Twitter Thread by TheFitnessHacker

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The kitchen is the most powerful body transformation tool at your disposal.

But most people suck at cooking.

Here are 10 delicious, high-protein recipes you need to build muscle:



1. Avocado toast & egg:

Cals 391 | Protein 12g | Fat 34g | Carbs 12g

Instructions:
-Toast bread
-Mash together avo, olive oil, kosher salt, & lemon juice.
-Fry eggs, sunny-side up & season
-Grate some cheese onto the egg & melt
-Transfer to toast and top with avo



2. Berry protein smoothie:

Cals 377 | Protein 45g | Fat 1.5g | Carbs 44g

Instructions:

Blend the following:
1⁄2 cup nonfat Greek yogurt
1 scoop vanilla protein powder
1⁄2 banana
1⁄2 cup mixed frozen berries
Handful of spinach
1⁄4 cup ice
1⁄4 cup water



3. Protein overnight oats:

Cals 253 | Protein 18g | Fat 6g | Carbs 32g |

Instructions:
-Mix rolled oats, chia seeds, protein powder & cinnamon
-Stir in almond milk, maple syrup & vanilla extract.
-Refrigerate overnight.
-Serve with peanut butter, yogurt, berries & nuts.



4. Chicken wraps:

Cals 554 | Protein 32g | Fat 28g | Carbs 45g

Instructions:

-Divide cooked chicken, lettuce, tomatoes, onion & cheese evenly among tortillas.
-Top with a sauce of your choice.
-Fold like a burrito or wrap
-Cook the wraps for 2 minutes on each side.


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5. Stir fry chicken:

Cals 442 | Protein 60g | Fat 14g | Carbs 19g

Instructions:
-Cook some rice
-Sauté some chicken with seasoning & spice then add soy sauce, veggies, basil & Thai chilli (cook for 12–15 mins)
-When rice is done, add to pan, mix, and serve hot.



6. Steak sandwich:

Cals 560 | Protein 31g | Fat 35g | Carbs 28g

Instructions:
-Mix onion, lemon juice, sugar & salt
-Cook steak & thinly slice
-Mix parsley, oregano, jalapeño, garlic, seasoning, olive oil & mayo.
-Assemble by spreading sauce, onions & adding steak on bread



7. Turkey burgers:

Cals 500 | Protein 30g | Fat 22g | Carbs 42g

Instructions:
-Combine lean ground turkey, panko, cheese, sun-dried tomato, yogurt, basil & season - make into patties
-Cook patties for 5 to 7 mins each side

-Place burgers on buns and top with tomato & arugula.



8. Tuna pasta:

Cals 504 | Protein 36g | Fat 18g | Carbs 48g

Instructions:
-Boil water and cook pasta
-Sauté tomatoes, capers, olives, garlic, anchovies & tuna.
-Add 2 tbsp pasta water to the sauce
-Mix pasta and sauce to serve, add salt, pepper, pecorino and olive oil.



9. Salmon salad:

Cals 361 | Protein 26g | Fat 27g | Carbs 6g

Instructions:
-Cook salmon with your preferred method
-Whisk rice vinegar, garlic, lemon juice, mustard, tarragon, olive oil & season.

-To serve put arugula, cherry tomatoes, walnuts, salmon & dressing



10. Protein cookies:

Cals 92 | Protein 6g | Fat 3g | Carbs 11g

Directions:
Combine all ingredients, roll into eight balls, flatten & bake for 10-15 mins.

Ingredients:
1 ripe banana, mashed
1/2 cup quick oats
1/4 cup protein powder
2 tbsp Almond Butter
2 tbsp choc chips



Notes:
-The nutritional information is indicative of a serving for such a recipe
-Change protein sources as you wish
-Treat recipes as ideas/concepts and play with ingredients and amounts

That's 10 recipes you need to grow muscle.

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