

HIGH PERFORMANCE COOKBOOK

VRSTY ATHLETIC CLUB

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30 high-protein recipes to fuel the body and lifestyle you desire. Each recipe is simple to prepare and packed with the nutrients you need to crush your fitness goals.

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Introduction

Welcome to your new go-to resource for delicious, healthy, and high-protein meals! Whether you're trying to build muscle, lose fat, or simply eat a more balanced and nutritious diet, protein plays a vital role in supporting your goals. This cookbook is designed to inspire you to create simple, flavorful meals that will fuel your body and keep you on track, without the need for complicated ingredients or hours in the kitchen.

Protein is an essential macronutrient that your body uses to repair tissues, produce enzymes, and create important hormones. It also helps maintain muscle mass, supports recovery after workouts, and promotes satiety, making it easier to manage hunger and maintain a healthy weight.

Each of the meals in this book is crafted to deliver a significant source of protein, helping you meet your daily requirements in a delicious and satisfying way. By focusing on whole, unprocessed foods, we aim to provide meals that nourish your body and support your overall health and wellness.

In this cookbook, you'll find 30 simple, high-protein meals categorized into breakfasts, lunches, dinners, smoothies, snacks, and desserts. Each recipe includes detailed nutritional information, so you can track your calories and macronutrients with ease. Our focus is on using single-ingredient, minimally processed foods that will make you feel great while helping you meet your fitness and wellness goals.

Remember, healthy eating doesn't have to be complicated. The recipes in this book are designed to fit seamlessly into your life, whether you're an experienced home cook or just starting your journey. With each meal, you're fueling your body with the nutrients it needs to perform, recover, and thrive.

BREAKFAST

VEGGIE OMELETTE



A nutrient dense omelette loaded with veggies and high in protein. Great for breakfast or a post-workout meal.

Prep Time: 5 minutes

Cook Time: 10 minutes

Number of Servings: 1

Ingredients:

- 3 large eggs
- 1/4 cup chopped bell peppers
- 1/4 cup chopped spinach
- 2 tbsp shredded cheddar cheese
- 1 tbsp olive oil
- Salt and pepper to taste

Cooking Directions:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Whisk the eggs in a bowl with a pinch of salt and pepper.
3. Add chopped bell peppers and spinach to the skillet, and sauté for 2 minutes.
4. Pour the eggs over the veggies, and sprinkle with cheddar cheese.
5. Let the eggs cook for 3-4 minutes until the edges set, then flip and cook for another 2 minutes.
6. Serve immediately.

Nutritional Information (per serving):

- Calories: 350
- Protein: 27g
- Carbs: 6g
- Fat: 25g

BREAKFAST

GREEK YOGURT & BERRY PARFAIT



A high-protein, low-sugar snack that's perfect for a quick breakfast or a mid-day pick-me-up.

Prep Time: 5 minutes

Cook Time: 0 minutes

Number of Servings: 1

Ingredients:

- 1 cup plain Greek yogurt (non-fat or 2%)
- 1/2 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tbsp chia seeds
- 1 tbsp honey (optional)
- 1 tbsp crushed walnuts or almonds (optional)

Cooking Directions:

1. Layer Greek yogurt in a glass or bowl.
2. Add a layer of mixed berries on top.
3. Sprinkle chia seeds and nuts on top for crunch.
4. Drizzle with honey if desired.
5. Serve immediately.

Nutritional Information (per serving):

- Calories: 290
- Protein: 25g
- Carbs: 27g
- Fat: 10g

BREAKFAST

PROTEIN PANCAKES



Fluffy, high-protein pancakes made with protein powder and oats, perfect for a nutritious morning treat.

Prep Time: 5 minutes

Cook Time: 10 minutes

Number of Servings: 2

Ingredients:

- 1 scoop vanilla protein powder
- 1/2 cup rolled oats
- 1/2 cup egg whites
- 1/4 cup unsweetened almond milk
- 1 tsp baking powder
- 1/4 tsp cinnamon
- 1/2 tsp vanilla extract

Cooking Directions:

1. Blend all ingredients in a blender until smooth.
2. Heat a non-stick skillet over medium heat and pour batter to form pancakes.
3. Cook for 2-3 minutes per side until golden brown.
4. Serve with fresh fruit or sugar-free syrup.

