



YOUR SAMPLE **HIGH-PROTEIN**,
LOW-CARB, & **PLANT-BASED**
RECIPES, **GROCERY LISTS**,
& **MEAL PLANS**,
AT YOUR FINGERTIPS

Purchase the cookbooks at:
www.buckinghamfit.com/services



TABLE OF CONTENTS - **PLANT-BASED** MENU PG. 1

1	AVOCADO, TAPENADE, & EGG TOAST (RECIPE #6)
2	ASIAN STYLE SCRAMBLED EGGS
3	GOATS CHEESE & AVOCADO ON TOAST
4	AVOCADO, FETA & POMEGRANATE TOAST
5	BREAKFAST SALAD BOWL
6	SUPERFOOD BREAKFAST WITH FRIED EGG
7	COTTAGE CHEESE, AVOCADO & SUNDRIED TOMATO BREAKFAST WRAP
8	TROPICAL BREAKFAST SMOOTHIE BOWL
9	RASPBERRY & FLAXSEEDS SMOOTHIE BOWL
10	BOUNTY OATS WITH DARK CHOCOLATE
11	OVERNIGHT VANILLA YOGURT OATS
12	BANANA PROTEIN PANCAKES

13	FLUFFY BERRY PANCAKES
14	PROTEIN ORANGE & YOGURT PANCAKES
15	ALMOND BANANA PANCAKES
16	ZOODLES WITH QUINOA & POACHED EGG
17	GOATS CHEESE, PEAR & WALNUT SALAD
18	DETOX SALAD
19	GRILLED PUMPKIN, TOFU, & BULGUR SALAD
20	SUPERFOOD TAHINI SALAD
21	ROASTED ROOT VEG SALAD WITH FETA
22	KALE & BROCCOLI SALAD
23	VEGGIE 'THROW TOGETHER' SALAD
24	SUNDRIED TOMATO & TAHINI SALAD



SAMPLE TABLE OF CONTENTS

RECIPES

- 1** SLOW COOKER CHICKEN FAJITAS
- 2** BAKED SALMON WITH ZOODLES & QUINOA
- 3** CINNAMON ROLL PROTEIN SMOOTHIE
- 4** ASAIN SCRAMBLED EGGS
- 5** EASY GREEK ZOODLE SALAD
- 6** AVOCADO, TAPENADE, AND EGG TOAST
- 7** SLOW COOKER CAULIFLOWER TIKKA MASALA



RECIPE KEY

Look for these helpful icons throughout the file.

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (under 20g serving)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (over 20g per serving)
- V** Vegetarian (can be made Vegan)
- Q** Quick (under 30 mins)
- N** Contains Nuts

WEEKLY MEAL PLANNER 01 - HIGH-PROTEIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Spanish Zucchini Tortilla	BREAKFAST Omelet Wraps	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Omelet Wraps	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Cinnamon Roll Protein Smoothie	BREAKFAST Spanish Zucchini Tortilla
LUNCH Chicken Orange & Walnut Salad	LUNCH Tuna & Broccoli Salad with Honey Vinaigrette	LUNCH Leftover Baked Salmon Tray with Rice & tomatoes	LUNCH Chicken Orange & Walnut Salad	LUNCH Tuna & Broccoli Salad with Honey Vinaigrette	LUNCH Leftover Waldorf Chicken Salad	LUNCH Cinnamon Roll Protein Smoothie
SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls
DINNER Chinese Pork Stir- Fry with Pineapple	DINNER Baked Salmon Tray with Rice & tomatoes	DINNER Beef & Green Beans Pasta in soy sauce	DINNER Leftover Beef & Green Beans Pasta in soy sauce	DINNER Waldorf Chicken Salad	DINNER Meal Out - Enjoy!	DINNER Chinese Pork Stir- Fry with Pineapple



PROTEIN POWER COOKBOOK

Discover the collection of simple high-protein recipes, including breakfast, lunch, dinner, treats and smoothie options.

www.buckinghamfit.com/services



SLOW COOKER CHICKEN FAJITAS

1



SLOW COOKER CHICKEN FAJITAS - HIGH-PROTEIN



Serves: 8
Prep: 10 mins
Cook: 3-4hrs



Nutrition per
serving:
183 kcal
3g Fats
12g Carbs
28g Protein



WHAT YOU NEED

- 2 lb (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooker, mix well, and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- tortillas, cream, guacamole, coriander





**BAKED SALMON WITH
ZOODLES & QUINOA**

BAKED SALMON WITH ZOODLES & QUINOA - HIGH-PROTEIN



Serves: 2
Prep: 10+1h chill
Cook: 15 mins



Nutrition per serving:
487 kcal
28g Fats
19g Carbs
38g Protein



WHAT YOU NEED

- 2 salmon fillets (4.4 oz. /125g each)
- 3.5 oz. (100g) quinoa, cooked
- 1 zucchini
- 1/2 tbsp. olive oil
- 1 garlic clove, crushed
- 2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon Marinade:

- 2 tbsp. tamari
- 1/2 tbsp. olive oil
- 1/2 tsp. sweet paprika
- 1/2 tsp. hot paprika
- 1 tbsp. rice vinegar
- 1 tsp honey
- 1 tbsp. black sesame seeds
- chilli flakes, to taste

WHAT YOU NEED TO DO

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens, but still firm, for about 3-4 minutes. Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 480F (250C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment, and in the meantime pour in the salmon juices into the quinoa, mixing well.

