VIBEZ
24/7 FITNESS

HIGH PROTEIN RECIPE GUIDE

Simple food. Plenty of variety.
Easy to make.

19 RECIPES

EVERYDAY INGREDIENTS.

- **5** BREAKFASTS
- **5** LUNCHES
- **5** DINNERS
- **4** SNACKS



YOUR GUIDE TO

Simple, protein-rich meals.

Use these recipes to add variety to your meals. Every recipe makes ONE serving. Multiply every ingredient by the number of portions you want to prepare.

BEFORE YOU START

Weights: meat, fish and prawns are weighed raw. Rice and quinoa are weighed cooked. Pasta, couscous, noodles and oats are weighed dry. Canned foods are weighed drained.

Whey: 1 scoop = 30 g in this guide. Check your brand and weigh the powder if the scoop differs.

Nutrition: estimates per serving are summed from the ingredient quantities using Australian food data and specified product labels. Calories use the source energy values, rounded to the nearest 5 kcal; macros are rounded to whole grams. See pages 26-27 for assumptions and sources.

All listed oil, sauces and toppings are included. Small pinches of herbs, spices and pepper are excluded. Extra sauces or toppings will change the totals.

Choose portions to suit your own meal plan. These recipes are not calorie-equivalent swaps. Check ingredient labels for allergies and dietary requirements.

FIND YOUR NEXT MEAL

Breakfast 4-8 | Lunch 10-14 | Dinner 16-20 | Snacks 22-25

AI-generated food pictures are serving illustrations.

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BREAKFAST

5 recipes to start your day



IN THIS SECTION

01 **Berry overnight protein oats** — PAGE 4



02 **Egg scramble on toast** — PAGE 5



03 **Apple cinnamon yoghurt bowl** — PAGE 6



04 **Cottage cheese pancakes** — PAGE 7



05 **Chocolate peanut protein smoothie** — PAGE 8



BREAKFAST

Berry overnight protein oats



MAKES 1 SERVING

5 min + overnight

430	37 g	48 g	7 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 50 g rolled oats
- 170 g plain low-fat high-protein Greek yoghurt
- 100 mL reduced-fat milk
- 1/2 scoop vanilla whey (15 g)
- 100 g mixed strawberries and blueberries

METHOD

1. Mix oats, yoghurt, milk and whey in a jar.
2. Stir in half the berries, cover and refrigerate overnight.
3. Top with the remaining berries before eating.

Kitchen tip / Make the night before for an easy grab-and-go breakfast.

Estimated per serving. See nutrition reference notes.

BREAKFAST

Egg scramble on toast



MAKES 1 SERVING

12 min

450	34 g	36 g	17 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

2 large eggs (100 g edible portion)

100 g liquid egg whites

2 slices wholegrain bread (80 g)

50 g baby spinach

100 g chopped tomato

1 tsp olive oil (5 g)

METHOD

1. Toast the bread. Whisk eggs and egg whites together.
2. Heat oil in a non-stick pan. Soften tomato and spinach for 2 minutes.
3. Add eggs and gently stir until fully set. Serve on toast.

Kitchen tip / Add pepper or dried herbs for extra flavour.

Estimated per serving. See nutrition reference notes.

BREAKFAST

Apple cinnamon yoghurt bowl



MAKES 1 SERVING

5 min

465	32 g	53 g	12 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

250 g plain low-fat high-protein Greek yoghurt

40 g rolled oats

1 small apple, diced (150 g)

15 g peanut butter

pinch of cinnamon

METHOD

1. Spoon yoghurt into a bowl and stir in the oats.
2. Top with diced apple and peanut butter.
3. Add a pinch of cinnamon and serve.

Kitchen tip / Prefer softer oats? Mix them with the yoghurt the night before.

Estimated per serving. See nutrition reference notes.

BREAKFAST

Cottage cheese pancakes



MAKES 1 SERVING

15 min

405	30 g	36 g	14 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

150 g reduced-fat cottage cheese

1 large egg (50 g edible portion)

40 g rolled oats

100 g mixed strawberries and blueberries

3 g olive oil for the pan

METHOD

1. Blend cottage cheese, egg and oats into a thick batter. Add a splash of water if needed.
2. Heat oil in a non-stick pan over medium-low heat. Cook small pancakes for 2-3 minutes per side until set through.
3. Serve with the berries.

Kitchen tip / Keep the pancakes small so they are easier to flip.

Estimated per serving. See nutrition reference notes.

