

“Do you have any suggestions for reaching my protein target”

Well, now I do!

I get asked this question a lot. An optimal protein target, either for weight loss or building a lean, toned body, is, for most people, in the range of 1.6-2.4g per kg of body weight per day. Those numbers are way beyond what the vast majority of the population consume, and asking someone to strive for such a lofty target is often met with a look of confusion and disillusionment.

The truth is, like exercise, your diet doesn't need to be fancy or offer the variety of a hotel buffet to be effective. In fact, success is most easily achieved by following the simplest plan, and executing it consistently. That's why the cheat sheets in this book won't win me first prize on any cooking show, but they are quick and easy to make, offer enough variety to prevent boredom, and most importantly, they all pack a big protein punch! I've also included my favourite grab-and-go products like protein powders and bars to minimise confusion at shopping time.

As a final option, I've secured discounted ready-made meals from [Thrive Meals](#) for when you just can't be bothered prepping, but are still committed to hitting that protein goal.

I hope this helps. If it does, let me know here.



Coach Ben

CONTENTS

Breakfast **3**

- Scrambled Eggs with Cottage Cheese & Toast 4
- Poached Eggs with Wholegrain Toast 5
- Corn & Zucchini Fritters with Poached Egg 6
- Turkey Omelette with Mushrooms & Cheese 7

Lunch & Dinner **8**

- Grilled Chicken Breast with Rice 9
- Oven-baked Salmon with Garden Salad 10
- Grilled Steak with Steamed Vegetables 11
- Steamed Barramundi with Salad 12
- Grilled Lamb with Steamed Vegetables 13
- Chicken Burrito Bowl 14
- Beef Stir-fry with Cauliflower Rice 15

Snacks **16**

- Choc Banana Protein Smoothie 17
- Choc Berry Protein Smoothie 18
- Protein Bars 19
- Protein Yoghurt 22
- Protein Pancakes 23
- Protein Shakes 24
- Protein Water 25

Ready-made Meals **26**

- Thrive Meals 27



BREAKFAST

Scrambled Eggs

with Cottage Cheese & Toast

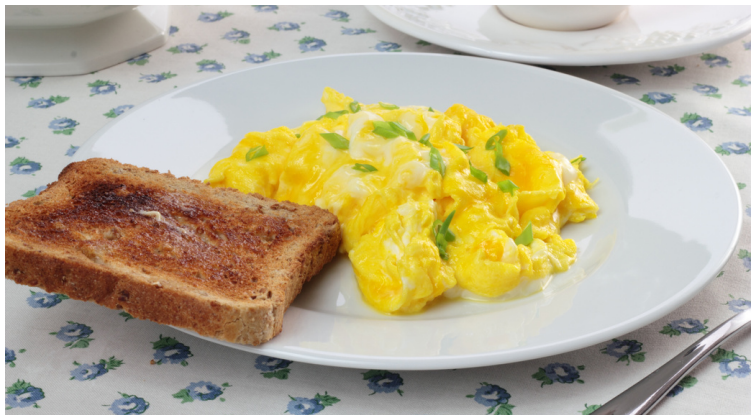
1 serving

401 calories

37g protein

35g carbs

11g fat



INGREDIENTS

- 2 extra large eggs
- 100g egg whites
- 100g low fat cottage cheese
- 1 slice wholegrain bread
- spray oil
- butter (optional)

DIRECTIONS

1. Spray a medium fry pan with oil and set on medium heat.
2. Crack eggs into a bowl. Add the egg whites and cottage cheese. Whisk until smooth.
3. Pour mixture into the pan. Using a spatula, gently pull the eggs from the edges of the pan into the centre. Turn and tilt the pan so the runny eggs take up the available space and again gently pull it towards the centre. This gentle pulling towards the centre of the pan makes long, light ribbons of egg.
4. Remove the pan from the heat before the egg is completely set. Leave to sit for a minute or two so the egg can gently finish cooking in its own heat.
5. Transfer to a plate and season to taste. Serve with toast.

myfitnesspal



Poached Eggs

with Wholegrain Toast

1 serving

300 calories

18g protein

29g carbs

11g fat



INGREDIENTS

2 extra large eggs
20ml white vinegar
2 slices wholegrain bread
butter (optional)

