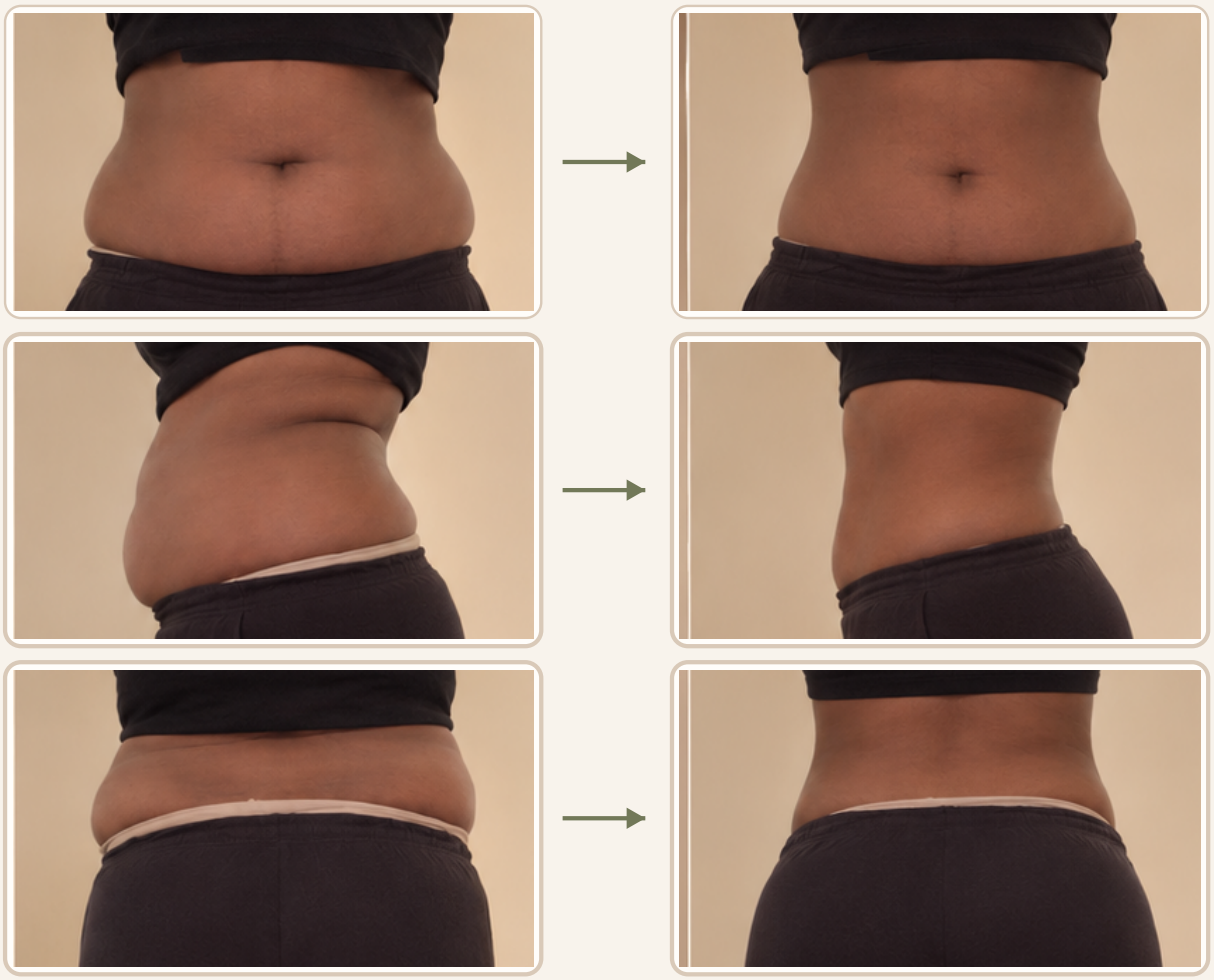
THE BODY RECOMP *KITCHEN*

TEN HIGH-PROTEIN RECIPES

ONE 7-DAY MENU. FOUR WEEKS OF EASY REPEATS.



STARTING PHOTOS / ILLUSTRATIVE BODY RECOMP VISION



REAL FOOD. SMART PORTIONS.

Breakfasts, lunches and dinners you can rotate every week. Designed to support strength training and balanced body composition.

NO FOOD SCALE REQUIRED • MEASURE WITH CUPS & SPOONS

THE INTRODUCTION

A better way to eat for strength.

