FIT & *fulfilled* TEAM

High Protein Recipe Pack

Discover 15 easy, healthy and tasty high protein recipes, including: breakfast, lunch, dinner, treat and smoothies.

www.jennwallfitness.com

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Low Carb Cheesy Tuna Omelet

Serves 2

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

What you need to do

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

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

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

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

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

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

GF | LC | HP | Q

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

*Nutrition per serve

myfitnesspal
06467330

Breakfast Wrap

Serves 2

6 slices bacon
1 avocado, mashed
½ clove of garlic, minced
salt & pepper
2 eggs, whisked
4 tbsp. water
1 tbsp. butter
4 tbsp. cheddar cheese, shredded
2 whole wheat tortillas

What you need to do

Place the bacon into a non-stick skillet and cook over a medium-high heat, until crispy.

In a bowl, mix the mashed avocado with the garlic, and season to taste with salt and pepper.

Whisk the eggs with the water and season with salt and pepper. Heat the butter in a frying pan, pour in the egg mixture and fry until set to your liking.

Take each tortilla and make a slit from the outer edge to the center of the tortilla. Then place the filling ingredients (bacon, avocado, egg and cheese), separately into each quarter of the tortilla. Finish with the cheese in the last quarter as it will help glue the tortilla together when it melts.

Fold the first quarter of the tortilla over the second one, the second quarter over the third, and finish by folding the last quarter over so that you have a triangle shape.

Place the folded tortillas into the skillet and brown on both sides. Serve immediately.

MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	546	41	24	21	7

*Nutrition per serve

myfitnesspal
02434614

Spring Green Shakshuka

Serves 2

12 asparagus spears
¾ cup (120g) green peas
¾ cup (120g) edamame beans
7 oz. (200g) spinach, shredded
salt & pepper
2 tbsp. olive oil
3 leeks, sliced
2 cloves garlic, minced
2 tsp. cumin seeds
4 eggs
1 tbsp. dill, chopped
pinch chili flakes

What you need to do

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

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

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

GF | DF | MP | HP | V | Q

myfitnesspal

01880458

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

*Nutrition per serve

PBJ Breakfast Parfait

Serves 3

For the jam:
13 oz. (370g) mixed berries, frozen
2½ tbsp. chia seeds
1 tbsp. orange juice
2 tbsp. maple syrup

For the parfait:
16 oz. (450g) Greek yogurt
3 tbsp. peanut butter, natural
4 tbsp. granola, to serve
2 strawberries, sliced, to serve

What you need to do

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

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

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

When ready to serve, top with granola and strawberries.

MP | HP | V

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

*Nutrition per serve

myfitnesspal
08710598

Crispy Baked Tandoori Chicken Wings

Serves 6

1½ lbs. (680g) chicken wings

Marinade:
¾ cup (215g) Greek yogurt
1½ tbsp. fresh lemon juice
½ tbsp. fresh ginger, minced
½ tbsp. garlic, minced
½ tbsp. allspice
¾ tsp. cayenne pepper
¾ tsp. smoked paprika
1 tbsp. cumin powder
½ tbsp. ground coriander
¾ tsp. salt
pinch of black pepper
1 tbsp. coconut oil, melted

What you need to do

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

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

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

GF | DF | LC | MP | HP

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

*Nutrition per serve

myfitnesspal
02714295

Tuna, Tomato, Black Olives & White Bean Salad

Serves 4

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

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

What you need to do

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

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

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

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

GF | DF | LC | MP | HP | Q

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

*Nutrition per serve

myfitnesspal
07888542

Grilled Honey & Chipotle Salmon Foil Packets

Serves 4

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

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

What you need to do

Preheat the oven to 425°F (220°C).

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

Season both sides of the salmon filets with salt.

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

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

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

Serve each parcel with a wedge of lime.

GF | DF | MP | HP

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

*Nutrition per serve

myfitnesspal
04732535

Tomato Sauce Turkey Meatballs

Serves 4

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

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

What you need to do

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

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

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

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

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

DF | LC | MP | HP

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

*Nutrition per serve

myfitnesspal
07490170

Crock-Pot Chicken Drumsticks

Serves 6

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

What you need to do

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

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

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

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

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

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

GF | DF | LC | MP | HP

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

*Nutrition per serve

myfitnesspal
04696538

Pea & Ham Soup

Serves 4

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

What you need to do

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

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

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

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

GF | DF | MP | HP | Q

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

*Nutrition per serve

myfitnesspal
04736832

One Pan Thai Chicken Curry

Serves 4

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

To garnish:
4 tbsp. cilantro, chopped
2 green onions, sliced

What you need to do

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

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

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

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

Serve immediately, garnished with cilantro and green onions.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	466	16	53	29	7

*Nutrition per serve

myfitnesspal
02665351

Marinated Chicken, Mashed Sweet Potato & Tomato Salad

Serves 4

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

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

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

What you need to do

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

Preheat the oven to 400°F (200°C).

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

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

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

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

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

GF | MP | HP | N

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

*Nutrition per serve

myfitnesspal
09523876

High Protein Passion Fruit Smoothie

Serves 2

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

What you need to do

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

Mash the raspberries with a fork.

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

GF | HP | V | Q | N

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

*Nutrition per serve

myfitnesspal

02831282

Protein Cookies

Makes 12

1 cup (250g) peanut butter
⅔ cup (120g) coconut sugar
1 egg
½ cup (55g) vanilla protein powder

What you need to do

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

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

Form the mixture into 6 balls and place them on the lined baking sheet. Press down each ball to form a cookie.

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

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

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

GF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	14 mins	378	24	32	16	2

*Nutrition per serve

myfitnesspal
06728878

Protein Chocolate Mousse

Serves 4

1 cup (170g) dark chocolate chips
1 ½ cups (360g) Greek yogurt
⅓ cup (30g) cacao powder

What you need to do

1. Melt the chocolate chips in the microwave or in a water bath. Allow the chocolate to cool down a bit before making the mousse.
2. Place melted chocolate, Greek yogurt and cacao powder in a high bowl and mix whip using a hand mixer until well combined and creamy.
3. Divide between 4 serving glasses, cover and place the mousse into the fridge for at least 2 hours or overnight. It will get thicker as it chills in the fridge.

GF | MP | V | Q

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	2 hrs	345	21	29	14	7

*Nutrition per serving.

myfitnesspal
02131730

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Coach Jenn | CEO/Head Coach
@jennwallfitness

Coach Emily (Reg. Dietitian)
@emlonglegs.rd

Coach Laura (Assistant Coach)
@lauradanielfitness

Coach Kaitlyn (Assistant Coach)
@kgold_fit

WANT TO TAKE THE GUESSWORK OUT OF YOUR FITNESS JOURNEY?

We understand there are a lot of variables to get right when it comes to your fitness journey. If you're trying to figure out how to put this all together for you, feel free to apply for coaching by clicking below! We're more than happy to help you build that game plan to your results!

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