



SIMPLY SYNCD

HIGH-PROTEIN

RECIPE PACK



Weekly Shopping List

(If each meal is made once in the week)

Fruits, Vegetables	Meat, Dairy, Baking	Grains, Seeds & Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 4 bananas • 1 green apple • 1 lemon • 1 mandarin orange • 1 avocado <p>Vegetables</p> <ul style="list-style-type: none"> • 1 zucchini • 1 sweet potato • 1 red bell pepper • 1 yellow bell pepper • 1 cucumber • 2 medium carrots • Cherry tomatoes • Broccoli florets • Red cabbage • Baby spinach • Mixed salad greens <p>Herbs</p> <ul style="list-style-type: none"> • Fresh parsley • Fresh thyme (or preferred herbs) 	<p>Fish, Seafood</p> <ul style="list-style-type: none"> • 2 salmon fillets (approx. 6 oz each) • 1 can tuna in water <p>Meats</p> <ul style="list-style-type: none"> • 4 chicken thighs, skin-on <p>Dairy</p> <ul style="list-style-type: none"> • Plain Greek yogurt (optional, for snacks) • Butter <p>Vegetarian:</p> <ul style="list-style-type: none"> • 1 block tempeh • Eggs <p>Baking</p> <ul style="list-style-type: none"> • Unsweetened cocoa powder • Baking powder • Vanilla extract • Maple syrup 	<p>Grains</p> <ul style="list-style-type: none"> • Quinoa • Rolled oats <p>Nuts, Seeds</p> <ul style="list-style-type: none"> • Pine nuts • Chopped pecans • Sliced almonds • Black sesame seeds • Chia seeds • Ground flaxseed <p>Spices</p> <ul style="list-style-type: none"> • Cinnamon • Garlic powder • Paprika • Ground ginger or fresh ginger • Sea salt • Black pepper • Chili flakes (optional) • Dijon mustard 	<p>Oils</p> <ul style="list-style-type: none"> • Olive oil • Coconut oil <p>Cans, Condiments</p> <ul style="list-style-type: none"> • Almond butter • Almond milk • Tamari or low-sodium soy sauce <p>Sweeteners</p> <ul style="list-style-type: none"> • Maple syrup <p>Misc, Other</p> <ul style="list-style-type: none"> • Whole grain bread • Vanilla or chocolate whey protein



Vegan Buddha Bowl

Servings 1

1/2 cup Chickpeas
1/2 cup Green Peas
1/2 cup Quinoa
1/2 cup Sweet Potato
1/2 cup Cherry Tomatoes
1/2 cup Cucumber
1/4 cup Carrot
1/2 Avocado
1 tsp Sesame Seeds
Optional Dressing (See options below).

Dressing Options:

(Choose One)

Lemon-Tahini Dressing:

Whisk together tahini, lemon juice, water, salt, and minced garlic. (Adjust quantities to your liking).

Ginger-Soy Dressing: Whisk together soy sauce (low-sodium), rice vinegar, grated fresh ginger, sesame oil, and red pepper flakes (optional). (Adjust quantities to your liking).

Lime-Cilantro Dressing:

Whisk together juice of 1 lime, chopped fresh cillantro, olive oil, salt, and pepper.

Instructions:

1. Rinse quinoa under cold water. Combine with water in a saucepan (1/2 cup quinoa to 1 cup water). Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes, or until all the water is absorbed. Fluff with a fork.
2. Preheat oven to 400°F (200°C). Toss the cubed sweet potato with olive oil, salt, pepper, and desired spices. Spread on a baking sheet and roast for 20-25 minutes, or until tender.
3. Cook the chickpeas and peas (or drain and rinse if canned). Slice the cherry tomatoes, cucumber, carrots and avocado.
4. Arrange the quinoa in the bottom. Neatly arrange the chickpeas, peas, sweet potato, tomatoes, cucumber, carrot and avocado on top.
5. Sprinkle with sesame seeds.

PROTEIN	18G PER SERVING
Prep	Cook
20 mins	25 mins

Excellent source of Vitamin C, Vitamin A, Vitamin K, Folate, Potassium, Manganese, and Fiber.



