
High Protein
Easy Dinners
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Welcome!

I'M SO GLAD YOU'RE HERE & READY TO GET COOKING!



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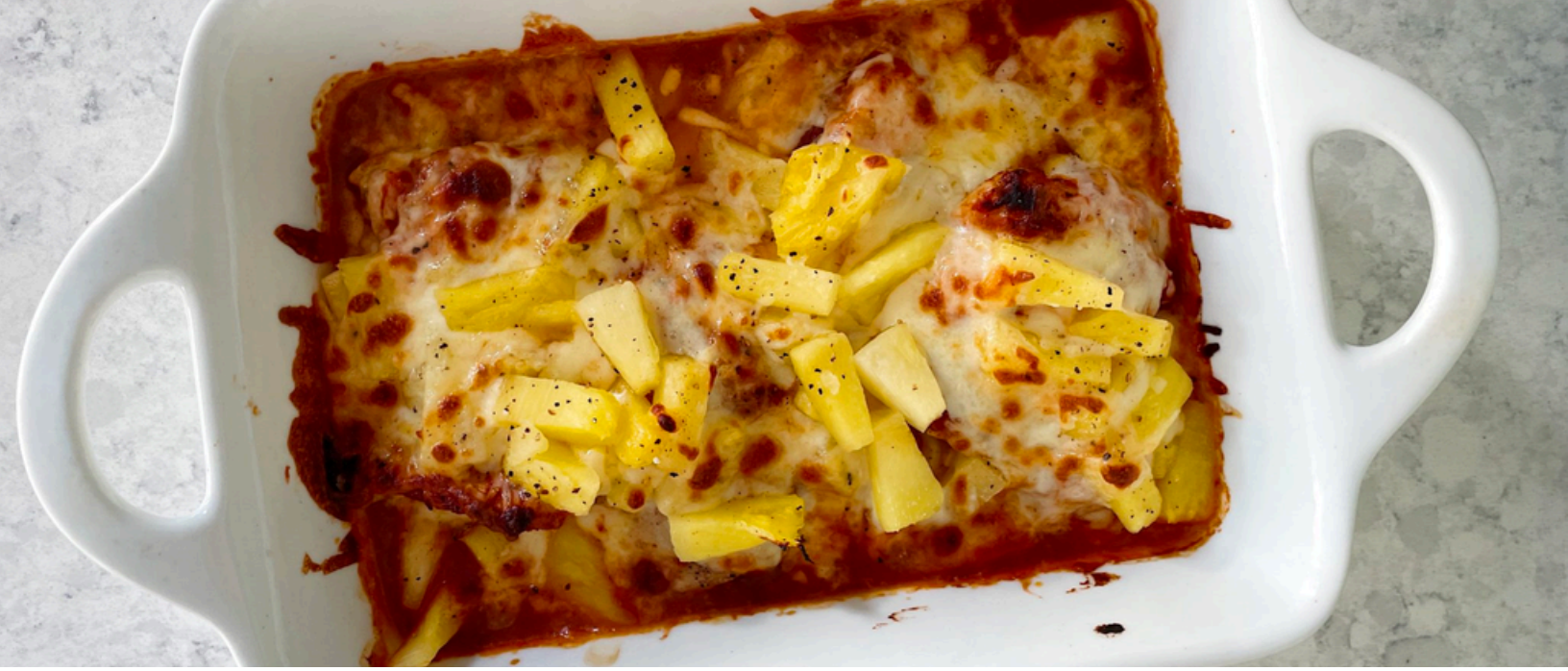


BBQ Chicken Bake

TOTAL CALORIES: 400 // PROTEIN: 34GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 6 oz Chicken thigh, boneless, skinless, raw
- 4 Tbsp Barbecue sauce, unsweetened
- ½ cup Pineapple, frozen chunks, unsweetened
- ¼ cup shredded mozzarella
- 2 cups Leafy green, spinach
- 1 tsp Butter
- ¼ tsp Salt
- ¼ tsp Pepper, ground

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Pat chicken thigh dry with a paper towel, and season with salt & pepper on both sides.
3. Add butter to a pan and heat on medium heat.
4. Add chicken to the pan, and cook for 1-2 minutes on each side.
5. Add 1/2 the barbecue sauce to a casserole dish.
6. Put chicken in the dish, and top with cheese, pineapple, the rest of the barbecue sauce, and more salt & pepper.
7. Bake for 20 minutes, then broil for 2-3 more minutes.
8. Serve on top of a bowl of spinach, add on more bbq sauce and pineapple from the casserole dish (that wasn't on top the chicken).
9. No chicken? Use tofu. No dairy? Use dairy-free cheese.