DIRECTIONS

1. Bring a large pot of water to a boil, then reduce to low.
2. Over a small bowl, crack an egg in a fine mesh sieve. Discard the liquidy part of the white egg from the bowl. Transfer the egg from the sieve to the bowl.
3. Add one tablespoon of white vinegar to the pot and stir to create a vortex. Gently pour the egg into the middle of the vortex.
4. Repeat for the second egg.
5. Set a timer for 3 minutes.
6. Once the eggs are done, use a slotted spoon to remove them from the water. Place on a paper towel to remove excess water.
7. Serve with toast.

myfitnesspal



Corn & Zucchini Fritters

with Poached Egg

1 serving

271 calories

16g protein

15g carbs

16g fat



INGREDIENTS

60g canned corn kernels
60g zucchini, grated, drained
2 extra large eggs
2 tbsp milk
1/4 cup self-raising flour,
sifted
1/4 tsp ground cumin
1/4 tsp salt
1/4 tsp pepper
spray oil

DIRECTIONS

1. Whisk together the corn, zucchini, one egg and milk. Gradually stir in the flour and cumin, salt and pepper.
2. Spray a medium fry pan with oil and set on medium heat. Using a tablespoon, place three even spoonfuls of the mixture in the pan. Using a spatula, turn once, cooking until golden.
3. While the fritters are cooking, poach an egg. Bring a large pot of water to a boil, then reduce to low (or turn off the heat).
4. Over a small bowl, crack an egg in a fine mesh sieve. Discard the liquidy part of the white egg from the bowl. Transfer the egg from the sieve to the bowl.
5. Add one tablespoon of white vinegar to the pot and stir to create a vortex. Gently pour the egg into the middle of the vortex. Cook for 3 minutes.
6. Once the egg is done, use a slotted spoon to remove the from the water. Place on a paper towel to remove excess water.
7. Place fritters on a plate and top with the egg.

myfitnesspal



Turkey Omelette

with Mushrooms & Cheese

1 serving

323 calories

40g protein

8g carbs

14g fat



INGREDIENTS

- 1 extra large egg
- 100g egg whites
- 1 tbsp milk
- 100g turkey breast, sliced
- 20g low fat tasty cheese, shredded
- 20g cup mushrooms, roughly chopped
- spray oil

myfitnesspal



DIRECTIONS

1. Spray a medium fry pan with oil and set on medium heat.
2. Crack egg into a bowl. Add the egg whites and milk. Whisk lightly.
3. Pour mixture into the pan. Using a spatula, gently pull the eggs from the edges of the pan into the centre. Turn and tilt the pan so the runny eggs take up the available space and again gently pull it towards the centre.
4. When the majority of the egg has set, sprinkle the turkey, mushrooms and cheese over the whole omelette.
5. Carefully fold the omelette in thirds.
6. Take off the heat and leave for 1-2 minutes to continue to set.
7. Carefully slide the omelette onto a plate. Season to taste.

A woman with blonde hair tied back, wearing a white lab coat over a purple top, is seated at a wooden desk. She is eating a green salad with tomatoes and olives from a white plate. She is holding a fork and knife. To her left is a large computer monitor. In the background, there is a corkboard with a diagram on it. The text "LUNCH & DINNER" is overlaid in large, bold, black letters on a semi-transparent white background.

LUNCH & DINNER

Grilled Chicken Breast

with Rice

1 serving

698 calories

55g protein

73g carbs

17g fat



INGREDIENTS

150g skinless chicken breast
1 tbsp olive oil
1/2 tbsp Dijon mustard
1 tbsp lemon juice
2 cloves garlic, minced
1/2 tbsp soy sauce
1/4 tsp salt
1/4 tsp pepper
1/2 cup jasmine or long grain white rice

DIRECTIONS

1. Add all marinade ingredients to large bowl and whisk until thoroughly incorporated.
2. Using a sharp knife, gently score each side of the chicken four times. Add chicken to marinade and turn to coat. Cover bowl and place in refrigerator. Marinate chicken for one hour.
3. Heat a non-stick frying pan over medium heat. Add chicken and cook for 8 minutes each side, or until cooked through.
4. Remove from pan and slice. Place slices over a plate of rice.

myfitnesspal



Oven-baked Salmon

with Garden Salad

1 serving

340 calories

29g protein

4g carbs

17g fat



INGREDIENTS

125g salmon fillet
1/2 tbsp lemon or lime
juice
1/2 tsp butter, melted
salt & pepper to taste
garden salad to serve

