

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.



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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<https://t.co/t2XQskm039>

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— TheFitnessHacker (@Fitnesshacker_) [August 19, 2022](#)