STRONG WITH *Kylie*

VOL. 30

HIGH-PROTEIN CRAVINGS

4 CRAVE-WORTHY RECIPES TO FUEL YOUR DAY

Same good food. Different purpose.



1,671 CALORIES | 153g PROTEIN | 126g CARBS | 60g FAT

STRONG WITH KYLIE MEAL PLAN COLLECTION

SIMPLE MEALS. REAL RESULTS.

STRONG WITH *Kylie*

MEAL PLAN COLLECTION

VOL. 30

WELCOME!

HIGH-PROTEIN CRAVINGS

CRAVE-WORTHY FOOD. REAL RESULTS.



GOOD FOOD STRONGER YOU! ♡

I'm so excited to bring you ***Volume 30: High-Protein Cravings*** – a collection of delicious, high-protein recipes designed to satisfy the foods you actually want to eat!

These recipes prove that high-protein eating doesn't have to be restrictive or boring. You'll find creamy, crunchy, spicy and sweet meals that are packed with flavour, simple to make and fit perfectly into your goals.

Whether you're looking for quick meals, comfort food or something to satisfy your sweet tooth, this collection has you covered.

CRAVE-WORTHY RECIPES

The foods you love with a high-protein twist. Creamy, crunchy, spicy and sweet – without the guilt.

HIGH PROTEIN MADE SIMPLE

Easy-to-follow recipes with simple ingredients to help you hit your protein target and stay on track.

REAL INGREDIENTS REAL FOOD

Nutritious meals made with everyday ingredients. No complicated steps or hard-to-find ingredients.

A HEALTHIER, HAPPIER YOU

Because when your food tastes amazing, consistency gets easier – and real results follow.



STRONG *with Kylie* TIP:

Focus on protein, flavour and foods you enjoy. The more you love your meals, the easier it is to stay consistent and reach your goals.

Thank you for being part of the Strong with Kylie community! ♡

STRONG WITH *Kylie*

MEAL PLAN COLLECTION

GOOD FOOD | STRONGER HABITS | A HAPPIER YOU

STRONG WITH *Kylie*

VOL. 30

HIGH-PROTEIN CRAVINGS EDITION
MEAL PLAN COLLECTION

YOUR DAY AT A GLANCE

4 HIGH-PROTEIN RECIPES

SIMPLE MEALS. REAL RESULTS.

BREAKFAST



CHILLI CRISP EGGS WITH SOURDOUGH

- 330 CALORIES
- 35g PROTEIN
- 20g CARBS
- 13g FAT

LUNCH



CHILLI PEANUT CUCUMBER SALAD

- 422 CALORIES
- 42g PROTEIN
- 45g CARBS
- 18g FAT

DINNER



CREAMY PROTEIN ALFREDO PASTA

- 589 CALORIES
- 41g PROTEIN
- 31g CARBS
- 22g FAT

DESSERT



BLUEBERRY CHEESECAKE BOWL

- 330 CALORIES
- 35g PROTEIN
- 30g CARBS
- 7g FAT

DAILY TOTALS

1,671 CALORIES | 153g PROTEIN | 126g CARBS | 60g FAT

Good food fuels a strong you!

These four recipes are designed to satisfy your cravings while keeping your nutrition on track. Nutritious, high-protein meals that are easy to make, taste amazing and support your goals.

Real food. Real life. Real results.

Kylie x

STRONG WITH Kylie

HIGH-PROTEIN

CHILLI CRISP EGGS



BOLD FLAVOUR, HIGH PROTEIN

A quick and easy, high-protein breakfast that's packed with flavour. Crispy, cheesy eggs cooked in chili crisp and served with a slice of sourdough for the perfect balance of heat, crunch and protein.

PREP: 2 mins

COOK: 5 mins

SERVES: 1

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
460 kcal	40g	34g	18g

INGREDIENTS

- [x] 2 tbsp chili crisp (Trader Joe's or any brand)
- [x] 1 serving Trader Joe's Lite Shredded Mozzarella (28g)
- [x] 1 serving Kraft Fat Free Shredded Cheddar (28g)
- [x] ½ cup Pete & Gerry's egg whites (120ml)
- [x] 1 whole egg
- [x] Salt, to taste
- [x] 1 slice sourdough bread (60g)

OPTIONAL TOPPINGS

- [x] Extra chili crisp/oil
- [x] Chives (chopped)
- [x] Drizzle of honey

METHOD

1. Add the chili crisp to a non-stick skillet over medium heat. Let it sizzle for 30 seconds.
2. Sprinkle in the mozzarella and cheddar cheeses and let cook for 1–2 minutes, until melted and starting to crisp on the bottom.
3. Pour in the egg whites and whole egg, then season lightly with salt.
4. Cover the pan and cook for 3–4 minutes, or until the eggs are set to your liking and the cheese underneath is crispy enough to release from the pan.
5. Fold the eggs over omelette-style.
6. Serve with a slice of sourdough bread and top with extra chili crisp, chives and a drizzle of honey (optional).