Nutritional Information (per serving):

- Calories: 250
- Protein: 30g
- Carbs: 25g
- Fat: 4g

BREAKFAST

OVERNIGHT OATS



A perfect make-ahead breakfast, these protein-packed overnight oats combine creamy oats, Greek yogurt, and protein powder for a delicious and filling start to your day.

- Prep Time: 5 minutes
- Cook Time: N/A (chill overnight)
- Number of Servings: 1

Ingredients:

- 1/2 cup rolled oats
- 1/2 cup unsweetened almond milk (or any milk substitute)
- 1/4 cup plain Greek yogurt
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds
- 1/4 cup mixed berries (blueberries, strawberries, raspberries)
- 1 tsp honey or maple syrup (optional for sweetness)

Cooking Directions:

1. In a mason jar or bowl, combine rolled oats, almond milk, Greek yogurt, protein powder, and chia seeds.
2. Stir well to ensure all ingredients are evenly mixed.
3. Cover and refrigerate overnight.
4. In the morning, stir the mixture and top with mixed berries and honey (if desired).
5. Enjoy cold, or warm it up for a few seconds in the microwave if preferred.

Nutritional Information (per serving):

- Calories: 380
- Protein: 30g
- Carbs: 45g
- Fat: 8g

BREAKFAST

EGG CUP BITES



These easy-to-make egg cups are loaded with veggies and protein, perfect for meal prepping and a quick breakfast on the go.

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Number of Servings: 3
(makes 6 egg cups)

Ingredients:

- 6 large eggs
- 1/4 cup shredded cheddar cheese (optional)
- 1/4 cup spinach, chopped
- 1/4 cup red bell pepper, diced
- 1/4 cup mushrooms, chopped
- Salt and pepper to taste
- Cooking spray or oil to grease muffin tin

Cooking Directions:

1. Preheat your oven to 350°F (175°C).
2. Lightly grease a muffin tin with cooking spray or oil.
3. In a mixing bowl, whisk the eggs and season with salt and pepper.
4. Add the chopped spinach, red bell pepper, mushrooms, and shredded cheese (if using) to the egg mixture.
5. Pour the egg mixture evenly into the muffin tin, filling each cup about 3/4 full.
6. Bake for 18-20 minutes, or until the eggs are fully cooked and slightly golden on top.
7. Allow to cool slightly, then enjoy or store in the refrigerator for up to 4 days.

Nutritional Information (per serving – 2 egg cups):

- Calories: 170
- Protein: 14g
- Carbs: 3g
- Fat: 11g

LUNCH

GRILLED CHICKEN & QUINOA SALAD



A delicious and hearty salad loaded with lean protein, healthy fats, and fiber from quinoa and avocado.

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Number of Servings: 2

Ingredients:

- 8 oz chicken breast
- 1 cup cooked quinoa
- 1/2 avocado, diced
- 1/2 cucumber, sliced
- 1 cup spinach or mixed greens
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Cooking Directions:

1. Grill the chicken breast on a stovetop or outdoor grill for 6-7 minutes per side, or until fully cooked. Season with salt and pepper.
2. In a large bowl, mix the cooked quinoa, spinach, cucumber, and avocado.
3. Slice the grilled chicken breast and place it on top of the salad.
4. Drizzle olive oil and lemon juice over the salad. Toss to combine and serve.

Nutritional Information (per serving):

- Calories: 450
- Protein: 40g
- Carbs: 30g
- Fat: 18g

LUNCH

BEEF & VEGGIE STIR-FRY



A quick and flavorful high-protein beef stir-fry with colorful veggies. Perfect for lunch or a weeknight dinner.