Food that feels good, nourishes your training and fits real life.



01 NO EXTREME RULES

Body recomposition is about building and keeping muscle while gradually changing body fat. Progress depends on training, nutrition and recovery—not one miracle meal.

02 PROTEIN WITH PURPOSE

Choose satisfying protein-rich meals and eat enough to support your activity. Carbs are useful fuel—not the enemy.

03 MAKE IT REPEATABLE

Use the seven-day menu at the end and repeat it for four weeks, adjusting your portions and swapping dishes as needed.

HOW TO USE THIS COOKBOOK

Each recipe includes clear ingredients, simple steps, estimated calories and protein per serving. This is a flexible meal-planning tool—not a fixed calorie target for every person.

Recipe images are AI-styled illustrations. Nutrition figures are estimates and should be checked against your brands and actual portions.

THE NO-SCALE METHOD

Portions that make sense.

No kitchen scale? Use cups for foods, spoons for oils and sauce, and natural units when practical.

01 / PROTEIN

¾–1 cup

Cooked diced chicken, turkey or similar protein; each food has a different density.

02 / CARBS

¾–1 cup

Cooked rice, quinoa, potatoes or sweet potato.

03 / VEGETABLES

1–2 cups

Cooked or fresh vegetables, chopped or loosely packed.

04 / FATS & SAUCES

tsp / tbsp

Measure oils, honey, dressings and nut butters with smaller spoons.

COOKED vs. RAW MATTERS. Measurements in bowls refer to cooked food; recipe ingredients identify the form to measure. Cups are convenient, not exact weights.

SIMPLE DAILY RHYTHM

Three plates, one easy rhythm.

Pick combinations that work for your appetite, schedule and activity.



BREAKFAST

Blueberry yogurt pancakes



LUNCH

Honey-garlic chicken bowl



DINNER

Korean beef & rice bowl

STORAGE & SAFETY

Chill food promptly at 4°C / 40°F or below. As a conservative guide, refrigerate cooked leftovers for 2–3 days or freeze later-week portions. Reheat thoroughly and keep fresh toppings separate.

RECIPE 01 / MORNING & BAKERY

Blueberry Greek Yogurt Protein Pancakes



CALORIES
≈ 371 kcal

PROTEIN / SERVING
≈ 32 g protein

THE INGREDIENTS

- ½ cup rolled oats, blended into flour
- ¾ cup plain 0% Greek yogurt
- 1 large egg
- ⅓ cup blueberries
- 1 tsp baking powder
- 2 tbsp milk or water

THE METHOD

01 Blend the oats into flour. Whisk with yogurt, egg, baking powder and milk to make a thick batter.

02 Fold in blueberries. Rest 3 minutes while a nonstick pan warms over medium-low heat.

03 Cook 3 small pancakes, about 2–3 minutes per side, until set throughout.

PREP NOTE • Refrigerate up to 2–3 days. Freeze separated with parchment; reheat thoroughly.

RECIPE 02 / MORNING & BAKERY

Berry & Greek Yogurt Protein Overnight Oats



CALORIES
≈ 366 kcal

PROTEIN / SERVING
≈ 31 g protein

THE INGREDIENTS

- ½ cup rolled oats
- ¾–⅞ cup plain 0% Greek yogurt
- 2 tsp chia seeds
- ⅔ cup diced strawberries or mixed berries
- ¼ cup milk

