WORLD TABLE BOOKS

High Protein Everyday

Good food. Everyday ingredients.



100 RECIPES / FULLY ILLUSTRATED EDITION

A PLACE AT THE TABLE

Protein, with pleasure

A warm breakfast. A bright lunch bowl. A generous soup, a relaxed supper and something sweet to finish.



Good everyday food starts with ingredients you recognize and instructions you can follow. These one hundred recipes bring eggs, dairy, poultry, seafood, beans, tofu and tempeh into familiar, enjoyable cooking - without protein powders.

Explore ten chapters, from breakfast to dessert. Every recipe gives you measured ingredients, a clear method, estimated nutrition, storage advice and four preparation photographs. Choose a dish for its flavor, then use the numbers as useful context.

Cook with care. Eat with pleasure. Make it your everyday.

BEFORE YOU BEGIN

Make the recipe work for you

Read once, then cook

Read the full ingredient list and method before starting. Gather the equipment and prepare ingredients in the stated form. Steps are arranged so you can work while a grain simmers or a dish bakes.

Know your portion

Serves means equal portions of the complete measured batch. Muffin, slice and jar recipes also define the number per serving. Divide all listed sauces, toppings and side dishes between those portions.

Use cues alongside the clock

Times are estimates. Pan width, food thickness, oven behavior and batch size affect them. Check tenderness, texture and internal temperature. Chilling and resting are listed separately and need extra time.

Follow the written quantities

Photographs show preparation and serving ideas; they do not establish exact weights, portion counts or doneness. Use the ingredient list and written method when cooking.

Make a thoughtful substitution

Each recipe includes a practical swap. A substitution can change texture, cooking time, allergens and nutrition. Use a product label when you need brand-specific nutrition.

Find your next recipe

Click a chapter in the contents, a recipe on its chapter page or a title in the alphabetical finder. Use Contents in the footer to return to the main list.

MEASURE WITH CONFIDENCE

A useful kind of precision

Metric amounts are the reference. US weights and spoon measures are rounded guides; a kitchen scale gives the most consistent result.

1 US teaspoon	5 ml
1 US tablespoon	15 ml
1 US cup	240 ml, rounded for cooking
1 US fluid ounce	29.57 ml
1 ounce, weight	28.35 g
1 pound, weight	454 g, rounded

Weigh in the listed state

Meat and seafood are raw unless stated otherwise. Canned foods are weighed after draining; fruit after removing cores, stones or peel. Flour, oats, grains and pasta are dry. Cooked weights are used only when the list explicitly says cooked.

Measure small amounts sensibly

Use level spoons for fine salt, baking powder and ground spices. Salt grain size changes its volume: the spoon guide assumes fine table salt. Oil and vanilla spoon values are approximate. Weigh when precision matters.

A cup is not a universal weight

A cup of flour weighs much less than a cup of yogurt. Flour and oat cup guides depend on the type and how loosely the cup is filled. Do not pack flour. For batter and bread recipes, use the gram amount.

COOK WITH CARE

Temperature, time and texture

Use a clean food thermometer in the thickest part, avoiding bone and the pan. Color and a browned surface cannot tell you whether the center is ready.

Chicken and turkey	74°C / 165°F
Ground beef, pork or lamb	71°C / 160°F
Whole-cut beef and pork	63°C / 145°F + 3-minute rest
Fish and shrimp	63°C / 145°F
Egg dishes	71°C / 160°F
Reheated cooked leftovers	74°C / 165°F

Cool and store promptly

Refrigerate perishable food within 2 hours, or within 1 hour if the room is hotter than 32°C / 90°F. Divide large batches into shallow containers. Keep the refrigerator at 4°C / 40°F or below; do not wait for a large pot to become completely cold on the counter.

Take extra care with cooked rice

Cool rice promptly, ideally within 1 hour, and refrigerate in shallow portions. Use within 24 hours and reheat only once, until steaming throughout. Reheating does not undo poor storage.

Keep raw and ready-to-eat foods apart

Use separate clean tools for raw meat and cold sauces. Do not rinse raw poultry. Wash produce, use pasteurized dairy and follow package directions for tofu, tempeh, frozen foods and your air fryer. Charcoal grilling belongs outdoors.

EVERYDAY INGREDIENTS

Build a pantry you will use



Dairy that does useful work

Use plain nonfat Greek yogurt and 2% cottage cheese unless the recipe says otherwise. Their thickness matters in sauces and baking. Thin regular yogurt and dry curd cheese behave differently; neither is a direct replacement.

Plant proteins with different personalities

Firm tofu needs draining and drying for browned edges. Plain tempeh brings a nutty texture; follow its cooking instructions. Canned beans and chickpeas are convenient, but weigh after rinsing and draining. Dry red lentils need simmering; cooked lentils need only reheating.

Grains, oats and flour

Keep rolled oats, brown and white rice, quinoa, medium bulgur and whole-wheat flour on hand. Instant couscous and pearl couscous need different methods. Package water ratios take priority when they differ.

