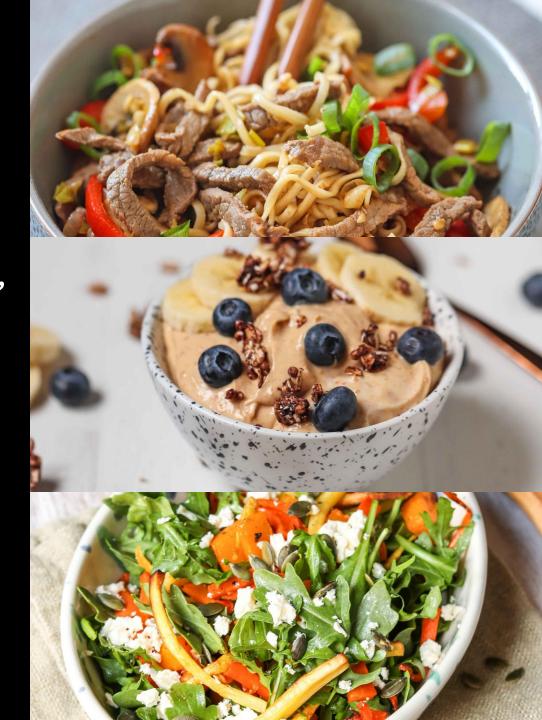


YOUR SAMPLE HIGH-PROTEIN,
LOW-CARB, & PLANT-BASED
RECIPES, GROCERY LISTS,
& MEAL PLANS,
AT YOUR FINGERTIPS

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### **RECIPE KEY**

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- 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-	DINNER Baked Salmon	DINNER Beef & Green	DINNER Leftover Beef &	DINNER Waldorf Chicken	DINNER Meal Out -	DINNER Chinese Pork Stir-

**Green Beans** 

Pasta in soy sauce

Salad

Fry with Pineapple

Tray with Rice &

tomatoes

Beans Pasta in

soy sauce

Fry with Pineapple

Enjoy!

# SHOPPING LIST FOR LOW-CARB MEAL PLAN 01

### FRUIT & VEGETABLES

### MEAT, DAIRY & NON-DAIRY

### **GRAINS, SEEDS & SPICES**

### CANS, CONDIMENTS, & MISC

Oils

<u>Fresh</u>	Fish & Seafood	<u>Grains</u>
<ul><li>1x large bag spinach</li></ul>	7 oz. (200g) shrimps	wheat flour
<ul><li>2x tomatoes</li></ul>	<ul><li>4x salmon fillets</li></ul>	quinoa
1x bag rocket	<u>Meats</u>	almond meal
1x pear	9 oz. (250g) ground pork	Nuts & Seeds
○ 3x lemon	o cured ham	opine nuts
○ 3x lime	○ 5 oz. (150g) cooked chicken	walnuts
celery	2 lb. (900g) chicken breast	opistachio nuts
1x garlic	<u>Dairy</u>	<u>Spices</u>
2x zucchini	ocottage cheese	turmeric
<ul><li>bunch asparagus</li></ul>	o blue cheese	curry powder
14 oz. (400g) cauliflower rice	Greek yoghurt	O thyme
1x onion	parmesan	○ allspice
<ul><li>3.5 oz (100g) shitake mushrooms</li></ul>	<u>Non-Dairy</u>	garlic powder
1x red bell pepper	6x eggs	cinnamon
7 oz. (200g) sugar snaps	0	cayenne pepper
3x bananas	0	fish spices
<u>Dried</u>		0
6x apricots	0	0
<u>Herbs</u>		
○ sage		
○ basil		0
○ mint	0	0
<ul><li>coriander</li></ul>	0	0
parsley	0	0
chives	0	
0	0	0

coconut oil
olive oil
Cans & Condiments
<ul><li>white wine vinegar</li></ul>
<ul><li>mayonnaise</li></ul>
2x can tuna in olive oil
1x light coconut milk (canned)
<ul><li>1x full fat coconut milk (canned)</li></ul>
otom yum paste
O fish sauce
O natural peanut butter
<u>Sweeteners</u>
ococonut sugar
omaple syrup
honey
<u>Other</u>
ovanilla extract
<ul><li>vegetable stock cubes</li></ul>
odark chocolate chips
odesiccated coconut
0
0
0
0



