

Coaches Top Tips

Best High-Protein
Breakfast, Lunch, Dinner
and Snack

Common Traits

30g Protein Minimum. Hit this for all 3 main meals (plus snack), 100g can be achieved (good target for most of us).

Quick, easy and tasty. Meals that can be enjoyed consistently and without hassle!

Supporting characteristics. Balanced carbs and fats to support energy, satiety and variety.

Plenty of colour: An easy way to ensure a wide variety of vitamins and minerals.



Breakfast - Clodagh



Feta Cheese and Spinach Protein-Boost Omelette

Why it's my number 1:

"Really high protein keeps me full right through until lunch - no need to snack!"

Approx Macros:

Calories: 370-400, Protein: 36-38g, Carbohydrates: 23-25 g, Fat: 16-18 g

Ingredients:

2 large eggs, 150 ml egg whites, 10 g feta cheese, 1 slice wholemeal bread (100 kcal), Small spread of real butter (5 g), 50 g frozen spinach

Method:

Whisk the 2 whole eggs with the 150 ml egg whites and seasoning . Add the egg mixture to a non-stick pan on medium heat and cook until mostly set. Scatter in the spinach and feta and cook for another 30-60 seconds. Toast the bread and spread the butter on it while hot and add the omelette on the side or on top.



Natasha - Lunch



High-Protein Poke Bowl

Why it's my number 1:

"I love this as I can throw in any veg or protein I have. Sauerkraut is my gut health secret weapon and edamame and veggies can add a lot of volume and fibre without too many cal! Easy, repeatable and doesn't use much brain power."

Approx macros:

Calories: 450-500, Protein: 40-45g, Carbohydrates: 45-55g, Fat: 15g

Ingredients:

Chicken or salmon

Rice - I usually make sushi rice in my ninja multi cooker

Edamame

1/2 Avocado

Sauerkraut (recently discovered I love this and makes me feel amazing)

Any veg you've got lying around, cucumber, grated carrot, radish, peppers, tomatoes

Small serving of sriracha mayo

Method:

Cook the chicken or salmon. Pressure cook rice - or use ready cooked sachets. Throw everything else in. Add sauce.



Simone - Dinner



Sweet potato with spicy pulled chicken, vegetables, cottage cheese and sesame seeds

Why it's my number 1:

"This is the meal where I'm most intentional about combining high protein with fibre, volume, and satiety. It helps me feel properly fed in the evening, reduces snacking, and supports recovery while still feeling like a real, enjoyable meal"

Approx macros (base meal):

Calories: 420-450, Protein: 40-44g, Carbohydrates: 20-25g, Fat: 20-25g

Optional extra (on higher appetite days):

Half an avocado, Adds approximately:

Fat: 10-12g Carbohydrates: 6-8g Calories: 110-130 kcal

Ingredients:

Cooked chicken breast, 150g Sweet potato, 1 small Olive oil, 1 tablespoon Cottage cheese, 2 tablespoons Mixed vegetables, Sesame seeds

Method:

Cook the chicken with seasoning and spices then shred it. Heat the vegetables with seasoning then mix with the pulled chicken, and plate up as one. Cook the sweet potato, cut in half and drizzle with olive oil and chilli flakes, fill it with cottage cheese and sesame seeds and pop the veggies and chicken on top.



Jen - Snack



Vietnamese Meatballs

Why it's my number 1:

"I have 2/day as a mid morning snack with rice cakes and/or fruit. These also freeze well, and are easy to make in batches - just double the recipe. They are a really good way to get some extra protein in without resorting to a protein bar".

Approx macros (2 meatballs):

Calories: 170, Protein: 27g, Carbohydrates: 2g, Fat: 6g

Ingredients:

1 egg, 500g chicken mince, 500g pork mince (or use all pork, or all chicken!), 2 tbsp fish sauce, 2 tbsp soy sauce, 2-3 garlic cloves (around 11g), 1 chilli (or more if you like spicy, less if you don't!), Salt and pepper to taste, Herbs of choice (I like to use fresh coriander, ginger, cumin and lemongrass, but any will do - whatever your preference is!)

Method:

Preheat oven to 180. Combine all ingredients in a bowl. Divide into 20 balls. Place on a baking tray and cook for 20 minutes, or until cooked all the way through



Laura - Bonus Meal! (Vegan)

Tofu and Black Bean Burrito

Why it's my number 1:

"I made it over the weekend and it's lasted me all week....plus it tastes SO good!"

Approx macros:

Calories: 600-700, Protein: 32-36g, Carbohydrates: 70g, Fats: 30g

Ingredients/Method:

Whole grain wrap, ½ smashed avocado, spicy black beans (made in bulk at weekend - fry up red onion, garlic, add black beans, tomato puree, cumin, paprika, chilli flakes, splash of water and leave till beans are soft, mash up a bit.) Over roasted sweet potato in little cubes, same spices. Smoked Tofu (brand tofoo) about 1/3 block in slices, pan fry quickly (again can do this in advance). Load it all together add hot sauce.

Extra Tips:

If your veggie, you can add some lean cheese for even more protein or a dollop of sour cream

You can prep the beans, the sweet pot and tofu in advance and just make the wraps on the day. Doesn't take long, probably took me about 20-30 mins and made 4 portions.



Ongoing Resources

- This PDF!
- Trinity Cookbooks and Recipe Packs (5!):
<https://trinitytransformation.co.uk/cookbooks-recipe-packs/>
- Inspiration WhatsApp Group
- Your coach!
- [Meal Lime](#) and [Eat This Much](#) - creates meal plans automatically based on calorie targets.
- [BBC Good Food](#) and [Tasty](#) - meal ideas/inspiration.
- [Whisk](#) - Meal planner and recipe inspiration. Creates shopping list off the back of your meal plan.



Takeaways/ Questions