Small ingredients make the dish

Measure oil, nut butter, seeds and sugar. Garlic, citrus, herbs and spices keep similar proteins feeling varied. Taste before adding extra salt, especially with soy sauce, cheese, canned ingredients and stock.

A LITTLE PLANNING

Cook once, enjoy it well

Build a short plan around food you want to eat. A well-stored batch saves time; a refrigerator full of forgotten containers does not.

Choose two anchors

Pick one breakfast and one soup, grain bowl or skillet meal. Scale ingredient quantities by the same factor, then use a larger pan or work in batches. Cooking times do not scale in the same way.

Work in a useful order

Start a grain or the oven first. Wash and cut vegetables while it heats. Mix cold sauces with clean tools before handling raw protein, and refrigerate them while the hot food cooks.

Portion the complete batch

Divide the finished components evenly before storing. Keep dairy sauces, crisp toppings and toast separate. Mark containers with the recipe and preparation date; follow the shorter storage limit if combining dishes.

Match the meal to the day

Rice dishes belong early in the plan because of their 24-hour refrigerator limit. Cold salads and cream desserts are best within 2 days. Freeze suitable soups promptly in individual portions if you need them later.

Reheat with care

Reheat only the portion needed. Stir microwave-heated food and check the center, not just the edges. Add cold sauce after reheating. Thaw frozen portions in the refrigerator and use promptly.

NUMBERS WITH CONTEXT

Useful estimates, honest portions

Protein is part of the whole meal. The aim here is enjoyable cooking with useful information, rather than a single target for every dish.

What the numbers include

Calories, protein, carbohydrate and fat are estimated per serving of the complete listed recipe. Sauces, grains, fruit and measured toppings are included. Extra oil, bread, syrup and unlisted garnishes are not.

Why your result may differ

Food composition varies with the brand, cut, fat level, draining and portion size. Tofu, cottage cheese and legume pasta can differ substantially. Use the label on the product you buy when the figures need to be more specific.

What carbohydrate means here

Carbohydrate is total carbohydrate, not net carbohydrate. Values are rounded. Calories may not exactly equal protein x 4 + carbohydrate x 4 + fat x 9 because food data use more detailed energy factors and fiber contributes differently.

Desserts are still desserts

The sweet recipes use dairy, eggs or oats to contribute protein; their protein per portion is naturally lower than many mains. They are not meal replacements, and this collection does not promise a fixed minimum protein in every recipe.

Plant-powered does not always mean vegan

Plants and plant proteins are central to chapter eight, but these recipes also use dairy sauce. Check the ingredients and allergen note for each recipe. A dairy-free substitution changes the estimate.

CLICK TO EXPLORE

Ten chapters. A complete kitchen.

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CHAPTER 01

Breakfasts & Brunch



Start the day with soft eggs, generous oats and breakfasts that feel like proper food.

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001 / BREAKFASTS & BRUNCH

Spinach Cottage-Cheese Breakfast Scramble

Soft eggs, tender spinach and small cottage-cheese curds make a generous scramble. Serve with the measured toast while the eggs are still moist.

Serves 2 | Prep 10 min | Cook 10 min

373 kcal	35 g	26 g	15 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Large eggs
3 large (150 g without shells)

Pasteurized liquid egg whites
200 g / 7.1 oz

Cottage cheese, 2% fat
150 g / 5.3 oz

Spinach, stems trimmed
180 g / 6.3 oz

Olive oil
8 g / about 1 3/4 tsp

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Whole-wheat bread
80 g / 2.8 oz

Equipment: 24 cm / 9 1/2 inch nonstick skillet; bowl; whisk; silicone spatula; toaster; thermometer.

THE METHOD

Spinach Cottage-Cheese Breakfast Scramble

01 **Whisk the eggs**

Roughly chop the washed, thoroughly dried spinach. Whisk the three eggs, liquid whites, salt and pepper until blended; keep the cottage cheese separate.

02 **Wilt the spinach**

Heat all the oil in a 24 cm / 9 1/2 inch nonstick skillet over medium heat. Add the spinach in two batches and stir for 2-4 minutes, until wilted. Let visible moisture evaporate.

03 **Start the scramble**

Reduce the heat to medium-low. Pour in the eggs and leave for 20 seconds, then sweep a silicone spatula slowly across the base, folding the set edges into the center.

04 **Fold in the cheese**

When the eggs are mostly set, fold in the cottage cheese. Cook gently for another 1-2 minutes, turning the soft egg curds with the spatula rather than pressing them into small crumbs.

05 **Check doneness**

The mixture should be set with no pooled liquid egg and reach 71°C / 160°F. Remove the skillet from the heat promptly so the eggs stay tender.

06 **Toast and serve**

Toast the measured bread. Divide all the scramble and toast equally between two plates and serve immediately.

