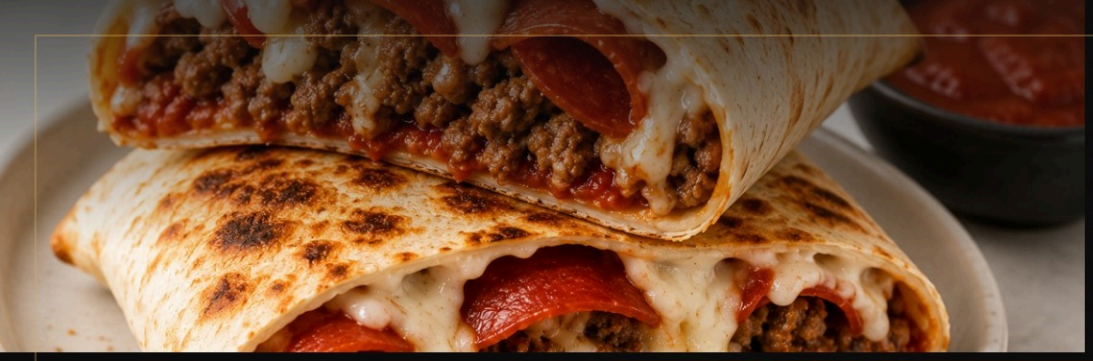
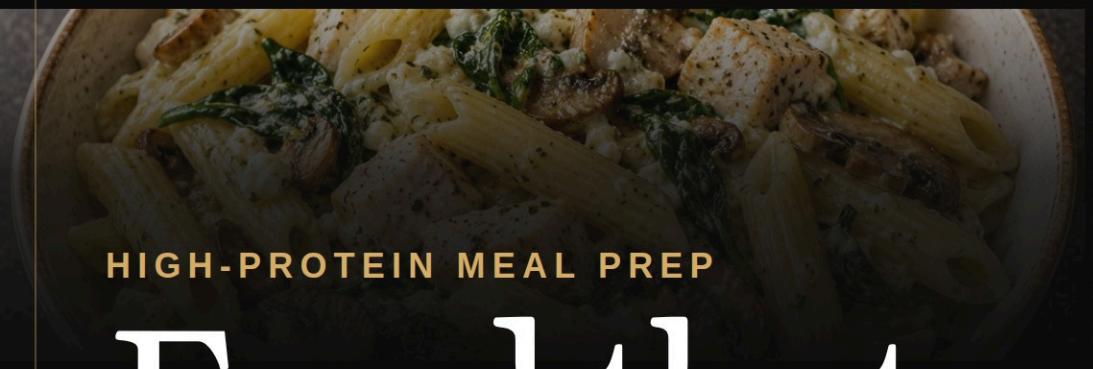












HIGH-PROTEIN MEAL PREP

Food that works twice.

Recipes that fit the plan and taste good enough to make again.

40–60g
protein in most meals

10
chapters

Every page
macros & storage

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WELCOME

Recipes we actually repeat.

I didn’t set out to write a cookbook. I set out to eat in a way that supported my training, kept protein high, and didn’t feel like diet food.

The recipes in this book are the result: meals built around lean protein, measured portions, and ingredients you can account for. Bowls, bakes, burritos, comfort food, and a few desserts that make a plan feel livable.

Every recipe follows the same standard we use on the site. Food has to work twice. It has to support the plan, with enough protein, sensible portions, and calories you can actually track. And it has to taste good enough that you want to make it again. If a recipe doesn’t pass both tests, it isn’t finished.

Most of these are batch recipes. Cook once or twice a week, divide everything into containers, and the decisions for the next four days are already made. That’s the real advantage. It isn’t willpower. It’s a fridge full of food you’re happy to eat.

Start with two or three recipes that sound good to you. Make them twice. Keep the ones you’d make a third time.

— David

BEFORE YOU COOK

How to use this book.

Every page, the same layout

Each recipe lists calories, protein, carbohydrates, fiber, and fat per serving, along with its yield, method, storage notes, and how to log it in your calorie tracker.

The protein ratio

The gold number on every recipe is grams of protein per 100 calories. It’s the fastest way to compare meals. Most mains here land at 10 or higher, which is excellent. Desserts and snacks run lower by design.

Macros are estimates

Numbers are calculated from standard nutrition values for the listed ingredients. Brands differ, especially cheese, tortillas, protein powder, and sauces, so log your exact products for the most accurate totals.

Weigh the batch, not the spoon

For even portions, weigh the finished batch, divide by the number of servings, and portion each container to that weight. It takes two minutes and removes the guesswork.

