PREMIER FITNESS SOLUTIONS

A PRACTICAL MEAL COLLECTION BY KARINA PHILIPPI

The Premier High-Protein Guide

Simple eating for real life.

3 breakfasts · 3 lunches · 3 dinners

+ 3 bonus soups, simple dressings and a grocery list

Real food. Familiar ingredients.
A few dependable meals you can put on repeat.

START HERE

Make it simple.
Make it repeatable.

You do not need a different recipe every day. Start with a few meals you enjoy, build them around protein, and make them easy to repeat. These are the kinds of meals I cook: straightforward, satisfying and adaptable to real life.
— Karina

HOW TO USE THIS GUIDE

Choose one breakfast, one lunch and one dinner to try first. The recipes are options, not a prescribed daily calorie target. Adjust meal size to your appetite, activity and goals.

PORTIONS THAT MAKE SENSE

Meat amounts in batch recipes are raw unless stated otherwise. Bowl meats are weighed after cooking. For casseroles and soups, divide the full finished batch into the listed number of equal portions. Cooking changes water weight, so cups and cooked ounces can vary.

ONE MEAL CAN WORK FOR THE FAMILY

Cook the same protein and vegetables. Offer rice, bread, potatoes, pasta or tortillas alongside for people who want more energy. Measure oils, cheese, avocado and dressing when tracking portions.

Nutrition is estimated from representative ingredient profiles and listed weights. Brands, lean percentages, produce size and cooking losses change the numbers. Some quantities were standardized or adjusted with Karina’s permission. Optional toppings are excluded unless listed.

BREAKFAST 01

Zucchini, feta & bacon omelet

A savory breakfast with a little crunch.

MAKES 1 SERVING | 1 whole omelet

473	41 g	6 g	31 g	1.1 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- ½ medium zucchini, shredded (100 g)
- 4 large eggs
- 2 egg whites (66 g)
- 1 oz feta, crumbled (28 g)
- 1 cooked bacon slice (8 g), chopped
- ½ tsp butter (2.4 g)
- 1 Tbsp chopped chives; salt and pepper

MAKE IT

1. Squeeze excess water from the shredded zucchini. Whisk the eggs and egg whites with salt and pepper.

2. Melt butter in a nonstick skillet over medium heat. Cook zucchini and chives for 1–2 minutes.

3. Pour in the eggs. Let the base set, then gently lift the edges so uncooked egg runs underneath.

4. Add feta and bacon to one half. Fold, cover briefly if needed, and cook until the eggs are set (160°F).

MAKE IT WORK FOR YOU

Use a nonstick pan and moderate heat. Add toast or fruit for anyone who wants a larger breakfast.

BREAKFAST 02

Apple-cinnamon protein pancakes

Your apple pancakes, with egg whites for extra protein.

MAKES 1 SERVING | The full batch: about 8 small pancakes

428	39 g	34 g	17 g	11.6 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 3 large eggs
- ½ cup liquid egg whites (120 g)
- 1 small apple (150 g), finely grated
- ¼ cup plain 0% Greek yogurt (60 g)
- 2 Tbsp psyllium husk (10 g)
- ½ tsp cinnamon
- 1–2 tsp allulose, optional
- ½ tsp butter (2.4 g) for the pan

MAKE IT

1. Whisk eggs, egg whites and yogurt. Stir in the grated apple, psyllium, cinnamon and optional allulose.

2. Rest 5 minutes so the batter thickens. Heat a nonstick skillet over medium-low heat and lightly butter it.

3. Divide batter into about 8 small pancakes. Cook 2–3 minutes on each side, turning carefully once set.

4. Cook until firm through the center (160°F). Serve as written; any syrup or extra toppings are additional.

MAKE IT WORK FOR YOU

Small pancakes flip more easily. The egg whites are the protein boost; cinnamon and apple keep the familiar flavor.

Nutrition excludes optional allulose and extra toppings. Psyllium brands vary.

BREAKFAST 03

Cauliflower, bacon & chive bake

Cook once and have breakfast waiting.

MAKES 4 SERVINGS | ¼ of a 9 × 13-inch baking dish

384	36 g	13 g	21 g	4.6 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 2 lb cauliflower rice (907 g), thawed if frozen
- ½ lb 93% lean ground turkey (227 g)
- 7 large eggs
- 1 cup liquid egg whites (240 g)
- 5 cooked bacon slices (40 g), crumbled
- ¼ cup chopped chives (12 g)
- 1 Tbsp olive oil (13.5 g)
- Garlic salt and black pepper

MAKE IT

1. Heat oven to 375°F. Lightly grease a 9 × 13-inch dish using some of the measured oil.

2. Cook cauliflower rice in a large skillet with the remaining oil and chives until tender and most moisture evaporates. Brown turkey separately.