COOK'S NOTE

Wet spinach makes a watery scramble. Dry it well and evaporate its moisture before adding eggs.

ILLUSTRATED PREPARATION

Spinach Cottage-Cheese Breakfast Scramble



01 / Prepare the eggs, whites and finely cut vegetables.



02 / Cook the vegetables until their moisture evaporates.



03 / Combine the eggs and cottage cheese with the vegetables.



04 / Cook until set and divide the finished meal into two portions.

Make it your own: Replace spinach with the same weight of chopped chard; soften the chopped stems first.

Storage: Cool promptly in shallow portions and refrigerate at 4°C / 40°F or below. Use within 3 days. Reheat cooked leftovers to 74°C / 165°F.

Allergens: milk, eggs, wheat. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 02

Grain Bowls & Meal Prep



Grains, colorful vegetables and varied proteins make a complete bowl for lunch or supper.

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011 / GRAIN BOWLS & MEAL PREP

Orange-Ginger Chicken & Brown Rice

Orange and ginger bring a bright finish to chicken and nutty brown rice. Start the rice first; the chicken and broccoli cook while it simmers.

Serves 2 | Prep 15 min | Cook 45 min | Rest grain 5 min

562 kcal	55 g	58 g	12 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, raw, cut into 2 cm cubes
360 g / 12.7 oz

Brown rice, dry
110 g / 3.9 oz

Broccoli florets
240 g / 8.5 oz

Orange flesh and juice
60 g / 2.1 oz

Plain nonfat Greek yogurt
120 g / 4.2 oz

Olive oil
10 g / about 2 1/4 tsp

Garlic, minced
8 g / 0.3 oz

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Ground ginger
2 g / about 1 1/8 tsp

Equipment: Lidded saucepan; wide nonstick skillet; knife; mixing bowl; thermometer for meat or seafood.

THE METHOD

Orange-Ginger Chicken & Brown Rice

01 **Start the grain**

Rinse and drain the brown rice. Put 110 g / 3.9 oz in a lidded saucepan with 286 ml / 9.7 US fl oz water. Bring to a boil, cover and simmer on low for 35-45 minutes, until tender. Rest covered off the heat for 5 minutes, then fluff. Follow a different package ratio if stated.

02 **Prepare and season**

Pat the chicken breast dry. Prepare the broccoli florets as listed. Mince the garlic. Season the protein with half the salt. Use half the ground ginger on the protein; reserve the rest for the sauce.

03 **Cook the protein**

Heat half the oil in a wide nonstick skillet over medium-high heat. Add the chicken breast in a single layer and cook for 8-12 minutes, turning, until the thickest piece reaches 74°C / 165°F. Transfer to a clean plate.

04 **Prepare the vegetables**

Add the remaining half of the oil to the skillet. Cook the broccoli florets for 5-8 minutes over medium heat. Add 2-4 tablespoons water and cover briefly if needed, then uncover and let excess water evaporate. Add half the garlic for the final 30 seconds.

05 **Make the orange-ginger sauce**

Finely chop the orange flesh and include all its juice. Fold into the yogurt with the remaining garlic, pepper and remaining salt. Stir in the reserved ground ginger.

06 **Assemble two bowls**

Divide the brown rice, chicken breast and broccoli florets between two bowls. Spoon over all the sauce. Serve warm, or cool the cooked components promptly and pack the sauce separately.

COOK'S NOTE

Start the grain first and cook the other components while it simmers. Keep the sauce away from raw-meat utensils.

ILLUSTRATED PREPARATION

Orange-Ginger Chicken & Brown Rice



01 / Prepare the grain and cut the vegetables.



02 / Cook the protein as directed.



03 / Mix the measured yogurt sauce.



04 / Divide the components between two bowls.

Make it your own: Swap the grain for another cooked grain by cooked weight, preparing it separately. Recalculate nutrition after changing the grain.

Storage: Cool the rice promptly, ideally within 1 hour, in shallow portions; refrigerate at 4°C / 40°F or below. Use within 24 hours. Reheat rice only once, until steaming throughout; reheat the cooked protein to 74°C / 165°F. Keep sauce cold and separate.

Allergens: milk. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 03

Salads & Cold Lunches



Fresh textures, substantial proteins and measured dressings for the middle of the day.

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028 Cottage Cheese, Egg & Green Bean Salad 94

029 Tempeh, Lentil & Sauteed Pepper Salad 97

030 Mediterranean Chickpea & Feta Lunch Salad 100

021 / SALADS & COLD LUNCHES

Chicken, Lentil & Crunchy Cabbage Salad

Tender chicken and cooked lentils balance crisp cabbage. Chill the cooked components before dressing the salad so the cabbage stays crunchy.