Avocado Toast with Soft-Boiled Eggs & Pine Nuts

Servings 1

2 slices sprouted or whole grain bread(GF Optional)
1 ripe avocado, sliced
2 large eggs
1 tbsp pine nuts
¼ tsp sea salt
¼ tsp black pepper
Optional: pinch of chili flakes or lemon zest

Instructions:

1. Bring a small pot of water to a gentle boil. Lower the eggs in and cook for 6½ to 7 minutes. Transfer to an ice bath. Once cool, peel and slice in half.
2. Toast the bread to your desired crispness.
3. Toast pine nuts in a dry skillet over medium heat for 2–3 minutes, stirring frequently.
4. Layer avocado slices on the toast. Top with soft-boiled egg halves.
5. Sprinkle with pine nuts, salt, pepper, and optional chili flakes or zest.
6. Serve immediately.

PROTEIN	20G PER SERVING
Prep	Cook
10 min	10 mins



Crunchy Tempeh Salad with Ginger-Almond Dressing

Servings 2

1 block (200g) tempeh, cubed
1 tsp olive or avocado oil
3 cups mixed greens
½ cup shredded carrot
½ cup red cabbage, thinly sliced
1 mandarin orange, peeled and segmented
2 tbsp sliced almonds
1 tsp black sesame seeds

Dressing:

1½ tbsp almond butter
1 tbsp rice vinegar
1 tbsp low-sodium tamari
1 tsp freshly grated ginger
1 tsp maple syrup
1 tbsp water

Instructions:

1. Whisk together all dressing ingredients until smooth.
2. Heat oil in a skillet over medium heat. Add cubed tempeh and cook for 6–8 minutes, flipping occasionally, until golden brown on all sides.
3. In a large bowl, toss together mixed greens, carrot, red cabbage, and mandarin slices.
4. Top with tempeh, almonds, and sesame seeds. Drizzle with dressing just before serving.

PROTEIN	22G PER SERVING
Prep	Cook
15 min	15 mins



Power Green Smoothie

Servings 1

1 cup spinach
1/2 green apple, cored and chopped
1/2 ripe avocado
1/2 banana
1 inch piece of ginger, peeled and grated
1 scoop vanilla protein powder (whey or plant-based)
1 cup unsweetened almond milk (or your preferred milk)
1/2 cup ice

Instructions:

1. Combine all ingredients in a high-powered blender.
2. Blend until completely smooth and creamy. If the smoothie is too thick, add a splash of water or more almond milk to adjust the consistency.
3. Pour into a tall glass and enjoy immediately.

PROTEIN	26G
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Prep	Cook
10min	N/A



Maple Banana Protein Pancakes

4–6 small pancakes

1 ripe banana, mashed
2 eggs
½ cup rolled oats(GF
Optional)
1 scoop (25g) vanilla protein
powder
¼ tsp baking powder
½ tsp cinnamon
1 tbsp almond milk
1 tsp coconut oil

Topping:

2 tbsp chopped pecans
1 tsp maple syrup

Instructions:

1. In a blender, combine the banana, eggs, oats, protein powder, baking powder, cinnamon, and almond milk. Blend until smooth and thick.
2. Heat a non-stick skillet over medium heat and add coconut oil. Pour batter into small pancakes. Cook 2–3 minutes on each side, or until bubbles form and edges are set.
3. In a dry skillet, toast chopped pecans over medium heat for 2–3 minutes, stirring often. Remove from heat and drizzle with maple syrup.
4. Top pancakes with maple pecans.
5. Serve warm and enjoy!

PROTEIN	20G PER SERVING
Prep	Cook
15 min	15 mins



Cacao Coconut Energy Balls

Makes 10-12 balls

1 cup pitted Medjool dates
1/2 cup rolled oats (gluten-free if needed)
1/2 cup protein powder (whey, casein, pea, or your choice)
1/4 cup nut butter (almond, peanut, cashew)
2 tablespoons chia seeds
2 tablespoons flaxseed meal
1/4 cup unsweetened almond milk (or other milk)
1 teaspoon vanilla extract
Pinch of salt

Optional Coatings:

- Shredded coconut
- Cacao powder
- Chopped nuts

Instructions:

1. Soak Dates (Optional): If your dates are very dry, soak them in hot water for 5 minutes to soften. Drain well.
2. Add the dates, oats, protein powder, nut butter, chia seeds, flaxseed meal, almond milk, vanilla, and salt to a food processor.
3. Blend until the mixture sticks together and forms a soft, slightly sticky dough. If too dry, add 1 tsp more almond milk at a time.
4. Scoop and roll into 1-inch balls using your hands.
5. If desired, roll each ball in shredded coconut, cacao powder, or chopped nuts for extra flavor and texture.
6. Place on a parchment-lined tray and chill in the fridge for at least 30 minutes to firm up.
7. Store in an airtight container in the refrigerator for up to 1 week or freeze for longer shelf life.