3. Whisk eggs and egg whites. Mix with cauliflower, turkey and cooked bacon; season to taste. Spread in the dish.

4. Bake 35–45 minutes until set and the center reaches 165°F. Rest 10 minutes, then cut into 4 equal portions.

MAKE IT WORK FOR YOU

Cook off the cauliflower moisture first so the bake holds together. Freeze extra portions for busy mornings.

Measured version of your bacon-and-egg bake, including the recent ½ lb turkey and 5 bacon slices.

LUNCH 01

Asian turkey crunch bowl

Warm cauliflower rice, cool vegetables and peanut dressing.

MAKES 1 SERVING | 1 complete bowl

481	47 g	24 g	25 g	9.6 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 5 oz cooked 93% lean ground turkey (142 g)
- 1½ cups cauliflower rice (160 g)
- ½ cup shredded zucchini (60 g)
- ½ cup diced cucumber (52 g)
- ½ cup diced bell pepper (75 g)
- ¼ medium avocado (50 g flesh)
- 2 Tbsp House Peanut Dressing (page 15)

MAKE IT

1. Warm the cooked ground meat. Cook cauliflower rice and zucchini in a nonstick pan with a splash of water until tender.

2. Add warm vegetables and meat to a bowl. Top with cucumber, bell pepper and avocado.

3. Finish with exactly 2 Tbsp House Peanut Dressing.

MAKE IT WORK FOR YOU

Make extra meat and cauliflower rice. Keep crunchy vegetables and dressing separate until serving.

Ground chicken can replace turkey; use the brand’s label to adjust nutrition.

LUNCH 02

Mexican beef taco bowl

The same familiar taco flavors in an easy bowl.

MAKES 1 SERVING | 1 complete bowl

487	47 g	20 g	26 g	8.8 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 5 oz cooked 93% lean ground beef (142 g)
- 1½ cups cauliflower rice (160 g)
- 1 cup shredded lettuce (47 g)
- ½ cup diced tomato (90 g)
- ¼ medium avocado (50 g flesh)
- 2 Tbsp salsa (32 g)
- 1 Tbsp Lime-Garlic Dressing (page 15)
- Cumin, chili powder, garlic salt, to taste

MAKE IT

1. Brown and season beef; cook to 160°F. Weigh out 5 oz after cooking.

2. Warm cauliflower rice. Place lettuce and tomato in a bowl and add the rice and beef.

3. Top with avocado and salsa. Add exactly 1 Tbsp Lime-Garlic Dressing.

MAKE IT WORK FOR YOU

Offer rice, tortillas or taco shells alongside the same meat and toppings for family members.

LUNCH 03

Greek chicken salad bowl

Simple ingredients, plenty of protein, no complicated prep.

MAKES 1 SERVING | 1 complete bowl

404	52 g	15 g	16 g	5.6 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 5 oz cooked chicken breast (142 g)
- 2 cups arugula or mixed greens (40 g)
- 1 cup diced cucumber (104 g)
- ½ cup diced tomato (90 g)
- 1 Tbsp crumbled feta (9 g)
- ¼ medium avocado (50 g flesh)
- 2 Tbsp Greek Yogurt Dill Dressing (page 15)

MAKE IT

1. Layer greens, cucumber and tomato in a bowl.
2. Add sliced cooked chicken, crumbled feta and avocado.
3. Spoon exactly 2 Tbsp Greek Yogurt Dill Dressing over the top.

MAKE IT WORK FOR YOU

Keep the dressing separate when packing lunch. Add pita, rice or potatoes for a bigger meal.

DINNER 01

Turkey-zucchini meatballs & green beans

Your original skillet meatballs, in a measured batch.

MAKES 4 SERVINGS | 4 of 16 meatballs + ¼ of the green beans

402	45 g	11 g	18 g	3.6 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 2 lb 93% lean ground turkey (907 g)
- ½ medium zucchini, peeled and shredded (100 g)
- ¼ cup salsa (64 g)
- 3 garlic cloves (9 g), minced
- 1 lb green beans (454 g), trimmed
- 1 tsp olive oil (4.5 g)
- Garlic salt and black pepper

MAKE IT

1. Mix turkey, shredded zucchini, salsa, garlic and seasonings. Form 16 equal meatballs.

2. Heat oil in a large nonstick skillet. Add meatballs, cover and cook over medium heat, turning carefully. Work in batches if necessary.