Serves 2 | Prep 18 min | Cook 20 min | Chill until cold, at least 30 min

446 kcal	54 g	35 g	10 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, raw
300 g / 10.6 oz

Cooked lentils, drained
240 g / 8.5 oz

Cabbage, finely sliced
240 g / 8.5 oz

Plain nonfat Greek yogurt
160 g / 5.6 oz

Lemon juice
25 ml / about 1 3/4 Tbsp

Olive oil
10 g / about 2 1/4 tsp

Fresh parsley, chopped
10 g / 0.4 oz

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Equipment: Knife; bowl; fine sieve; skillet; thermometer; shallow containers.

THE METHOD

Chicken, Lentil & Crunchy Cabbage Salad

01 **Prepare the salad base**

Wash and dry the cabbage, then prepare it as listed. Drain the cooked lentils.

02 **Prepare the protein**

Butterfly the chicken into even 1.5 cm / 1/2 inch cutlets. Heat half the oil in a wide nonstick skillet over medium-high heat. Add the chicken cutlets in a single layer and cook for 8-12 minutes, turning, until the thickest piece reaches 74°C / 165°F. Transfer to a clean plate.

03 **Cool and keep chilled**

Spread cooked ingredients in shallow containers and refrigerate promptly until cold throughout. Allow at least 30 minutes; thicker pieces take longer. Keep dairy at 4°C / 40°F or below while you work.

04 **Whisk the dressing**

Whisk the yogurt, lemon juice, parsley, salt and pepper with the remaining half of the oil.

05 **Slice and combine**

Cut the chilled chicken across the grain into bite-sized pieces. Fold with the lentils, sliced cabbage and all the dressing.

06 **Portion and serve**

Divide the complete salad equally between two plates or lunch boxes. Keep dressing separate if storing overnight and combine just before serving; include all the measured components in the two portions.

COOK'S NOTE

Dry washed vegetables thoroughly. Add the dressing after cooked ingredients are cold so the salad stays fresh.

ILLUSTRATED PREPARATION

Chicken, Lentil & Crunchy Cabbage Salad



01 / Prepare the vegetables and cooked or drained base.



02 / Prepare the protein for the salad.



03 / Whisk the yogurt dressing.



04 / Combine the chilled components and portion.

Make it your own: Use parsley instead of dill, or dill instead of parsley, at the same weight.

Storage: Refrigerate promptly in shallow covered containers at 4°C / 40°F or below. Use within 2 days. Keep dressing separate if preparing ahead; serve cold.

Allergens: milk. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 04

Soups & Brothy Bowls



Warm bowls with useful body: lentils, beans, vegetables and proteins cooked gently.

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039 Chicken, Corn & Egg-Ribbon Soup 128
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031 / SOUPS & BROTHY BOWLS

Chicken, Red Lentil & Lemon Soup

Red lentils soften into a lemony chicken soup. Keep the simmer gentle and check that both the lentils and chicken are cooked through.

Serves 4 | Prep 20 min | Cook 30 min

395 kcal	44 g	36 g	8 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, raw, diced
600 g / 21.2 oz

Red lentils, dry, rinsed
140 g / 4.9 oz

Carrot, diced
300 g / 10.6 oz

Onion, finely diced
120 g / 4.2 oz

Garlic, minced
10 g / 0.4 oz

Olive oil
12 g / about 2 5/8 tsp

Low-sodium vegetable stock
1200 ml / about 40.6 US fl oz

Lemon juice
25 ml / about 1 3/4 Tbsp

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Equipment: 3 liter / 3 quart pot; knife; spoon; thermometer.

THE METHOD

Chicken, Red Lentil & Lemon Soup

01 **Prepare the soup**

Dice the chicken and carrot into 1.5 cm / 5/8 inch pieces. Chop the onion, mince the garlic and rinse the dry red lentils until the water runs mostly clear.

02 **Soften the aromatics**

Heat all the oil in a 3 liter / 3 quart pot over medium heat. Cook the onion and carrot for 5-6 minutes, stirring. Add the garlic and cook for 30 seconds.

03 **Simmer the lentils**

Add all the stock and lentils. Bring to a boil, then reduce to a gentle simmer. Cook partially covered for 10 minutes, stirring from the bottom.

04 **Add the chicken**

Stir in the chicken and simmer gently for 10-12 minutes more. Check several thick pieces reach 74°C / 165°F; the lentils should be soft enough to break apart when pressed.

05 **Balance the soup**

Stir in all the lemon juice, salt and pepper. If the soup has become too thick, add a little hot water. Bring back to a simmer, then take off the heat.

06 **Serve four bowls**

Stir well to distribute the chicken and lentils, then divide the complete soup into four equal portions.

COOK'S NOTE

Keep the simmer gentle; a rolling boil toughens delicate proteins. Cool leftover soup in shallow containers.

ILLUSTRATED PREPARATION

Chicken, Red Lentil & Lemon Soup



01 / Prepare the aromatics and measured ingredients.



02 / Start the soup base over medium heat.



03 / Add the remaining components in the stated order.



04 / Cook to the written doneness cues and portion.