STRONG with Kylie TIP:

Use a non-stick pan and don't move the eggs too early – this helps the cheese get nice and crispy on the bottom!

Simple High Protein Real Results ♡

STRONG WITH Kylie

CHILLI PEANUT CUCUMBER SALAD



FRESH, CRUNCHY, HIGH PROTEIN

A fresh, crunchy and flavour-packed salad with tender chicken, crisp cucumber and cabbage, all tossed in a creamy, spicy peanut dressing. It's quick, easy and perfect for lunch, dinner or meal prep.

PREP: 10 mins
COOK: 0 mins
SERVES: 1

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
451 kcal	43g	14g	26g

INGREDIENTS

- [x] Cucumber – 125g, sliced
- [x] Peanut butter – 18g (0.6oz)
- [x] Chilli oil – 12g (0.4oz)
- [x] Soy sauce – 1 tbsp
- [x] Lime – ½, juiced
- [x] Red cabbage – 50g, sliced
- [x] Cooked chicken – 150g (5.3oz)
- [x] Sesame seeds – ½ tsp

METHOD

1. Add all ingredients to a large bowl.
2. Give it a good shake or toss until everything is well coated.
3. Top with extra sesame seeds and chilli flakes if desired. Serve and enjoy!

STRONG with Kylie TIP:

Use a good quality, creamy peanut butter and adjust the chilli oil to your spice preference. This salad also keeps well for meal prep!

Simple High Protein Real Results ♡

STRONG WITH Kylie

CREAMY PROTEIN

ALFREDO PASTA

HIGH PROTEIN, BIG FLAVOUR



A creamy, high-protein Alfredo pasta made with cottage cheese and eggs for a rich, velvety sauce. It's quick, easy and packed with flavour – the perfect comfort meal that keeps you on track.

PREP: 5 mins
COOK: 10 mins
SERVES: 4

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
430 kcal	35g	48g	9g

INGREDIENTS

- [x] 225g (1 cup) 2% cottage cheese
- [x] 2 hard boiled eggs (~100g)
- [x] 30g (⅓ cup) Parmesan (grated)
- [x] 180ml (¾ cup) milk of choice
- [x] ½ tsp cornstarch (optional)
- [x] 1 tsp garlic powder
- [x] ½ tsp Italian seasoning
- [x] ½ tsp salt
- [x] ¼ tsp black pepper
- [x] 340g Vetta SMART Protein Pasta (or any type)
- [x] Fresh parsley (chopped)
- [x] Extra Parmesan (optional)

METHOD

1. Blend the cottage cheese, eggs, Parmesan, milk and seasonings until completely smooth.
2. Pour the sauce into a pan over medium low heat and cook for 3–5 minutes, stirring continuously. Don't let it boil.
3. Cook your protein pasta according to the packet instructions. Reserve a little pasta water.
4. Add the cooked pasta to the Alfredo sauce and toss to coat. Add a splash of pasta water if needed to reach your desired consistency.
5. Top with fresh parsley and extra Parmesan (optional). Serve and enjoy!

STRONG with Kylie TIP:

For an even creamier sauce, use a high-speed blender and don't skip the pasta water – it helps the sauce coat the pasta perfectly!

Simple High Protein Real Results ♡

STRONG WITH *Kylie*

HIGH-PROTEIN

BLUEBERRY CHEESECAKE BOWL



CREAMY, DREAMY, GUILT FREE TREAT

A creamy, dreamy blueberry cheesecake bowl packed with protein and bursting with juicy blueberry flavor! This easy no-bake treat takes just minutes to prepare, chills in 10 minutes, and makes a delicious breakfast, snack, or healthy dessert.

