

FREE RECIPE PACK

15 High-Protein Recipes

Quick, real-food meals that keep you full and hit your protein — breakfasts, mains, snacks and fit sweets, each with exact macros. A taste of my full 162-recipe book.

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01 · Eggs and Chicken Breast

Per serving: 3 eggs, 100g raw chicken breast

290	38g	4g	12g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 3 eggs (165g)
- 100g cooked chicken breast slices
- 100g cherry tomatoes
- Salt and pepper to taste

METHOD

1. Hard-boil eggs for 9–10 minutes. Cool, peel, and halve.
2. Arrange halved eggs on a plate alongside slices of chicken breast.
3. Add fresh cherry tomatoes on the side. Season eggs with salt and pepper.

TIP Hard-boiling a batch of eggs at the start of the week makes this breakfast assembly take under 2 minutes every morning.

02 · Whey Protein Smoothie Bowl

Per serving: 1 scoop whey, 1 frozen banana, 100ml milk, 80g frozen berries, 20g oats, 15g almonds

390	32g	48g	6g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 30g whey protein powder (flavor of choice)
- 1 frozen banana (approx. 120g)
- 100ml milk
- 75g frozen berries
- 30g raw oats, 15g sliced almonds, 80g fresh fruit

METHOD

1. Blend whey protein, frozen banana, milk, and frozen berries until completely smooth and thick.
2. The mixture should be thick enough to eat with a spoon — add less milk for a thicker result.
3. Pour into a bowl and arrange toppings over the surface: rolled oats, sliced almonds, and fresh fruit.

TIP Use frozen banana instead of fresh for a naturally thick, ice-cream-like texture — no ice cubes needed that would dilute the flavor.

03 · Skyr, Whey, Oats, Blueberries, Walnuts and Cacao

Per serving: 150g skyr, 0.5 scoop whey, 30g oats, 80g blueberries, 15g walnuts

380	34g	32g	10g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g plain skyr
- 15g whey protein powder
- 2-3 tbsp rolled oats
- 80g blueberries
- 15g walnuts
- 1 tbsp (8g) raw cacao powder

METHOD

1. Stir whey protein into skyr until smooth.
2. Layer rolled oats over the skyr base.
3. Top with blueberries and walnuts. Finish with a generous dusting of raw cacao powder.

TIP Building this in layers in a glass and eating from the bottom gives a different combination of flavors and textures in every spoonful.

04 · Boiled Chicken with Quinoa and Salad

Per serving: 150g raw chicken breast, 80g raw quinoa, salad

440	44g	36g	8g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g chicken breast, boiled
- 60g quinoa
- 60g shredded lettuce, 60g carrot (grated)
- 5g fresh parsley
- Salt to taste

METHOD

1. Boil chicken until fully cooked, slice or shred.
2. Cook quinoa in salted water for 15 minutes, rinse.
3. Plate quinoa with shredded salad and carrot.
4. Top with chicken and fresh parsley.

05 · Mustard Chicken with Bread and Slaw

Per serving: 150g raw chicken breast, 1 slice bread, 100g cabbage slaw

410	42g	24g	12g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g chicken breast (marinated in mustard)
- 2 slices rye bread (70g)
- 1 carrot (80g), grated
- 1 small beet (100g), grated
- 100g cabbage, shredded
- 80g mixed salad leaves
- Salt and pepper to taste

METHOD

1. Marinate chicken in mustard overnight or for at least 1 hour.
2. Grill or bake chicken until golden.
3. Mix grated carrot, beet, and shredded cabbage into a raw slaw.
4. Serve chicken with bread and the slaw.

06 · Chicken, Rice and Salad

Per serving: 150g raw chicken breast, 80g raw rice, salad

440	42g	44g	8g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g chicken (boiled, shredded)
- 80g white rice
- 80g mixed salad leaves
- 5g fresh parsley or chives
- Salt to taste

METHOD

1. Cook and shred chicken, season lightly.
2. Cook rice in salted water, drain.
3. Arrange salad leaves in a bowl, top with rice and shredded chicken.
4. Garnish with fresh herbs.

07 · Turkey with Chickpeas

Per serving: 150g raw turkey breast, 100g raw chickpeas

450	42g	40g	8g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g turkey steak (grilled or pan-seared)
- 200g chickpeas (dried or canned)
- 100g cherry tomatoes
- Salt and pepper to taste

METHOD

1. If using dried chickpeas: soak overnight, then boil in salted water for 30 minutes. Without soaking, cook for about 2 hours.
2. If using canned chickpeas: rinse and warm them in a pan.
3. Grill or pan-sear the turkey steak until golden on both sides.
4. Serve turkey with chickpeas and cherry tomatoes.