Make it your own: Replace vegetable stock with the same volume of low-sodium chicken stock when suitable; this changes vegetarian status and nutrition.

Storage: Cool promptly in shallow portions and refrigerate at 4°C / 40°F or below. Use within 3 days. Reheat cooked leftovers to 74°C / 165°F.

Allergens: Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 05

Quick Stovetop Suppers



Practical suppers with a good skillet, a few familiar ingredients and a fresh finishing sauce.

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048 Turkey, Spinach & Bean Ragout 156
049 Tofu & Edamame Broccoli Stir-Fry 159
050 Tempeh & Mushroom Quinoa Skillet 162

041 / QUICK STOVETOP SUPPERS

Paprika Chicken & White-Bean Skillet

Chicken, white beans and sweet pepper make a colorful skillet supper. A cool paprika-yogurt sauce finishes the two portions.

Serves 2 | Prep 18 min | Cook 25 min

597 kcal	68 g	52 g	13 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, raw, diced
400 g / 14.1 oz

Red bell pepper, diced
300 g / 10.6 oz

Cannellini beans, canned, drained
300 g / 10.6 oz

Olive oil
12 g / about 2 5/8 tsp

Garlic, minced
8 g / 0.3 oz

Plain nonfat Greek yogurt
120 g / 4.2 oz

Lemon juice
20 ml / about 1 3/8 Tbsp

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Smoked paprika
3 g / about 1 1/4 tsp

Equipment: Wide nonstick skillet; knife; mixing bowl; thermometer for meat or seafood.

THE METHOD

Paprika Chicken & White-Bean Skillet

01 **Prepare the starch or legumes**

Rinse and drain the cannellini beans thoroughly. Weigh 300 g / 10.6 oz after draining. Set aside to warm in the skillet.

02 **Cut and season**

Prepare the red bell pepper as listed. Pat the chicken breast dry and prepare as listed. Mince the garlic. Season the protein with half the salt and all the smoked paprika.

03 **Cook the protein**

Heat half the oil in a wide nonstick skillet over medium-high heat. Add the chicken breast in a single layer and cook for 8-12 minutes, turning, until the thickest piece reaches 74°C / 165°F. Transfer to a clean plate.

04 **Cook the vegetables**

Heat the remaining half of the oil in the skillet over medium heat. Cook the red bell pepper for 6-8 minutes, stirring, until tender. Add all the garlic for the final 30 seconds. Add the cannellini beans and heat until steaming.

05 **Mix the finishing sauce**

Whisk the yogurt with all the lemon juice, remaining salt and pepper.

06 **Combine and serve**

Return the cooked chicken breast and its juices to the skillet. Stir gently to distribute all the components, then divide between two plates. Take off the heat before spooning over all the yogurt sauce. Serve two equal portions.

COOK'S NOTE

Cook in batches if the skillet is crowded. Add yogurt off the heat to keep the sauce smooth.

ILLUSTRATED PREPARATION

Paprika Chicken & White-Bean Skillet



01 / Prepare the measured starch or legumes.



02 / Cook the protein until ready.



03 / Cook the vegetables and combine the warm components.



04 / Add the yogurt sauce off the heat and serve.

Make it your own: Swap the fresh herb for another soft herb at the same weight. For dairy-free sauce, use plain soy yogurt; nutrition and allergens change.

Storage: Cool promptly in shallow portions and refrigerate at 4°C / 40°F or below. Use within 3 days. Reheat cooked leftovers to 74°C / 165°F; keep the yogurt sauce cold and separate.

Allergens: milk. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 06

Oven & Air-Fryer Favorites



Let the oven or air fryer do the work while you prepare the rest of the plate.

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051 / OVEN & AIR-FRYER FAVORITES

Roast Chicken, Cauliflower & Lentils

Roasted chicken and cauliflower sit over warm lentils. Give the cauliflower a head start and remove any component that finishes before the others.

Serves 2 | Prep 18 min | Cook 30 min

554 kcal	68 g	43 g	13 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, raw, cut into thick strips
400 g / 14.1 oz

Cauliflower, small florets
300 g / 10.6 oz

Cooked lentils, drained
300 g / 10.6 oz

Olive oil
12 g / about 2 5/8 tsp

Garlic, minced
8 g / 0.3 oz

Plain nonfat Greek yogurt
120 g / 4.2 oz

Lemon juice
20 ml / about 1 3/8 Tbsp

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Ground cumin
3 g / about 1 3/8 tsp

Equipment: Shallow metal baking tray; parchment; saucepan; bowl; thermometer.

THE METHOD

Roast Chicken, Cauliflower & Lentils

01 **Prepare the equipment**

Heat the oven to 200°C / 400°F conventional or 180°C / 350°F fan. Line a shallow metal baking tray with parchment suitable for this temperature. Prepare the cauliflower as listed and mince the garlic. Pat the protein dry; keep raw-protein tools separate from the sauce.