Moderate carbs, protein first

These meals keep carbs measured, not missing. To cut further, halve the rice, pasta, or potatoes and double the vegetables. That saves roughly 80 to 120 calories per serving.

Logging it in your tracker

I have my favorite tracker, but use yours, and if you don’t have one yet, find one that fits your style. They all work the same way: create the recipe once, enter each ingredient with its brand and amount, and set the servings to the yield listed. After that, logging a meal is a single tap.

THE SYSTEM

One prep morning, the week handled.

Here’s how my prep day actually runs. I start around 8 a.m. and finish between 11:30 and noon. In that window I cook four recipes: the dinners for the week and a batch of lunch burritos. Every dinner recipe covers at least two nights for the two of us.

01 **Plan four recipes.** A few dinners and one lunch batch. Pick recipes that share ingredients so the shopping list stays short.

02 **Shop once.** Group the list by store section. Buy proteins in family packs.

03 **Start early and keep everything moving.** Run the oven, the stovetop, and the rice cooker at the same time so nothing sits waiting.

04 **Cool fast.** Get cooked food into the fridge within 2 hours. Spread it in shallow containers so it cools quickly.

05 **Portion by weight.** Divide each batch evenly so every container matches the macros on the page.

06 **Freeze the extras the same day.** Anything you won’t eat in the next 3 to 4 days goes straight into the freezer, labeled with the recipe name and date.

Fridge

Most recipes keep 3 to 4 days. Seafood keeps 3. Keep sauces, fresh toppings, and crunchy things separate.

Freezer to table

Move a frozen meal to the fridge the day before you want it. It thaws overnight and is ready for the microwave the next day.

Reheat

Microwave to 165°F, stirring halfway. Add a splash of water or broth to rice and pasta dishes so they don’t dry out.

Containers that work: glass with snap-lock lids for anything you’ll microwave, small 2-ounce cups for sauces, and freezer bags laid flat for soups and chili.

SWAPS AND STAPLES

The building blocks.

INSTEAD OF	USE	WHY
Sour cream	**Nonfat plain Greek yogurt**	About 10g protein per 100g, same tang
Ricotta or heavy cream	**Fat-free cottage cheese, blended smooth**	Creamy sauces at a fraction of the fat
Regular mayo	**Half olive oil mayo, half Greek yogurt**	Keeps the flavor, halves the calories
Regular pasta	**Protein pasta**	Nearly double the protein and more fiber
Flour tortillas	**Low-carb, high-fiber tortillas**	Fewer calories, much more fiber
80/20 ground beef or turkey	**93/7 ground beef or 93/7 ground turkey**	Same protein, far less fat
Seasoned rice packets	**Jasmine rice cooked in bone broth**	More flavor, a little extra protein, less sodium
Seasoning packets	**Your own spice blends**	Full flavor, a fraction of the sodium

Proteins

Chicken breast, ground chicken breast, 93/7 turkey, 93/7 beef, top round, shrimp, cod, salmon, eggs, liquid egg whites, Canadian bacon

Dairy

Nonfat Greek yogurt, fat-free cottage cheese, light cream cheese, reduced-fat cheddar, part-skim mozzarella, Parmesan

Carbs

Jasmine and brown rice, potatoes, sweet potatoes, protein pasta, rolled oats, corn and low-carb tortillas, black beans

Pantry

Reduced-sodium soy sauce, bone broth, marinara, salsa, sriracha, honey, peanut butter powder, whey protein, spices

Korean Beef Bowls

Sweet-heat gochujang ground beef over rice with broccoli and crunchy fresh vegetables.

YIELD 5 servings · **METHOD** Stovetop

540	45g	55g	3g	14g	8.3g
CALORIES	PROTEIN	CARBS	FIBER	FAT	PROTEIN PER 100 CAL

INGREDIENTS

Beef

- 2 lb 93/7 lean ground beef
- 4 garlic cloves, minced
- 1 Tbsp grated fresh ginger

Sauce

- ⅓ cup reduced-sodium soy sauce
- 2 Tbsp gochujang
- 1 Tbsp honey
- 1 tsp toasted sesame oil

Bowls

- 1¼ cups dry jasmine rice
- 4 cups broccoli florets
- 1 cucumber, thinly sliced
- 1 cup shredded carrots
- 3 green onions, sliced
- Sesame seeds, optional

INSTRUCTIONS

1. Cook the rice. Steam the broccoli until crisp-tender.
2. Whisk the sauce ingredients together.
3. Brown the beef in a large skillet over medium-high heat and drain any fat.
4. Add the garlic and ginger and cook 30 seconds. Pour in the sauce and simmer 2 to 3 minutes until glossy.
5. Divide the rice, beef, and broccoli among 5 containers. Add the cucumber, carrots, green onion, and sesame seeds after reheating.

