METHOD

- 1 Grab a portion of cheese — a slice, a string cheese, or an individual round — and eat.

Dark Chocolate

Grab & Go · 1 min

A couple of squares of dark chocolate — the calorie-dense treat snack for when you want something sweet without derailing the day.

**2g**

PROTEIN

13g

CARBS

12g

FAT

170

KCAL / SERVE

INGREDIENTS

Dark chocolate (About 2-3 squares of a 30 g 70%+ bar.)

METHOD

- 1 Break off a couple of squares of dark chocolate and enjoy — 70%+ for less sugar.

Dried Fruit

Grab & Go · 1 min

A small handful of dried fruit — concentrated, fast carbs in a tiny portable package. Great quick energy around training.



1g

PROTEIN

31g

CARBS

0g

FAT

130

KCAL / SERVE

INGREDIENTS

Dried fruit (Raisins, apricots, dates, cranberries. Calorie-dense — a small handful is a serving.) 40 g

METHOD

- 1 Grab a small handful of dried fruit and eat — quick, concentrated carbs.

Edamame

Steam / Microwave · 4 min

Warm steamed edamame pods with a little salt — a high-protein, high-fibre plant snack you pop straight from the pod.

**17g**

PROTEIN

14g

CARBS

8g

FAT

190

KCAL / SERVE

INGREDIENTS

Edamame (Frozen pods.) 150 g

Salt (Flaky, to finish.) 0.25 tsp

METHOD

- 1 Microwave the frozen edamame pods with a splash of water for 2-3 minutes until hot, then drain.
- 2 Sprinkle with salt and pop the beans straight from the pods.

Greek Yogurt

Grab & Go · 1 min

A pot of thick Greek yogurt — the easiest high-protein grab. Full-fat for more calories on a bulk.

**17g**

PROTEIN

9g

CARBS

6g

FAT

170

KCAL / SERVE

INGREDIENTS

Greek yoghurt plain (Full-fat for more calories; high-protein/skyr style for more protein.) 200 g

METHOD

- 1 Spoon a serving of Greek yogurt into a bowl and eat — add honey or berries if you like.

Hard-Boiled Eggs

Boil (prep-ahead) · 12 min

A couple of hard-boiled eggs with a pinch of salt — cheap, portable whole-food protein. Boil a batch ahead and grab through the week.

**12g**

PROTEIN

1g

CARBS

10g

FAT

140

KCAL / SERVE

INGREDIENTS

Egg whole	2
Salt (To season when eating.)	0.12 tsp

METHOD

- 1 Lower the eggs into boiling water and cook for 9-10 minutes, then cool in cold water and peel.
- 2 Season with salt and eat. Boil a batch and keep them in the fridge for grab-and-go snacks.

Mixed Nuts

Grab & Go · 1 min

A handful of mixed nuts — one of the most calorie-dense, easy-surplus snacks for a bulk. Almonds, cashews, walnuts and more.

**9g**

PROTEIN

9g

CARBS

22g

FAT

250

KCAL / SERVE

INGREDIENTS

Mixed nuts (About a small handful. 40 g
Calorie-dense — easy to overdo, easy to use for surplus.)

METHOD

- 1 Grab a handful of mixed nuts and eat — unsalted or lightly salted.

No-Bake Protein Balls

No-Bake (roll & chill) · 40 min

Bite-sized no-bake energy balls — peanut butter, oats, protein powder, honey, and chocolate chips rolled and chilled. Make a batch, grab all week.



8g

PROTEIN

14g

CARBS

7g

FAT

150

KCAL / SERVE

INGREDIENTS

Peanut butter natural (Smooth; the binder.)	130 g
Rolled oats (raw)	120 g
Whey protein vanilla (Vanilla or chocolate.)	60 g
Honey (Or maple syrup.)	60 g
Chocolate chips	40 g
Vanilla extract	1 tsp

METHOD

- 1 Mix the peanut butter, honey, and vanilla until smooth.
- 2 Stir in the oats, protein powder, and chocolate chips to a stiff dough — add a splash of milk if dry.
- 3 Roll into about 12 balls and chill 30 minutes to firm up.

Protein Bar

Grab & Go · 1 min

A store-bought protein bar — the ultimate keep-in-your-bag grab when you need protein and have zero time.