THE METHOD

01 Stir oats, yogurt, chia and milk in a covered jar.

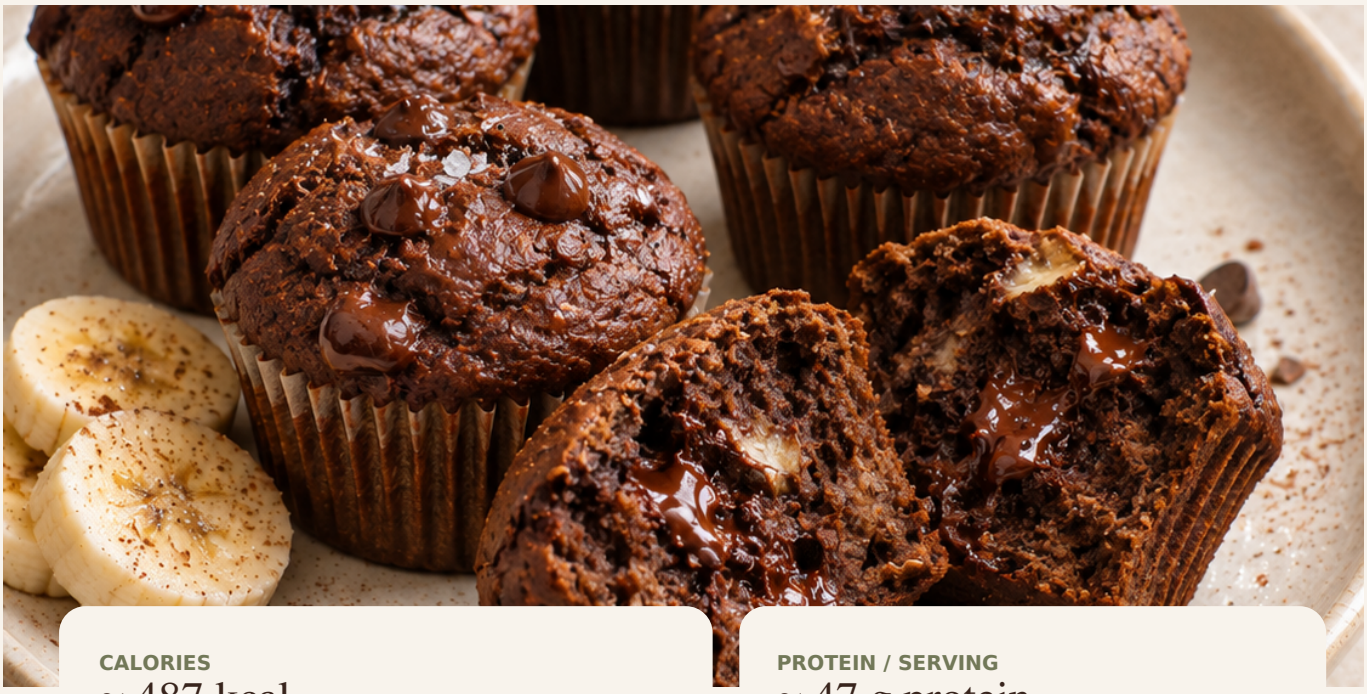
02 Top with berries, seal and refrigerate overnight (at least 6 hours).

03 Stir before eating; thin with a splash of milk if needed.

PREP NOTE • Refrigerate 2 days; do not leave at room temperature. Freezing not recommended for texture.

RECIPE 03 / MORNING & BAKERY

Double Chocolate Banana Protein Muffins



CALORIES
≈ 487 kcal

PROTEIN / SERVING
≈ 47 g protein

THE INGREDIENTS

- 1 medium mashed banana
- ¾ cup rolled oats, blended
- 2 typical scoops unflavored protein powder (check label)
- ⅔ cup Greek yogurt
- 2 large eggs
- 2½ tbsp unsweetened cocoa
- 2 tbsp chopped dark chocolate
- 1½ tsp baking powder
- 3 tbsp milk, plus a little if needed

