

# High-Protein Recipes

William Gore

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### Recipes

#### 1. Fruit with cottage cheese

Mix half-cups of cottage cheese and a half-cup of favourite fruit. You don't know what fruit to choose? Try to add bananas, bilberry or a water-melon. They treat the list of products with a signature stamp "super" for all people who are actively playing sports.

#### 2. Mix of nuts

Eat a handful of nuts is an easy way to receive a good portion of proteins. Why easy? It is easy to find packs with nuts in any supermarket. To diversify snack, you can add the dried-up fruit to nuts: it will give to a dish sweetish smack. What nuts contain more white? Almonds and pistachios.

#### 3. Pumpkin seeds

Fried seeds of pumpkin are one of the most available ways to supply an organism with proteins. A half-glass of sunflower seeds of pumpkin contain about 14 grams of white, as does them by excellent having a snack for athletes. It is possible to find packing of sunflower seeds, already ready to the use, in grocery stores.

#### 4. Boiled eggs

Eggs are an inexpensive and excellent way to receive a healthy dose of a protein. Boil eggs, clean off from a shell, pack into a container and you carry with yourself for work. You want to diversify a dish? Cut egg on pieces and put on bread.

#### 5. Nut oil

Dishes with the high content of white: nut oil

Try the following recipe. Take a celery stick, cut it lengthways on two parts. Smear nut oil (one tablespoon on a half), and from above put the whole almonds or raisin. If you don't love a celery, cut out a core of apple and season dredging with nut oil.

#### 6. Protein cocktail

There is a lot of recipes of protein cocktails. We will advise you one of the most tasty and simple in preparation. Take one measured spoon of a serumal vanilla protein, a glass of orange juice and a cup of ice. Mix all this in the blender to receive cocktail.

## 7. Banana

Mix average banana, one tablespoon of peanut butter, a cup of chocolate milk and a cup of ice in the blender. At you drink with the high content of white will turn out.

## 8. Smoothie from soy milk

If cow's milk includes a rich range of nutritious elements, for example calcium, vitamin A, then soy wins in other categories: vitamin D, iron. And, above all, these types of milk are almost equal on the maintenance of a protein. Try to mix a cup of soy milk with a cup of the frozen bilberry or raspberry (to add cellulose and antioxidants). Excellent smoothie will turn out.

## 9. Having a snack with cheese and миндалём

Prepare to yourself a small plate of cheese sticks (or two slices of cheese), two wholegrain cookies (or a bread slice) and several fried almonds. Than not easy having a snack food, protein-rich?

## 10. Nut oil with banana

According to the original recipe it is necessary to take rice cake or a slice of rice pie, but the toast from whole-grain bread as an alternative will approach. Smear on it two tablespoons of nut oil and add several slices of banana. For increase in nutritiousness of a dish sprinkle on all this also cinnamon.

## 11. Chocolate milk

Chocolate milk is an excellent source of high-quality white (especially after the training). For this reason you aren't lazy to carry with yourself small packing of this drink on a case of emergence of situations when the organism demands bystry having a snack. And yes, buy milk with the low content of sugar.

## 12. Lentil

Lentil is the excellent bean product rich with proteins. One cup of lentil contains about 22 grams of white and only 300 calories. On the Chain a set of recipes of dishes with lentil, choose those which suit you more.

## 13. Grapes and cheese

Dishes with the high content of white: grapes and cheese

Slice cheddar cheese small square about 5 mm thick, rinse grapes. Get cheese on toothpicks alternately with grapes. Enjoy yourselves. 100 grams of cheddar cheese contain 28,5 grams of a protein. Together with grapes it is the most tasty having a snack.

## 14. Oat flakes with chocolate

One more recipe of excellent having a snack. Place in a container with a cover of a half-cup of oat flakes, a phyto-genesis milk cup (mindalevy, rice, coconut, sesame, linen or any other), three tablespoons of a chocolate protein and a handful of walnuts. Allow this mix to stand in the refrigerator night before using. You can add the crushed banana to give to a dish sweetish smack.

## 15. Muffins with bilberry and seeds of flax

Didn't think that it is possible to cook muffins in the mornings? Mix in a plastic container a quarter of a cup of quick-cooking oat flakes, a quarter of a cup of the frozen bilberry, a baking powder teaspoon, two tablespoons of seeds of flax, two teaspoons of cinnamon, a teaspoon of olive oil, two egg whites, sugar or a natural sweetener. Cook in the microwave oven at the maximum power of 50-60 seconds. Enjoy when you get hungry.

### Recipes

#### Salad with carrots, pine nuts

3 pieces of carrots, 50 grams of the cleared pine nuts, 25 ml of vegetable oil, 50 ml of lemon juice, 1 tablespoon of liquid honey.

