

# **JWC**

HEALTH & FITNESS

**PROTEIN  
INSPIRATION**



# TIP



Plan your meals around your protein intake.

It has been proven that those who include protein in their breakfast are more likely to hit their protein goal for the day.

Try and get protein in at least 2 meals a day (not inc. snacks).

# BREAKFAST IDEAS

Eggs:

Scrambled egg (egg whites only if you're on higher carb/ lower fat diet).

Fried eggs (use oils rather than butter for frying - but if on high carb/ low fat diet avoid frying food).

Poached eggs.

Boiled eggs - also great as snacks.

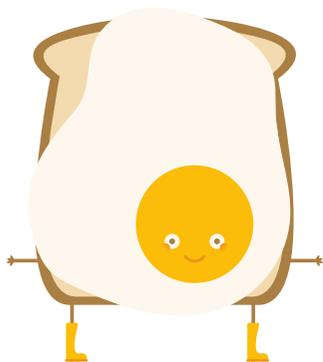
Along with your eggs ,having seeded brown/ wholemeal breads / bagels.

High protein yoghurt & granolas - recommend Kellogg plant protein crunch.

Turkey/ bacon medallion rashers with eggs.

Homemade oat protein bars / muffins for breakfast on the go.

Porridge / baked oats with added protein powder - we sell protein powder at JWC so can advise with this.



# LUNCH IDEAS



High protein meats: beef, chicken, tuna, ham, prawns, turkey, pork.

Can make these into:

Salads - along with meat fill with chickpeas / lentils / vegetables / fruit / low fat dressings / balsamic vinegar etc.

Make meats into seeded bread sandwiches / pitta breads along with salad.

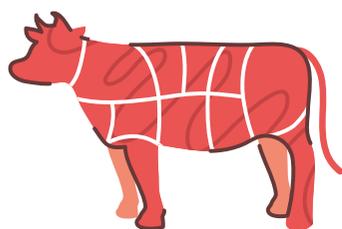
Fajita pizzas with meat & cheese on are great low calorie alternatives to dough pizza.

Homemade meat kebabs in low calorie dressings, served with salad/ brown/ wholemeal breads / crackers.

Eggs - so versatile - can also add to your salads to increase calories.

Chickpeas, lentils, pulses – can be added to salads/ evening meal.

Cous cous is great & easy – can pair with loads of veg / fish / meat to make afternoon snacks / side dishes or making a larger portion with more meat as a main.



# SNACK IDEAS

Homemade protein oat bars / muffins.

Protein shakes / smoothies with protein powder - we sell protein powder at JWC so can advise with this.

Protein yoghurts - can also add granola to these to increase calories - recommend Kellogg plant protein crunch.

Boiled eggs.

Protein bars - recommend my protein carb crusher / layered bars - just be wary of saturated fats - guidelines for this can be found on the macronutrient video.



# DINNER IDEAS

MEAT!! - main source of protein: lean chicken, beef, pork, turkey.

Fish: salmon (higher in fat but low in saturated fat - sea trout is a great alternative to salmon if wanting to keep fat intake low), tuna, cod, sea-bass, prawns etc....

Tofu is a great protein source for vegans / vegetarians.

Adding any of the above to risotto, stir fry, pasta, curry, paella, stews etc...

Buying minced meat to make your own meatballs - can then add into pasta dishes.

Seasonings/ dressings (be wary of calories) of to make meat tastier - especially with chicken as this tends to be quite a dry meat - use soy sauce, honey, lemon, balsamic vinegar, chilli flakes, sweet chilli sauces, herbs, oil etc...

Beans & pulses - high protein and a source of complex carbohydrate - can add to stir fry, curry, paella etc... to increase calories & add additional protein to your meat.

Homemade fish fingers - to keep calories/ carbohydrates low use panko breadcrumbs to cover fish fingers.