THE METHOD

01 Preheat oven to 175°C / 350°F. Line or grease 6 standard muffin cups.

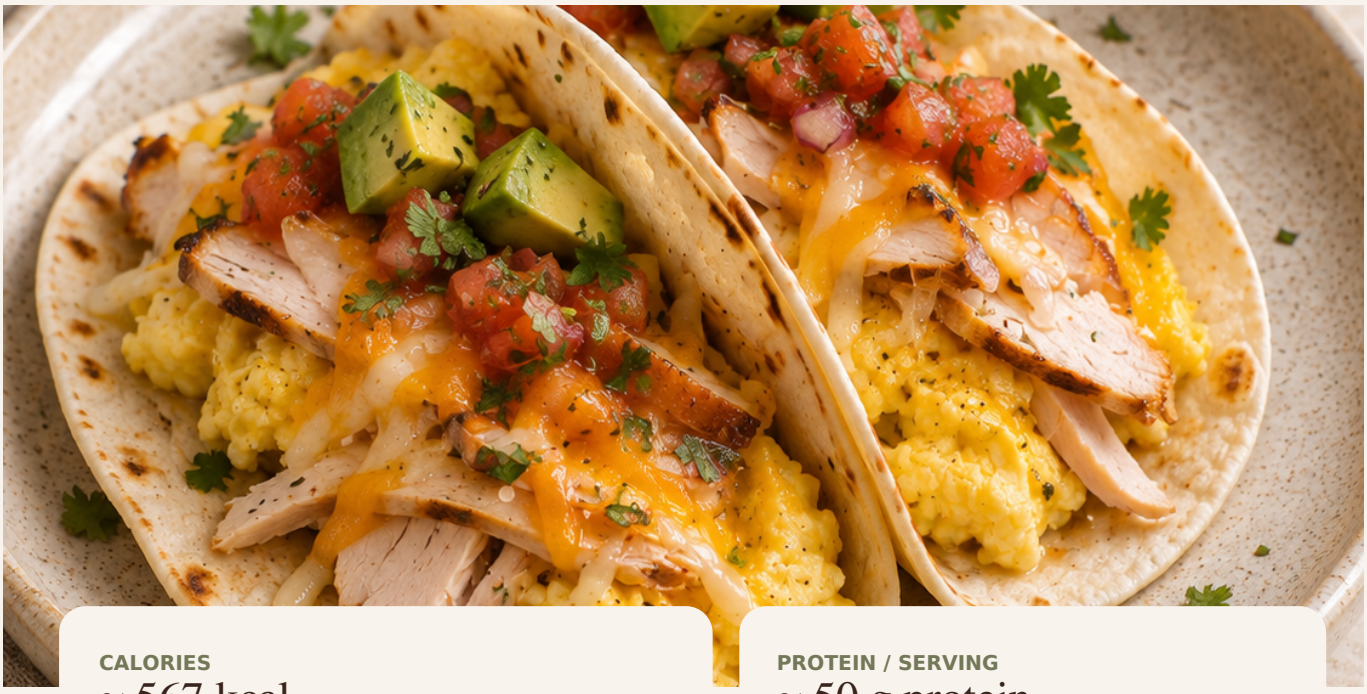
02 Mash banana; whisk with yogurt, eggs and milk. Fold in oat flour, protein powder, cocoa and baking powder. Add chocolate.

03 Divide into 6 cups and bake 16–21 minutes, until centers are set. Cool completely. Serving = 3 muffins.

PREP NOTE • Refrigerate 2–3 days or freeze individually up to 2 months for quality. Protein powder brands vary greatly.

RECIPE 04 / MORNING & BAKERY

Cheesy Egg & Turkey Breakfast Tacos



CALORIES
≈ 567 kcal

PROTEIN / SERVING
≈ 50 g protein

THE INGREDIENTS

- 2 small tortillas (≈35 g each; use package label)
- 2 large eggs
- ⅖ cup liquid egg whites
- ½ cup chopped cooked turkey breast
- ¼ cup shredded cheddar
- 1 cup loosely packed spinach

THE METHOD

01 Warm the tortillas in a dry skillet.

02 Cook turkey and spinach until hot. Add beaten eggs and egg whites; stir gently until fully cooked.

03 Divide between tortillas, add cheddar and fold.

PREP NOTE • Refrigerate cooked filling 2–3 days; assemble tortillas just before eating for best texture. Freeze filling if needed.

RECIPE 05 / LUNCH & DINNER

Honey-Garlic Chicken & Sweet Potato Bowl



CALORIES
≈ 524 kcal

PROTEIN / SERVING
≈ 51 g protein

THE INGREDIENTS

- ~1 cup diced cooked chicken breast
- 1 cup roasted sweet potato cubes
- 1½ cups cooked broccoli florets
- 1½ tsp honey
- 2 garlic cloves, minced
- 2 tsp reduced-sodium soy sauce
- 1 tsp olive oil

THE METHOD

01 Preheat oven to 205°C / 400°F. Roast diced sweet potato with half the oil 20–30 minutes, turning once.

02 Cook raw chicken fully to 74°C / 165°F; dice and measure about 1 cup cooked. Steam broccoli.

03 Warm garlic, honey and soy sauce briefly, toss with chicken, and assemble with sweet potato and broccoli.

PREP NOTE • Chill promptly in shallow containers. Refrigerate 2–3 days or freeze cooked components separately; reheat to 74°C / 165°F.