BREAKFAST

Chocolate peanut protein smoothie



MAKES 1 SERVING

5 min

450	39 g	35 g	16 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

250 mL reduced-fat milk

1 scoop chocolate whey (30 g)

30 g rolled oats

15 g peanut butter

5 g unsweetened cocoa powder

METHOD

1. Add all ingredients to a blender with ice and 100 mL water.
2. Blend until smooth, adding more water if needed.

Kitchen tip / Chocolate whey is used in this estimate. Other brands or flavours will change the totals.

Estimated per serving. See nutrition reference notes.

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LUNCH

5 Recipes to keep you going



IN THIS SECTION

01 **Lemon chicken rice bowl** PAGE 10



02 **Tuna avocado crunch wrap** PAGE 11



03 **Beef burrito bowl** PAGE 12



04 **Chicken pesto-style pasta salad** PAGE 13



05 **Tofu edamame quinoa bowl** PAGE 14



LUNCH

Lemon chicken rice bowl



MAKES 1 SERVING

25 min

495	43 g	60 g	7 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

150 g raw skinless chicken breast, diced

150 g cooked rice

200 g mixed vegetables

1 tsp olive oil (5 g)

15 mL lemon juice

METHOD

1. Toss chicken with lemon, pepper and dried herbs.
2. Heat oil and pan-fry chicken for 8-10 minutes, turning until cooked through.
3. Steam vegetables, heat rice and serve together.

Kitchen tip / Cook extra rice and chicken for another lunch; scale all ingredients equally.

Vegetable estimate: equal parts broccoli, carrot and green beans.

LUNCH

Tuna avocado crunch wrap



MAKES 1 SERVING

10 min

465	44 g	33 g	15 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

60 g wholemeal wrap (weigh your wrap)

130 g tuna in springwater, drained

50 g avocado

40 g plain low-fat high-protein Greek yoghurt

100 g tomato

30 g baby spinach

METHOD

1. Mash avocado with yoghurt and pepper.
2. Spread over the wrap, then add tuna, tomato and spinach.
3. Fold the sides in and roll tightly.

Kitchen tip / Pack the filling separately if preparing ahead to keep the wrap firm.

Estimated per serving. See nutrition reference notes.

LUNCH

Beef burrito bowl



MAKES 1 SERVING

25 min

565	43 g	62 g	14 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

150 g raw lean beef mince (5% fat)

120 g cooked rice

80 g canned kidney beans, drained

50 g tomato salsa

150 g diced capsicum and zucchini

1 tsp olive oil (5 g)

METHOD

1. Heat oil, brown mince and break it up with a spoon.
2. Add vegetables and a pinch each of cumin and paprika. Cook until mince is cooked through and vegetables soften.
3. Stir in beans to heat through. Serve over hot rice with salsa.

Kitchen tip / Choose a salsa you enjoy; its label may change the final macros.

Estimated per serving. See nutrition reference notes.

LUNCH

Chicken pesto-style pasta salad



MAKES 1 SERVING

25 min

445	46 g	47 g	7 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 140 g raw skinless chicken breast
- 60 g dry pasta
- 100 g cherry tomatoes
- 40 g baby spinach
- 50 g plain low-fat high-protein Greek yoghurt
- 1 tsp olive oil (5 g)
- basil

METHOD

1. Boil pasta following the packet instructions; drain.
2. Dice chicken and pan-fry in the oil until cooked through.
3. Mix yoghurt with dried basil, pepper and a splash of water. Toss with pasta, chicken, tomatoes and spinach.

Kitchen tip / The basil yoghurt dressing gives a creamy finish without needing pesto.

Estimated per serving. See nutrition reference notes.

LUNCH

Tofu edamame quinoa bowl



MAKES 1 SERVING

20 min

560	42 g	30 g	26 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

- 180 g firm tofu, drained and cubed
- 100 g shelled edamame
- 120 g cooked quinoa
- 150 g mixed vegetables
- 15 mL reduced-salt soy sauce
- 3 g olive oil

METHOD

1. Pat tofu dry. Pan-fry in oil for 6-8 minutes, turning to colour the edges.
2. Cook edamame and vegetables according to packet directions. Heat quinoa.
3. Combine in a bowl and drizzle with soy sauce.

Kitchen tip / Tofu reference: 12.8 g protein per 100 g. Check your pack; firmer brands can differ.

Edamame reference: canned and drained. Frozen brands may differ.