Cauli Risotto Carbonara

TOTAL CALORIES: 402 // PROTEIN: 30GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 1½ cups Cauliflower rice, raw (already riced)
- 3 Uncured bacon, slice
- 1 Egg, large
- 1 Egg yolk
- ¼ cup Cheese, Parmesan, grated
- ¼ tsp Pepper, ground
- ¼ tsp Garlic powder

DIRECTIONS

1. Cut bacon into small pieces with kitchen shears, or slice with a knife.
2. Add bacon to a pan and cook on lowest heat until cooked through, stirring occasionally.
3. Remove bacon from the pan, and drain away most (but not all) of the bacon grease.
4. Add in cauliflower rice, stir fry on medium-low until cauli rice has become a bit transparent and you see some browning, ~6 minutes.
5. While cauli rice is cooking, whisk together eggs, egg yolks, Parmesan, and seasonings in a bowl.
6. Add bacon back to the pan with the cauli rice, then slowly add in sauce, stirring your pot while you do so.
7. Cook for another ~3 minutes, or until your desired consistency.
8. No bacon? Use turkey or soy bacon. No dairy? Use a dairy-free cheese.



Chicken Pot Pie Skillet

TOTAL CALORIES: 395 // PROTEIN: 29GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 4 oz Ground turkey, 85% lean, raw
- ½ cup carrots
- ½ cup Celery stalks, chopped in half
- ½ Onion, yellow, large
- ⅓ cup Cheese, shredded, mozzarella
- ¼ tsp Basil, dried
- ¼ tsp Oregano
- ¼ tsp Salt

DIRECTIONS

1. Dice carrots, onion & celery.
2. Spray pan with an oil spray. Cook ground turkey and veggies to pan. Cook on medium heat for 10-15 minutes stirring frequently, until meat and veggies have cooked through.
3. Top with cheese and seasonings.
4. Let cheese melt 2-3 minutes (or alternatively, you can broil in the oven for 3 minutes).
5. No dairy? Use a dairy free cheese, oil, or add in pancetta instead. No animal protein? Use beans or tofu.



BBQ Chicken Pizzas

TOTAL CALORIES: 523 // PROTEIN: 39GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 4 Tbsp Barbeque sauce, unsweetened
- ½ cup Cheese, shredded, mozzarella
- 4 oz Rotisserie chicken
- 2 Tortilla, whole wheat or corn, small
- ⅛ Onion, red
- 1 Tbsp Parsley, fresh

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Dice onion.
3. Dice chicken, mix together with 1/2 your bbq sauce.
4. Spread the rest of your bbq sauce on the tortillas.
5. Top tortillas with chicken, cheese, and red onion.
6. Bake (or air fry) for 5-10 minutes, depending on how crispy you want your pizzas.
7. Top with fresh parsley.
8. No dairy? Use a dairy-free cheese or use a dairy-free pesto instead of the BBQ sauce and cheese (available at most stores). No chicken? Use tofu or beans. Gluten free? Use gluten free tortilla, e.g. corn.
9. Note: you don't have to use rotisserie chicken – baked or grilled chicken breast will work just as well.



Bell Pepper Subs with Hearty Sauce

TOTAL CALORIES: 346 // PROTEIN: 33GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 1 Bell pepper, red, medium
- 4 oz Ground turkey, 93% lean, raw
- ½ cup Tomatoes, canned, crushed
- ⅓ cup Cheese, shredded, mozzarella
- ¼ tsp Basil, dried
- ¼ tsp Salt
- ¼ tsp Pepper, ground

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Spray a pan with an oil spray.
3. Cook ground turkey on medium-low heat ~8 minutes, or until no longer pink.
4. Add in tomatoes and spices for ~2 minutes.
5. Cut pepper into medium sized slices.
6. Top peppers with sauce and cheese.
7. Bake in oven for ~10 minutes.
8. No meat? Use tofu, beans, or a vegan meat-replacement (available at most stores!). No cheese? Use a dairy-free cheese, or bacon bits (can be regular, turkey, or soy).