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Number of Servings: 2

Ingredients:

- 8 oz lean beef sirloin, sliced thin
- 1 cup broccoli florets
- 1/2 bell pepper, sliced
- 1/2 onion, sliced
- 1 tbsp soy sauce (low sodium)
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tbsp olive oil

Cooking Directions:

1. Heat olive oil in a large skillet over medium heat.
2. Add garlic and stir for 1 minute until fragrant.
3. Add sliced beef and cook for 5 minutes until browned.
4. Toss in broccoli, bell pepper, and onion. Stir-fry for another 5-7 minutes until vegetables are tender.
5. Add soy sauce and sesame oil, stir to combine, and serve.

Nutritional Information (per serving):

- Calories: 400
- Protein: 38g
- Carbs: 12g
- Fat: 22g

LUNCH

GROUND TURKEY & AVOCADO LETTUCE WRAPS



A refreshing, low-carb, high-protein lunch that's easy to make with minimal ingredients.

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Number of Servings: 2

Ingredients:

- 6 oz lean ground turkey (cooked)
- 1 avocado, sliced
- 4 large lettuce leaves (romaine or butter lettuce)
- 1/4 red onion, thinly sliced
- 1/4 cup diced tomatoes
- Salt and pepper to taste
- 1 tbsp lime juice

Cooking Directions:

1. Place two lettuce leaves on each plate.
2. Divide the cooked turkey between the lettuce wraps.
3. Top with avocado slices, red onion, and diced tomatoes.
4. Drizzle with lime juice and season with salt and pepper.
5. Wrap and enjoy!

Nutritional Information (per serving):

- Calories: 350
- Protein: 30g
- Carbs: 10g
- Fat: 22g

LUNCH

CHICKEN & CAULIFLOWER RICE BOWL



A low-carb, high-protein chicken bowl with cauliflower rice and sautéed veggies for a filling lunch.

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Number of Servings: 2

Ingredients:

- 2 (6 oz) chicken breasts, diced
- 2 cups cauliflower rice
- 1/2 cup bell peppers, diced
- 1/4 cup onions, diced
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tsp garlic powder
- Salt and pepper to taste

Cooking Directions:

1. Heat olive oil in a skillet over medium heat. Add diced chicken breasts and cook for 6-8 minutes until fully cooked.
2. In a separate skillet, sauté cauliflower rice, bell peppers, and onions for 5-6 minutes until tender.
3. Combine chicken with cauliflower rice and veggies. Season with soy sauce, garlic powder, salt, and pepper. Serve immediately.

Nutritional Information (per serving):

- Calories: 400
- Protein: 45g
- Carbs: 15g
- Fat: 20g

LUNCH

SOUTHWEST BROWN RICE SHRIMP BOWL



A protein-packed, nutrient-dense burrito bowl with shrimp, brown rice, black beans, and fresh veggies, perfect for a flavorful lunch.

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Number of Servings: 2

Ingredients:

- 8 oz shrimp, peeled and deveined
- 1/2 cup dry brown rice (about 1 cup cooked)
- 1/2 cup black beans, drained and rinsed
- 1/2 cup corn kernels
- 1/2 avocado, diced
- 1/4 cup pico de gallo
- 1/4 cup shredded lettuce
- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp chili powder
- Juice of 1 lime
- Salt and pepper to taste

Cooking Directions:

1. Cook the brown rice according to package instructions.
2. While the rice cooks, heat olive oil in a skillet over medium heat. Season the shrimp with cumin, chili powder, salt, and pepper.
3. Cook shrimp in the skillet for 2-3 minutes on each side until pink and cooked through.
4. Once the rice is cooked, assemble the burrito bowl: divide rice between two bowls, add shrimp, black beans, corn, avocado, pico de gallo, and shredded lettuce.
5. Drizzle with lime juice and serve.

Nutritional Information (per serving):

- Calories: 510
- Protein: 36g
- Carbs: 58g
- Fat: 16g

DINNER

BAKED SALMON WITH ROASTED ASPARAGUS



A simple yet delicious dinner packed with high-quality protein and omega-3 fatty acids.