20g

PROTEIN

22g

CARBS

7g

FAT

220

KCAL / SERVE

INGREDIENTS

Protein bar (Any brand you like; aim for 15g+ protein and a sensible sugar level.) 1

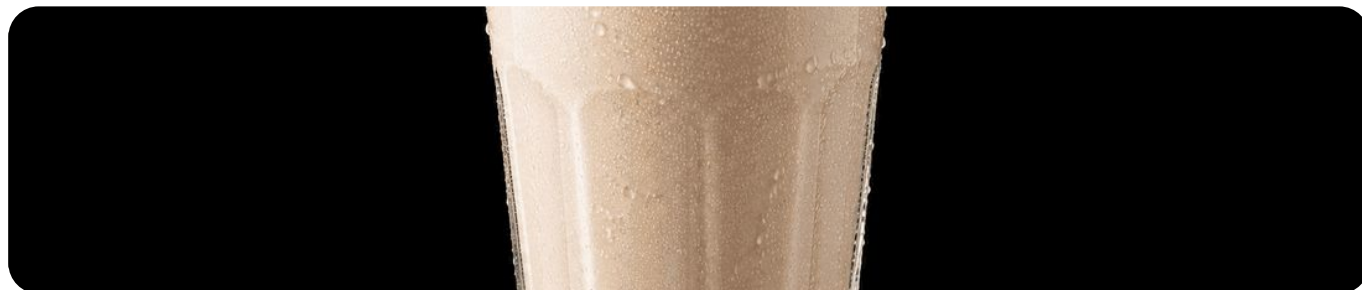
METHOD

- 1 Unwrap a protein bar and eat — pick a brand with at least 15g protein.

Protein Shake

Shake & Go · 1 min

The fastest protein hit going — a scoop of protein powder shaken or blended with milk. The classic post-workout grab.

**35g**

PROTEIN

16g

CARBS

5g

FAT

250

KCAL / SERVE

INGREDIENTS

Whey protein vanilla (About 1-1.5 scoops.) 35 g

Full cream milk (Milk for more calories; water for a leaner shake.) 350 ml

METHOD

- 1 Add the protein powder and milk to a shaker, shake until smooth, and drink.

Roasted Chickpeas

Oven (or buy ready-roasted) · 35 min

Crunchy oven-roasted chickpeas — a high-fibre plant snack with a satisfying crisp. Roast a can, or buy them ready-roasted.



10g

PROTEIN

22g

CARBS

7g

FAT

190

KCAL / SERVE

INGREDIENTS

Chickpeas (One drained can. Or skip cooking and buy a bag of ready-roasted chickpeas.) 400 g

Olive oil (About 1 tbsp.) 15 g

Salt (Plus any spices you like — paprika, cumin.) 0.5 tsp

METHOD

- 1 Preheat the oven to 200°C (400°F). Drain, rinse, and thoroughly dry the chickpeas.
- 2 Toss with the oil and salt, spread on a tray, and roast 25-30 minutes, shaking halfway, until crunchy.
- 3 Cool (they crisp up further as they cool) and store in an airtight container.

Trail Mix

Grab & Go (or mix your own) · 1 min

A scoop of trail mix — nuts, dried fruit, and chocolate. The portable, calorie-dense grab that mixes protein, carbs, and fat in one handful.



8g

PROTEIN

24g

CARBS

18g

FAT

290

KCAL / SERVE

INGREDIENTS

Mixed nuts	30 g
Dried fruit (Raisins, cranberries, chopped apricot.)	20 g
Chocolate chips (Dark chocolate chips or chopped dark chocolate.)	10 g

METHOD

- 1 Grab a handful of trail mix, or mix your own from nuts, dried fruit, and chocolate.

Tuna Pouch

Grab & Go · 1 min

A ready-to-eat pouch of tuna — one of the leanest, highest protein-per-calorie snacks there is. No draining, no prep.

**25g**

PROTEIN

0g

CARBS

1g

FAT

110

KCAL / SERVE

INGREDIENTS

Tuna (One pouch. Flavoured pouches need no extras.) 95 g

METHOD

- 1 Tear open a tuna pouch and eat straight from it — flavoured pouches need nothing added.

04

SECTION 04

Smoothies

High-calorie shakes for when you can't face another plate of food.

