

High Protein *Breakfast*



Scrambled Eggs

1 c egg whites with 1 egg
and 1 oz mozzarella
cheese; 1 banana



Eggs & Oats

1 c egg whites with 2
eggs; 1/3 c oats; 3
blueberries



Eggs On Toast

1 c egg whites with 1 egg
and 1 oz mozzarella; 1 slice
of toast



Egg Buritto

1 c egg whites with 1 oz
mozzarella and 1 tbsp salsa;
1 80 cal tortilla



Egg Omelette

1 c egg whites with 1 egg,
1/2 oz mozzarella and 1/4
cup spinach leaves



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High Protein

Lunch



Beef & Quinoa

4 oz ground beef with 1 cup mushrooms and 80 g quinoa



Chicken & Fries

4 oz ground chicken; 100 g sweet potato fries; 1 cucumber



Turkey Wrap

4 oz sliced turkey on 1 lettuce leaf with 1/2 c cherry tomatoes and 1 laughing cow cheese



Chicken Wrap

5 oz canned chicken with 1 Tbsp light mayo and 1 80 calorie tortilla



Protein Shake

1 scoop protein powder, 1 banana, 1 Tbsp peanut butter powder, 1 cup ice, 1 1/2 c water



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High Protein

Dinner



chicken & Sides

4 oz chicken; 100 g
mashed sweet potato; 1
cup sliced zucchini



Chicken Thighs

4 oz chicken thighs; 75 g
quinoa; 1 c mushrooms



Steak & Salad

4 oz steak; 100 g sweet
potato; 1 c green salad
with 4 cherry tomatoes;
2 Tbsp dressing



Turkey Salad

4 oz ground turkey; 1 cup
salad greens; 1 oz cheese; 1
hard boiled egg; 1/2 c
tomatoes; 2 Tbsp dressing



Protein Shake

1 scoop protein powder, 1
banana, 1 Tbsp peanut
butter powder, 1 cup ice, 1
1/2 c water



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