RECIPE 06 / LUNCH & DINNER

Korean-Style Beef & Rice Bowl



CALORIES
≈ 633 kcal

PROTEIN / SERVING
≈ 43 g protein

THE INGREDIENTS

- ~¾–1 cup cooked lean ground beef
- 1 cup cooked white rice
- ½ cup shredded carrots
- ½ cup sliced cucumber
- 1 tbsp reduced-sodium soy sauce
- 1 tsp honey
- 2 garlic cloves
- 1 tsp sesame or neutral oil

THE METHOD

01 Cook lean ground beef until 71°C / 160°F; drain excess fat if necessary.

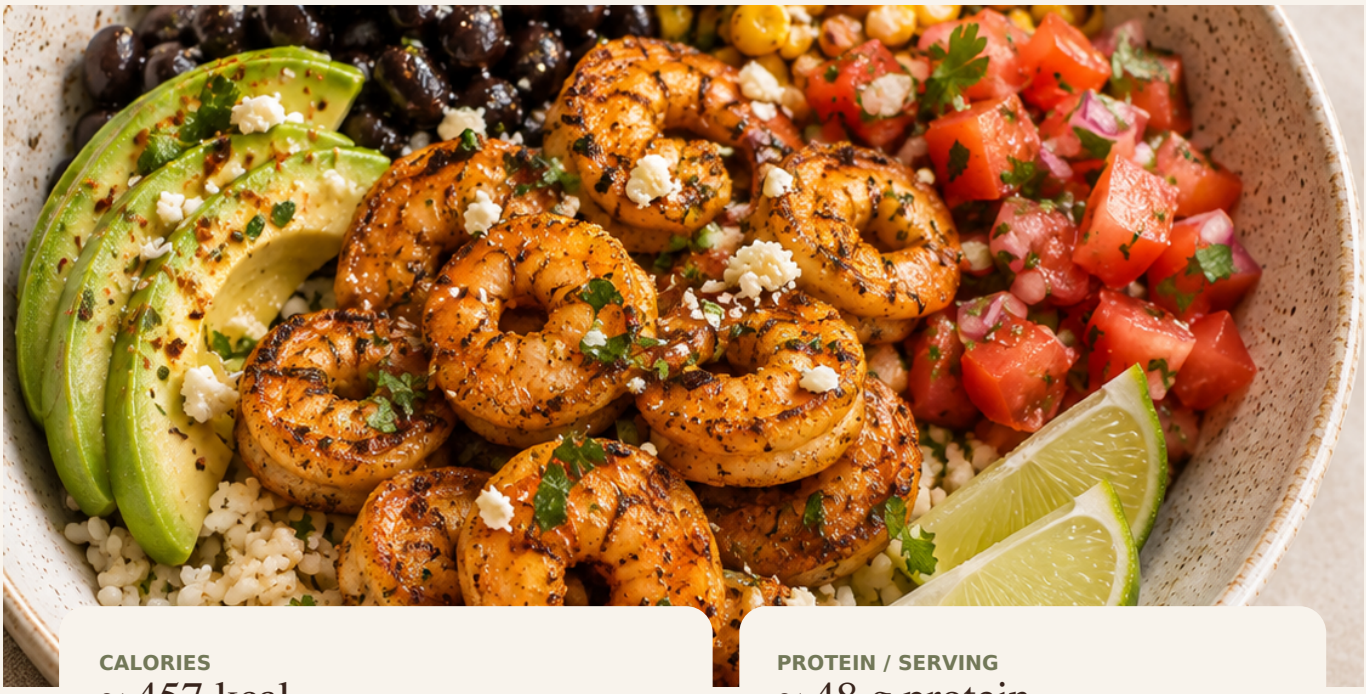
02 Add garlic, soy sauce and honey; cook 1–2 minutes until coated.

03 Serve over freshly cooked rice, with carrots and cucumber on the side.

PREP NOTE • Cool rice rapidly in shallow containers; refrigerate promptly, ideally use by next day or freeze immediately. Refrigerate beef 2–3 days; reheat hot components to 74°C / 165°F.

RECIPE 07 / LUNCH & DINNER

Mexican Shrimp & Black Bean Fiesta Bowl



CALORIES
≈ 457 kcal

PROTEIN / SERVING
≈ 48 g protein

THE INGREDIENTS

- ~1 cup cooked peeled shrimp
- ½ cup drained rinsed black beans
- ¼ cup drained corn
- ½ cup diced red pepper
- ¼ small avocado, diced
- ½ cup diced tomato
- 1½ tbsp lime or lemon juice
- 1 tsp olive oil