12 recipes

Banana Bulk

Blender · 5 min

Simple banana-date smoothie with cinnamon — the cheapest bulker in the database



64g

PROTEIN

152g

CARBS

51g

FAT

1302

KCAL / SERVE

INGREDIENTS

Full cream milk	350 ml
Banana (2 frozen bananas, peeled.)	240 g
Greek yoghurt vanilla full fat	200 g
Whey protein vanilla (1 scoop.)	30 g
Peanut butter natural (Approximately 3 tbsp.)	48 g
Medjool dates (2 dates, pitted.)	48 g
Honey (Approximately 1 tbsp.)	21 g
Cinnamon (ground)	1 tsp

METHOD

- 1 Pit the dates if needed and roughly chop them — this helps them blend.
- 2 Add the milk and yoghurt to the blender first.
- 3 Add the frozen bananas, dates, whey, peanut butter, honey, and cinnamon.
- 4 Blend on high for 60 seconds until completely smooth — the dates need extra time to fully break down.
- 5 Pour into a tall glass. The cheapest smoothie in the database — total ingredient cost roughly \$3 AUD.

Brekkie to GROW-Grow

Blender · 5 min

Banana, oats, peanut butter, and whey blended into a breakfast you drink

**64g**

PROTEIN

129g

CARBS

46g

FAT

1185

KCAL / SERVE

INGREDIENTS

Full cream milk	350 ml
Banana (Frozen, peeled. Roughly 1 medium banana.)	120 g
Rolled oats (raw) (Approximately ½ cup.)	45 g
Greek yoghurt vanilla full fat	200 g
Peanut butter natural (Approximately 2 tbsp.)	32 g
Honey (Approximately 1 tbsp.)	21 g
Maple syrup (Approximately 1 tbsp.)	20 ml
Whey protein vanilla (1 scoop.)	30 g
Cinnamon (ground)	1 tsp

METHOD

- 1 Add all ingredients to a high-powered blender.
- 2 Start at low speed for 5 seconds to break up the frozen banana, then increase to high speed.
- 3 Blend on high for 45-60 seconds until completely smooth and no oat or banana chunks remain.
- 4 Pour into a large glass. If the smoothie is thicker than you prefer, add a splash of extra milk and pulse to combine.

Choc Muscle MAXX

Blender · 5 min

Post-workout powerhouse with chocolate whey, ice cream, and peanut butter — recovery in a glass



77g

PROTEIN

109g

CARBS

40g

FAT

1111

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Banana (Frozen, peeled. Roughly 1 medium banana.)	120 g
Ice cream vanilla (Approximately ½ cup.)	60 g
Whey protein chocolate (2 scoops.)	60 g
Peanut butter natural (Approximately 2 tbsp.)	32 g
Cocoa powder (Approximately 1 tbsp.)	5 g
Honey (Approximately 1 tbsp.)	21 g
Rolled oats (raw)	50 g

METHOD

- 1 Add the milk to the blender first so the dry ingredients have something to blend into.
- 2 Add the frozen banana, ice cream, whey, peanut butter, cocoa, honey, and oats.
- 3 Start at low speed for 5 seconds to break up the frozen banana, then increase to high speed.
- 4 Blend on high for 45-60 seconds until completely smooth and no oat texture remains.
- 5 Pour into a large glass. Best within 30 minutes of a workout — the carb-to-protein ratio is built for recovery.

Cookies & Gains

Blender · 5 min

Oreo cookies blended with vanilla and chocolate — like drinking a cookies and cream milkshake

**56g**

PROTEIN

128g

CARBS

47g

FAT

1148

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Banana (Frozen, peeled. Roughly 1 medium banana.)	120 g
Greek yoghurt vanilla full fat	200 g
Whey protein chocolate (1 scoop.)	30 g
Oreo cookies (Approximately 4 cookies. Reserve one for crushing over the top.)	44 g
Peanut butter natural (Approximately 1 tbsp.)	16 g
Honey (Approximately 1 tbsp.)	21 g
Ice cream vanilla	50 g

METHOD

- 1 Add the milk and yoghurt to the blender first.
- 2 Add the banana, whey, 3 of the Oreos, peanut butter, honey, and ice cream.
- 3 Blend on high for 45-60 seconds until smooth. Some small Oreo flecks are fine — they add texture.
- 4 Pour into a tall glass. Crush the reserved Oreo and sprinkle over the top.

