STRONG WITH Kylie

VOL. 32

THE PLOT TWIST EDITION

ALL THE CRAVINGS. NONE OF THE COMPROMISE.

Same good food. Different purpose.



1,716 CALORIES | 155.5g PROTEIN | 132.7g CARBS | 58.5g FAT

STRONG WITH KYLIE MEAL PLAN COLLECTION

SIMPLE MEALS. REAL RESULTS.

STRONG WITH *Kylie*

MEAL PLAN COLLECTION

VOL. 32

WELCOME!

THE PLOT TWIST EDITION

SAME GOOD FOOD. DIFFERENT PURPOSE.

I'm so excited to bring you ***Volume 32: The Plot Twist Edition*** — a collection of four delicious, high-protein recipes designed to give familiar favourites a smarter twist.

These recipes take crave-worthy comfort-style meals and rework them into options that are practical, protein-packed and easy to fit into real life.

Whether you want simple prep, satisfying meals or better ways to stay consistent, this collection is here to help you enjoy your food and stay on track.



FLAVOUR-FIRST MEALS

Crave-worthy recipes that feel fun, satisfying and anything but boring.

SMARTER SWAPS

Familiar foods with a high-protein twist to better support your goals.

EASY TO MAKE

Straightforward recipes using practical ingredients you can actually find.

REAL LIFE RESULTS

Meals designed to fit your lifestyle, support consistency and still taste amazing.

STRONG *with Kylie* TIP:

Keep the meals flexible — adjust seasoning, veggies or toppings to suit your taste while keeping the high-protein foundation the same.



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

STRONG WITH *Kylie*

MEAL PLAN COLLECTION

REAL FOOD | REAL LIFE | REAL RESULTS

STRONG WITH Kylie

VOL. 32

THE PLOT TWIST EDITION
MEAL PLAN COLLECTION

YOUR DAY AT A GLANCE

4 HIGH-PROTEIN RECIPES

SIMPLE MEALS. REAL RESULTS.

BREAKFAST



TIRAMISU OVERNIGHT OATS

458	CALORIES
24g	PROTEIN
55g	CARBS
13g	FAT

LUNCH



MEXICAN PROTEIN MINI PIZZAS

641	CALORIES
59g	PROTEIN
51g	CARBS
21g	FAT

DINNER



HIGH PROTEIN BIG MAC BOWLS

318	CALORIES
37.5g	PROTEIN
14.4g	CARBS
13.1g	FAT

SNACK



HIGH PROTEIN SPINACH & ARTICHOKE DIP

299	CALORIES
35g	PROTEIN
12.3g	CARBS
11.4g	FAT

DAILY TOTALS

1,716	CALORIES	155.5g	PROTEIN	132.7g	CARBS	58.5g	FAT

Good food fuels a strong you!

These four recipes are designed to satisfy your cravings while keeping your nutrition on track. 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

TIRAMISU OVERNIGHT OATS



Meal prep friendly!

HIGH PROTEIN | MEAL PREP FRIENDLY

All the delicious flavours of tiramisu in a creamy, high-protein overnight oats. With a coffee-infused oat layer and a smooth vanilla yoghurt layer, it's the perfect make-ahead breakfast or snack.

PER SERVE
1 JAR (½ RECIPE)

458	24 g	55 g	13 g
CALORIES	PROTEIN	CARBS	FAT

PREP: 5 mins

CHILL: 2+ hours (or overnight)

SERVES: 2

INGREDIENTS

OAT LAYER

- [x] **1 cup** Rolled Oats (approx. 85 g)
- [x] **1 cup** Milk (240 ml)
- [x] **1 tbsp** Chia Seeds (approx. 12 g)
- [x] **1 tbsp** Maple Syrup (20 g)
- [x] **1 tsp** Vanilla Extract
- [x] **1 shot** Espresso (30 ml)
- [x] **¼ tsp** Cinnamon
- [x] **⅛ tsp** Salt
- [x] **1 tbsp** Smooth Almond or Cashew Butter (16 g)

