

E-BOOK

# 6 High-Protein Recipes

*Lunch Edition*



# Sommaire

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# 6 High-Protein Recipes *Lunch Edition*

A Warm Welcome!

Hi there! I'm Hanan, the creator of Healthy Good Food.

I believe that eating healthy shouldn't be complicated or time-consuming, especially during a busy workday. That's why I created this High-Protein Lunch Guide.

My goal is to help you fuel your afternoon with delicious, nutritious meals that keep you satisfied without keeping you in the kitchen for hours. In this book, you'll find my favorite quick lunch recipes, each designed to be a perfect balance of protein and fresh ingredients.

Whether you're meal-prepping for the office or looking for a better-than-takeout meal at home, these recipes are crafted for your healthy lifestyle.

Thank you for choosing Healthy Good Food. Let's make every meal a step toward a better you!

Stay healthy,

[www.healthygoodfood.com](http://www.healthygoodfood.com)





# Recipe 01: Grilled Chicken Pasta Salad Bowl

Prep Time: 15 mins | Cook Time: 15  
mins | Servings: 2 Calories: 600  
kcal | Protein: 42g

## Instructions

1. Season & Grill: Rub the chicken with olive oil and spices. Grill until charred and juicy. This creates the perfect smoky flavor for your bowl.
2. Mix the Pasta: In a large bowl, combine the cooked pasta with tomatoes, peppers, cheese/ham, and dressing. Toss well until creamy.
3. Build the Base: Arrange the mixed greens, cucumber, and red onion in a serving bowl to create a refreshing, healthy balance.
4. Assemble & Serve: Place the creamy pasta salad on one side and lay the sliced grilled chicken over the greens.

## Ingredients

### For the Juicy Grilled Chicken:

- 2 chicken breasts (sliced)
- 2 tbsp olive oil
- 1 tsp paprika & 1 tsp garlic powder
- Salt & black pepper to taste

### For the Creamy Pasta Salad:

- 2 cups rotini pasta (cooked)
- 1/2 cup cherry tomatoes (halved)
- 1/4 cup diced bell peppers
- 1/4 cup diced cheese or ham (for extra flavor)
- 1/4 cup creamy dressing (mayo or ranch style)
- 1 tbsp fresh parsley (chopped)

### The Fresh Salad Base:

- 2 cups mixed greens (crunchy base)
- 1/4 red onion (thinly sliced)
- 1/2 cucumber (sliced)



## Recipe 02: Savory Glazed Beef & Fried Rice Box

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 1-2 | Calories: 560 kcal | Protein: 34g

### Instructions

1. Sizzle the Rice: Stir-fry the cooked rice with peas, scrambled egg, and soy sauce in a hot skillet. This creates a fluffy, restaurant-style fried rice base.
2. Sear the Beef: In another skillet, sear the beef cubes until browned. Add the soy sauce, oyster sauce, brown sugar, and garlic. Toss until the beef is coated in a sticky, sweet-savory glaze.
3. Flash-Fry Veggies: Quickly toss your veggie mix in sesame oil until they are crisp-tender and colorful.
4. Assemble the Box: Neatly arrange the fried rice, glazed beef, and veggies in your bowl or meal-prep container. Garnish with green onions for the final touch!

### Ingredients

#### The Glazed Beef Bites:

- 8 oz beef steak (cubed)
- 1 tbsp soy sauce & 1 tbsp oyster sauce
- 1 tbsp brown sugar (for the perfect glaze)
- 2 cloves garlic (minced)

#### Authentic Fried Rice:

- 2 cups cooked rice (cold rice works best!)
- 1/2 cup green peas
- 1 egg (scrambled)
- 2 tbsp soy sauce & 1 tbsp vegetable oil

#### Stir-Fried Veggie Mix:

- 1.5 cups mixed veggies (Broccoli, Zucchini, Carrots, Peppers)
- 1 tbsp sesame oil (for that signature aroma)
- Salt & black pepper to taste



## Recipe 03: Loaded Chicken & Egg Superfood Bowl

Prep Time: 10 mins | Cook Time: 10  
mins | Servings: 1 | Calories: 520 kcal  
| Protein: 42g

### Ingredients

#### The Protein Base:

- 1 grilled chicken breast (diced)
- 2 hard-boiled eggs (sliced)

#### The Fresh Superfood Mix:

- 1 cup chopped romaine or mixed lettuce
- 1/2 avocado (cubed for healthy fats)
- 1/2 cup cherry tomatoes (halved)
- 1/2 cup cucumber (sliced)
- 1/2 cup sweet corn kernels