Chicken Nuggets and Guac

TOTAL CALORIES: 349 // PROTEIN: 41GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 6 oz Chicken breast, boneless, skinless, raw
- 1 tsp Garlic salt
- ¼ cup Guacamole
- 1 Cucumber, small
- ½ cup Carrots, baby

DIRECTIONS

1. Cut chicken into bite-sized pieces and season thoroughly with garlic salt. Add more than 1 tsp if you like.
2. Spray a pan with an oil spray. Cook chicken pieces for ~8-9 minutes, on medium heat, or until cooked through.
3. Slice cucumbers.
4. Dip veggies and chicken into guac.
5. No chicken? Use tofu or fish.



Chopped Chicken with Tzatziki Sauce

TOTAL CALORIES: 404 // PROTEIN: 49GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 6 oz Chicken breast, boneless, skinless, raw
- 1 Cucumber, small
- 1 Tomato, medium
- 4 Tbsp Tzatziki sauce
- ¼ tsp Basil, dried
- ¼ tsp Oregano
- ¼ tsp Salt
- ¼ tsp Pepper, ground

DIRECTIONS

1. Cube chicken.
2. Spray pan with an oil spray. Cook chicken for ~10 minutes on medium heat, until cooked through.
3. Chop tomato and cucumber; mix with seasonings.
4. Combine all ingredients.
5. No chicken? Use tofu, beans, or fish.



Everything Bagel Sheet Pan

TOTAL CALORIES: 568 // PROTEIN: 45GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 4 oz Salmon fillet
- 2 cups Brussels sprouts
- 5 Red potatoes, baby
- 1 tsp Avocado oil
- 2 Tbsp Everything Bagel Seasoning

DIRECTIONS

1. Preheat oven to 400 degrees F
2. Slice potatoes into small pieces, and Brussels in halves
3. Mix together avocado oil, potatoes, Brussels, and 1 Tbsp of Everything Bagel seasoning in a large bowl
4. Spread the bowl's contents on a sheet pan and bake for 20 minutes
5. While the vegetables are baking, lay 1 Tbsp Everything Bagel seasoning on a plate
6. Push salmon non-skin side into the seasoning, to cover it with the seasoning
7. When vegetables have baked for 20 minutes, remove from the oven and mix vegetables around
8. Make a section for the salmon, and add the salmon to the baking sheet
9. Bake for another 15-20 minutes, until your potatoes and salmon have cooked through
10. Serve!



Eggplant Parm Skillet

TOTAL CALORIES: 431 // PROTEIN: 26GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 1½ cups Eggplant slices
- ½ cup Cheese, Parmesan, shredded (cups)
- 4 Tbsp Cheese, Parmesan, grated
- ½ cup Tomatoes, canned, crushed
- 1 Tbsp Butter
- ¼ tsp Salt
- ¼ tsp Basil, dried
- ¼ tsp Oregano

DIRECTIONS

1. This recipe works best when making 2 or 3 servings at once.
2. Preheat oven to 425 degrees F.
3. Cut eggplant into small cubes.
4. Add butter to an oven-safe pan, melt on low heat.
5. Cook eggplant ~10 minutes on low heat, stirring frequently, until cooked through.
6. Mix in tomatoes and seasonings.
7. Top with cheeses, then bake for 10 minutes. Optional: broil for another 3-4 minutes.
8. No dairy? Use a dairy-free cheese, or swap this meal out for another.



Taco Spaghetti Squash Boats

TOTAL CALORIES: 527 // PROTEIN: 38GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 2 cups Squash, spaghetti
- ¼ cup Cheese, Mexican, shredded
- 4 oz Ground beef, 90% lean, raw
- ½ cup Corn, canned
- ¼ cup Beans & legumes, black beans, cooked
- ¼ cup Canned, diced tomatoes
- 1 tsp Taco seasoning

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. Slice spaghetti squash in half, if not already sliced (be careful!). Note: Microwaving the spaghetti squash for 6 minutes (3 on the top & the bottom) makes cutting it much easier.
3. Scoop out seeds from center of spaghetti squash.
4. Line a baking sheet with parchment paper, spray it with an oil spray.
5. Bake spaghetti squash, cut side faced down, for 30 minutes.
6. While spaghetti squash is cooking, cook ground beef in a pan for ~8 minutes on medium heat, or until cooked through. Mix in beans, corn, tomatoes, and taco seasoning.
7. Remove spaghetti squash from the oven.
8. Shred spaghetti squash with a fork, keeping the “spaghetti” strands in the boat.
9. Add ground beef mixture to the boat, mix contents together. Top with cheese.
10. Set the oven to broil, and broil for 2 minutes.
11. No meat? Use more beans. No dairy? Top with diced avocado.
12. 1/2 spaghetti squash = about 2 cups spaghetti squash.