3. Once meatballs are nearly done, add green beans and a few Tbsp water. Cover and cook until beans are tender and meatballs reach 165°F.

4. Divide evenly: 4 meatballs and one-quarter of the beans per serving.

MAKE IT WORK FOR YOU

For oven cooking, bake meatballs at 400°F for about 18–22 minutes, checking for 165°F. Cook green beans separately.

DINNER 02

Spaghetti squash with meat sauce

Comfort food with a vegetable base.

MAKES 4 SERVINGS | ¼ of the finished casserole

412	40 g	30 g	15 g	6.4 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 1 large spaghetti squash: about 4 lb whole; use 800 g cooked strands
- 1½ lb 93% lean ground beef (680 g)
- 1 jar tomato-basil sauce (about 24 oz / 680 g)
- 2 garlic cloves (6 g), minced
- Salt and black pepper

MAKE IT

1. Heat oven to 350°F. Halve squash lengthwise and remove seeds. Place cut-side down on a lined baking sheet.

2. Bake 40–60 minutes, until tender. Scrape out the strands with a fork; use about 800 g in the casserole.

3. Brown ground beef to 160°F. Stir in sauce and garlic and simmer 5–10 minutes.

4. Place squash in a baking dish, cover with meat sauce and bake 10–15 minutes until hot. Divide into 4 equal servings.

MAKE IT WORK FOR YOU

The squash size changes cooking time. Use tenderness as your guide; let the sauce simmer while it roasts.

Estimate uses a tomato-basil sauce profile of 54 calories per 100 g; use your jar label for precision.

DINNER 03

Karina’s high-protein zucchini lasagna

The recent lean-venison version you helped create.

MAKES 4 SERVINGS | ¼ of the finished lasagna, including cheese

405	59 g	17 g	10 g	4.2 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 2 lb very lean ground venison (907 g)
- ½ cup chopped chives (24 g)
- ½ cup chopped celery (50 g)
- 4 garlic cloves (12 g), minced
- ¼ cup salsa (64 g)
- 1 jar Simply Nature tomato-basil sauce: 270 calories for the whole jar (about 680 g)
- 2 medium zucchini (400 g), sliced lengthwise
- 2 oz part-skim mozzarella (57 g), optional

MAKE IT

1. Heat oven to 375°F. Slice zucchini into thin, even strips.

2. Brown venison with chives, celery and garlic. Stir in salsa and tomato-basil sauce and simmer briefly.

3. Layer zucchini, meat sauce, zucchini and meat sauce in a 9 × 13-inch baking dish. Finish with zucchini.

4. Top with mozzarella if using. Bake 30–40 minutes until bubbly and zucchini is tender. Check ground venison reaches 160°F. Rest 10 minutes and cut into 4 portions.

MAKE IT WORK FOR YOU

Skip cheese if you prefer; each serving then has about 36 fewer calories and 3.5 g less protein. Beef or turkey changes the nutrition.

Sauce contribution is scaled to the original jar’s 270 calories. Venison estimate assumes 120 calories and 23 g protein per 100 g.

BONUS SOUP 01

Vegetable soup with turkey meatballs

Your big pot of vegetables, with protein in every serving.

MAKES 4 SERVINGS | ¼ of the soup + 4 of 16 small meatballs

337	29 g	35 g	9 g	10.4 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 1 lb 93% lean ground turkey (454 g)
- 1 medium onion (150 g), chopped
- ½ head cauliflower (300 g), chopped
- 2 cups broccoli (180 g), chopped
- 3 medium carrots (180 g), chopped
- 3 parsnips (300 g), chopped
- 1 bunch asparagus (250 g), chopped
- 1 bag arugula (140 g)
- 3 garlic cloves (9 g), minced
- ¼ cup salsa (64 g)
- 4 cups low-sodium chicken broth (960 g)
- Water to cover; garlic salt, pepper, seasoning blend

MAKE IT

1. Put onion, cauliflower, broccoli, carrots, parsnips and asparagus in a large pot. Add broth and enough water to cover.

2. Bring to a boil, then simmer covered for 20–30 minutes, until vegetables are tender. Stir in arugula near the end.

3. Mix turkey with garlic, salsa and seasonings; form 16 small meatballs. Cook in a nonstick skillet with a splash of water until they reach 165°F.