# PROTEIN POWER COOKBOOK

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





# SLOW COOKER CHICKEN FAJITAS - WIGH-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.

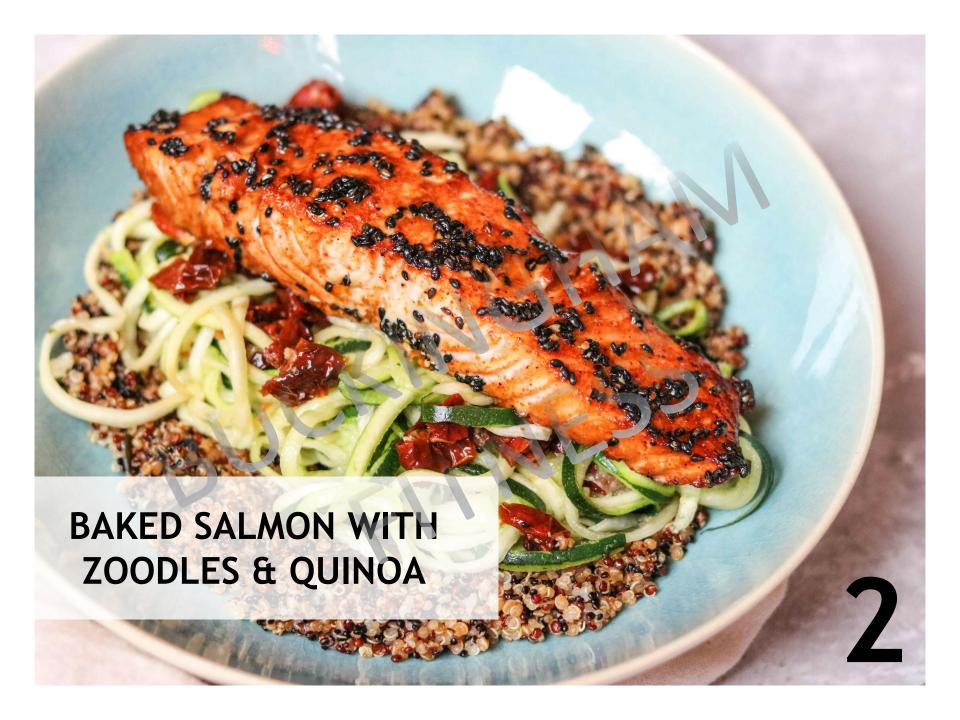
Remove the chicken and shred it with a fork, then return it in the slow-cooker, mix well, and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info):

• tortillas, cream, guacamole, coriander





# BAKED SALMON WITH ZOODLES & QUINOA - 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
- ½ tbsp. olive oil
- ½ tsp. sweet paprika
- ½ 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.