DIRECTIONS

1. Preheat your oven to 190°C and let the salmon come to room temperature for 15 minutes. Mix the melted butter and lemon or lime juice in a small bowl.
2. Place the salmon, skin side down, in a small baking dish and brush the butter mix all over.
3. Season with salt and pepper, and bake for 12 to 15 minutes, or until cooked through.
4. Serve with a fresh garden salad.

myfitnesspal



Grilled Steak

with Steamed Vegetables

1 serving

500 calories

51g protein

6g carbs

22g fat



INGREDIENTS

- 200g thick cut eye fillet or sirloin steak
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tbsp olive oil
- 1 cup frozen mixed vegetables

DIRECTIONS

1. Remove steak from fridge 30 minutes prior to cooking to come to room temperature.
2. Heat BBQ grill to medium-high heat. If cooking on a stove top, heat a griddle pan to high heat.
3. Brush some olive oil on both sides of the steak. Season with salt and pepper.
4. Add the steak to the grill and reduce the heat to medium. For the best char marks, place it at a 45 degree angle.
5. For a medium rare steak, grill for 4-5 minutes on each side. For medium, grill for 5-6 minutes each side.
6. When the steak is done, set aside on a plate. Cover loosely with foil and let the steak rest for 5 minutes.
7. Serve with steamed vegetables.

myfitnesspal



Steamed Barramundi

with Salad

1 serving

288 calories

27g protein

7g carbs

9g fat



INGREDIENTS

200g piece wild barramundi
fillet

1 tbsp Shaoxing or rice
cooking wine

1 tbsp light soy sauce
garden salad to serve

DIRECTIONS

1. Scrunch the sides of 4 squares of foil to form a little 'dish' with sides to contain liquid, then place the fish fillet in the middle. Place dish in a bamboo (or other) steamer over a saucepan of simmering water. Combine wine and soy sauce and pour over fish. Cover and cook for 6 minutes or until just cooked through.
2. Carefully remove fish from foil and place on a plate, pouring the juices over the top. Serve with your favourite salad.

myfitnesspal



Grilled Lamb

with Steamed Vegetables

1 serving

561 calories

50g protein

30g carbs

22g fat



INGREDIENTS

- 200g lamb backstrap fillet salt and pepper
- 1 sprig of rosemary, leaves stripped
- 1 large garlic clove
- 1 red chilli, deseeded
- juice of 1/2 lemon
- 1 tbsp honey
- 1 tbsp olive oil
- 1 cup frozen mixed vegetables

myfitnesspal



DIRECTIONS

1. Season the lamb generously with salt and pepper.
2. Place all the marinade ingredients into a blender or food processor and blitz to a paste, adding more oil if it looks too dry. Smother the fillets with the marinade and leave in the fridge for one hour..
3. When ready to cook, preheat the BBQ or skillet pan to medium-high. Cook for 5 minutes, turn over and cook for another 5 minutes; plus – and this is tricky as the fillets persistently fall over – a minute on each thinner side, so that they're browned all over.
4. Remove lamb from the heat, place on a plate and cover with foil to rest for five minutes. Slice on the diagonal and serve with steamed vegetables.

Chicken

Burrito Bowl

1 serving

692 calories

44g protein

60g carbs

28g fat



INGREDIENTS

1/8 roast chicken, chopped
1/4 cup basmati rice
100g red kidney beans,
drained & rinsed
1/4 brown onion, finely diced
100g canned corn kernels,
drained
1/2 avocado, diced
1 tomato, diced
50g shredded light tasty
cheese

myfitnesspal



DIRECTIONS

1. Cook basmati rice as per packet instructions
2. In a large bowl, arrange chicken, beans, onion, corn, tomato and avocado.
3. Top with shredded cheese and serve

Beef Stir-fry

with Cauliflower Rice

1 serving

636 calories

41g protein

19g carbs

38g fat



INGREDIENTS

- 1 tbsp vegetable oil
- 150g beef sirloin, cut into 1cm wide strips
- 1 cup frozen stir fry vegetables
- 1/2 brown onion, chopped
- 1 tsp minced garlic
- 1 tbsp soy sauce
- 1 tsp sesame seeds
- 1 cup frozen cauliflower rice

DIRECTIONS

1. Heat vegetable oil in a large wok or deep fry pan over medium-high heat. Stir fry beef until browned, 3 to 4 minutes.
2. Move beef to the side of the wok and add frozen vegetables, onion and garlic to the center of the wok. Stir fry for 2 minutes.
3. Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook for, about 2 more minutes.
4. Prepare cauliflower rice as per pack instructions
5. Serve

myfitnesspal



A woman in a dark green sports bra and black leggings is sitting on a gym bench, drinking from a clear shaker cup. She is looking towards the camera. In the foreground, there is a red insulated cup with a straw. The background shows gym equipment, including a yellow rack and various machines, slightly out of focus.