PROTEIN	8g PER BALL
Prep	Refrigerate
10 mins	30min+



Spiced Baked Chicken Thighs with Roasted Veggies

Serves 2-3

4 bone-in chicken thighs,
skin on
2 tsp paprika
1 tsp garlic powder
4 tbsp olive oil
2 cups broccoli florets
2 cups diced sweet potato
1 cup shelled edamame
½ tsp sea salt
½ tsp black pepper
Lime wedges for serving

Instructions:

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper or lightly grease it.
2. In a bowl, mix 2 tablespoons of olive oil with paprika and garlic powder. Rub this mixture evenly over the chicken thighs. Season with salt and pepper.
3. In a separate bowl, toss the broccoli florets, diced sweet potato, and edamame with the remaining 2 tablespoons of olive oil. Season with a little more salt and pepper and add more olive oil if need be.
4. Place the chicken thighs skin side up on one side of the sheet. Spread the veggies out on the other side in a single layer.
5. Roast for 35–40 minutes, or until the chicken skin is crispy and internal temperature reaches 165°F (75°C), and the veggies are golden and tender.
6. Serve hot with lime wedges on the side for squeezing over the top.

PROTEIN

38g PER SERVING

Prep	Cook
20 mins	40 min



Stuffed Cucumber Boats with Herbed Tuna

Servings 1

1 large cucumber, halved lengthwise
1 can tuna in water, drained
2 tbsp plain Greek yogurt
1 tbsp diced red pepper
1 tbsp chopped parsley
1 tsp Dijon mustard
Salt and pepper to taste

Instructions:

1. Slice the cucumber in half lengthwise and use a spoon to scoop out the seeds, creating shallow "boats."
2. In a bowl, combine the tuna, Greek yogurt, red pepper, parsley, mustard, salt, and pepper.
3. Mix until creamy and well combined.
4. Spoon the tuna mixture into the cucumber halves, packing it in gently.
5. Eat right away or chill in the fridge for 10–15 minutes before serving for best texture.

PROTEIN

20g PER SERVING

Prep	Cook
10 mins	n/a



Flourless Fudge Protein Brownies

Makes 9 Squares

2 ripe bananas, mashed (~1 cup)
½ cup almond butter (or peanut butter)
3 large eggs
½ cup unsweetened cocoa powder
2 scoops (50g total) chocolate protein powder
2 tsp vanilla extract
¼ tsp salt

Optional: ¼ cup mini dark chocolate chips or chopped walnuts

Instructions:

1. Preheat oven to 350°F (175°C). Line an 8×8 inch baking dish with parchment paper or lightly grease it.
2. In a large bowl, whisk together mashed bananas, almond butter, eggs, vanilla, and salt until smooth.
3. Stir in the cocoa powder and protein powder until a thick batter forms. If using chocolate chips or nuts, fold them in last.
4. Pour the batter into the prepared pan and smooth out the top.
5. Bake for 20–22 minutes, or until the center is just set and a toothpick comes out with a few moist crumbs.
6. Cool completely in the pan before slicing into 8 even brownies.
7. Store in the fridge for up to 5 days, or freeze for longer shelf life.

PROTEIN

~10-12g PER SERVING DEPENDING ON SIZE

Prep	Cook
10 mins	22 mins



Pan-Seared Salmon with Roasted Summer Veggies

Servings 2

2 salmon fillets (6 oz each)
1 zucchini, sliced
½ yellow bell pepper,
chopped
½ cup cherry tomatoes
1 tbsp olive oil
Salt and pepper to taste
Fresh parsley or thyme for
garnish

Instructions:

1. Preheat oven to 400°F. Toss zucchini, bell pepper, and cherry tomatoes with half the olive oil, a pinch of salt, and pepper.
2. Spread on a baking sheet and roast for 15–20 minutes until softened and lightly golden.
3. Meanwhile, heat the remaining olive oil in a skillet over medium-high heat.
4. Place salmon fillets skin side down and sear for 4 minutes without moving them.
5. Flip and cook for another 2–3 minutes or until cooked through and flaky.
6. Plate the salmon over the roasted veggies and garnish with fresh herbs before serving.

PROTEIN

42g PER SERVING

Prep

Cook

15 mins

20 mins