THE FREE STARTER GUIDE

*Getting Started with a*

# High Protein Diet

A BEGINNER'S GUIDE + 4 RECIPES



4 TASTY RECIPES

BY CHEF JEFF

My Diet Chef

WELCOME

# A Note from Chef Jeff

## Hi friends, Chef Jeff here!

Food trends come and go, but one keeps showing up on grocery lists, in gym bags, and all over social media: **eating more protein**. Everyone seems to want in, and honestly, I get it.

Protein is the building block your body uses to maintain muscle and repair tissue, and it helps meals feel satisfying so you are not raiding the pantry an hour later. Build your plate around it and you will often find that you feel fuller, snack smarter, and enjoy your food more, not less.

> *Build your plate around protein first, and everything else falls into place.*

Here is the best part: a high protein diet does **not** mean choking down dry chicken breast and plain egg whites. Done right, it is colorful, flavorful, and downright fun to cook.

That is why I put this little guide together. Inside, you will find a quick primer on what a high protein diet is, why it has become so popular, and how to get started the smart way. Then comes the delicious part: four of my favorite high protein recipes, from fluffy breakfast pancakes to a chocolate dessert that tastes like cheating (but is not!).

So tie on your apron, grab a whisk, and let us get cooking.

***Chef Jeff***

Happy cooking!

THE BASICS

# The High Protein Diet, Explained

## So, what is it?

A high protein diet simply means making protein a bigger part of what you eat, usually by building every meal and snack around a good protein source like chicken, fish, eggs, dairy, beans, or tofu. There is no single official definition, but the numbers below give you a feel for it.

**0.36 g**
**PER POUND**
Standard minimum for most adults (the RDA)

**0.5–0.9 g**
**PER POUND**
Common range for a high protein diet

**25–40 g**
**PER MEAL**
A popular target to spread across the day

## Why is everyone doing it?

Protein has become the star of the modern kitchen for good reason. It tends to be the most filling nutrient, it supports building and keeping lean muscle (especially alongside strength training), and it is easy to add to foods you already love. Add a boom of high protein products, a fitness culture that cheers it on, and plenty of social media buzz, and you have a trend with real staying power.

## The benefits

### Fills you up
Protein tends to be the most satisfying nutrient, so meals keep you full for longer.

### Supports muscle
Helps your body maintain and build lean muscle, especially with regular strength training.

### Smarter snacking
Swapping chips for yogurt, eggs, or jerky makes snack time work harder for you.

### Fits your lifestyle
From meat-lovers to vegetarians, there is a high protein style for nearly every way of eating.

YOUR GAME PLAN

# How to Get Started

1. **Find your ballpark.**
   Multiply your body weight in pounds by 0.5 to 0.9 for a daily range in grams. For a 160 lb person, that is roughly 80 to 144 g. Start at the lower end and adjust from there.

2. **Spread it out.**
   Aim for about 25 to 40 g at each meal and 10 to 20 g at snacks, instead of saving it all for dinner.

3. **Build your plate protein first.**
   Start with a palm-sized portion of protein, then fill in with colorful veggies, smart carbs, and a little healthy fat.

4. **Stock and prep.**
   Keep staples like eggs, Greek yogurt, canned beans, and frozen fish or chicken on hand, and cook a batch or two ahead on the weekend.

5. **Keep it balanced.**
   Pair protein with fiber-rich veggies, fruit, and whole grains, mix animal and plant sources, and drink plenty of water.

## Protein Cheat Sheet

*Approximate grams of protein*

| | |
|---|---|
| **Chicken breast, cooked**<br>4 oz | 35 g |
| **Salmon, cooked**<br>4 oz | 25 g |
| **Lean ground turkey, cooked**<br>4 oz | 28 g |
| **Eggs**<br>2 large | 12 g |
| **Plain nonfat Greek yogurt**<br>¾ cup | 17 g |
| **Low-fat cottage cheese**<br>½ cup | 15 g |
| **Lentils, cooked**<br>½ cup | 9 g |
| **Protein powder**<br>1 scoop | 20–25 g |

*Always check labels, as brands vary.*

**Good to know** Protein needs vary by age, size, activity, and health. If you have kidney disease or any medical condition, are pregnant, or take medication, check with your doctor or a registered dietitian before changing how much protein you eat. This guide is general information, not medical advice.

RECIPE 1

BREAKFAST



START YOUR DAY STRONG

# Cottage Cheese Protein Pancakes

*Light, fluffy, and secretly packed with protein. Blend, pour, flip, and top with berries and creamy Greek yogurt.*

| PREP | COOK | SERVES | CALORIES | PROTEIN |
|---|---|---|---|---|
| 10 min | 15 min | 2 | ~340 | ~30 g |

## Ingredients

- 1 cup low-fat cottage cheese
- 3 large eggs
- ½ cup old-fashioned rolled oats
- 1 tsp vanilla extract
- 1 tsp baking powder
- Pinch of salt
- 1 tsp butter or oil, for the pan
- ½ cup fresh berries
- ¼ cup plain Greek yogurt
- Honey or maple syrup, to drizzle

## Method

1. Add the cottage cheese, eggs, oats, vanilla, baking powder, and salt to a blender. Blend until smooth, about 30 seconds, then let the batter rest for 5 minutes to thicken.
2. Heat a nonstick skillet over medium-low heat and brush lightly with butter or oil.
3. Pour in about ¼ cup of batter per pancake. Cook 2 to 3 minutes, until the edges set and small bubbles appear, then flip and cook 1 to 2 minutes more.
4. Stack on two plates, top with berries and a spoonful of Greek yogurt, and finish with a drizzle of honey.