Dirty Eden

Blender · 5 min

Green smoothie that tastes tropical, not green — the pineapple and banana dominate



57g

PROTEIN

105g

CARBS

60g

FAT

1165

KCAL / SERVE

INGREDIENTS

Coconut water	300 ml
Full cream milk	200 ml
Banana (Frozen, peeled.)	120 g
Pineapple (frozen) (Approximately 1 cup.)	165 g
Spinach baby (Approximately 2 large handfuls.)	60 g
Avocado (Approximately half a medium avocado, flesh only.)	100 g
Greek yoghurt plain full fat (Plain, not vanilla — keeps the green flavour profile clean.)	200 g
Whey protein vanilla (1 scoop.)	30 g
Almond butter (Approximately 2 tbsp.)	32 g
Honey (Approximately 1 tbsp.)	21 g
Lemon juice (Juice of half a lemon.)	20 ml
Mint leaves	6

METHOD

- 1 Add the liquids (coconut water, milk, lemon juice) to the blender first.
- 2 Add the spinach and mint and pulse briefly to break them down before adding the heavier ingredients.
- 3 Add everything else — banana, pineapple, avocado, yoghurt, whey, almond butter, honey.
- 4 Blend on high for 60-90 seconds until completely smooth. Green smoothies need a bit longer to fully break down the leaves.
- 5 Pour into a tall glass. Tastes tropical, not green — the pineapple and banana dominate the flavour.

Energy Lift Heavy

Blender · 5 min

Caffeinated pre-workout smoothie with mango and chia — energy and nutrition combined

**52g**

PROTEIN

108g

CARBS

36g

FAT

961

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Banana (Frozen, peeled.)	120 g
Mango (frozen) (Approximately 1 cup.)	165 g
Greek yoghurt vanilla full fat	200 g
Whey protein vanilla (1 scoop.)	30 g
Coconut cream (Approximately 2 tbsp.)	30 ml
Honey (Approximately 1 tbsp.)	21 g
Espresso shot (1 shot, cooled. Substitute: 1 tsp instant coffee dissolved in 30ml hot water then cooled.)	30 ml
Chia seeds (Approximately 1 tbsp.)	12 g

METHOD

- 1 Brew the espresso first and let it cool while you measure the other ingredients (or use leftover cold espresso).
- 2 Add all ingredients to a high-powered blender.
- 3 Blend on high for 45-60 seconds until smooth. The chia seeds will thicken the smoothie if it sits — drink within 5 minutes.
- 4 Best consumed 30-45 minutes before training.

King Kong Chocolate

Blender · 5 min

Chocolate, peanut butter, cream — the pinch of salt makes it taste like a thick shake, not a sad gym drink

**85g**

PROTEIN

93g

CARBS

79g

FAT

1418

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Thickened cream	100 ml
Banana (Frozen, peeled. Roughly 1 medium banana.)	120 g
Greek yoghurt vanilla full fat	200 g
Whey protein chocolate (2 scoops.)	60 g
Cocoa powder (Approximately 2 tbsp.)	10 g
Peanut butter natural (Approximately 2 tbsp.)	32 g
Honey (Approximately 1 tbsp.)	21 g
Salt (Pinch — enhances the chocolate flavour.)	0.25 tsp

METHOD

- 1 Add the milk, cream, and yoghurt to the blender first to give the dry ingredients something to blend into.
- 2 Add the frozen banana, whey, cocoa powder, peanut butter, honey, and salt.
- 3 Start at low speed for 5 seconds to break up the frozen banana, then increase to high speed.
- 4 Blend on high for 60 seconds until completely smooth and silky. The thickened cream should be fully incorporated.
- 5 Pour into a large glass. The salt is essential — it transforms the flavour from "sad gym shake" to "Maccas thick shake."

Mango Mass

Blender · 5 min

Tropical mango and nectar with macadamia butter — like drinking a liquid mango smoothie bowl



52g

PROTEIN

126g

CARBS

50g

FAT

1147

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Mango (frozen) (Approximately 1 cup.)	165 g
Banana (Frozen, peeled. Roughly 1 medium banana.)	120 g
Mango nectar	150 ml
Greek yoghurt vanilla full fat	200 g
Whey protein vanilla (1 scoop.)	30 g
Macadamia butter (Approximately 2 tbsp.)	32 g
Honey (Approximately 1 tbsp.)	21 g

METHOD

- 1 Add all ingredients to a high-powered blender.
- 2 Start at low speed for 5 seconds to break up the frozen mango and banana, then increase to high speed.
- 3 Blend on high for 45-60 seconds until completely smooth.
- 4 Pour into a large glass. If too thick, add a splash of extra milk and pulse to combine.