- Prep Time: 5 minutes
- Cook Time: 15 minutes
- Number of Servings: 2

Ingredients:

- 8 oz salmon fillet
- 1 tbsp olive oil
- 1/2 lemon (sliced)
- 2 cups asparagus spears
- 1 garlic clove, minced
- Salt and pepper to taste

Cooking Directions:

1. Preheat oven to 400°F (200°C).
2. Place salmon fillets on a baking sheet lined with parchment paper. Drizzle with olive oil, garlic, and lemon slices. Season with salt and pepper.
3. Arrange asparagus spears around the salmon. Drizzle with olive oil and sprinkle salt and pepper.
4. Bake for 12-15 minutes, or until the salmon is cooked through and the asparagus is tender.
5. Serve with lemon wedges on the side.

Nutritional Information (per serving):

- Calories: 400
- Protein: 35g
- Carbs: 6g
- Fat: 24g

DINNER

TURKEY MEATBALLS WITH ZUCCHINI NOODLES



Delicious and light turkey meatballs served on a bed of zucchini noodles for a low-carb dinner.

- Prep Time: 5 minutes
- Cook Time: 20 minutes
- Number of Servings: 3

Ingredients:

- 12 oz lean ground turkey
- 1 egg
- 1/4 cup grated parmesan
- 1/2 cup almond flour
- 2 zucchinis, spiralized
- 1 tbsp olive oil
- Salt, pepper, and garlic powder to taste
- Marinara sauce (optional)

Cooking Directions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix ground turkey, egg, parmesan, almond flour, and seasoning.
3. Form mixture into meatballs and place on a baking sheet.
4. Bake for 15-20 minutes or until cooked through.
5. In a skillet, sauté zucchini noodles in olive oil for 3-4 minutes.
6. Serve the turkey meatballs on top of the zucchini noodles with a drizzle of marinara sauce.

Nutritional Information (per serving):

- Calories: 410
- Protein: 40g
- Carbs: 8g
- Fat: 26g

DINNER

LEMON GARLIC GRILLED CHICKEN THIGHS



Juicy chicken thighs marinated in a zesty lemon garlic sauce, perfect for a high-protein dinner.

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Number of Servings: 4

Ingredients:

- 1 lb boneless, skinless chicken thighs
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 garlic cloves, minced
- 1 tsp dried oregano
- Salt and pepper to taste

Cooking Directions:

1. In a bowl, mix olive oil, lemon juice, garlic, oregano, salt, and pepper to create a marinade.
2. Coat the chicken thighs in the marinade and refrigerate for at least 30 minutes.
3. Preheat grill to medium heat and grill chicken thighs for 6-8 minutes per side, or until cooked through.
4. Serve with a side of steamed vegetables or salad.

Nutritional Information (per serving):

- Calories: 290
- Protein: 28g
- Carbs: 2g
- Fat: 19g

DINNER

GROUND TURKEY STUFFED BELL PEPPERS



Colorful bell peppers filled with seasoned ground turkey, making for a satisfying and nutritious dinner.

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Number of Servings: 4

Ingredients:

- 1 lb lean ground turkey
- 4 large bell peppers (any color)
- 1/2 onion, diced
- 1/2 cup quinoa, cooked
- 1 cup tomato sauce
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste

Cooking Directions:

1. Preheat oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds.
3. In a skillet, cook the ground turkey with diced onion until browned. Stir in the tomato sauce, quinoa, and spices.
4. Stuff the bell peppers with the turkey mixture and place them in a baking dish.
5. Bake for 25 minutes until the peppers are tender.
6. Serve hot.

Nutritional Information (per serving):

- Calories: 320
- Protein: 28g
- Carbs: 22g
- Fat: 12g

DINNER

SWEET POTATO SLIDERS



A delicious low-carb alternative to a classic burger, using roasted sweet potato slices as buns, and packed with protein from a juicy beef patty.