**Chef Jeff's Tip** Keep the heat at medium-low. These pancakes are delicate and brown quickly, so patience gives you a golden, fluffy stack.

RECIPE 2

LUNCH



MEAL PREP FAVORITE

# Lemon-Herb Chicken Power Bowls

*Juicy lemony chicken over quinoa, chickpeas, and crisp veggies, finished with a cool yogurt-dill sauce.*

| PREP | COOK | SERVES | CALORIES | PROTEIN |
|---|---|---|---|---|
| 15 min | 15 min | 2 | ~550 | ~50 g |

## Ingredients

- 12 oz boneless, skinless chicken breast
- 1 tbsp olive oil
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp salt, ¼ tsp pepper
- 1 cup cooked quinoa
- 1 cup canned chickpeas, rinsed
- 1 cup diced cucumber
- 1 cup halved cherry tomatoes
- ¼ cup plain Greek yogurt
- 1 tbsp chopped fresh dill

## Method

1. Whisk the olive oil, lemon zest and half the juice, garlic, oregano, salt, and pepper. Coat the chicken and marinate for 10 minutes (or up to overnight).
2. Cook the chicken in a hot skillet or grill pan over medium-high heat for 5 to 7 minutes per side, until it reaches 165°F (74°C). Rest 5 minutes, then slice.
3. Stir the yogurt with the dill, the remaining lemon juice, and a pinch of salt for a quick sauce.
4. Divide the quinoa, chickpeas, cucumber, and tomatoes between two bowls. Top with sliced chicken and spoon over the sauce.

**Chef Jeff's Tip** Double the chicken and quinoa on Sunday and you have lunches for days. Cooked chicken keeps up to 3 days in the fridge.

RECIPE 3

DINNER



ONE PAN, ZERO FUSS

# Sheet-Pan Salmon with Garlic Broccoli

*Flaky smoked-paprika salmon and roasted lemon-garlic broccoli, all on a single pan for a no-stress weeknight dinner.*

| PREP | COOK | SERVES | CALORIES | PROTEIN |
|---|---|---|---|---|
| 10 min | 20 min | 2 | ~470 | ~40 g |

## Ingredients

- 2 salmon fillets (about 6 oz each)
- 3 cups broccoli florets
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 lemon, half juiced, half sliced
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp black pepper
- Fresh parsley, to finish

## Method

1. Heat the oven to 425°F (220°C) and line a sheet pan with parchment paper.
2. Toss the broccoli with half the oil, half the garlic, and a pinch of salt. Spread it on the pan and roast for 8 minutes.
3. Pat the salmon dry and rub with the remaining oil and garlic, the paprika, salt, and pepper. Push the broccoli aside, add the salmon skin side down, and top with lemon slices.
4. Roast 10 to 12 minutes more, until the salmon flakes easily (145°F / 63°C). Squeeze over the lemon juice and scatter with parsley.

**Chef Jeff's Tip** Pat the salmon completely dry before seasoning. It helps the spices stick and gives the fish a better texture.

RECIPE 4

DESSERT



THE GUILT-FREE TREAT

# Chocolate Peanut Butter Protein Mousse

*Rich, silky, and ready in minutes. Greek yogurt and protein powder turn into a dessert that tastes like cheating.*

| PREP | CHILL | SERVES | CALORIES | PROTEIN |
|---|---|---|---|---|
| 5 min | 15 min | 2 | ~230 | ~25 g |

## Ingredients

- 1 cup plain nonfat Greek yogurt
- 1 scoop (about 25 g) chocolate protein powder
- 1 tbsp unsweetened cocoa powder
- 1 tbsp natural peanut butter
- 1 tbsp honey or maple syrup
- ½ tsp vanilla extract
- 1 to 2 tbsp milk of choice, as needed
- To top: chopped peanuts, dark chocolate shavings, raspberries

## Method

1. In a bowl, combine the yogurt, protein powder, cocoa, peanut butter, honey, and vanilla.
2. Whisk (or use a hand mixer) until thick and silky. If it feels too stiff, add milk a splash at a time.
3. Spoon into two glasses or ramekins and chill for 10 to 15 minutes to set.
4. Top with chopped peanuts, chocolate shavings, and a few raspberries, then dig in.

**Chef Jeff's Tip** Protein powders vary. If yours is plant-based or very thick, add an extra splash of milk for a smoother mousse.

YOU DID IT

# Thanks for cooking with me!

You now have the basics, a simple game plan, and four delicious recipes to get started. The best high protein diet is the one you actually enjoy, so make these your own, swap in your favorite flavors, and have fun in the kitchen.

1. **Know your range**
   0.5 to 0.9 g per pound is a common starting point.
2. **Protein first**
   Build each plate around a palm-sized portion.
3. **Spread it out**
   Aim for 25 to 40 g at each meal.

**More recipes and guides coming soon**

Keep an eye on your inbox for new meal plans, cookbooks, and cooking guides from Chef Jeff.

*Nutrition values are estimates and will vary with brands and portions. This guide is for general information and is not medical advice.*

**Questions? jeff@mydietchef.com • Instagram @mydietchef**

**Chef Jeff**