YOGHURT LAYER

- [x] **1 cup** Plain Greek-Style Yoghurt (approx. 230 g)
- [x] **1 scoop** Vanilla Protein Powder (approx. 30 g)
- [x] **½ tbsp** Maple Syrup (10 g)
- [x] **1 tbsp** Cocoa Powder, for dusting

METHOD

1. Add the oats, milk, chia seeds, maple syrup, vanilla, espresso, cinnamon, salt and nut butter to a blender.
2. Blend until smooth and creamy, then let it sit for 1 to 2 minutes to thicken.
3. Mix the yoghurt, protein powder and maple syrup in a separate bowl until smooth.
4. Divide between jars, alternating layers of the blended oats and yoghurt mixture.
5. Refrigerate for at least 2 hours or overnight.
6. Dust with cocoa powder before serving.

STRONG with Kylie TIP:

For the best flavour, use a freshly brewed espresso and let the oats chill overnight to thicken perfectly. You can also adjust the sweetness to your taste.

Simple
High Protein
Real Results♡

STRONG WITH Kylie



Meal prep friendly!

MEXICAN PROTEIN MINI PIZZAS

HIGH PROTEIN | FAMILY FRIENDLY

All the bold Mexican flavours you love, with a high-protein twist! These mini pizzas are easy to make, packed with flavour and perfect for a quick lunch or a fun family dinner.

PREP: 10 mins

COOK: 10–12 mins

SERVES: 2 (4 mini pizzas)

PER SERVE
2 MINI PIZZAS

641	59 g	51 g	21 g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- [x] **4** Simson's High Protein Mini Pizza Bases
- [x] **300 g** Coles Extra Lean Beef Mince
- [x] **15 g** Mingle Taco Mexican Fiesta Seasoning
- [x] **160 g** Nature's Delight Mild Salsa
- [x] **80 g** Old El Paso Refried Beans
- [x] **80 g** Coles Light Mozzarella, shredded
- [x] **80 g** Cherry Tomatoes, diced
- [x] **60 g** Red Capsicum, diced
- [x] **20 g** Spring Onions, sliced
- [x] **80 g** Chobani Natural Light Greek Yoghurt
- [x] Fresh Coriander, to taste

METHOD

1. Preheat your oven to 200°C (fan forced).
2. Cook the beef mince in a large pan over medium–high heat. Add the Mingle Taco seasoning and cook until browned and well combined.
3. Spread the refried beans evenly over the pizza bases.
4. Top with the cooked beef mince, followed by the salsa and shredded mozzarella.
5. Add the diced tomatoes and red capsicum.
6. Bake in the oven for 10–12 minutes, or until the cheese is melted and the bases are crispy.
7. Remove from the oven and top with Greek yoghurt, spring onions and fresh coriander.
8. Slice and serve.

STRONG with Kylie TIP:

Use Simson's high protein mini bases for extra protein and a crispy base while keeping the calories lower. You can also swap the beef mince for chicken mince if preferred.

Simple High Protein Real Results♡

STRONG WITH Kylie

HIGH PROTEIN BIG MAC BOWLS



ALL THE FLAVOUR, NONE OF THE BUN

A high-protein, lower-calorie take on a Big Mac. Seasoned lean beef, fresh crunchy veggies, pickles, cheese and a creamy homemade Big Mac sauce — all served in a bowl for the ultimate satisfying, macro-friendly meal.

PREP: 15 mins | **COOK:** 10 mins | **SERVES:** 4

PER SERVE

318 CALORIES	37.5g PROTEIN	14.4g CARBS	13.1g FAT

INGREDIENTS

SEASONED BEEF

- [x] 450 g — Coles Extra Lean Beef Mince (96%)
- [x] 1 tsp — Garlic Powder
- [x] 1 tsp — Onion Powder
- [x] 1 tsp — Smoked Paprika
- [x] ½ tsp — Salt
- [x] ½ tsp — Black Pepper

