

THE EVERYDAY TABLE / VOL. 01

High Protein Everyday

10 simple recipes. Full flavor. Real ingredients.



DEMONSTRATION EDITION

Good food, made everyday.

Ten approachable recipes for breakfast, lunch, dinner and something sweet. Familiar ingredients, clear methods and protein from ordinary food.

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A little preparation.

HOW TO MEASURE

Keep salt, black pepper and the seasonings named in each method on hand. US volumes are convenient approximations; use the metric weights for best consistency. 1 US cup = 240 ml; 1 tbsp = 15 ml; 1 tsp = 5 ml. Meat and seafood weights are raw; canned foods are drained; rice, quinoa and lentils are cooked unless stated otherwise. Oven temperatures refer to conventional ovens.

WHAT THE NUMBERS MEAN

Macros are estimates per serving, calculated by summing generic ingredient nutrient values (lime uses a lemon-juice proxy) and dividing by the stated servings. Oil, sauces and toppings listed in each recipe are included; optional water, salt, spices and tiny garnish amounts are excluded. Values are rounded to the nearest 10 kcal and 1 g. Brands, fat levels, draining and portion size can change the result. These are not laboratory measurements or medical advice.

COOK WITH CONFIDENCE

Use a food thermometer: chicken and ground turkey must reach 165 F (74 C); salmon and shrimp 145 F (63 C). Cook eggs until whites and yolks are firm. Refrigerate perishable food within 2 hours (1 hour above 90 F / 32 C), keep your refrigerator at 40 F (4 C) or colder, and reheat leftovers to 165 F (74 C).

AN HONEST DEMONSTRATION

Recipes were developed for this edition and reviewed for ingredient proportions, cooking sequence and portion math. They have not been physically kitchen-tested. Before a commercial release, cook-test each recipe and verify nutrition against the exact brands you use. All food images are AI-generated serving illustrations, not photographs of kitchen-tested results; actual appearance may vary.

01 / BREAKFAST

Berry Cheesecake Overnight Oats

Creamy oats, bright berries and a little crunch. No protein powder required.



SERVES 2 / PREP 10 MIN / COOK 0 MIN

REAL INGREDIENTS. EVERYDAY FLAVOR.

Serving illustration generated with AI. See the following page for the full recipe.

01 / BREAKFAST

Berry Cheesecake Overnight Oats

Creamy oats, bright berries and a little crunch. No protein powder required.

SERVES 2 / PREP 10 MIN / COOK 0 MIN

370 KCAL

28 PROTEIN g

49 CARBS g

8 FAT g

INGREDIENTS

1 1/2 cups (340 g) plain nonfat Greek yogurt
1 cup (80 g) rolled oats
1/2 cup (120 ml) 2% milk
1 cup (150 g) mixed berries
2 tbsp (20 g) chia seeds

METHOD

1. Stir yogurt, oats, milk and chia in a bowl. Divide between two jars and cover.
2. Refrigerate for at least 6 hours or overnight. Stir well; loosen with a splash of water if needed.
3. Top each jar with half the berries just before serving.

COOK'S NOTE

Chill time: 6 hours, additional to active time. Best within 2 days.

Allergens: Milk; oats may contain gluten.

Approximate nutrition per serving. See page 3 for assumptions.