#### Simple Clean Dressing:

- 1 tbsp extra virgin olive oil
- Salt & black pepper to taste

### Instructions

1. Build the Base: Start with a fresh bed of chopped lettuce. This crunchy base is perfect for a light yet filling lunch.
2. Sauté the Chicken: Season your diced chicken with salt and pepper, and sauté until golden and juicy.
3. Add the Superfoods: Layer the avocado, cucumber, tomatoes, and sweet corn around the bowl for a burst of color and nutrients.
4. The Final Touch: Place the sliced eggs and grilled chicken on top. Drizzle with olive oil, sprinkle a little pepper, and your power bowl is ready!



## Recipe 04: Zesty Salmon Rice Power Plate

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 1-2 | Calories: 510 kcal | Protein: 37g

### Ingredients

#### The Zesty Salmon:

- 1 fresh salmon fillet
- 1 tbsp olive oil & 1 tbsp lime juice
- 1/2 tsp paprika or Cajun seasoning (for a bold kick)
- 1 tbsp butter (optional for a rich finish)

#### The Spiced Rice Base:

- 1 cup cooked rice (seasoned with a pinch of salt and spices)

#### The Fresh Garden Salad:

- 1 cup chopped romaine lettuce
- 1/2 cup cherry tomatoes (halved)
- 1/2 cucumber (sliced)
- 2 tbsp red onion (diced)

### Instructions

1. Sizzle the Salmon: Rub the salmon with olive oil and spices. Sear for 4–5 minutes per side until the skin is crispy and the inside is tender.
2. Flavor Boost: Drizzle the cooked salmon with fresh lime juice and a touch of melted butter for that restaurant-style "Zesty" finish.
3. Prepare the Sides: Toss your fresh veggies together with a squeeze of lime. Ensure your rice is warm and fluffy.
4. Plate & Garnish: Arrange the rice, the vibrant salad, and the salmon on your plate. Garnish with a lime slice for a beautiful, colorful presentation.



## Recipe 05: Chicken & Veggie Stir-Fry Plate

Prep Time: 10 mins | Cook Time: 15 mins | Servings: 1-2 | Calories: 390 kcal | Protein: 38g

### Ingredients

#### The Seasoned Chicken:

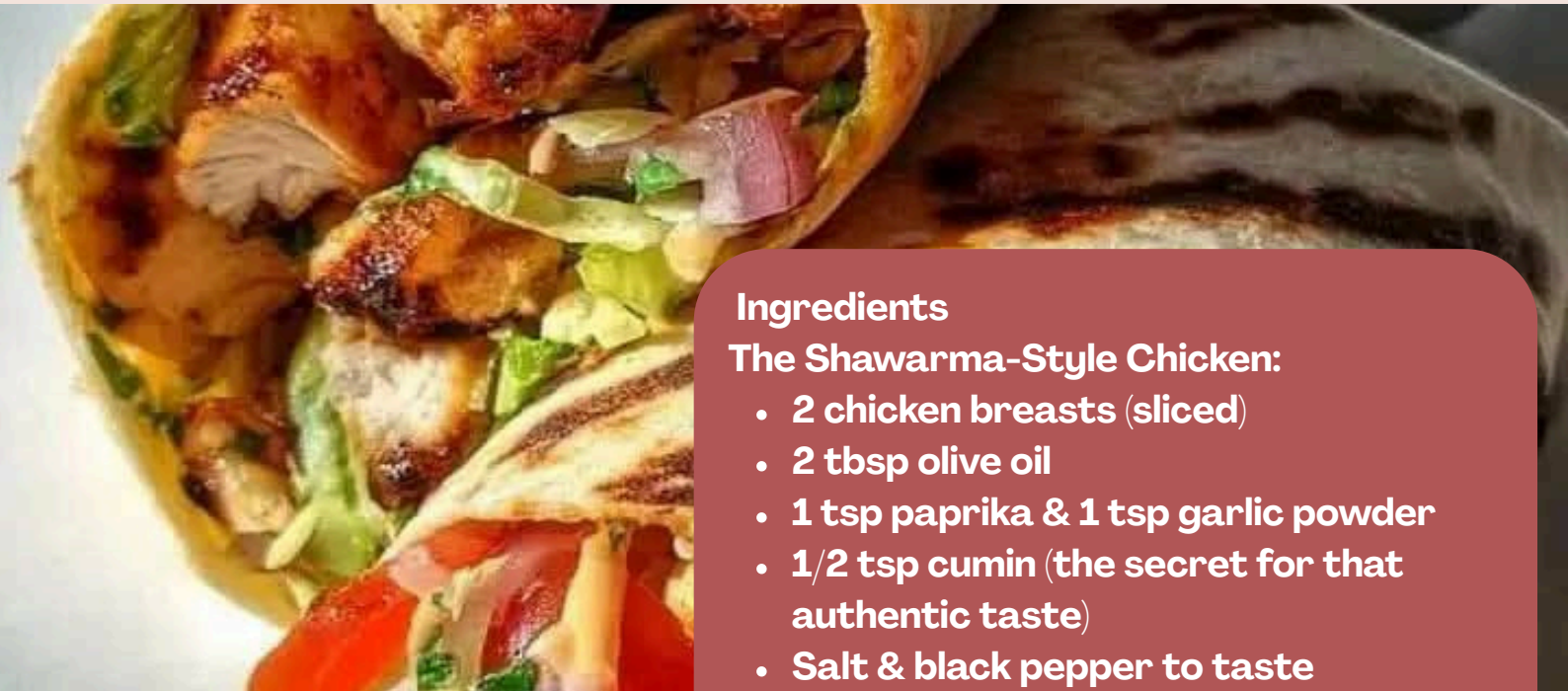
- 2 boneless, skinless chicken breasts (cut into bite-size pieces)
- 1 tsp garlic powder & 1 tsp onion powder
- 1/2 tsp paprika & 1/2 tsp dried herbs (Italian seasoning)
- Salt & black pepper to taste