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Number of Servings: 1

Ingredients:

- 6 oz lean ground beef (90% lean or higher)
- 1 small sweet potato (about 5 oz)
- 1 slice cheddar cheese (optional)
- 1-2 lettuce leaves
- 2 slices tomato
- 2-3 pickles (optional)
- 1 tbsp mustard or ketchup (sugar-free option recommended)
- Salt and pepper to taste
- 1 tsp olive oil for roasting sweet potato

Cooking Directions:

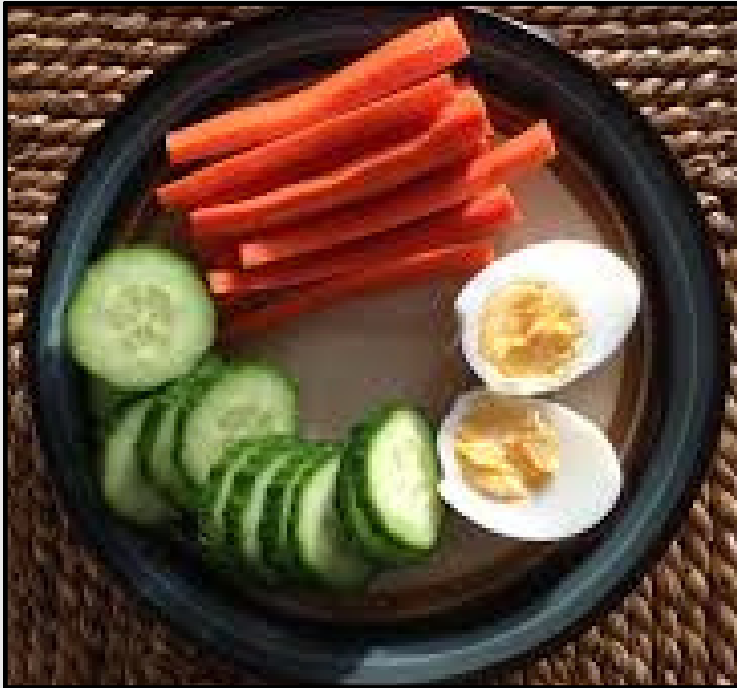
1. Preheat your oven to 400°F (200°C).
2. Slice the sweet potato into 1/2-inch thick rounds. Toss in olive oil and season with salt and pepper.
3. Place sweet potato slices on a baking sheet and roast for 20-25 minutes, flipping halfway through, until tender.
4. While the sweet potatoes cook, form the ground beef into a patty and season with salt and pepper.
5. Heat a grill pan or skillet over medium-high heat and cook the patty for about 4-5 minutes on each side or until fully cooked. Top with cheese during the last minute to melt (optional).
6. Assemble the burger: use the roasted sweet potato slices as the "buns," layer with lettuce, tomato, pickles, and the cooked patty. Add mustard or ketchup as desired.
7. Serve immediately.

Nutritional Information (per serving):

- Calories: 440
- Protein: 35g
- Carbs: 28g
- Fat: 21g

SNACKS

HARD-BOILED EGGS WITH VEGGIE STICKS



A classic, high-protein snack that pairs hard-boiled eggs with fresh veggie sticks for a filling, nutritious boost.

- Prep Time: 10 minutes
- Cook Time: 0 minutes
- Number of Servings: 1

Ingredients:

- 2 hard-boiled eggs
- 1/4 cup carrot sticks
- 1/4 cup cucumber sticks
- 1 tbsp hummus for dipping)

Cooking Directions:

1. Boil eggs for 8-10 minutes, then let cool.
2. Peel eggs and slice in half.
3. Serve with carrot and cucumber sticks, along with hummus for dipping.

Nutritional Information (per serving):

- Calories: 200
- Protein: 15g
- Carbs: 10g
- Fat: 12g

SNACKS

PEANUT BUTTER PROTEIN BALLS



Quick and easy to prepare, these no-bake peanut butter protein balls are ideal for a grab-and-go snack.

- Prep Time: 10 minutes
- Cook Time: 0
- Number of Servings: 4

Ingredients:

- 1/2 cup natural peanut butter
- 1/4 cup protein powder (vanilla or unflavored)
- 1/4 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp honey
- 1/2 tsp vanilla extract

Cooking Directions:

1. In a mixing bowl, combine all ingredients and mix well until a dough forms.
2. Roll the dough into small balls (about 8 total) and place them on a tray.
3. Chill in the refrigerator for 30 minutes before eating.

Nutritional Information (per serving - 2 balls):

- Calories: 200
- Protein: 12g
- Carbs: 15g
- Fat: 12g

SNACKS

TURKEY & CHEESE ROLL-UPS



A protein-packed snack that's perfect for a quick bite, using deli turkey and cheese rolled together.