Mornin' Muscle

Blender · 5 min

Double espresso chocolate smoothie — breakfast and coffee in one massive drink

**57g**

PROTEIN

86g

CARBS

70g

FAT

1192

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Thickened cream	100 ml
Banana (Frozen, peeled.)	120 g
Greek yoghurt vanilla full fat	200 g
Whey protein chocolate (1 scoop.)	30 g
Cocoa powder (Approximately 2 tbsp.)	10 g
Espresso shot (2 shots, cooled. Substitute: 2 tsp instant coffee dissolved in 60ml hot water then cooled.)	60 ml
Peanut butter natural (Approximately 1 tbsp.)	16 g
Maple syrup (Approximately 1 tbsp.)	20 ml

METHOD

- 1 Brew the espresso first and let it cool while you measure the other ingredients.
- 2 Add the milk, cream, and yoghurt to the blender first.
- 3 Add the banana, whey, cocoa, cooled espresso, peanut butter, and maple syrup.
- 4 Blend on high for 45-60 seconds until completely smooth.
- 5 Pour into a tall glass. This is breakfast and lunch in one — 1200 kcal with caffeine and 57g protein.

Raspberry Rip

Blender · 5 min

Raspberry, chocolate, and coconut — tastes like a Cherry Ripe bar in liquid form

**54g**

PROTEIN

103g

CARBS

52g

FAT

1070

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Coconut cream	100 ml
Raspberries (frozen) (Approximately 1 cup.)	125 g
Banana (Frozen, peeled.)	120 g
Greek yoghurt vanilla full fat	200 g
Whey protein chocolate (1 scoop.)	30 g
Cocoa powder (Approximately 2 tbsp.)	10 g
Desiccated coconut (Approximately 1 tbsp.)	6 g
Honey (Approximately 1 tbsp.)	21 g

METHOD

- 1 Add all ingredients to a high-powered blender.
- 2 Blend on high for 45-60 seconds until smooth. The raspberry seeds will leave a subtle texture — that's fine.
- 3 Pour into a tall glass. The flavour is essentially a Cherry Ripe in liquid form — chocolate, coconut, raspberry.

Strawberry Stack

Blender · 5 min

Strawberries and banana with coconut cream — tastes like liquid strawberries and cream

**56g**

PROTEIN

100g

CARBS

62g

FAT

1157

KCAL / SERVE

INGREDIENTS

Full cream milk	250 ml
Coconut cream	100 ml
Strawberries (frozen) (Approximately 1 cup.)	150 g
Banana (Frozen, peeled. Roughly 1 medium banana.)	120 g
Greek yoghurt vanilla full fat	200 g
Whey protein vanilla (1 scoop.)	30 g
Almond butter (Approximately 2 tbsp.)	32 g
Honey (Approximately 1 tbsp.)	21 g

METHOD

- 1 Add all ingredients to a high-powered blender.
- 2 Start at low speed for 5 seconds to break up the frozen strawberries and banana, then increase to high speed.
- 3 Blend on high for 45-60 seconds until completely smooth.
- 4 Pour into a large glass. If too thick, add a splash of extra milk and pulse to combine. The coconut cream gives this a strawberries-and-cream finish — don't skip it.

Strawbrekkie BEAST

Blender · 5 min

Mixed berry breakfast smoothie with oats — carb-heavy for post-workout recovery

**63g**

PROTEIN

150g

CARBS

47g

FAT

1244

KCAL / SERVE

INGREDIENTS

Full cream milk	300 ml
Apple juice cloudy	100 ml
Strawberries (frozen) (Approximately 1 cup.)	150 g
Blueberries (frozen) (Approximately ½ cup.)	75 g
Banana (Frozen, peeled.)	120 g
Rolled oats (raw) (Approximately ½ cup.)	45 g
Greek yoghurt vanilla full fat	200 g
Whey protein vanilla (1 scoop.)	30 g
Almond butter (Approximately 2 tbsp.)	32 g
Honey (Approximately 1 tbsp.)	21 g

METHOD

- 1 Add the milk and apple juice to the blender first.
- 2 Add the frozen berries, banana, oats, yoghurt, whey, almond butter, and honey.
- 3 Blend on high for 60 seconds until smooth and no oat texture remains.
- 4 Pour into a tall glass. The carb-heavy profile (150g) makes this an ideal post-workout option.