BOWL BASE

- [x] 6 cups — Romaine Lettuce, shredded (approx. 280 g)
- [x] 1 cup — Cherry Tomatoes, halved (150 g)
- [x] 1 cup — Cucumber, diced (150 g)
- [x] ½ cup — Red Onion, diced (80 g)
- [x] 1 cup — Dill Pickle Slices (150 g)
- [x] 1 cup — Reduced-Fat Cheddar Cheese, shredded (110 g) (e.g. Coles Light Tasty)

BIG MAC SAUCE

- [x] ½ cup — Chobani Natural Light Greek Yoghurt (120 g)
- [x] 2 tbsp — Praise 99% Fat Free Mayonnaise (30 g)
- [x] 2 tbsp — Mingle Tomato Sauce (30 g)
- [x] 1 tbsp — Yellow Mustard (15 g)
- [x] 1 tbsp — Dill Pickles, finely chopped (15 g)
- [x] 1 tsp — Pickle Juice
- [x] ½ tsp — Garlic Powder
- [x] ½ tsp — Onion Powder
- [x] ½ tsp — Paprika
- [x] ¼ tsp — Black Pepper

METHOD

PREPARE THE BEEF

1. Heat a large skillet over medium-high heat.
2. Add the beef mince and cook for 6–8 minutes, breaking it into crumbles.
3. Drain any excess fat if needed.
4. Add garlic powder, onion powder, smoked paprika, salt and pepper. Cook for another minute. Set aside.

MAKE THE BIG MAC SAUCE

5. In a small bowl, whisk together the Greek yoghurt, mayonnaise, tomato sauce, mustard, chopped pickles, pickle juice, garlic powder, onion powder, paprika and black pepper. Refrigerate until ready to use.

ASSEMBLE THE BOWLS

6. Divide the shredded lettuce, tomatoes, cucumber and red onion evenly between four bowls.
7. Top with the seasoned beef, pickle slices and shredded cheddar cheese.
8. Divide all the Big Mac sauce evenly between four bowls (approximately 55g per bowl).
9. Finish with extra pickles or fresh chives if desired. Serve immediately or store in the fridge for meal prep.

STRONG WITH Kylie TIP:

You can use any brand of dill pickles or mustard you prefer. The macros may vary slightly depending on the brand, but the overall difference will be minimal.

Simple High Protein Real Results

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HIGH PROTEIN SPINACH & ARTICHOKE DIP



CREAMY, CHEESY & DELICIOUS

A creamy, high-protein spinach and artichoke dip made with shredded chicken, cottage cheese and cream cheese. Served with crispy high-protein wrap chips, it's the perfect snack for entertaining or meal prep.

PER SERVE
DIP + 1 MINI WRAP (CHIPS)

299	35g	12.3g	11.4g
CALORIES	PROTEIN	CARBS	FAT

PREP: 10 mins
COOK: 10 mins
SERVES: 6

INGREDIENTS

SPINACH & ARTICHOKE DIP

- [x] **280 g** Cooked Chicken Breast, shredded
- [x] **225 g** Fresh Spinach (raw weight)
- [x] **240 g** Artichoke Hearts, drained and chopped
- [x] **1 cup** Low Fat Cottage Cheese (225 g)
- [x] **4 tbsp** Low Fat Cream Cheese (60 g)
- [x] **½ cup** Parmesan, shredded (50 g)
- [x] **1 cup** Coles Light Mozzarella (110 g)
- [x] **1 tsp** Garlic Powder
- [x] **1 tsp** Onion Powder
- [x] Salt and Pepper, to taste

WRAP CHIPS

- [x] **6** Simson's Mini High Protein Wraps (1 per serve, 26 g each)
- [x] Garlic Powder, to taste
- [x] Smoked Paprika, to taste

METHOD

SPINACH & ARTICHOKE DIP

1. Preheat the oven to 180°C.
2. Blend the cottage cheese until smooth.
3. Chop, wilt and squeeze the spinach dry. Mix with chicken, artichokes, cottage cheese, cream cheese, parmesan, half the mozzarella and seasonings.
4. Transfer to a baking dish and top with the remaining mozzarella.
5. Bake for around 10 minutes, or until hot and the cheese is melted.