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DINNER

5 recipes to finish the day



IN THIS SECTION

01 **Lean beef spaghetti bolognese** PAGE 16



02 **Salmon with crispy potatoes** PAGE 17



03 **Pork and vegetable couscous** PAGE 18



04 **Garlic prawn noodle stir-fry** PAGE 19



05 **Tofu chickpea curry** PAGE 20



DINNER

Lean beef spaghetti bolognese



MAKES 1 SERVING

30 min

615	48 g	62 g	17 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

150 g raw lean beef mince (5% fat)

70 g dry spaghetti

150 g tomato passata

50 g diced onion

100 g grated carrot and zucchini

1 tsp olive oil (5 g)

15 g reduced-fat grated cheese

METHOD

1. Heat oil, soften onion and brown mince until cooked through.
2. Add vegetables, passata and dried Italian herbs. Simmer for 15 minutes.
3. Cook spaghetti as directed, drain and top with sauce and cheese.

Kitchen tip / Double the sauce ingredients for two portions; split evenly after cooking.

Estimated per serving. See nutrition reference notes.

DINNER

Salmon with crispy potatoes



MAKES 1 SERVING

35 min

685	49 g	37 g	35 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

170 g raw boneless salmon fillet

250 g raw potato, cubed

200 g broccoli

1 tsp olive oil (5 g)

15 mL lemon juice

METHOD

1. Heat oven to 200°C fan-forced. Toss potatoes with oil and roast for 25-30 minutes.
2. Add salmon on a separate lined tray for the final 12-15 minutes, until cooked through.
3. Steam broccoli and serve with lemon juice.

Kitchen tip / Cut potatoes into small, even pieces so they roast in time.

Estimated per serving. See nutrition reference notes.

DINNER

Pork and vegetable couscous



MAKES 1 SERVING

25 min

530	57 g	54 g	7 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

170 g raw lean pork fillet, sliced

60 g dry couscous

200 g mixed vegetables

1 tsp olive oil (5 g)

50 g plain low-fat high-protein Greek yoghurt

15 mL lemon juice

METHOD

1. Prepare couscous with boiling water according to the packet.
2. Heat oil and pan-fry pork until cooked through. Remove, then cook vegetables in the same pan with a splash of water.
3. Fluff couscous and serve with pork, vegetables and yoghurt mixed with lemon.

Kitchen tip / Paprika and garlic powder work well as seasoning.

Vegetable estimate: equal parts broccoli, carrot and green beans.

DINNER

Garlic prawn noodle stir-fry



MAKES 1 SERVING

20 min

530	48 g	58 g	8 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

200 g raw peeled prawns

60 g dry rice noodles

250 g stir-fry vegetables

15 mL reduced-salt soy sauce

1 tsp olive oil (5 g)

a pinch of garlic powder

METHOD

1. Prepare noodles following packet directions and drain.
2. Heat oil and stir-fry vegetables with a pinch of garlic powder.
3. Add prawns and cook until opaque and cooked through. Toss in noodles and soy sauce.

Kitchen tip / Frozen peeled prawns make this a useful freezer-to-dinner option; thaw first.

Estimated per serving. See nutrition reference notes.

DINNER

Tofu chickpea curry



MAKES 1 SERVING

25 min

655	39 g	54 g	27 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

200 g firm tofu, cubed

80 g canned chickpeas, drained

100 g cooked rice

200 g mixed vegetables

20 g curry paste

80 mL light coconut milk

METHOD

1. Warm curry paste in a saucepan with 2 tbsp water for 1 minute.
2. Stir in coconut milk, tofu, chickpeas and vegetables. Add water to loosen.
3. Simmer for 12-15 minutes until vegetables are tender and everything is hot. Serve with heated rice.

Kitchen tip / Choose a vegetarian curry paste if required; some contain shrimp or fish.

Vegetable estimate: equal parts broccoli, carrot and green beans.

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SNACKS

4 easy options between meals



IN THIS SECTION

01 **Berry yoghurt crunch** PAGE 22



02 **Cottage cheese rice cakes** PAGE 23



03 **Chocolate protein pudding** PAGE 24



04 **Egg and edamame snack box** PAGE 25



SNACKS

Berry yoghurt crunch



MAKES 1 SERVING

5 min

235	22 g	17 g	8 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

200 g plain low-fat high-protein Greek yoghurt

100 g mixed strawberries and blueberries

15 g chopped almonds

METHOD

1. Spoon yoghurt into a bowl.
2. Top with berries and chopped almonds.

Kitchen tip / Keep almonds separate until serving for extra crunch.

Estimated per serving. See nutrition reference notes.

SNACKS

Cottage cheese rice cakes



MAKES 1 SERVING

5 min

230	24 g	24 g	4 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

180 g reduced-fat cottage cheese

2 plain rice cakes (18 g total)

80 g sliced tomato

METHOD

1. Divide cottage cheese between the rice cakes.
2. Top with tomato and cracked pepper.

Kitchen tip / Eat straight away so the rice cakes stay crisp.