02 **Start the base**

Drain the lentils. Heat separately until steaming, following the package directions, then keep covered and warm.

03 **Cook the vegetables**

Toss the cauliflower with half the oil. Spread on the lined tray in a single layer. Roast for 10 minutes before adding the protein.

04 **Cook and check the protein**

Coat the chicken breast with the remaining half of the oil, half the garlic and half the salt and half the ground cumin. Arrange beside the vegetables and roast for 18-25 minutes. Remove any component that finishes first to avoid overcooking. Check the thickest piece reaches 74°C / 165°F.

05 **Make the fresh sauce**

Whisk the yogurt with all the lemon juice, remaining garlic, remaining salt and pepper. Stir in the remaining ground cumin.

06 **Plate two portions**

Divide all the chicken breast, cauliflower and lentils between two plates. Spoon half the sauce over each portion. Keep the yogurt sauce separate until serving.

COOK'S NOTE

Spread food in a single layer. Crowding traps moisture and makes browning uneven.

ILLUSTRATED PREPARATION

Roast Chicken, Cauliflower & Lentils



01 / Prepare the protein and vegetables as listed.



02 / Start the measured grain, potato or legume base.



03 / Cook the protein and vegetables in the specified equipment.



04 / Check doneness, then plate with the yogurt sauce.

Make it your own: Use a different tender green vegetable by weight; adjust its cooking time and remove it as soon as ready.

Storage: Cool promptly in shallow portions and refrigerate at 4°C / 40°F or below. Use within 3 days. Reheat cooked leftovers to 74°C / 165°F; keep the yogurt sauce cold and separate.

Allergens: milk. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 07

Grill & Outdoor Cooking



Outdoor cooking with clear doneness cues, bright sides and a little care over the heat.

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061 / GRILL & OUTDOOR COOKING

Lemon-Herb Chicken with Lentil Salad

Grilled chicken and peppers give lentils a smoky, savory partner. Dress the cooked lentils close to serving and keep the yogurt sauce separate.

Serves 2 | Prep 18 min | Cook 25 min

559 kcal	67 g	44 g	13 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Chicken breast, raw, even-thickness cutlets
400 g / 14.1 oz

Bell peppers, broad strips
300 g / 10.6 oz

Cooked lentils, drained
300 g / 10.6 oz

Olive oil
12 g / about 2 5/8 tsp

Garlic, minced
8 g / 0.3 oz

Plain nonfat Greek yogurt
120 g / 4.2 oz

Lemon juice
20 ml / about 1 3/8 Tbsp

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Fresh parsley
8 g / 0.3 oz

Equipment: Outdoor grill; grill-safe basket or solid pan; saucepan; tongs; mixing bowl; thermometer.

THE METHOD

Lemon-Herb Chicken with Lentil Salad

01 **Prepare the grill**

Preheat an outdoor grill to medium heat, with a cooler indirect zone. Clean the grate. Use a grill-safe basket or solid pan for small vegetables. Prepare the bell peppers as listed and mince the garlic.

02 **Prepare the base**

Drain the lentils. Heat separately until steaming, following the package directions, then keep covered and warm. Warm with 2 tablespoons water in a saucepan, then drain if needed.

03 **Prepare or grill the vegetables**

Toss the bell peppers with half the oil. Grill in a basket or solid grill-safe pan for 8-12 minutes, turning, until tender and lightly charred. Move to a cooler zone if browning too fast.

04 **Grill the protein**

Brush the chicken breast with the remaining half of the oil, half the garlic and half the salt. Grill even 1.5 cm / 1/2 inch chicken cutlets for 4-6 minutes per side, until the thickest center reaches 74°C / 165°F. Move to indirect heat if the surface darkens before the center is ready.

05 **Whisk the sauce**

Whisk the yogurt with all the lemon juice, remaining garlic, remaining salt and pepper and all the parsley.

06 **Serve from a clean plate**

Cut the grilled peppers into bite-sized pieces and fold through the warm lentils. Divide the lentil salad and chicken between two plates, then spoon over all the parsley yogurt sauce.

COOK'S NOTE

Grill marks show surface browning, not doneness. Use the cooler zone to finish thick pieces without burning them.

ILLUSTRATED PREPARATION

Lemon-Herb Chicken with Lentil Salad



01 / Prepare the grill, protein and vegetables.



02 / Cook the grain or warm the drained legumes.



03 / Grill the protein and vegetables to the written cues.



04 / Plate the complete meal with the yogurt sauce.

Make it your own: Use a ridged grill pan on the stovetop if an outdoor grill is unavailable; cook to the same doneness cues.

Storage: Cool promptly in shallow portions and refrigerate at 4°C / 40°F or below. Use within 3 days. Reheat cooked leftovers to 74°C / 165°F; keep the yogurt sauce cold and separate.

Allergens: milk. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 08

Plant-Powered Mains



Tofu, tempeh, beans and lentils take the lead, with fresh vegetables and dairy sauces.