WRAP CHIPS

6. Cut each wrap into triangles.
7. Place in an air fryer and season with garlic powder and smoked paprika.
8. Air fry at 180°C for 4–6 minutes, or until crispy.
9. Serve the dip warm with the wrap chips.

STRONG with Kylie TIP:
If you run out of wrap chips to finish your serve, use cucumber sticks, celery sticks or capsicum for a low-calorie option and keep these macros on track.

Simple High Protein Real Results

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VOL. 32

THE PLOT TWIST SHOPPING LIST

Good food fuels a strong you!

MEAT & PROTEIN



- ☐ 750g Coles Extra Lean Beef Mince
- ☐ 400g Chicken Breast
- ☐ 30g Vanilla Protein Powder



FRESH PRODUCE



- ☐ 230g Cherry Tomatoes
- ☐ 60g Red Capsicum
- ☐ 20g Spring Onions
- ☐ 280g Cos Lettuce
- ☐ 150g Cucumber
- ☐ 80g Red Onion
- ☐ 225g Fresh Spinach
- ☐ Fresh Coriander, to taste

CARBS & GRAINS



- ☐ 4 Simson's High Protein Mini Pizza Bases
- ☐ 6 Simson's Mini High Protein Wraps
- ☐ 85g Rolled Oats
- ☐ 12g Chia Seeds
- ☐ 30g Maple Syrup

DAIRY & CHEESE



- ☐ 190g Coles Light Mozzarella
- ☐ 110g Tasty Cheese or Light Cheddar
- ☐ 50g Parmesan
- ☐ 225g Low-Fat Cottage Cheese
- ☐ 60g Low-Fat Cream Cheese
- ☐ 200g Chobani Natural Light Greek Yoghurt
- ☐ 230g Plain Greek-Style Yoghurt
- ☐ 240ml Milk

SAUCES, CONDIMENTS & JARS



- ☐ 160g Nature's Delight Mild Salsa
- ☐ 80g Old El Paso Refried Beans
- ☐ 240g Artichoke Hearts
- ☐ 165g Dill Pickles
- ☐ 1 tsp Pickle Juice
- ☐ 30g Praise 99% Fat Free Mayonnaise
- ☐ 30g Mingle Your Main Squeeze Tomato Sauce
- ☐ 15g Yellow Mustard
- ☐ 16g Smooth Almond or Cashew Butter

SEASONINGS



- ☐ 15g Mingle Taco Mexican Fiesta Seasoning
- ☐ 2 ½ tsp Garlic Powder
- ☐ 2 ½ tsp Onion Powder
- ☐ 1 tsp Smoked Paprika
- ☐ ½ tsp Paprika
- ☐ ¼ tsp Ground Cinnamon
- ☐ ⅜ tsp Salt
- ☐ ¾ tsp Black Pepper
- ☐ 1 tbsp Cocoa Powder
- ☐ 1 tsp Vanilla Extract
- ☐ 30ml Espresso

RECIPE CHECKLIST



TIRAMISU OVERNIGHT OATS



MEXICAN PROTEIN MINI PIZZAS



HIGH-PROTEIN BIG MAC BOWLS



CHICKEN, SPINACH & ARTICHOKE DIP

- ☐ **Breakfast** – Tiramisu Overnight Oats
- ☐ **Lunch** – Mexican Protein Mini Pizzas
- ☐ **Dinner** – High-Protein Big Mac Bowls
- ☐ **Snack** – Chicken, Spinach & Artichoke Dip with Crispy Tortilla Chips