Estimated per serving. See nutrition reference notes.

SNACKS

Chocolate protein pudding



MAKES 1 SERVING

5 min

170	28 g	9 g	2 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

170 g plain low-fat high-protein Greek yoghurt

1/2 scoop chocolate whey (15 g)

5 g unsweetened cocoa powder

METHOD

1. Stir whey and cocoa into the yoghurt.
2. Add a splash of water until smooth; chill if preferred.

Kitchen tip / Add water gradually to keep a thick pudding texture.

Estimated per serving. See nutrition reference notes.

SNACKS

Egg and edamame snack box



MAKES 1 SERVING

12 min

270	24 g	8 g	15 g
KCAL	PROTEIN	CARBS	FAT

INGREDIENTS

2 large eggs (100 g edible portion)

100 g shelled edamame

100 g cherry tomatoes

METHOD

1. Hard-boil the eggs, then cool and peel.
2. Cook edamame according to the packet and cool.
3. Pack eggs, edamame and tomatoes into a container.

Kitchen tip / A savoury option with no protein powder.

Edamame reference: canned and drained. Frozen brands may differ.

How the nutrition was checked

Each estimate is the sum of the listed ingredient amounts multiplied by its reference nutrient values per 100 g or 100 mL. All listed oil and sauces are included. Small seasoning pinches, water and ice are excluded.

Calories are calculated from the sources' energy values (kJ / 4.184), not back-calculated from rounded protein, carbohydrate and fat. Fibre, organic acids and rounding mean the displayed calories may not equal a simple 4/4/9 calculation.

KEY INGREDIENT REFERENCES

Per 100 g unless stated	Protein	Carbs	Fat
Chobani Natural Light yoghurt	9.3 g	4 g	0.2 g
Bulla low-fat cottage cheese	12 g	4.3 g	1.8 g
Vanilla whey concentrate	75.7 g	9.2 g	6.7 g
Chocolate whey concentrate	73.9 g	10.7 g	7 g
Firm tofu, AFCD reference	12.8 g	0 g	8.3 g
Edgell edamame, drained	10.1 g	4.5 g	6.1 g
Extra lean beef mince (5% fat)	21.3 g	0.5 g	5 g
Reduced-fat milk, per 100 mL	3.5 g	5 g	1.2 g

Whey uses Bulk Nutrients WPC: vanilla in the oats; chocolate in the smoothie and pudding. This is a calculation reference, not a required brand. Other powders and flavours change the estimates.

Mixed vegetables use equal weights of broccoli, carrot and green beans. Stir-fry vegetables use equal weights of broccoli, carrot and red capsicum. Two-vegetable blends use equal weights. Berries use equal strawberries and blueberries.

Reference notes & sources

Other food assumptions: mixed-grain bread; white cooked rice; white dry wheat pasta and spaghetti; cooked quinoa; raw skinless chicken breast; raw Atlantic salmon; raw lean pork fillet; raw peeled prawns; raw peeled sebago potato; natural reduced-fat cheddar; smooth or crunchy peanut butter with added sugar and salt. Tomato passata uses the AFCD commercial tomato puree entry.

Packaged foods: wrap values are for a 60 g portion using Helga's Wholemeal Wraps. Rice noodles use Chang's dry vermicelli. Curry paste uses Valcom red curry paste, which contains shrimp. A vegetarian paste changes the estimate. Light coconut milk and reduced-salt soy sauce use AFCD reference entries.

Edamame: nutrition uses canned, drained Edgell edamame. If using frozen shelled beans, follow the pack's cooking directions and expect some difference in nutrition. Egg weights exclude shells; recipe calculations use raw edible egg weight.

Limits: these are ingredient-based estimates, not laboratory-tested meal values. Product changes, different vegetable mixes, cooking losses and uneaten oil or sauce can change the result. Weigh your portions and check the labels you use.

SOURCES CHECKED 27 OCTOBER 2026

FSANZ Australian Food Composition Database - Release 3

Chobani Natural Light - manufacturer nutrition panel

Bulla cottage cheese - current Coles product panel

Bulk Nutrients WPC - vanilla and chocolate panels

Edgell edamame - manufacturer nutrition panel

Coles extra lean beef mince - product nutrition panel

Helga's Wholemeal Wraps - Coles product panel

Chang's vermicelli - Coles product panel

Valcom red curry paste - Coles product panel

AFCD nutrient data: Food Standards Australia New Zealand.