

# 8 High Protein Meal Ideas to Support Your Health Goals



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Containing all 9 essential amino acids, eggs are one of the highest quality sources of protein for us. Combined with a host of other important nutrients, eggs can be an effective way to incorporate protein into your diet, while promoting overall health.

If you're looking for an effective way to add more protein to your meals, you're in the right place. We'll break down 8 of our favourite high protein recipes along with all the nutritional information\* you need to help you manage your protein intake and overall diet.

There's a recipe here for every time of day, every taste, and every preference. Keep scrolling to find your new favourites!

*\*All values listed are per serving.*

## 1. Smoked Salmon and Dill Dutch Baby



This freshly-made dutch baby will leave you feeling all types of satisfied. Salmon, onion, and dollops of creme fraiche are pulled together with a tangy lemon zest. Perfect for sharing.

### Nutritional Information

- **Energy** 433kcal
- **Protein** 18.3g
- **Fat (total)** 25.6g
- **Carbs (total)** 31.1g

## 2. Creamy Chicken, Mushroom & Chive Fettuccine



Great for lunch or dinner, this fettuccine brings together all food groups for a protein-packed punch. Pro tip: Make the pasta in batches, semi-freeze, seal, and store it away in your pantry. The pasta can last up to three months.

### Nutritional Information

- **Energy** 968kcal
- **Protein** 42.8g
- **Fat (total)** 48.8g
- **Carbs (total)** 86.3g

### 3. Fresh Lasagne with Roasted Pumpkin & Spinach





A great meal prep recipe, this pumpkin and spinach lasagne is a go-to for those with jam-packed schedules during the week. Make a batch on the weekend and have the lasagne as leftovers throughout the workweek.

**Nutritional Information**

- **Energy** 772kcal
- **Protein** 33.6g
- **Fat (total)** 40g
- **Carbs (total)** 63.8g

**4. Zucchini and Egg Pizza**



Who doesn't love pizza? Especially pizza as healthy as this one. Zucchini, asparagus, capsicum, and more come together for a slice of heaven that can be enjoyed at any time of day.

**Nutritional Information**

- **Energy** 691kcal
- **Protein** 46.3g
- **Fat (total)** 42.1g
- **Carbs (total)** 28.7g

**5. Chicken Fried Rice with Sliced Egg Omelette**





A smoking hot dish that's just bursting with flavour; we have a feeling you'll love this fried rice with egg omelette. A very hearty serving of vegetables and protein.

**Nutritional Information**

- **Energy** 586kcal
- **Protein** 32.3g
- **Fat (total)** 24.5g
- **Carbs (total)** 54g

**6. Caesar Salad With Hot Smoked Salmon**







A lunchtime delight or dinner accompaniment, check out this light salmon caesar salad. Salmon and prosciutto on a bed of baby cos and flaxseeds. Did somebody say yum?!

### Nutritional Information

- **Energy** 815kcal
- **Protein** 52.3g
- **Fat (total)** 59.2g
- **Carbs (total)** 10.9g

## 7. Roasted Pumpkin and Egg Rounds with Feta and Herb Pesto



This quick, 6-step Roasted Pumpkin & Egg Rounds recipe is great enough on its own. Delicious dukkah-coated pumpkin, pesto, and feta topped off with a lovely egg round. Bon Appetit!

### Nutritional Information

- **Energy** 578kcal
- **Protein** 27.1g
- **Fat (total)** 36.3g
- **Carbs (total)** 27.8g

## 8. Quinoa Tabbouleh With Sesame Eggs & Lamb





Now this is how you cover every important food group. Our Quinoa Tabbouleh with Sesame Eggs & Lamb packs a protein-filled punch. Not to mention, it's absolutely delicious! For a quick veggie-forward option, just remove the lamb.

## Nutritional Information

- **Energy** 552kcal
- **Protein** 37.9g
- **Fat (total)** 27.2g
- **Carbs (total)** 33.5g

Do these sound tempting? If so, check out our [7-Day High Protein Meal Plan](#) for more ideas on how you can incorporate protein into your diet. One week of quick and simple recipes for each important meal of the day. Enjoy these ones!

## More High Protein Egg Ideas



## High Vitamin D Meal Plan

It can be easy to overlook natural food sources when seeking to increase your vitamin D intake. Vitamin D is sometimes called the 'sunshine vitamin' for a reason. The best source of vitamin D is sunlight.