# 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.











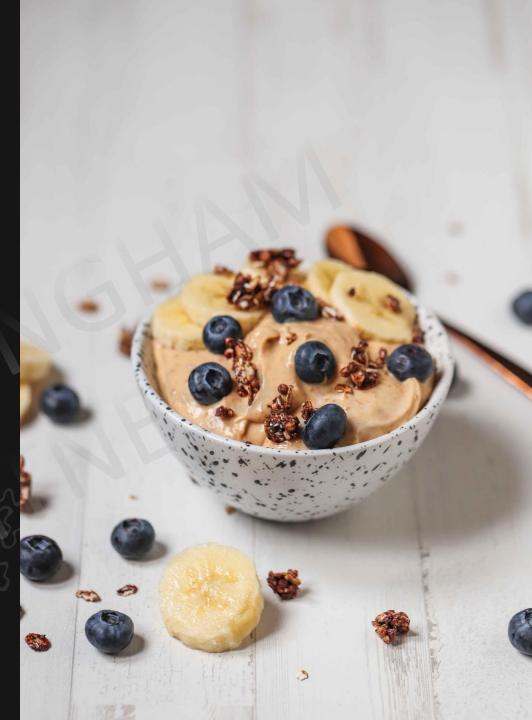


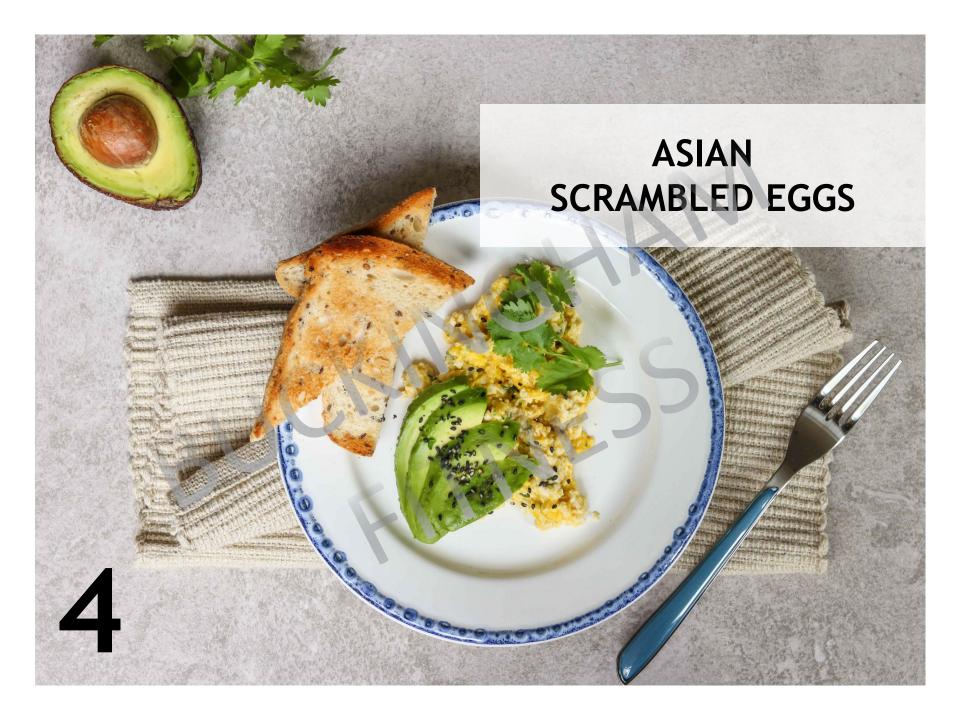




# LOW-CARB COOKBOOK

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





# ASIAN SCRAMBLED EGGS - LOW-CARBY 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
- 1/4 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 - LOW-CA



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.

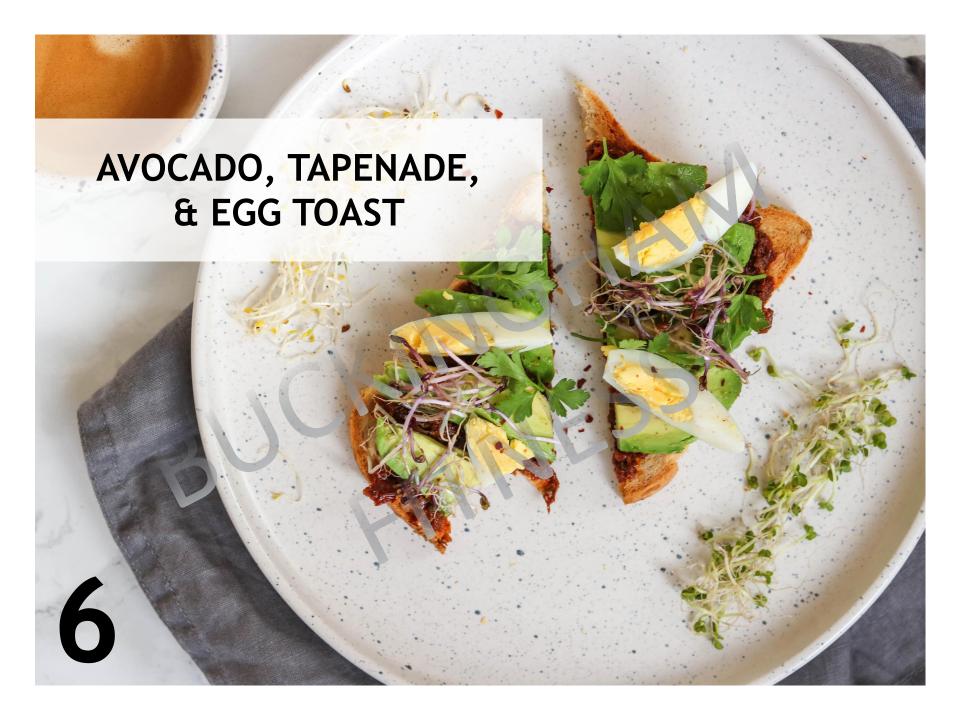




# PLANT POWER COOKBOOK

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





## 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.















### 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).



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