05

SECTION 05

Desserts

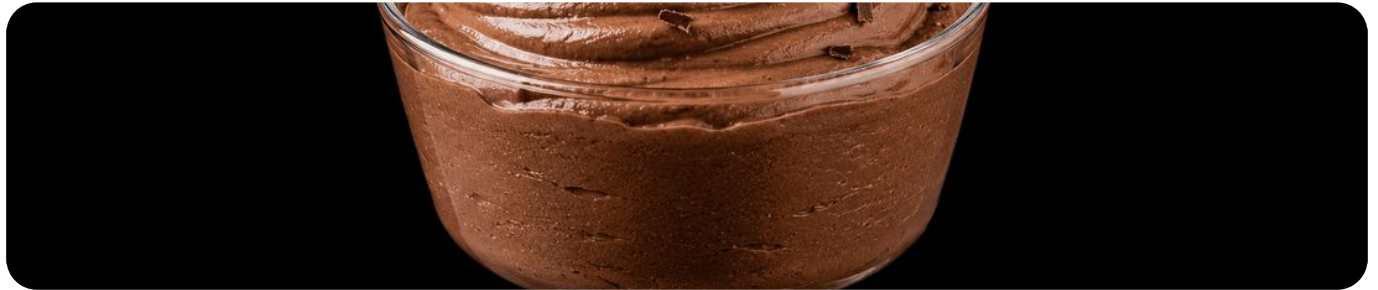
Protein-packed sweets that still push the surplus.

11 recipes

Chocolate Protein Mousse

Blend & Chill · 35 min

Rich, silky chocolate mousse made by blending cottage cheese completely smooth with cocoa and chocolate protein powder, then chilling. No cooking.

**38g**

PROTEIN

36g

CARBS

14g

FAT

395

KCAL / SERVE

INGREDIENTS

Cottage cheese (Full-fat or 2% blends silkiest. Blend until no curds remain.)	200 g
Whey protein chocolate (About 1/2 scoop chocolate; boosts protein and thickens.)	15 g
Cocoa powder (2 tablespoons.)	12 g
Maple syrup (Adjust to taste.)	15 ml
Full cream milk (To loosen if needed.)	20 ml
Vanilla extract	1 tsp
Chocolate chips (Topping.)	10 g
Salt	0.06 tsp

METHOD

- 1 Blend the cottage cheese, protein powder, cocoa, maple syrup, milk, vanilla, and salt until completely smooth and mousse-like.
- 2 Spoon into a serving dish and chill for 30 minutes to thicken.
- 3 Top with chocolate chips and serve.

Chocolate Protein Mug Cake

Microwave · 5 min

A warm, fudgy single-serve chocolate cake made in a mug in the microwave in about 75 seconds, studded with melty chocolate chips.

**34g**

PROTEIN

22g

CARBS

13g

FAT

325

KCAL / SERVE

INGREDIENTS

Whey protein vanilla (Chocolate or vanilla. Acts as the "flour".)	30 g
Cocoa powder (1 tablespoon.)	6 g
Baking powder	0.5 tsp
Egg whole (Whole egg for a moister, richer cake.)	1
Full cream milk	60 ml
Maple syrup	7 ml
Chocolate chips (1 tablespoon.)	15 g
Salt	0.06 tsp

METHOD

- 1 Whisk the protein powder, cocoa, baking powder, and salt together in a microwave-safe mug.
- 2 Add the egg, milk, and maple syrup and stir to a smooth batter, then stir in the chocolate chips.
- 3 Microwave for 60-90 seconds until risen and just set, then let cool for a minute.

Cottage Cheese Ice Cream

Blend & Freeze (no machine) · 5h 5m

Surprisingly creamy, high-protein ice cream made with cottage cheese, berries, and a touch of honey — frozen until firm and scoopable.



29g

PROTEIN

46g

CARBS

12g

FAT

390

KCAL / SERVE

INGREDIENTS

Cottage cheese (Full-fat cottage cheese for creamiest texture.)	300 g
Mixed berries (Frozen or fresh — strawberries, blueberries, raspberries.)	120 g
Honey (About 1 tablespoon for natural sweetness.)	25 g
Vanilla extract	1 tsp
Salt (Tiny pinch to enhance sweetness.)	0.5 tsp

METHOD

- 1 Blend cottage cheese, berries, honey, vanilla, and salt until completely smooth and creamy.
- 2 Pour into a shallow freezer-safe container and freeze for at least 5 hours until firm but scoopable.
- 3 Let sit at room temperature for 5 minutes to soften slightly before scooping.

Edible Protein Cookie Dough

No-Cook · 5 min

Soft, scoopable eggless cookie dough you eat raw — peanut butter, protein powder, and oat flour, loaded with chocolate chips. No baking, no raw eggs.