SNACKS

Choc Banana

Protein Smoothie



Order Protein Here

5% Discount

1 serving

376 calories

37g protein

35g carbs

11g fat



INGREDIENTS

- 100g low fat Greek yoghurt
- 1 cup ice
- 1 cup milk
- 1/2 medium banana
- 1 scoop Bulk Nutrients WPI (chocolate)

DIRECTIONS

1. Place all ingredients into a blender, and blend until smooth.
2. Pour into a glass and enjoy.

myfitnesspal



Choc Berry

Protein Smoothie



Order Protein Here

5% Discount

1 serving

352 calories

38g protein

26g carbs

11g fat



INGREDIENTS

100g low fat Greek yoghurt
1 cup ice
1 cup milk
1/2 cup frozen mixed berries
1 scoop Bulk Nutrients
WPI (chocolate)

DIRECTIONS

1. Place all ingredients into a blender, and blend until smooth.
2. Pour into a glass and enjoy.


myfitnesspal




Musashi

High Protein Bar

 [Order Protein Bars Here](#)

 347 calories

 45g protein

 3g carbs

 8g fat



FLAVOURS

Milk Chocolate Brownie

Peanut Butter


Dark Choc Salted Caramel


Cookies & Cream

Musashi

Protein Crisp Bar

 [Order Protein Bars Here](#)

 241 calories

 20g protein

 10g carbs

 10g fat



FLAVOURS

Choc Mint


Choc Peanut

Vanilla Caramel

Crankt

Protein Bar

 Order Protein Bars Here

 214 calories

 20g protein

 3g carbs

 7 fat



FLAVOURS

Salted Caramel

Chocolate Mud Cake

YoPro Performance



Order YoPro Here

High Protein Yoghurt

🕒 120 calories

🕒 20g protein

🕒 7g carbs

🕒 1g fat



FLAVOURS

Strawberry

Mango Passionfruit

Mixed Berry

Bulk Nutrients

Protein Pancakes



Order Pancakes Here

5% Discount

🕒 342 calories

🕒 40g protein

🕒 33g carbs

🕒 3g fat



FLAVOURS

Vanilla

Chocolate

Cinnamon

Bulk Nutrients

Protein Shake



Order Protein Here

5% Discount

🕒 118 calories

🕒 27g protein

🕒 2g carbs

🕒 1g fat



FLAVOURS

Banana

Iced Coffee

Chocolate

Raw (Unflavoured)

Choc Honeycomb

Salted Caramel

Choc Ice Cream

Strawberry

Choc Peanut

Vanilla

Cookies & Cream

Vanilla Maple


Bulk Nutrients

Protein Water

 [Order Protein Water Here](#)

5% Discount

 69 calories

 15g protein

 1g carbs

 0g fat



FLAVOURS

Orange

Pink Lemonade

Pineapple

A woman in a dark green sports bra and black leggings is sitting on a gym bench, drinking from a clear shaker cup. The background is a blurred gym setting with various pieces of equipment. The text 'READY-MADE MEALS' is overlaid in the center of the image.

READY-MADE MEALS

THRIVE

Heat and go meals delivered to your door

Sometimes we get so busy that cooking a meal for the family just isn't an option. Or that work lunch take away is holding you back from what's really important. If that sounds like you, Thrive Meals are a great heat and go option. They have a big range of high protein options, prepared fresh and delivered to your door, and if you don't want a regular delivery you can pause or cancel at any time.

I've secured a **10% discount** for my clients and followers. Simply order via the button below.

 [Order Thrive Meals Here](#)

10% Discount



High Protein

Keto Friendly



492 Cal	42.7 g	18.9 g	25.1 g
CALORIES	PROTEIN	CARBS	FATS

Beef Meatballs with Red Sauce Penne

High Protein

Low Carb



500 cal	29.6 g	22.1 g	31.6 g
CALORIES	PROTEIN	CARBS	FATS

Butter Chicken with Low Carb Rice