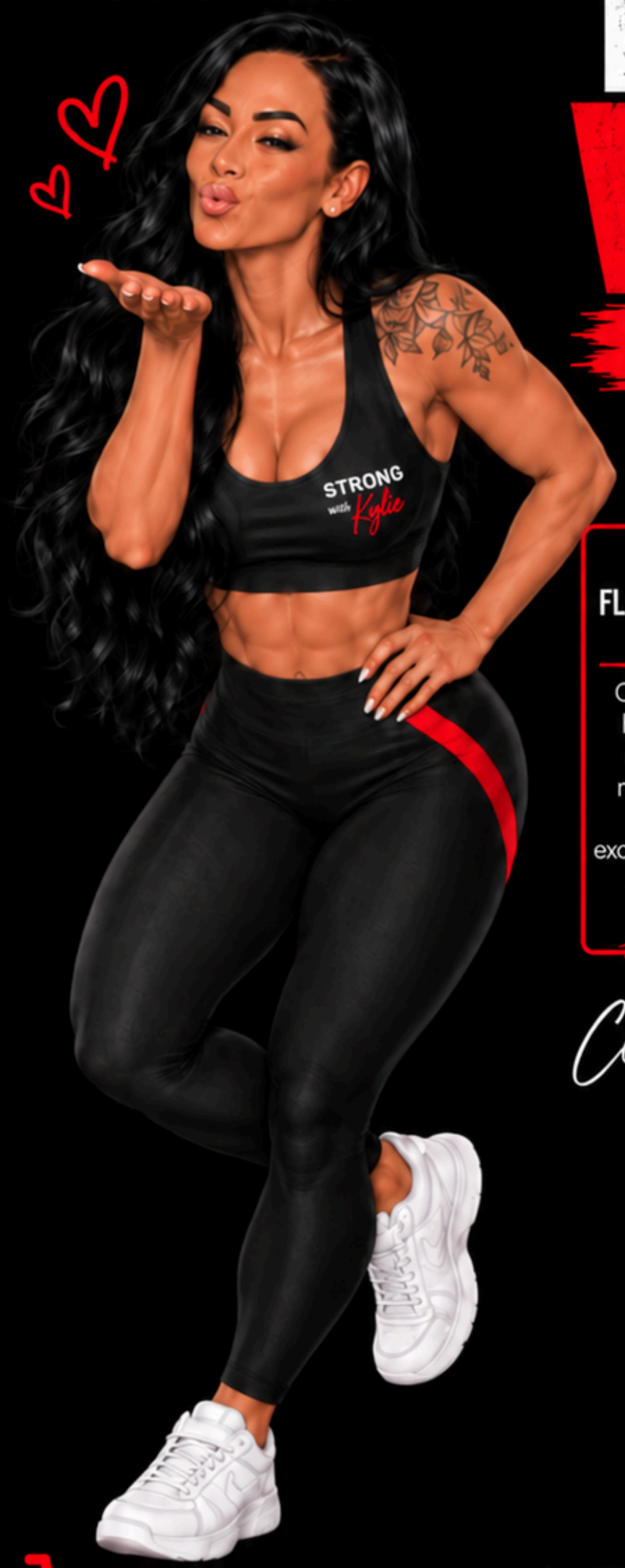
SHOP SMART. EAT STRONGER.

STRONG with Kylie

SIMPLE MEALS. REAL RESULTS.

Same good food. Different purpose.

STRONG
WITH *Kylie*
MEAL PLAN COLLECTION



VOL. 32

THAT'S A WRAP!

THE PLOT TWIST EDITION

REAL FOOD. REAL LIFE. REAL RESULTS.

Proud of you for showing up!

FLAVOUR-FIRST MEALS

Crave-worthy high-protein recipes that make healthy eating feel exciting, satisfying and easy to stick to.

PROTEIN WITH A TWIST

Creative recipe ideas that keep your meals interesting while helping you hit your goals.

SIMPLE INGREDIENTS

Everyday supermarket ingredients, easy methods and practical recipes you can actually make.

REAL RESULTS. REAL LIFE

Nutritious, flavour-packed meals designed to fit into busy days and support consistency.

Consistency creates change.

Thank you for being part of the
Strong with Kylie Meal Plan Collection.
I hope the recipes in The Plot Twist Edition 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. 33**

SHOP SMART.
EAT STRONGER.

STRONG *with Kylie*
MEAL PLAN COLLECTION