**20g**

PROTEIN

34g

CARBS

16g

FAT

340

KCAL / SERVE

INGREDIENTS

Peanut butter natural (Smooth.)	60 g
Whey protein vanilla (Vanilla.)	40 g
Oat flour (Safe raw; gives the doughy texture.)	60 g
Maple syrup	30 ml
Full cream milk (To loosen to a dough; add a splash more if dry.)	40 ml
Chocolate chips	30 g
Vanilla extract	1 tsp
Salt	0.06 tsp

METHOD

- 1 Stir the peanut butter, maple syrup, milk, and vanilla together until smooth.
- 2 Mix in the protein powder, oat flour, and salt to form a soft, scoopable dough.
- 3 Fold in the chocolate chips. Eat now or chill 15-30 minutes to firm up.

Frozen Date Snickers Bark

No-Bake (freezer-set) · 40 min

The viral frozen date bark — pressed Medjool dates, a peanut-butter-and-protein layer, chopped peanuts, and a chocolate top. Tastes like a Snickers. Breaks into ~10 pieces.



6g

PROTEIN

26g

CARBS

9g

FAT

190

KCAL / SERVE

INGREDIENTS

Medjool dates (Pitted, soft. The chewy caramel-like base.)	250 g
Peanut butter natural (Warmed to spread.)	80 g
Whey protein vanilla (Stirred into the peanut butter for the higher-protein version.)	20 g
Peanuts roasted unsalted (Roughly chopped, for crunch.)	40 g
Chocolate chips (Melted for the top.)	80 g
Salt (Flaky, sprinkled on top.)	0.12 tsp

METHOD

- 1 Line a tray with baking paper, then press the pitted dates into one solid overlapping layer.
- 2 Stir the protein powder into the warmed peanut butter, spread over the dates, and press in the chopped peanuts.
- 3 Melt the chocolate chips, spread over the top, and sprinkle with flaky salt.
- 4 Freeze 20-30 minutes until set, then break into about 10 pieces.

Fudgy Protein Brownies

Oven · 40 min

A baked batch of rich, fudgy double-chocolate brownies made with peanut butter and chocolate protein powder. Makes 8; eat two for a bigger hit.

**13g**

PROTEIN

22g

CARBS

14g

FAT

245

KCAL / SERVE

INGREDIENTS

Peanut butter natural (Smooth, no-added-sugar. Almond butter works too (becomes tree nuts).)	128 g
Whey protein chocolate (Chocolate for best flavour.)	60 g
Cocoa powder	30 g
Egg whole	2
Maple syrup (About 1/3 cup.)	80 ml
Full cream milk (Loosen the batter if thick.)	30 ml
Baking powder	0.5 tsp
Vanilla extract	1 tsp
Chocolate chips (About 1/2 cup; save some for the top.)	85 g
Salt	0.25 tsp

METHOD

- 1 Preheat the oven to 175°C (350°F) and line an 8x8 inch pan with baking paper.
- 2 Mix the peanut butter, eggs, maple syrup, milk, and vanilla until smooth.
- 3 Stir in the protein powder, cocoa, baking powder, and salt until smooth, then fold in most of the chocolate chips.
- 4 Spread into the pan, top with the remaining chips, and bake 20-25 minutes until the edges are set.
- 5 Cool completely in the pan, then cut into 8 brownies.

No-Bake Protein Cheesecake

No-Bake (fridge-set) · 4h 15m

A creamy, egg-free, no-bake cheesecake set in the fridge — blended cream cheese, cottage cheese, Greek yoghurt, and protein powder on an oat-peanut butter base, berry-topped. Makes 4.



22g

PROTEIN

40g

CARBS

16g

FAT

380

KCAL / SERVE

INGREDIENTS

Cream cheese (Light block-style; soften at room temp.)	200 g
Cottage cheese (Blended smooth.)	150 g
Greek yoghurt plain	100 g
Whey protein vanilla (Vanilla; also helps it set firm.)	30 g
Maple syrup	40 ml
Vanilla extract	1 tsp
Oat flour (Base.)	80 g
Peanut butter natural (Base binder.)	40 g
Honey (Base.)	28 g
Mixed berries (Topping.)	100 g

METHOD

- 1 Make the base: mix the oat flour, peanut butter, and honey into a crumbly dough and press into a dish or 4 ramekins, then chill.
- 2 Blend the cream cheese, cottage cheese, Greek yoghurt, protein powder, maple syrup, and vanilla until completely smooth and thick.
- 3 Spread the filling over the base and chill at least 4 hours (or freeze 1 hour) until set.
- 4 Top with berries and serve.

Palačinke (Croatian Crêpes)

Stovetop (traditional) · 30 min

Thin, delicate Croatian crêpes filled with jam — 3 golden crêpes per serve, light but satisfying. A traditional European dessert.