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071 / PLANT-POWERED MAINS

Cumin Tofu, Chickpea & Tomato Skillet

Tofu and chickpeas sit in a cumin-scented tomato skillet. Simmer the tomatoes until the sauce has body before assembling the portions.

Serves 2 | Prep 18 min | Cook 25 min

682 kcal	59 g	57 g	30 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Firm tofu, drained and cubed
450 g / 15.9 oz

Crushed tomatoes
300 g / 10.6 oz

Chickpeas, canned, drained
300 g / 10.6 oz

Olive oil
12 g / about 2 5/8 tsp

Garlic, minced
8 g / 0.3 oz

Plain nonfat Greek yogurt
120 g / 4.2 oz

Lemon juice
20 ml / about 1 3/8 Tbsp

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Ground cumin
3 g / about 1 3/8 tsp

Equipment: Wide nonstick skillet; knife; mixing bowl; thermometer for meat or seafood.

THE METHOD

Cumin Tofu, Chickpea & Tomato Skillet

01 **Prepare the starch or legumes**

Rinse and drain the chickpeas thoroughly. Weigh 300 g / 10.6 oz after draining. Set aside to warm in the skillet.

02 **Cut and season**

Open and measure the crushed tomatoes. Drain and pat the tofu dry before cutting into 2 cm / 3/4 inch cubes. Mince the garlic. Season the protein with half the salt and all the ground cumin.

03 **Cook the protein**

Heat half the oil in a wide nonstick skillet over medium-high heat. Add the firm tofu and cook for 8-12 minutes, turning, until the edges are golden. Work in batches if necessary. Transfer to a clean plate.

04 **Cook the vegetables**

Heat the remaining half of the oil in the skillet over medium heat. Cook the crushed tomatoes for 8-10 minutes, stirring, until thickened slightly. Add all the garlic for the final 30 seconds. Add the chickpeas and heat until steaming.

05 **Mix the finishing sauce**

Whisk the yogurt with all the lemon juice, remaining salt and pepper.

06 **Combine and serve**

Return the cooked firm tofu and its juices to the skillet. Stir gently to distribute all the components, then divide between two plates. Take off the heat before spooning over all the yogurt sauce. Serve two equal portions.

COOK'S NOTE

Cook in batches if the skillet is crowded. Add yogurt off the heat to keep the sauce smooth.

ILLUSTRATED PREPARATION

Cumin Tofu, Chickpea & Tomato Skillet



01 / Prepare the measured starch or legumes.



02 / Cook the protein until ready.



03 / Cook the vegetables and combine the warm components.



04 / Add the yogurt sauce off the heat and serve.

Make it your own: Swap the fresh herb for another soft herb at the same weight. For dairy-free sauce, use plain soy yogurt; nutrition and allergens change.

Storage: Cool promptly in shallow portions and refrigerate at 4°C / 40°F or below. Use within 3 days. Reheat cooked leftovers to 74°C / 165°F; keep the yogurt sauce cold and separate.

Allergens: milk, soy. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 09

Savory Baking & Breads



Savory muffins, skillet breads and oat loaves made to be shared or prepared ahead.

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081 / SAVORY BAKING & BREADS

Spinach-Parmesan Cottage-Cheese Muffins

Spinach and Parmesan give these cottage-cheese muffins a savory center. Squeeze the spinach well and divide the batter between standard muffin wells.

Serves 4 (12 muffins; 3 per serving) | Prep 20 min | Cook 30 min | Rest 5 min

333 kcal	26 g	29 g	13 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Cottage cheese, 2% fat
400 g / 14.1 oz

Large eggs
4 large (200 g without shells)

Whole-wheat flour
120 g / 4.2 oz (about 1 cups)

Milk, 2% fat
80 g / about 2.6 US fl oz

Baking powder
8 g / about 2 tsp

Olive oil
10 g / about 2 1/4 tsp

Spinach, cooked and squeezed dry
100 g / 3.5 oz

Parmesan, finely grated
40 g / 1.4 oz

Fine salt
2 g / about 3/8 tsp

Black pepper
0.5 g / about 1/4 tsp

Equipment: 12-well muffin tin, at least 120 ml / 4 US fl oz per well; nonstick liners; blender; bowl; spatula; rack; thermometer.

THE METHOD

Spinach-Parmesan Cottage-Cheese Muffins

01 **Prepare the pan and filling**

Heat the oven to 180°C / 350°F conventional or 160°C / 320°F fan. Line 12 muffin wells (at least 120 ml / 4 US fl oz each) with nonstick baking liners. Weigh 100 g / 3.5 oz cooked spinach after squeezing it very dry, then chop finely.

02 **Blend the wet ingredients**

Blend the cottage cheese, four eggs, milk and all the oil until mostly smooth. Scrape down the sides so no large curds remain.

03 **Combine the dry ingredients**

Whisk the whole-wheat flour, baking powder, salt and pepper in a large bowl. Break up any baking powder lumps.