THE METHOD

01 Cook shrimp until 74°C / 165°F (or opaque and firm according to local guidance); cool promptly if serving chilled.

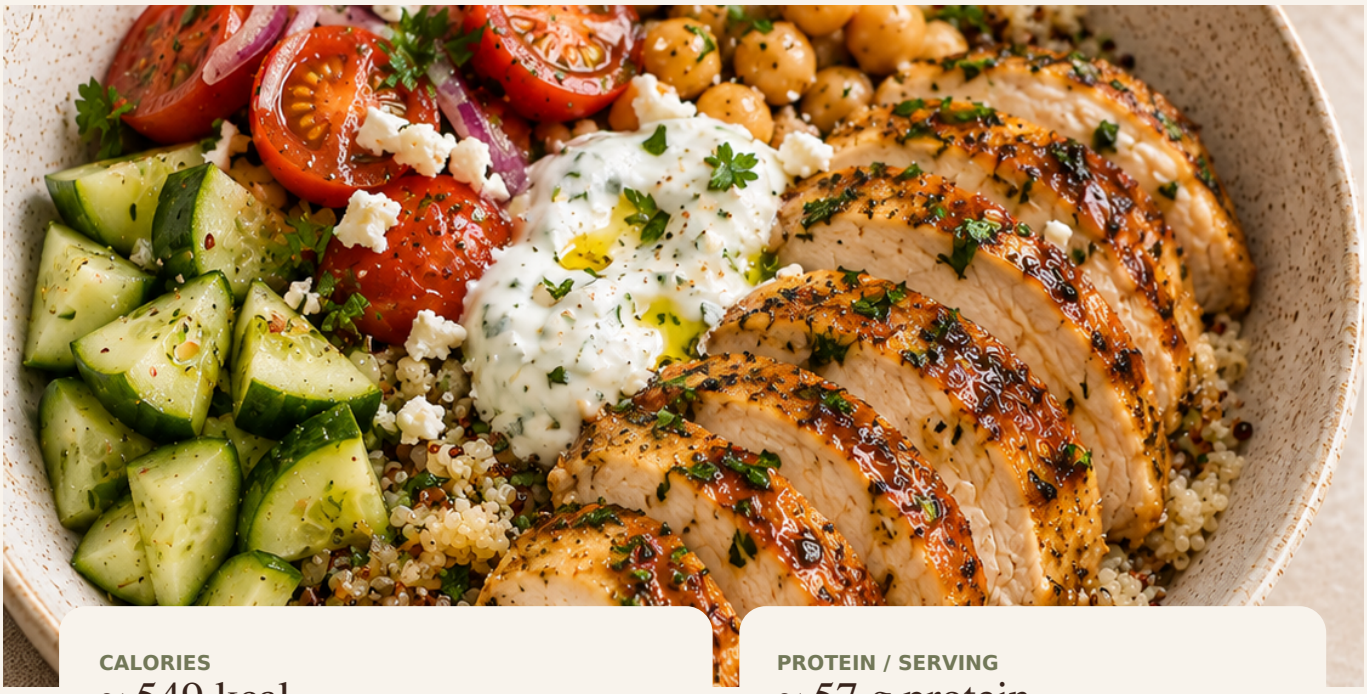
02 Rinse and drain beans and corn; dice pepper, tomato and avocado.

03 Combine, dress with citrus juice and oil just before serving.

PREP NOTE • Best eaten the day prepared; refrigerated leftovers within 1–2 days. Keep avocado and dressing separate. Do not freeze the assembled fresh salad.

RECIPE 08 / LUNCH & DINNER

Mediterranean Chicken & Quinoa Bowl



CALORIES
≈ 549 kcal

PROTEIN / SERVING
≈ 57 g protein

THE INGREDIENTS

- ~¾–1 cup cubed cooked chicken
- ¾ cup cooked quinoa
- ½ cup diced cucumber
- ⅔ cup diced tomato
- ¼ cup plain 0% Greek yogurt
- 2 tbsp crumbled feta
- 1 tbsp lemon juice
- 1 tsp olive oil