STORAGE AND REHEATING

Refrigerate up to 4 days or freeze the beef and rice up to 2 months. Keep the fresh vegetables separate.

TRACKER ENTRY

Set the recipe yield to 5 servings. Gochujang brands vary in sugar, so log yours exactly.

KITCHEN NOTE

Start with 1 Tbsp gochujang if you're heat-sensitive. You can always stir more in at the end.

Meat Lovers Pizza Pockets

A crisp, generously filled comfort-food meal that made the repeat list.

YIELD 8 large pizza pockets · **METHOD** Oven

445–465	51g–54g	40g–43g	28g	18g–20g	11.4g
CALORIES	PROTEIN	CARBS	FIBER	FAT	PROTEIN PER 100 CAL

INGREDIENTS

Filling

- 1 lb 93/7 lean ground beef
- 1 lb Marketside mild Italian ground sausage
- 12 oz canned chicken breast, drained
- 1 medium onion, diced
- 1¼ cups Rao's Roasted Garlic Marinara
- 1 cup fat-free cottage cheese, blended smooth
- 2 cups fat-free mozzarella, divided
- 1 tsp each garlic powder, onion powder, and Italian seasoning
- ½ tsp black pepper and an optional pinch of salt
- 1 tsp fennel seed, added to the sausage as it cooks

Pockets

- 16 slices turkey pepperoni
- Your favorite vegetables, diced or whole, as toppings (I use chopped bell pepper and jalapeño)
- 8 Mission Carb Balance burrito tortillas
- Cooking spray

INSTRUCTIONS

1. Sauté the onion until translucent, then add the sausage and fennel seed.
2. Add the beef and about three-quarters of the seasoning while it browns.
3. When nearly browned, stir in the chicken and the remaining seasoning.
4. Stir in the marinara, blended cottage cheese, and 1 cup mozzarella.
5. Let the filling sit for 10 minutes.
6. Place 1 cup of filling on each tortilla. Top with two pepperoni slices, your vegetables, and the remaining mozzarella, then fold and seal.
7. Lightly spray the pockets and bake at 400°F for 15 to 18 minutes. All 8 need two oven racks (or two ovens) to bake at once.

STORAGE AND REHEATING

Refrigerate up to 4 days or freeze up to 2 months. Reheat in the microwave, or in a 350°F oven for 10 to 12 minutes to keep the outside crisp.

TRACKER ENTRY

Set the recipe yield to 8 servings. Log the exact brands listed, since they drive the numbers.

KITCHEN NOTE

Make them your own with your favorite vegetables. Chopped bell pepper and jalapeño are my go-to. Letting the filling sit 10 minutes before folding keeps the tortillas from tearing.

Cruise Ship Chocolate Berry Smoothie

Chocolate protein, banana, blackberries, and strawberries blended thick with ice. The smoothie a bartender made me on our cruise.

YIELD 1 large smoothie · **METHOD** Blender

225	26g	30g	7g	2g	11.6g
CALORIES	PROTEIN	CARBS	FIBER	FAT	PROTEIN PER 100 CAL

INGREDIENTS

Smoothie

- 1 scoop chocolate whey protein
- 1 scoop creatine, optional
- ½ banana
- ½ cup blackberries
- ½ cup strawberries
- 1 cup ice
- Splash of water, as needed to blend

INSTRUCTIONS

1. Add the fruit and a splash of water to the blender first.
2. Add the protein powder, creatine, and ice.
3. Blend until thick and completely smooth, adding a little more water only if the blender stalls.

STORAGE AND REHEATING

Best fresh. Bag the fruit portions ahead in the freezer and use less ice.

TRACKER ENTRY

Save it as a one-serving recipe so it's a single tap to log.

KITCHEN NOTE

Creatine is optional and adds no calories. Check with your doctor before adding any supplement.

KEEP GOING

More at davidlask.com

Body Trend

A free app that turns your smart-scale readings into a smoothed trend, so one high morning doesn’t derail a good week. No account, and your data stays on your device.

davidlask.com/body-trend

The 28-Day Reset

A free four-week guide built on fundamentals: real food, more fiber, better sleep, and an honest look at what the scale will do along the way.

davidlask.com/28-day-reset

More recipes

New meals, batch notes, and updates as they make the repeat list.

davidlask.com/meals

Thank you for cooking with me. If a recipe here becomes one of your repeats, that’s the whole point.

— David