04 **Fold the batter**

Fold the wet mixture into the flour just until moistened. Fold in all the spinach and Parmesan. Do not beat the batter; a few small lumps are fine.

05 **Divide and bake**

Divide the batter evenly among 12 wells, no more than three-quarters full. Bake for 24-30 minutes, until golden, set in the center and free from wet batter. Check the egg-based center reaches 71°C / 160°F.

06 **Rest and portion**

Rest in the tin for 5 minutes, then lift onto a rack. The batch makes four servings of three muffins. Cool leftovers promptly and refrigerate once no longer steaming.

COOK'S NOTE

Squeeze wet fillings thoroughly. Extra moisture makes dense, gummy muffins; overmixing toughens the flour.

ILLUSTRATED PREPARATION

Spinach-Parmesan Cottage-Cheese Muffins



01 / Blend the dairy, eggs and milk.



02 / Fold the wet base into the dry ingredients and filling.



03 / Divide the batter evenly between muffin wells.



04 / Bake until set, then rest on a rack.

Make it your own: Replace Parmesan with the same weight of a similar finely grated hard cheese; saltiness and macros vary.

Storage: Cool promptly, then cover and refrigerate at 4°C / 40°F or below for up to 3 days. Reheat only the amount needed to 74°C / 165°F; oat loaves can also be served cold.

Allergens: milk, eggs, wheat. Check packaged ingredients for additional allergens and cross-contact.

CHAPTER 10

Sweet Baking & Desserts



Creamy fruit desserts, tender baked oats and cheesecakes for a pleasant finish.

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091 / SWEET BAKING & DESSERTS

Lemon & Blueberry Cottage-Cheese Cheesecake

A smooth cottage-cheese filling bakes with lemon and part of the blueberries. Chill the cheesecake thoroughly and divide the reserved berries across the slices.

Serves 6 (1 slice each) | Prep 20 min | Bake 45-60 min | Settle 15 min | Chill at least 4 hr

192 kcal	16 g	21 g	5 g
CALORIES	PROTEIN	CARBS	FAT

ESTIMATED PER SERVING



Ingredients

Cottage cheese, 2% fat
500 g / 17.6 oz

Plain nonfat Greek yogurt
250 g / 8.8 oz

Large eggs
3 large (150 g without shells)

Cornstarch
25 g / 0.9 oz

Granulated sugar
45 g / 1.6 oz

Blueberries
180 g / 6.3 oz

Vanilla extract
4 g / about 1 tsp

Finely grated lemon zest
2 g / about 1 tsp

Equipment: 18 cm / 7 inch cake tin; parchment; blender; spatula; rack; thermometer.

THE METHOD

Lemon & Blueberry Cottage-Cheese Cheesecake

01 **Prepare the pan**

Heat the oven to 160°C / 320°F conventional or 140°C / 285°F fan. Line the base and sides of an 18 cm / 7 inch round cake tin with parchment. A springform tin is convenient; no water bath is needed.

02 **Blend the dairy**

Blend the cottage cheese, yogurt and sugar until smooth, scraping the blender sides. Use plain nonfat Greek yogurt and 2% cottage cheese for the stated texture.

03 **Add eggs gently**

Add the three eggs, cornstarch and vanilla and all the lemon zest. Blend briefly until incorporated, avoiding prolonged beating that adds too much air.

04 **Add the blueberries**

Wash and dry the blueberries. Fold 90 g / 3.2 oz into the filling. Cover and refrigerate the remaining 90 g / 3.2 oz for serving. Pour the filling into the tin and level gently.

05 **Bake and settle**

Bake for 45-60 minutes, until the outer filling is set and the center wobbles gently as one piece without sloshing. Check the center reaches 71°C / 160°F. Switch off the oven and leave the door ajar for 15 minutes.

06 **Cool, chill and slice**

Cool on a rack, then refrigerate once no longer steaming; the total time unrefrigerated after baking should not exceed 2 hours. Chill for at least 4 hours before unmolding and cutting into six equal slices. Divide the reserved blueberries between the slices.

COOK'S NOTE

Blend the curds thoroughly before adding eggs. A shallow crack does not affect flavor; overbeating and sudden cooling make cracks more likely.

ILLUSTRATED PREPARATION

Lemon & Blueberry Cottage-Cheese Cheesecake



01 / Blend the dairy filling until smooth.



02 / Mix in the eggs and cornstarch briefly.



03 / Bake the filling in the lined round tin.



04 / Chill fully before cutting and serving.

Make it your own: Use drained thawed blueberries at the same weight; free liquid can soften the filling.

Storage: Cover and refrigerate at 4°C / 40°F or below for up to 3 days, including the initial chilling time. Keep the blueberry topping separately if used.

Allergens: milk, eggs. Check packaged ingredients for additional allergens and cross-contact.

Sample recipe finder

Ten complete recipes, one from every chapter. Click a title to open it.

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