- Prep Time: 5 minutes
- Cook Time: 0
- Number of Servings: 1

Ingredients:

- 3 slices deli turkey (lean)
- 1 slice Swiss or cheddar cheese
- 1 tsp mustard or hummus (optional for extra flavor)
- 1/4 cup cucumber slices (optional side)

Cooking Directions:

1. Lay out the turkey slices and place cheese inside each slice.
2. Roll up the turkey and cheese into little wraps.
3. Serve with mustard or hummus on the side for dipping, and cucumber slices if desired.

Nutritional Information (per serving):

- Calories: 180
- Protein: 22g
- Carbs: 3g
- Fat: 9g

SNACKS

PROTEIN CHIA SEED PUDDING



A creamy, high-protein chia seed pudding, perfect as a snack or dessert that provides fiber, omega-3s, and protein in each bite.

- Prep Time: 5 minutes
- Cook Time: 0 (chill overnight)
- Number of Servings: 2

Ingredients:

- 2 tbsp chia seeds
- 1/2 cup unsweetened almond milk (or any milk substitute)
- 1 scoop vanilla protein powder
- 1 tsp vanilla extract
- 1/4 cup mixed berries (blueberries, raspberries, strawberries)
- 1 tsp honey or maple syrup (optional)

Cooking Directions:

1. In a bowl or jar, mix together chia seeds, almond milk, protein powder, and vanilla extract.
2. Stir well to ensure no clumps form.
3. Cover and refrigerate overnight (or for at least 4 hours).
4. When ready to eat, give it a good stir and top with mixed berries and honey (if desired).
5. Serve chilled.

Nutritional Information (per serving):

- Calories: 180
- Protein: 15g
- Carbs: 16g
- Fat: 7g

SNACKS

TUNA SALAD WITH SPROUTED CRACKERS



A protein-packed tuna salad made with fresh, simple ingredients, served alongside nutrient-dense sprouted grain crackers. Perfect for a light lunch or snack.

- Prep Time: 10 minutes
- Cook Time: 0
- Number of Servings: 2

Ingredients:

- 1 can (5 oz) tuna in water, drained
- 1 tbsp plain Greek yogurt
- 1 tbsp Dijon mustard
- 1 tbsp red onion, finely diced
- 1 celery stalk, finely chopped
- 1 tbsp fresh parsley, chopped
- 1/2 tbsp lemon juice
- Salt and pepper to taste
- 8-10 sprouted grain crackers

Cooking Directions:

1. In a medium bowl, combine the drained tuna, Greek yogurt, Dijon mustard, red onion, celery, parsley, and lemon juice.
2. Stir the mixture until all ingredients are well incorporated.
3. Season with salt and pepper to taste.
4. Serve the tuna salad alongside sprouted grain crackers for a crunchy, nutritious pairing.

Nutritional Information (per serving):

- Calories: 230
- Protein: 23g
- Carbs: 15g
- Fat: 9g

SMOOTHIES/SHAKES

PEANUT BUTTER PROTEIN SHAKE



A creamy protein shake with the richness of peanut butter and the sweetness of banana.

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Number of Servings: 1

Ingredients:

- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- 1 banana
- 1 cup unsweetened almond milk
- 1/2 cup ice cubes

Cooking Directions:

1. Add all ingredients to a blender.
2. Blend until smooth, and serve immediately.

Nutritional Information (per serving):

- Calories: 350
- Protein: 30g
- Carbs: 28g
- Fat: 12g

SMOOTHIES/SHAKES

CHOCOLATE PEANUT BUTTER PROTEIN SHAKE



A rich and indulgent shake with the perfect blend of chocolate and peanut butter for a protein boost.

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Number of Servings: 1

Ingredients:

- 1 scoop chocolate protein powder
- 1 tbsp peanut butter
- 1/2 banana
- 1 cup unsweetened almond milk
- 1 tbsp cocoa powder (optional)
- 1/2 cup Ice cubes

Cooking Directions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy!