THE METHOD

01 Cook chicken to 74°C / 165°F and quinoa according to package directions; cool promptly if serving chilled.

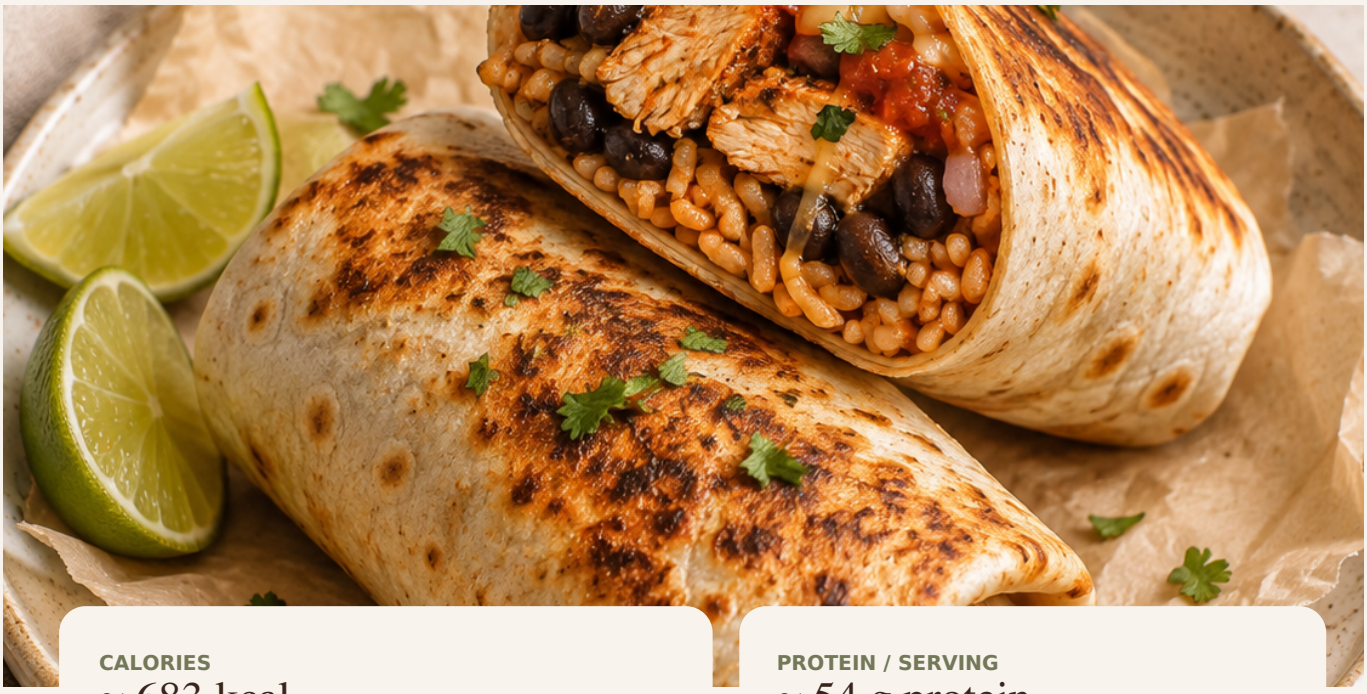
02 Mix yogurt and lemon into a quick dressing.

03 Combine quinoa, chicken, cucumber and tomato; finish with feta, dressing and olive oil.

PREP NOTE • Keep dressing and fresh vegetables separate; refrigerate 2–3 days. Freeze chicken and quinoa separately, not assembled salad.

RECIPE 09 / LUNCH & DINNER

Chipotle Chicken & Black Bean Burritos



CALORIES
≈ 683 kcal

PROTEIN / SERVING
≈ 54 g protein

THE INGREDIENTS

- 4 small tortillas (≈35 g each)
- ~1½ cups diced cooked chicken
- ¾ cup drained rinsed black beans
- ¾ cup cooked white rice
- ½ cup corn
- ⅓ cup shredded cheddar
- ⅔ cup thick salsa, drained