08 · Beef Steak with Baked Potatoes

Per serving: 180g raw beef steak, 200g raw potatoes

510	40g	30g	18g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g beef steak
- 4 medium potatoes (500g)
- 5g fresh herbs (chives, parsley)
- Salt and pepper to taste

METHOD

1. Peel potatoes, cut into wedges, season, and bake at 200°C for 30–35 minutes.
2. Season beef steak and cook to desired doneness on a grill or hot pan.
3. Serve steak alongside baked potato wedges, garnished with fresh herbs.

09 · Salmon, Quinoa and Salad

Per serving: 150g raw salmon, 80g raw quinoa, salad

470	38g	36g	16g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g salmon, baked or pan-fried
- 60g quinoa
- 100g mixed salad (lettuce, tomato, carrot, cucumber)
- Juice of 1/2 lemon (approx. 15ml)
- Salt and pepper to taste

METHOD

1. Cook quinoa in salted water for 15 minutes, rinse and drain.
2. Cook salmon until golden and cooked through.
3. Flake salmon over quinoa and fresh salad.
4. Dress with a squeeze of lemon juice.

10 · Grilled Trout with Root Vegetable Fries

Per serving: 200g raw trout, 200g raw root vegetables

420	38g	28g	14g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 150g trout fillet
- 1 small sweet potato (150g)
- 1 parsnip (150g)
- 1 large carrot (100g)
- 80g fresh spinach
- Salt, pepper, spices to taste

METHOD

1. Cut sweet potato, parsnip, and carrot into fry-shaped sticks.
2. Season and bake at 120°C for 1 hour — no oil needed.
3. Grill trout fillet on a hot grill pan until cooked through.
4. Serve with fresh spinach on the side.

11 · Tuna, Pasta and Salad

Per serving: 150g canned tuna drained, 80g raw whole wheat pasta, salad

420	36g	48g	4g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 1 can tuna in water (150g), drained
- 80g fusilli pasta
- 100g cherry tomatoes
- 80g mixed salad leaves
- Salt to taste, 1 tsp dried herbs

METHOD

1. Cook pasta in salted water, drain and let cool slightly.
2. Toss pasta with tuna and dried herbs.
3. Serve over mixed salad leaves with halved cherry tomatoes.

12 · Low-Carb Pizza

Per serving: 125g mozzarella, ground flaxseed, egg, kulen, ham

420	28g	12g	28g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 40g ground flaxseed
- 125 g mozzarella
- 200ml water
- 1/2 tsp baking soda, pinch of salt
- 40g kulen, 30g kashkavalj, 40g ham, 1 egg (55g), 20g olives, 1 tsp oregano

METHOD

1. Melt mozzarella in the microwave until it becomes completely stretchy and pliable.
2. Add ground flaxseed and mix until a compact dough forms. Season with salt and a pinch of baking soda, adding water as needed.
3. Spread the dough onto a sheet of baking paper and bake at 180°C for 15 minutes.
4. Layer kashkavalj, kulen, ham, and oregano over the base. Crack eggs directly onto the pizza and return to the oven for 5–10 minutes until the eggs are just set.

TIP Work fast once the mozzarella is melted — it sets quickly as it cools and becomes hard to spread.

13 · Almonds, Chicken Breast Slices and Gouda

Per serving: 100g raw chicken breast, 2 slices Gouda, 20g almonds

360	34g	4g	22g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 100g sliced cooked chicken breast
- 2 slices Gouda cheese (40g)
- 20g raw almonds

METHOD

1. Arrange chicken breast slices and Gouda on a plate.
2. Add a handful of raw almonds on the side.

14 · Protein Ice Cream — Lean Cheese and Whey

Per serving: 100g lean fresh cheese, 1 scoop whey

210	28g	4g	6g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 100ml lean fresh cheese (quark)
- 30g whey protein powder (any flavor)
- 1 tbsp water
- 5g fresh mint

METHOD

1. Mix lean cheese with whey protein and water until smooth.
2. Pour into a glass or bowl.
3. Freeze for about 3 hours until set.
4. Garnish with fresh mint before serving.

15 · Sweet-Salty Treat

Per serving: 1 slice bread, 100g lean cheese, 0.5 scoop whey, 70g avocado, 1 tbsp peanut butter, fruit

380	30g	26g	16g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 1 slice whole grain bread (35g)
- 1 tbsp peanut butter
- 80g berries of choice
- 100 g lean fresh cheese
- 15g whey protein powder (flavor of choice)
- 1 tsp cinnamon

METHOD

1. Mix lean fresh cheese with whey protein until smooth.
2. Spread peanut butter on the slice of whole grain bread.
3. Spoon the cheese-whey mixture alongside on a plate, top with fresh or frozen fruit.
4. Dust with cinnamon and serve. Go easy on the peanut butter!

TIP This combines complex carbs, protein, and healthy fats in one plate — a perfectly balanced snack or light meal.

WANT THE FULL SYSTEM?

These 15 are a taste.

My coaching clients get a personalised nutrition plan built from foods they actually like — rotated every week — plus training, weekly check-ins and my review. If you want the system behind these recipes working for you, start with a free consult.

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