4. Divide soup and meatballs into 4 equal portions. Each serving gets 4 meatballs.

MAKE IT WORK FOR YOU

A roomy stockpot helps. Divide the finished pot equally; the water added changes volume, not the ingredient calories.

BONUS SOUP 02

Sweet & spicy squash-chicken soup

Your ½ lb chicken base, with an optional protein boost.

MAKES 4 SERVINGS | ¼ of the soup + 3 oz extra cooked chicken

348	44 g	33 g	5 g	6.6 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 1 large butternut squash: 900 g peeled, seeded flesh
- ½ lb raw boneless, skinless chicken breast (227 g)
- 3 carrots (180 g), chopped
- 3 celery stalks (120 g), chopped
- 2 cups spinach or arugula (60 g)
- 4 cups water + bouillon mixed as its label directs
- 1 tsp Kick’n Chicken seasoning, or to taste
- For the high-protein serving: 12 oz cooked chicken breast (340 g), divided across 4 bowls

MAKE IT

1. Heat oven to 350°F. Roast the peeled, seeded squash in large pieces for about 40–55 minutes, until tender. Cut into bite-size cubes.
2. Put the raw ½ lb chicken, carrots, celery and prepared bouillon in a pot. Simmer until vegetables are tender and chicken reaches 165°F.
3. Remove chicken, shred or cube it, and return to the pot. Add squash, greens and seasoning; simmer 5 minutes.
4. Divide the soup into 4 bowls. Add 3 oz extra cooked chicken to each bowl for the nutrition shown.

MAKE IT WORK FOR YOU

The original soup uses ½ lb chicken. The additional chicken is a clearly measured serving option, not a change hidden in the base.

Bouillon estimate is 48 calories for 4 prepared cups; seasoning brands vary. Without the extra chicken, subtract 140 calories and 26 g protein per bowl.

BONUS SOUP 03

Karina’s big-batch chili

Three pounds of lean meat, lots of vegetables, easy leftovers.

MAKES 8 SERVINGS | ⅛ of the finished pot

436	46 g	36 g	13 g	10.0 g
CALORIES	PROTEIN	CARBS	FAT	FIBER

INGREDIENTS

- 3 lb 93% lean ground beef (1,361 g), or lean venison
- 1 jar crushed tomatoes (24 oz / 680 g)
- 1 large can crushed tomatoes (28 oz / 794 g)
- 1 small can diced tomatoes (14.5 oz / 411 g)
- 3 bell peppers (450 g), diced
- 1 large onion (200 g), diced
- 1 cup chopped celery (100 g)
- 2 cans kidney beans (15 oz each): 510 g drained and rinsed
- 2 Tbsp chili powder; 2 tsp cumin
- 1 tsp each garlic powder and smoked paprika
- Salt and pepper; water as needed

MAKE IT

1. Brown meat in a large stockpot; cook ground beef to 160°F. Add onion, peppers and celery and cook until softened.
2. Stir in crushed tomatoes, diced tomatoes, beans and spices. Add a little water if needed.
3. Simmer uncovered over low heat for 30–45 minutes, stirring occasionally. Taste and adjust spices.
4. Weigh the finished pot after subtracting the pot’s weight, or divide evenly into 8 containers.

MAKE IT WORK FOR YOU

Freeze individual servings. Cheese, sour cream, rice and other toppings are additional to the nutrition shown.

Tomato sizes standardized from your description. Beans retained from your earlier chili; estimate uses 93% lean beef.

Three house dressings

Make a jar. Keep the serving simple.

House Peanut Dressing

Makes 6 Tbsp; use 2 Tbsp per bowl.

2 Tbsp powdered peanut butter; 1 Tbsp low-sodium soy sauce; 1 Tbsp lime juice; 1 tsp rice vinegar; ½ tsp honey; ½ tsp sesame oil; ½ tsp grated ginger; ¼ tsp minced garlic. Whisk together and add water to make exactly 6 Tbsp.

Per listed serving: 31 cal · 2.5 g protein · 3.4 g carbs · 1.3 g fat · 0.6 g fiber

Lime-Garlic Dressing

Makes 7 Tbsp; use 1 Tbsp per bowl.

2 Tbsp olive oil; 3 Tbsp lemon or lime juice; 1 minced garlic clove; 1 tsp Dijon; ½ tsp honey; salt and pepper. Shake in a jar; add a little water if needed to make 7 Tbsp.