Vegetarian Taco Skillet

TOTAL CALORIES: 479 // PROTEIN: 28GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- ¾ cup Beans & legumes, black beans, cooked
- 1 Zucchini, medium
- 1 Bell pepper, red, medium
- ½ cup Cheese, Mexican, shredded
- 2 tsp Taco seasoning

DIRECTIONS

1. Dice zucchini and pepper
2. Spray a pan with an oil spray
3. Stir fry zucchini and pepper for ~10 minutes on low-medium heat
4. Add in beans and taco seasoning, then top with cheese
5. Top the pan with a lid and let cheese melt ~4 minutes
6. No dairy? Use oil instead of cooking spray, or bacon bits



Chicken Cheesesteak Skillet

TOTAL CALORIES: 418 // PROTEIN: 35GM

MAKES 1 SERVING

Double, triple etc. ingredients list to make multiple servings.

INGREDIENTS

- 6 oz boneless, skinless chicken thighs
- ¼ red bell pepper
- ¼ green bell pepper
- ¼ cup mushrooms
- ¼ Onion, yellow
- ⅓ cup shredded cheese
- 2 tsp avocado oil
- ⅛ tsp red pepper flakes
- ⅛ tsp garlic salt

DIRECTIONS

1. Slice veggies and chicken into thin strips
2. Add oil to a pan
3. Stir fry veggies and chicken, stirring occasionally, about 15 minutes on low-medium heat
4. Mix in seasonings, and top with cheese
5. Let cheese melt ~5 minutes

No chicken? Use beans or tofu. No cheese? Use more oil, or top with diced avocado at the end.



Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

Are you sick of eating “perfectly” all day and then overdoing it at night?
Do you want to feel totally in control around food, and stop emotional eating?
Are you tired of wasting food in your fridge, money on expensive supplements, or your whole weekend making complicated, 20-ingredient recipes?
Do you know you’re not living to your fullest potential, because you're not feeling confident or have low self esteem?

I'D LOVE FOR YOU TO JOIN...

BEST BODY

by DR. RACHEL PAUL PHD,RD.

The simple system to lose weight permanently and finally feel in control around food.

- Permanently lose 5-50 pounds
- Feel totally in control around food
- Have simple, tasty, wholesome recipes
- Feel absolutely confident

BEST BODY

by DR. RACHEL PAUL PHD,RD.

My proven program to help you become your best self



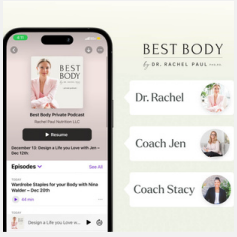
1. CREATE YOUR PERSONALIZED PLAN

I walk you through creating a plan that specifically works for YOU – for your body's needs, lifestyle, food preferences – during the week, on the weekend, during special events, etc. in video lessons.



2. SIMPLIFY YOUR MEAL PLANNING

I make eating healthy SO EASY for you with the Best Body Meal Planner. Through my interactive meal planning tool with 1600+ simple meal, snack, and dessert options, you can either create plans based on what's already in your fridge, or follow the plans I create each week.



3. WEEKLY COACHING CALLS

I'm so excited to bring you 2-3 group calls a week, where my amazing team of coaches and I will help you with any personal struggles, and answer all of your questions. Calls are at various days and times to accommodate schedules/time zones, and are recorded and uploaded to our private podcast, so you can listen anytime.



4. COMPLETE MINDSET TRAINING

You'll get my Complete Mindset Mastery Training. I teach you mindset shifts for every situation you may encounter: stress eating in the afternoon, overeating on the weekends, dealing with your mother-in-law, etc. through video lessons



5. SUPPORTIVE COMMUNITY & ACCOUNTABILITY

Our Best Body community is unlike any other! Members are by your side to cheer you on, share tips and recipes, and help you overcome any obstacles.



6. NEW TOOLS EACH MONTH

New recipe books, guides, trainings, and coaching calls are available every month on everything from feeling confident in a bathing suit to sitting next to judgmental aunts at Thanksgiving, and more.

I'D LOVE FOR YOU TO JOIN ME IN BEST BODY