Divide the quinoa and zoodles between two plates, then place the salmon on top, sprinkle with chili flakes, to serve.



3



CINNAMON ROLL PROTEIN SMOOTHIE

CINNAMON ROLL SMOOTHIE - HIGH-PROTEIN



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
162 kcal
3g Fats
15g Carbs
22g Protein



WHAT YOU NEED

- ½-1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

*Place all ingredients into a blender and pulse until smooth.
Serve.*





LOW-CARB COOKBOOK

Discover the collection of low-carb recipes, including breakfast, lunch, dinner, treats and smoothie options.

www.buckinghamfit.com/services



ASIAN SCRAMBLED EGGS

4



ASIAN SCRAMBLED EGGS - LOW-CARB / PLANT-BASED



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
270 kcal
14g Fats
5g Carbs
19g Protein



WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On a dry, non-stick pan fry the egg whites until almost done (add coconut oil or olive oil if using a different type of pan). Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.





**EASY GREEK
ZOODLE SALAD**

5

EASY GREEK ZOODLE SALAD - LOW-CARB



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
267 kcal
25g Fats
7g Carbs
10g Protein



WHAT YOU NEED

For the Salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the Dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

WHAT YOU NEED TO DO

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2-3 parts, to shorten them.

Cut the cherry tomatoes into halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.





PLANT POWER COOKBOOK

*Discover the plant-based recipe collection,
including breakfast, lunch, dinner, treats
and smoothie options.*

www.buckinghamfit.com/services





**AVOCADO, TAPENADE,
& EGG TOAST**

6

AVOCADO, TAPENADE, & EGG TOAST - PLANT-BASED



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
386 kcal
26g Fats
25g Carbs
12g Protein



WHAT YOU NEED

- 2 eggs, boiled
- 1 ripe avocado
- 2 slices favorite bread
- 2 tbsp. tapenade
- coriander leaves, to serve
- microgreens, to serve (optional)

WHAT YOU NEED TO DO

Boil the egg for 7 mins. Toast the bread.

Cut open the avocado & remove the pit. Cut the flesh of the avocado into long, thin slices (or your preferred method). Cut the eggs into quarters.

Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (sprouts, herbs, etc. are optional).

Eggs can also be scrambled for this recipe.



7

A top-down view of a bowl of Slow Cooker Cauliflower Tikka Masala. The dish features cauliflower florets in a rich, orange-red tomato-based sauce, garnished with fresh green cilantro leaves and roasted cashew nuts. A portion of white rice is served on the right side of the bowl. The bowl is set on a light-colored, marbled surface. A large, semi-transparent watermark reading 'BUCKLE UP FITNESS' is overlaid diagonally across the center of the image. A white text box at the bottom contains the title 'SLOW COOKER CAULIFLOWER TIKKA MASALA'. A red number '7' is in the top left corner.

**SLOW COOKER CAULIFLOWER
TIKKA MASALA**

SLOW COOKER CAULIFLOWER TIKKA MASALA - PLANT-BASED



Serves: 4
Prep: 10 mins
Cook: 3-4hrs



Nutrition per serving:
226 kcal
14g Fats
22g Carbs
7g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- 1/2 cup (120ml) full-fat coconut milk (canned)
- Handful fresh parsley
- 1/3 cup (50g) cashews roasted

WHAT YOU NEED TO DO

Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.

Pour in the diced tomatoes and honey stir to mix everything.

Cook on high for about 3-4 hours or until the cauliflower is tender.

Add the coconut milk and stir well. Cook for another 3-5 mins on low until warmed through.

Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).





Want Your Own Cookbook?!

- 150 Total Recipes (52 High-Protein, 40 Low-Carb, & 58 Plant-Based)
- High-Protein, Low-Carb, & Plant-Based Cookbooks
- Recipe Key to Know Exactly What's In Your Meals
- Grocery Lists & 2 Weeks of Meal Planning In Each Cookbook To Give You Clarity & Structure
- Listed Prep & Cooking Time For Each Meal With Step-By-Step Instructions
- Calories & Macronutrient Tracking Straight To MyFitnessPal To Fit Your Lifestyle
- Over 20 Dessert Options (I mean...duh!)
- Cookbooks Come In Individual & Bundle Deals (Want More? Save More!)
- Printable Cookbooks, Shopping Lists, & Meal Plans (Without The Watermark)!
- Purchase Yours For A Limited Time At:

www.buckinghamfit.com/services