Nutritional Information (per serving):

- Calories: 380
- Protein: 32g
- Carbs: 28g
- Fat: 15g

SMOOTHIES/SHAKES

GREEN MACHINE PROTEIN SMOOTHIE



A nutrient-packed green smoothie with spinach, banana, and a boost of protein powder.

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Number of Servings: 1

Ingredients:

- 1 scoop vanilla protein powder
- 1 cup spinach leaves
- 1/2 banana
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/2 cup Ice cubes

Cooking Directions:

1. Place all ingredients into a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Nutritional Information (per serving):

- Calories: 300
- Protein: 28g
- Carbs: 35g
- Fat: 9g

SMOOTHIES/SHAKES

VERY BERRY POWER SMOOTHIE



A refreshing berry smoothie loaded with antioxidants and a hit of protein for post-workout recovery.

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Number of Servings: 1

Ingredients:

- 1 scoop berry-flavored protein powder
- 1/2 cup frozen mixed berries
- 1/2 cup Greek yogurt
- 1/2 cup water or almond milk
- 1 tbsp ground flaxseeds

Cooking Directions:

1. Add all ingredients to a blender.
2. Blend on high until smooth and thick.
3. Pour into a glass and enjoy!

Nutritional Information (per serving):

- Calories: 330
- Protein: 34g
- Carbs: 34g
- Fat: 10g

SMOOTHIES/SHAKES

BANANA ALMOND PROTEIN SHAKE



This banana almond butter smoothie is super easy to whip up. Almond butter adds nutty flavor plus protein to this healthy, protein-rich banana smoothie.

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Number of Servings: 1

Ingredients:

- 1 small frozen banana
- 1 cup unsweetened almond milk
- 1 tablespoons almond butter
- 1 scoop vanilla protein powder
- 1/2 teaspoon ground cinnamon
- 1/2 cup ice

Cooking Directions:

1. Add all ingredients to a blender.
2. Blend on high until smooth and thick.
3. Pour into a glass and enjoy!

Nutritional Information (per serving):

- Calories: 392
- Protein: 32g
- Carbs: 34g
- Fat: 15g

DESSERTS

PROTEIN BROWNIE BITES



Rich and fudgy protein brownie bites that are guilt-free and perfect for satisfying chocolate cravings.

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Number of Servings: 4

Ingredients:

- 1/2 cup chocolate protein powder
- 1/4 cup cocoa powder
- 1/4 cup almond butter
- 1/4 cup almond flour
- 1/4 cup unsweetened almond milk
- 1 tsp baking powder
- 1 tsp vanilla extract

Cooking Directions:

1. Preheat oven to 350°F (175°C).
2. In a bowl, combine all ingredients until a thick batter forms.
3. Scoop batter into a mini muffin pan.
4. Bake for 12-15 minutes until firm.
5. Let cool before serving.

Nutritional Information (per serving):

- Calories: 180
- Protein: 16g
- Carbs: 10g
- Fat: 8g

DESSERTS

GREEK YOGURT PROTEIN BARK



Frozen yogurt bark packed with protein and your favorite toppings for a guilt-free dessert.

- Prep Time: 5 minutes
- Cook Time: 2 hours (freezing time)
- Number of Servings: 6

Ingredients:

- 2 cups plain Greek yogurt
- 1 scoop vanilla protein powder
- 1 tbsp honey
- 1/4 cup fresh berries (strawberries, blueberries, raspberries)
- 2 tbsp chopped nuts or seeds

Cooking Directions:

1. In a bowl, mix Greek yogurt, protein powder, and honey until smooth.
2. Spread the mixture onto a parchment-lined baking sheet.
3. Top with berries and nuts.
4. Freeze for 2 hours until firm.
5. Break into pieces and serve frozen.

Nutritional Information (per serving):

- Calories: 120
- Protein: 16g
- Carbs: 10g
- Fat: 3g

DESSERTS

CHOCOLATE PROTEIN MUG CAKE



A quick, microwaveable chocolate mug cake that satisfies your sweet tooth with a protein boost.