Carrots to clear, wash, rub on large grater. Pine nuts to fry on dry frying pan, to mix with carrots.

Salad to fill with vegetable oil, to add honey and lemon juice and carefully everything to mix.

#### Princess salad

Potatoes boiled – 2 pieces, eggs boiled – 2 pieces, apples – 2 pieces, sour cream – 200 g, raisin – 100 g, walnuts crushed – 3 tablespoons, parsley greens – 0,5 bunches, salt to taste.

Potatoes, eggs and apples divide portions and stack layers. Each layer salt and water with sour cream. Then put previously the steamed-out and dried raisin, sprinkle with the crushed walnuts, water with sour cream and decorate with parsley greens.

#### Quick salad

Tomatoes – 4 pieces, onions – 1 piece, walnuts – 50 g, vegetable oil – 2 tablespoons, fennel and parsley greens – on 0,5 bunches, salt to taste.

Tomatoes divide thin slices, onions – half rings. Kernels of walnuts divide in mortar. On salad dish bottom layers spread tomatoes, onions and nuts. Each layer salt and water with vegetable oil. The last layer sprinkle with the crushed greens.

#### Oat-flakes with grapefruit

120 grams of oat-flakes, 1 grapefruits, 1 tablespoon of liquid honey, 1 teaspoon of pine nuts.

Oat-flakes to fill in for night of 250 ml of warm water, in the morning surpluses of water to merge. Grapefruit to wash, clear of peel, to divide into segments and to remove. Porridge to mix with segments of grapefruit and pine nuts, to add honey, to mix.

#### Cottage cheese weight with mango

400 grams of low-fat cottage cheese, 2 tablespoons of the fat-free sour cream, 1 bag of vanilla sugar, 1 mango, 25 grams of pine nuts.

Cottage cheese to pass through meat grinder, to pound with sour cream and vanilla sugar. Mango to

clear and divide cubes. Cottage cheese weight to mix with mango, to spread out on bowl and sprinkle with pine nuts.

#### Candies with dried apricots, prunes and nuts

100 grams of dried apricots, 1 tablespoon of liquid honey, 100 grams of prunes, 50 grams of kernels of walnuts, 50 grams of oat flakes.

Oat flakes to grind in coffee grinder. Dried apricots and prunes to fill in with hot water for 20 minutes, then water to merge.

Nuts to pass through meat grinder together with dried apricots and prunes, to add honey, carefully to mix. From the received weight to form balls, to roll in them in the crushed oat flakes. Ready candies to combine in paper package for foodstuff.

#### Meat roll with nuts

Beef – 200 g, fillet chicken – 100 g, walnuts crushed – 2 tablespoons, butter – 2 tablespoons, vegetable oil – 1 tablespoon, salt, pepper.

Beef well beat off, salt and pepper. Meat of chicken small cut. On beef spread slices of chicken meat and mix from the crushed nuts and vegetable oil. Meat turn off roll, draw twine and fry in the kindled butter then cool and bring to table, having divide across pieces.

#### Nut pudding

On 150 grams of walnuts — 3 eggs, 250 grams of white loaf, 3/4 cup of sugar, 1 1/2 cup of milk, 100 grams of butter.

Crumb of white loaf to wet in milk. Nuts slightly to dry, shell and pass through meat grinder. Egg yolks to pound with sugar and to connect to the nut weight, white loaf wetted in milk and the kindled butter. All this is good to mix, add the beaten egg whites and to lay out in special form or on the frying pan oiled and sprinkle with crackers.

The pudding needs to be baked in oven or in the furnace with average heat throughout 30–40 minutes. Ready pudding from form to lay out on dish and add the hot. From above it is possible to water pudding with vanilla sauce or to bring sauce separately.

#### Porridge with walnuts and jam

Walnuts - 400 g, almonds of-100 g, cream - 600 g, grain semolina - 1/3 cup, granulated sugar - 3/4 cup.

To boil 400 grams of nuts and 20 pieces of bitter almonds, to clear kernels, to process in milk. 6 cup of cream to pour in bowl, to put on small fire and to remove, putting in the plate, being formed ruddy skins.

Then to pour into other cream 1/3 cup manna of the croupier, to cook liquid porridge, to pour into it nuts, almonds, 3/4 cup of sugar, to stir. To make on dish welt of dough and to put number of skins, number of porridge etc. and to pour from above sugar and crackers. bringing on table, to clean fruit and jam.

## Swede with honey and nuts

Swede of 700-800 g, butter of 50 g, honey of 120-150 g, nuts pounded 3-4 tablespoons.

The prepared swede small to divide cubes. To combine in deep frying pan or ceramic pots, we will add, a little broth or waters, oil and to prepare under cover in oven to semi-readiness. Shortly before the completion of suppression to add honey and to finish to readiness. Before giving sprinkle, the roasted pounded nuts.