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
330 kcal	35g	30g	7g

PREP: 5 mins
CHILL: 10 mins
SERVES: 1

INGREDIENTS

- ¾ cup (170g) low-fat cottage cheese
- ½ cup (120g) plain nonfat Greek yogurt
- ½ scoop (15g) vanilla protein powder
- 2 tbsp light cream cheese, softened
- 1 tsp honey or maple syrup
- ½ tsp vanilla extract
- ½ cup fresh blueberries
- 1 tbsp crushed graham crackers
- 1 tsp lemon juice
- 1 tsp lemon zest (optional)

METHOD

1. Add cottage cheese, Greek yogurt, protein powder, cream cheese, honey and vanilla extract to a blender.
2. Blend until completely smooth and creamy.
3. Transfer the mixture to a serving bowl and gently swirl in the lemon juice.
4. Top with fresh blueberries and crushed graham crackers.
5. Sprinkle with lemon zest for a fresh cheesecake flavour.
6. Refrigerate for 10 minutes to chill and slightly firm up.
7. Serve cold and enjoy your creamy, high-protein blueberry cheesecake bowl!

STRONG *with Kylie* TIP:
Use a good quality vanilla protein powder and fresh blueberries for the best cheesecake flavour. For extra indulgence, use a little more graham cracker crumble on top!

Simple High Protein Real Results

STRONG WITH Kylie

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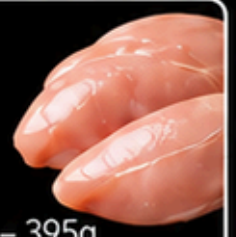
SHOPPING LIST

EVERYTHING YOU NEED FOR 4 HIGH-PROTEIN RECIPES

REAL FOOD | REAL LIFE | REAL RESULTS

Good food fuels a strong you!

PROTEIN



- [ ] Chicken breast – 150g
- [ ] Eggs – 7
- [ ] Cottage cheese (low-fat) – 395g (225g for pasta + 170g for cheesecake bowl)
- [ ] Greek yogurt (plain nonfat) – 120g
- [ ] Bacon (shortcut) – 170g
- [ ] Leg ham – 120g
- [ ] Muscle Nation vanilla protein powder – 75g (60g for pasta + 15g for cheesecake bowl)
- [ ] Peanut butter (PB2) – 13g

FRUIT & VEG

- [ ] Granny Smith apples – 750g
- [ ] Mixed berries (frozen) – 300g
- [ ] Blueberries (fresh) – ½ cup (75g)
- [ ] Cucumber – 125g
- [ ] Red cabbage – 50g
- [ ] Cherry tomatoes – 150g
- [ ] Baby spinach – 40g
- [ ] Lime – 1
- [ ] Lemon – 1
- [ ] Chives – 1 bunch
- [ ] Fresh parsley – 1 bunch



CARBS & GRAINS

- [ ] Sourdough bread – 60g (1 slice)
- [ ] Vetta SMART Protein Pasta (or any type) – 340g
- [ ] Old El Paso tortilla boats – 6
- [ ] Mission Carb Balance Original wraps – 6
- [ ] Rolled oats – 250g
- [ ] Graham crackers – 1 tbsp (10g)



DAIRY

- [ ] Low-fat cottage cheese – 225g (for pasta) + 170g (for cheesecake bowl)
- [ ] Plain nonfat Greek yogurt – 120g
- [ ] Milk of choice – 180ml
- [ ] Parmesan cheese (grated) – 30g
- [ ] Light cream cheese – 2 tbsp (30g)
- [ ] Shredded mozzarella – 28g
- [ ] Shredded cheddar (light/fat free) – 28g



SAUCES, CONDIMENTS & PANTRY

- [ ] Chili crisp – 2 tbsp
- [ ] Peanut butter – 18g
- [ ] Chili oil – 12g
- [ ] Soy sauce – 1 tbsp
- [ ] Honey or maple syrup – 36ml (for crumble) + 1 tsp (for cheesecake bowl)
- [ ] Garlic powder – 1 tsp
- [ ] Italian seasoning – ½ tsp
- [ ] Salt – to taste
- [ ] Black pepper – ¼ tsp
- [ ] Cornstarch – ½ tsp (optional)
- [ ] Vanilla extract – ½ tsp (for cheesecake bowl)
- [ ] Lemon zest – 1 tsp (optional)



BAKING & EXTRAS

- [ ] Graham crackers – 1 tbsp (10g) (for cheesecake bowl)
- [ ] Cooking spray
- [ ] Baking paper
- [ ] Aluminium foil
- [ ] 6 x 500ml glass meal prep containers (for Apple & Berry Crumble)
- [ ] Lime squeezer (optional)



RECIPE CHECKLIST







- [ ] **Breakfast** – Chilli Crisp Eggs + Sourdough
- [ ] **Lunch** – Chilli Peanut Cucumber Salad
- [ ] **Dinner** – Creamy Protein Alfredo Pasta
- [ ] **Dessert** – Blueberry Cheesecake Bowl