12g

PROTEIN

80g

CARBS

10g

FAT

463

KCAL / SERVE

INGREDIENTS

Flour plain (About 1 cup. The base for thin, delicate crêpes.)	150 g
Egg whole (For richness and structure.)	2
Full cream milk (Creates the signature thin texture.)	400 ml
Sugar white (Just enough for a hint of sweetness.)	20 g
Salt (Balances the sweetness.)	0.25 tsp
Butter salted (Melted, for the batter and pan.)	30 g
Jam (Traditional filling — mixed berry or apricot work best.)	100 g

METHOD

- 1 Whisk the flour, eggs, milk, sugar, salt, and half the melted butter until smooth and thin.
- 2 Rest the batter 10 minutes, then heat a non-stick pan over medium heat.
- 3 Brush the pan with butter, pour a thin layer of batter, swirl to coat, and cook 1-2 minutes until golden.
- 4 Flip carefully and cook another 30 seconds, then spread with jam, fold, and serve warm.

Protein Banana Bread

Oven · 1 hr

A moist, sliceable banana-chocolate-chip loaf made with Greek yoghurt, protein powder, and oat flour. Doubles as breakfast. Makes a 10-slice loaf.

**10g**

PROTEIN

28g

CARBS

5g

FAT

190

KCAL / SERVE

INGREDIENTS

Banana (Very ripe — the riper the sweeter. About 3 medium bananas.)	360 g
Greek yoghurt plain (Plain; keeps it moist and adds protein.)	150 g
Egg whole	2
Whey protein vanilla (Vanilla. Casein/blend bakes softer than isolate.)	60 g
Oat flour	150 g
Maple syrup	60 ml
Baking powder	1.5 tsp
Cinnamon (ground)	1 tsp
Vanilla extract	1 tsp
Chocolate chips	60 g
Salt	0.5 tsp

METHOD

- 1 Preheat the oven to 175°C (350°F) and line a loaf tin with baking paper.
- 2 Mash the bananas, then whisk in the Greek yoghurt, eggs, maple syrup, and vanilla.
- 3 Stir in the protein powder, oat flour, baking powder, cinnamon, and salt until just combined, then fold in most of the chocolate chips.
- 4 Pour into the tin, top with the remaining chips, and bake 40-50 minutes until a skewer comes out clean.
- 5 Cool in the tin, then slice into 10.

Protein Chocolate Chip Cookies

Oven · 25 min

Soft-baked flourless chocolate chip cookies — peanut butter, protein powder, and egg form the dough, no flour. Makes 10.

**11g**

PROTEIN

14g

CARBS

14g

FAT

210

KCAL / SERVE

INGREDIENTS

Peanut butter natural (Smooth. Forms the flourless dough base.)	200 g
Whey protein vanilla (Vanilla or chocolate. Whey blends/casein bake softer than isolate.)	50 g
Egg whole	2
Honey (Or coconut sugar for a more classic cookie spread.)	60 g
Baking powder (Or 1/2 tsp baking soda.)	0.5 tsp
Vanilla extract	1 tsp
Chocolate chips (Save some to press on top.)	80 g
Salt	0.25 tsp

METHOD

- 1 Preheat the oven to 175°C (350°F) and line a baking tray with baking paper.
- 2 Mix the peanut butter, eggs, honey, and vanilla into a smooth paste.
- 3 Stir in the protein powder, baking powder, and salt to form a soft dough, then fold in most of the chocolate chips.
- 4 Scoop 10 mounds onto the tray, flatten slightly, and press the remaining chips on top.
- 5 Bake 8-10 minutes until the edges are golden, then cool on the tray to firm up.

Protein Ice Cream

Blend & Freeze (no machine) · 6h 5m

Thick, creamy high-protein ice cream blended from milk, protein powder, and a little instant pudding mix, then frozen — no ice cream machine needed.



40g

PROTEIN

32g

CARBS

4g

FAT

320

KCAL / SERVE

INGREDIENTS

Full cream milk (Lite/skim for leaner macros, or high-protein milk for more protein.) 360 ml

Whey protein vanilla (About 1 to 1.5 scoops. Vanilla or chocolate.) 35 g

Instant pudding mix (1 tablespoon — the anti-icy thickener.) 12 g

Vanilla extract 1 tsp

METHOD

- 1 Blend the milk, protein powder, pudding mix, and vanilla until completely smooth.
- 2 Pour into a shallow freezer-safe container and freeze for at least 4–6 hours until firm.
- 3 Let it sit at room temperature for 5–10 minutes to soften, then scoop and serve.