

## High-Protein Lunch Guide

*Designed for Busy Women | 1500 Calories | 120–140g Protein Daily*

Each lunch provides approximately 350-450 calories and 30-40g protein to support muscle retention, hormone balance, stable energy and fat loss.

### 1. Tuna, Avocado & Spinach Bowl (~380 cal | 38g protein)

#### Ingredients:

- 95g tuna in springwater (drained)
- 2 cups baby spinach
- ½ cup cherry tomatoes
- ½ cup cucumber
- ¼ avocado (50g)
- 1 tbsp Greek yoghurt
- Lemon juice + pepper

#### Method:

1. Drain tuna and place into a bowl.
2. Stir through Greek yoghurt, lemon juice and pepper.
3. Add spinach, tomatoes and cucumber to container.
4. Top with tuna mixture and sliced avocado.
5. Toss lightly before eating.

## 2. Chicken Summer Power Bowl (~420 cal | 40g protein)

### Ingredients:

- 120g cooked chicken breast (sliced)
- 2 cups spinach
- ½ cup capsicum
- ½ cup zucchini (raw or grilled)
- ¼ avocado
- 1 tsp olive oil + balsamic

### Method:

1. Layer spinach into container.
2. Add sliced chicken and vegetables.
3. Drizzle olive oil and balsamic.
4. Top with avocado just before serving.

## 3. High-Protein Greek Yoghurt Bowl (~390 cal | 35g protein)

### Ingredients:

- 250g unsweetened Greek yoghurt
- ½ cup berries
- 1 tbsp chia seeds
- 10g almonds

### Method:

1. Spoon yoghurt into container or jar.
2. Top with berries.
3. Sprinkle chia seeds and almonds.
4. Store chilled and enjoy cold.

#### **4. Egg & Cottage Protein Plate (~400 cal | 36g protein)**

Ingredients:

- 2 boiled eggs
- 120g cottage cheese
- ½ cup cherry tomatoes
- ½ cup cucumber
- ¼ avocado

**Method:**

1. Boil eggs (8–10 mins), cool and peel.
2. Add cottage cheese to container.
3. Slice eggs and arrange with vegetables.
4. Add avocado just before eating.

#### **5. High-Protein Chicken Wrap (~420 cal | 38g protein)**

Ingredients:

- 1 high-protein wrap
- 100g cooked chicken
- 1 cup spinach
- ½ cup tomato + cucumber
- 1 tbsp Greek yoghurt

**Method:**

1. Lay wrap flat.
2. Spread Greek yoghurt down centre.
3. Add chicken and vegetables.
4. Roll tightly and wrap in foil for work.

## 6. Smoked Salmon & Spinach Bowl (~390 cal | 34g protein)

### Ingredients:

- 100g smoked salmon
- 2 cups spinach
- ½ cup cucumber
- ¼ avocado
- Lemon + capers

### Method:

1. Place spinach into bowl.
2. Add cucumber and salmon.
3. Top with avocado slices and capers.
4. Squeeze fresh lemon over before serving.

## 7. Lean Beef & Slaw Bowl (~430 cal | 40g protein)

### Ingredients:

- 120g lean beef (5% fat)
- 1 cup shredded cabbage
- ½ cup capsicum
- 1 cup spinach
- 1 tsp olive oil + lime

### Method:

1. Cook beef in pan until browned and seasoned.
2. Layer cabbage, capsicum and spinach in container.
3. Add warm or cooled beef on top.
4. Drizzle olive oil and lime before eating.

## 8. Quinoa Chicken Jar (~450 cal | 38g protein)

### Ingredients:

- ½ cup cooked quinoa
- 100g chicken
- 2 cups spinach
- ½ cup cherry tomatoes
- 1 tsp olive oil

### Method:

1. Place quinoa at bottom of jar.
2. Add spinach and tomatoes.
3. Top with chicken.
4. Drizzle olive oil and seal for meal prep.

## 9. Tuna Rice Cake Stack (~400 cal | 36g protein)

### Ingredients:

- 3 rice cakes
- 95g tuna
- ¼ avocado
- Tomato slices
- 1 tbsp Greek yoghurt

### Method:

1. Mix tuna with Greek yoghurt.
2. Spread evenly over rice cakes.
3. Top with tomato and avocado slices.
4. Assemble just before eating to keep crisp.

## 10. Cottage Cheese Power Bowl (~380 cal | 40g protein)

### Ingredients:

- 200g cottage cheese
- ½ cup cherry tomatoes
- ½ cup cucumber
- ¼ avocado
- Basil + cracked pepper

### Method:

1. Add cottage cheese to bowl.
2. Top with chopped vegetables.
3. Add avocado slices.
4. Finish with basil and pepper.