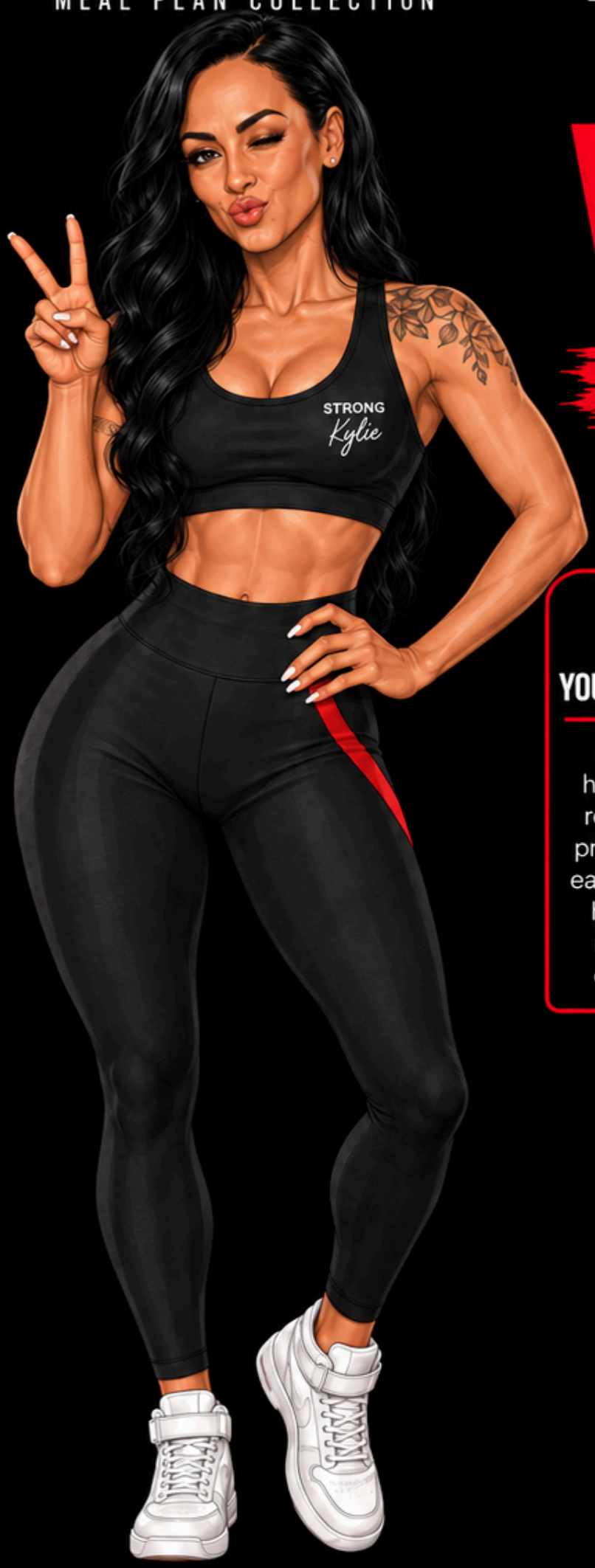
SHOP SMART. EAT STRONGER.

STRONG *with Kylie*

MEAL PLAN COLLECTION

Simple ingredients. Amazing results!

STRONG
WITH *Kylie*
MEAL PLAN COLLECTION



VOL. 30

Proud of you for showing up! ♡

THAT'S A WRAP!

HIGH-PROTEIN CRAVINGS EDITION

REAL FOOD. REAL LIFE. REAL RESULTS.

SATISFY YOUR CRAVINGS
Delicious, high-protein recipes that prove healthy eating doesn't have to be restrictive or boring.

HIT YOUR PROTEIN GOALS
Simple meals packed with protein to help you stay full, support your goals and keep your energy on track.

REAL FOOD MADE SIMPLE
Easy-to-follow recipes with everyday ingredients, big flavour and minimal time in the kitchen.

A HEALTHIER, HAPPIER YOU
Because when your food tastes amazing, consistency gets easier — and real results follow.

Consistency creates change. ♡

Thank you for being part of the
Strong with Kylie Meal Plan Collection.
I hope these high-protein cravings recipes
make your days easier, tastier and keep you
on track with your goals.

Keep fuelling your goals
— you've got this!

Kylie x ♡

See you in **VOL. 31** ♡

SHOP SMART.
EAT STRONGER.

STRONG *with Kylie*
MEAL PLAN COLLECTION