#### The Colorful Stir-Fry:

- 2 cups mixed stir-fry vegetables
- 1 cup shredded carrots
- 1/2 red & 1/2 green bell pepper (sliced)
- 1/2 small onion (sliced)
- 2 tbsp olive oil (for cooking)

### Instructions

1. Seasoning: Toss your chicken pieces with all the spices. This quick step ensures every bite is packed with flavorful, homemade taste.
2. Searing: Heat the oil in a large skillet. Cook the chicken until it's golden brown on the outside and tender in the center.
3. Sauté the Veggies: In the same pan, add all the vegetables. Stir-fry until they are tender but still have a fresh, crisp bite.
4. The Blend: Toss the chicken and veggies together for one last minute so the flavors meld. Serve immediately while hot!



## Recipe 06: Grilled Chicken Shawarma Wrap

Prep Time: 10 mins | Cook Time: 10  
mins | Servings: 2 Calories: ~580  
kcal | Protein: ~36g

### Ingredients

#### The Shawarma-Style Chicken:

- 2 chicken breasts (sliced)
- 2 tbsp olive oil
- 1 tsp paprika & 1 tsp garlic powder
- 1/2 tsp cumin (the secret for that authentic taste)
- Salt & black pepper to taste

#### The Creamy Garlic Sauce:

- 1/4 cup mayonnaise
- 1 tbsp ketchup
- 1 tsp garlic powder & 1 tsp lemon juice
- 1 tsp paprika (for color and flavor)

#### The Wrap:

- 2 large flour tortillas
- Shredded lettuce, diced tomatoes, and red onions

### Instructions

1. Season & Sear: Toss the chicken with the spices and oil. Grill in a hot skillet until you get those beautiful golden char marks.
2. The Secret Sauce: Whisk together the mayo, ketchup, garlic powder, and lemon juice. This sauce is what makes the wrap "restaurant-quality".
3. Assemble: Spread a generous amount of sauce on the tortilla. Layer the grilled chicken and fresh veggies in the center.
4. The Final Crunch: Fold the wrap and place it back on the skillet for 1-2 minutes until it's toasted and crispy. Serve hot!

# Conclusion & Stay Connected

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### Thank You for Reading!

I hope you enjoyed these 6 quick and healthy lunch recipes. My goal with Healthy Good Food is to make your kitchen experience easier, healthier, and much more delicious, no matter how busy your day is. Ready for more?

- Visit my website: [www.healthygoodfood.com](http://www.healthygoodfood.com) for hundreds of more recipes, meal prep ideas, and nutrition tips!
- Follow us on social media: Join our community for daily inspiration and behind-the-scenes healthy living.
- Share your creations: Did you try one of these recipes? Snap a photo and tag us! I'd love to see your healthy lunch masterpieces.

Stay healthy and happy cooking,  
Hanan