- Prep Time: 2 minutes
- Cook Time: 1 minute
- Number of Servings: 1

Ingredients:

- 1 scoop chocolate protein powder
- 1 tbsp almond flour
- 1 tbsp cocoa powder
- 1/4 tsp baking powder
- 1/4 cup unsweetened almond milk
- 1 tsp honey or sweetener

Cooking Directions:

1. In a mug, mix protein powder, almond flour, cocoa powder, and baking powder.
2. Stir in almond milk and honey to form a smooth batter.
3. Microwave for 60-90 seconds until cake is firm.
4. Let cool for a minute and enjoy!

Nutritional Information (per serving):

- Calories: 220
- Protein: 25g
- Carbs: 12g
- Fat: 8g

DESSERTS

CHOCOLATE PROTEIN MOUSSE



This creamy, rich chocolate mousse is low in carbs and high in protein, making it the perfect treat.

- Prep Time: 5 minutes
- Cook Time: 10 minutes (chill time)
- Number of Servings: 4

Ingredients:

- 1 scoop chocolate protein powder
- 1/2 cup Greek yogurt
- 1/4 cup unsweetened cocoa powder
- 1/4 cup unsweetened almond milk
- 1 tbsp peanut butter
- Sweetener to taste

Cooking Directions:

1. In a bowl, mix the protein powder, cocoa powder, and yogurt.
2. Gradually add almond milk until smooth and creamy.
3. Stir in peanut butter and sweetener.
4. Chill in the fridge for 10 minutes before serving.

Nutritional Information (per serving):

- Calories: 200
- Protein: 22g
- Carbs: 8g
- Fat: 9g

DESSERTS

NO-BAKE CHOCOLATE PEANUT BUTTER PROTEIN BARS



Cooking Directions:

- In a medium bowl mix together peanut butter, honey, coconut oil, vanilla together until smooth. Add in ground flaxseed meal and protein powder of choice. Use a spoon to mix together until you can't anymore, then use clean hands to help work together. The batter should be similar to cookie dough.
- Press into an 8x4 inch pan lined with parchment paper.
- Add 2.5 ounces of dark chocolate to a small saucepan and melting until completely smooth. Pour the melted chocolate over the peanut butter layer and tilt the pan so that the chocolate covers the peanut butter layer entirely.
- Place in the fridge for 30 minutes-1 hour before slicing into 10 bars or squares (either works but I love squares the most). Store covered in the fridge until ready to eat. Bars will keep for up to two weeks.

These low carb peanut butter protein bars will be your new favorite snack to keep in your fridge and enjoy all week long!

- Prep Time: 10 minutes
- Cook Time: 30 minutes
- Number of Servings: 10

Ingredients:

- $\frac{3}{4}$ cup natural creamy peanut butter (just peanuts + salt)
- $\frac{1}{4}$ cup honey
- 1 tbsp melted coconut oil
- 1 tsp vanilla
- $\frac{1}{3}$ cup ground flaxseed meal
- $\frac{1}{2}$ cup of vanilla protein
- 2.5 ounces your favorite 85% dark chocolate bar
- Coarse sea salt for sprinkling on top

Nutritional Information (per serving):

- Calories: 210
- Protein: 10g
- Carbs: 13g
- Fat: 14g

Enjoy!

Thank You for Reading The High Performance Cookbook!

Congratulations on taking the first step toward fueling your body and lifestyle with these 30 high-protein recipes! From energizing breakfasts to satisfying lunches, hearty dinners, protein-packed snacks, refreshing smoothies, and indulgent yet nutritious desserts, this cookbook was designed with your health and performance goals in mind.

Whether you're striving to build muscle, lose fat, or simply maintain a balanced, high-energy lifestyle, these recipes are here to support you every step of the way. Remember, consistency is key, and small, sustainable changes in your nutrition can lead to incredible results over time.

Stay Connected ↓

I'd love to hear how you're using these recipes to enhance your journey! If you have any feedback, questions, or need additional guidance, please don't hesitate to reach out. Your success is my priority, and I'm here to help you achieve your goals.

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 **www.teamvrsty.com**

Finally, thank you for trusting me to be part of your health and fitness journey. Here's to your continued progress, high performance, and living the lifestyle you desire!

**Stay strong and eat clean,
Coach Jared**