Per listed serving: 38 cal · 0.1 g protein · 1.0 g carbs · 3.9 g fat · 0.1 g fiber

Greek Yogurt Dill Dressing

Makes 16 Tbsp; use 2 Tbsp per bowl.

1 cup plain 2% Greek yogurt; ¼ cup chopped fresh dill; 2 Tbsp lemon juice; 1 small garlic clove; salt and pepper. Stir or blend. Add water to bring the final volume to 16 Tbsp.

Per listed serving: 24 cal · 3.1 g protein · 1.6 g carbs · 0.6 g fat · 0.0 g fiber

Shortcut: use your Trader Joe’s peanut-style dressing and the nutrition on its bottle. A different dressing changes the bowl’s totals.

BUILD YOUR OWN

A bowl you can repeat

Protein + vegetables + a base + measured flavor.

COMPONENT	PORTION	CAL / PROTEIN
Chicken breast, cooked	5 oz / 142 g	234 / 44.0 g
93% lean turkey, cooked	5 oz / 142 g	288 / 38.3 g
93% lean beef, cooked	5 oz / 142 g	297 / 40.9 g
Cauliflower rice	1½ cups / 160 g	40 / 3.0 g
Rice, cooked	½ cup / 80 g	104 / 2.2 g
Sweet potato, cooked	½ cup / 100 g	90 / 2.0 g
Cucumber + tomato	½ cup each / 142 g	24 / 1.2 g
Avocado flesh	¼ medium / 50 g	80 / 1.0 g
Crumbled feta	1 Tbsp / 9 g	24 / 1.3 g

Add a measured dressing from page 15. Add the components together to estimate your bowl; extras such as rice, cheese or avocado are additional, not interchangeable calorie amounts.

YOUR GROCERY STARTER

Shop for the meals you will actually make.

Choose recipes first. Buy for your household and the number of servings you need; this is a shopping checklist, not a requirement to cook everything in one week.

PROTEIN & DAIRY

Lean ground turkey; lean ground beef or venison; chicken breast; eggs; liquid egg whites; bacon; plain 0% and 2% Greek yogurt; feta; part-skim mozzarella.

PRODUCE & FIBER

Zucchini; cauliflower rice; spaghetti squash; butternut squash; apples; broccoli; green beans; carrots; celery; parsnips; asparagus; onions; bell peppers; cucumber; tomatoes; lettuce; arugula or spinach; avocado; garlic; chives; dill; lemons and limes.

CANS, JARS & PANTRY

Tomato-basil sauce; crushed and diced tomatoes; kidney beans; salsa; broth or bouillon; psyllium husk; powdered peanut butter; olive and sesame oils; soy sauce; rice vinegar; Dijon; honey; butter; cinnamon; chili powder; cumin; smoked paprika; garlic powder; Kick’n Chicken seasoning; salt and pepper.

FAMILY ADD-ONS

Rice; potatoes; bread or pita; pasta; tortillas or taco shells; fruit. Offer alongside the same core meal.

Easy first shop: omelet + Greek chicken bowl + chili. These recipes share vegetables, dairy and lean proteins, and the chili gives you extra portions to freeze.

PUT IT ON REPEAT

A little preparation. A lot less deciding.

1. Pick three meals.

Choose one breakfast, one bowl and one dinner. Make enough portions for the days you need.

2. Cook the longer recipe first.

Start a bake, a squash or a pot of chili. While it cooks, wash produce, portion toppings and make a dressing.

3. Pack complete servings.

Divide batches equally. Keep salad vegetables and dressings separate. Label the recipe and date; freeze portions you will not eat soon.

4. Repeat what works.

You do not need perfection. A few meals you enjoy, with enough food and a little planning, can make consistency much easier.

Ready to build stronger habits?

Message Karina at Premier Fitness Solutions with START.
Want to share the guide? Tell a friend to comment MEALS.

MEAL PREP NOTES: Refrigerate promptly in shallow containers; keep at 40°F or below. Use cooked leftovers within 3–4 days or freeze them. Reheat leftovers to 165°F.
Sources: USDA FoodData Central (fdc.nal.usda.gov) for food-composition reference; USDA FSIS, “Keep Food Safe! Food Safety Basics” for cooking and storage guidance. Values here are rounded recipe estimates using the stated ingredient assumptions, not laboratory measurements. Food images are serving illustrations: reused recipe-card images and AI-generated meal illustrations. Extra items pictured are not included in the recipe totals.