THE METHOD

01 Cook chicken fully to 74°C / 165°F, rice and beans; season with chipotle or smoked paprika (to taste).

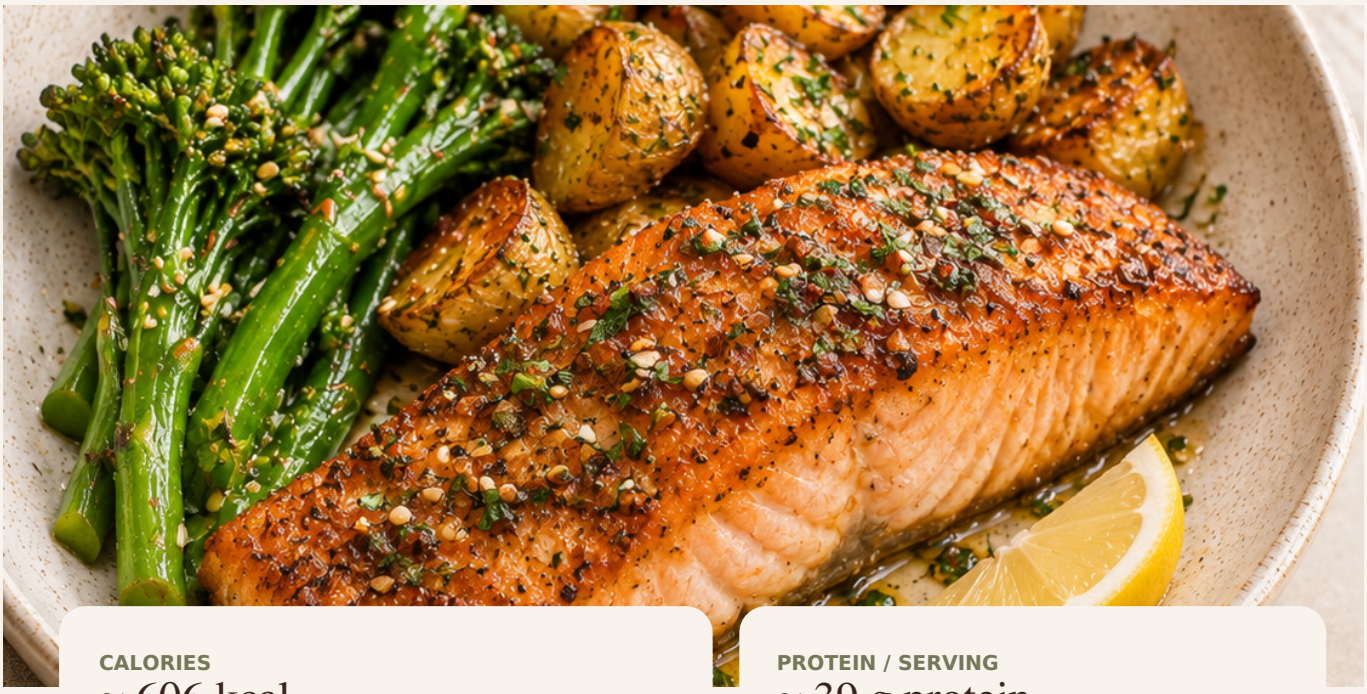
02 Let hot filling cool quickly, keeping time out of refrigeration short; drain watery salsa.

03 Divide filling evenly among 4 tortillas and roll tightly. Serving = 2 burritos. Crisp in a dry skillet if desired.

PREP NOTE • Refrigerate 2–3 days; or wrap each cooled burrito and freeze up to 2 months for quality. Reheat to 74°C / 165°F.

RECIPE 10 / LUNCH & DINNER

Crispy Salmon & Herbed Potatoes



CALORIES
≈ 606 kcal

PROTEIN / SERVING
≈ 39 g protein

THE INGREDIENTS

- 1 salmon fillet, ~150 g cooked
- 1 cup roasted potato cubes
- 1 cup cooked green beans
- 2 tsp olive oil, divided
- 1½ tbsp lemon juice
- 1 garlic clove

THE METHOD

01 Heat oven to 205°C / 400°F. Toss potato cubes with half the oil; roast 20–30 minutes until tender.

02 Cook salmon until the center reaches 70°C / 158°F under Québec guidance; roast or pan-sear with remaining oil.

03 Steam beans; finish salmon and potatoes with lemon, garlic and dried herbs.

PREP NOTE • Refrigerate cooked salmon and sides 2–3 days; freeze cooked salmon if needed, but texture may soften. Reheat leftovers to 74°C / 165°F.

YOUR WEEKLY BLUEPRINT

Seven days.
Repeat four times.

A repeatable meal rotation for four weeks. Swap dishes and adjust quantities to your own energy needs.

DAY	BREAKFAST	LUNCH	DINNER
MON	Blueberry protein pancakes	Honey-garlic chicken bowl	Salmon & herbed potatoes
TUE	Berry overnight oats	Korean beef & rice	Chipotle chicken burritos
WED	Egg & turkey tacos	Mediterranean chicken bowl	Mexican shrimp fiesta bowl
THU	Chocolate banana muffins	Honey-garlic chicken bowl	Korean beef & rice
FRI	Blueberry protein pancakes	Chipotle chicken burritos	Salmon & herbed potatoes
SAT	Berry overnight oats	Mexican shrimp fiesta bowl	Mediterranean chicken bowl
SUN	Egg & turkey tacos	Leftovers / mix & match	Honey-garlic chicken bowl

SUNDAY RESET: prep a few staples, portion what you need and freeze foods intended for later in the week. This menu supports meal planning; it does not guarantee weight loss.