STRONG WITH *Kylie*

VOL. 31

HIGH-PROTEIN MADE EASY

4 EASY RECIPES

BIG FLAVOUR. SERIOUS PROTEIN.

Same good food. Different purpose.



1,678 CALORIES | 166g PROTEIN | 155g CARBS | 45g FAT

STRONG WITH KYLIE MEAL PLAN COLLECTION

SIMPLE MEALS. REAL RESULTS.

STRONG WITH Kylie

MEAL PLAN COLLECTION

VOL. 31

WELCOME!

HIGH-PROTEIN MADE EASY

SIMPLE MEALS. BIG FLAVOUR. SERIOUS PROTEIN.



I'm so excited to bring you ***Volume 31: High-Protein Made Easy*** – a collection of four delicious, high-protein recipes designed to fit into your real life.

These recipes use simple, everyday ingredients to create meals that are quick, easy and full of flavour. Whether you're prepping ahead, short on time or just want high-protein options that actually satisfy your cravings, this collection has you covered.

Good food doesn't have to be complicated. With minimal prep, simple steps and amazing results, these recipes make it easy to stay on track and enjoy every bite.

DELICIOUS HIGH-PROTEIN RECIPES

Four crave-worthy meals that are packed with protein, full of flavour and actually satisfy you.

SIMPLE, EVERYDAY INGREDIENTS

No complicated ingredients or hard-to-find items. Just real food you can easily find at the supermarket.

QUICK & EASY TO MAKE

Simple steps, minimal prep and straightforward recipes perfect for busy lifestyles.

REAL RESULTS YOU'LL LOVE

Nutritious, satisfying meals that help you stay on track, feel amazing and reach your goals.

STRONG with Kylie TIP:

Keep it simple, use quality ingredients and don't be afraid to make these recipes your own! Add extra veggies, adjust the seasoning and create meals you love.



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. 31

AT A GLANCE

FOUR HIGH-PROTEIN RECIPES

REAL FOOD | REAL LIFE | REAL RESULTS

Simple meals. Amazing results!

BREAKFAST



BISCOFF OVERNIGHT OATS

- 405 CALORIES
- 35g PROTEIN
- 46g CARBS
- 10g FAT

LUNCH



HIGH-PROTEIN TUNA MELT

- 484 CALORIES
- 38g PROTEIN
- 53g CARBS
- 14g FAT

DINNER



MEXICAN BEEF BAKE

- 447 CALORIES
- 42g PROTEIN
- 37g CARBS
- 12g FAT

DESSERT



GIANT PROTEIN REESE'S

- 342 CALORIES
- 51.4g PROTEIN
- 18.8g CARBS
- 9g FAT

DAILY TOTALS

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

WHY YOU'LL LOVE VOL. 31

- Simple, real food ingredients
- Easy-to-follow recipes
- Big on flavour, high in protein
- Perfect for meal prep and busy lifestyles

Good food fuels a stronger you!

RECIPE CHECKLIST

- [ ] **Breakfast** – Biscoff Overnight Oats
- [ ] **Lunch** – High-Protein Tuna Melt
- [ ] **Dinner** – Mexican Beef Bake
- [ ] **Dessert** – Giant Protein Reese's



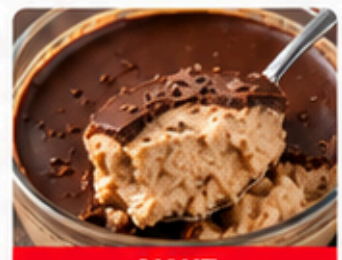
BISCOFF OVERNIGHT OATS



HIGH-PROTEIN TUNA MELT



MEXICAN BEEF BAKE



GIANT PROTEIN REESE'S

SHOP SMART. EAT STRONGER.

STRONG *with Kylie* MEAL PLAN COLLECTION

GOOD FOOD | STRONGER HABITS | A HAPPIER YOU

STRONG WITH Kylie

BISCOFF OVERNIGHT OATS



HIGH-PROTEIN. HIGH-FIBRE. NEXT LEVEL FLAVOUR.

These Biscoff overnight oats make the easiest breakfast you can prep in less than 10 minutes. Creamy, delicious and packed with protein and fibre to keep you full!

PREP: 10 mins
CHILL: Overnight
SERVES: 1

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
405 kcal	35g	46g	10g

INGREDIENTS

- [x] 40g quick oats
- [x] 15g chia seeds
- [x] 100ml Devondale light milk (or milk of choice)
- [x] 15g vanilla protein powder
- [x] 150g Chobani Fit (vanilla or banana)
- [x] 10g Biscoff spread (melted)
- [x] 1 Lotus Biscoff biscuit, crumbled (or keep half for topping and crumble the rest)

METHOD

1. In a jar or container, add the oats, chia seeds, milk and protein powder. Mix well until combined.
2. Top with the Chobani Fit yoghurt, melted Biscoff spread and crumbled Biscoff biscuit.
3. Set in the fridge overnight. Serve and enjoy!

STRONG with Kylie TIP:

Use Chobani Fit banana for an extra delicious Biscoff x banana combo, or stick with classic vanilla. You can also prep multiple jars for easy breakfasts throughout the week!

Simple High Protein Real Results

STRONG WITH *Kylie*

HIGH-PROTEIN

TUNA MELT

LOADED WITH FLAVOUR AND PROTEIN



A high-protein twist on the classic tuna melt! Creamy, tasty and packed with flavour, this easy sandwich comes together in minutes and is perfect for a quick lunch or dinner.

PREP: 10 mins

COOK: 5 mins

SERVES: 1

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
484 kcal	38g	53g	14g

INGREDIENTS

- [x] 2 slices Woolworths sourdough (approx. 86g)
- [x] 1 can (95g drained) Sirena tuna chilli
- [x] Red onion, finely diced (to taste)
- [x] Celery, finely diced (to taste)
- [x] Chives, chopped (to taste)
- [x] Pickles, finely diced (to taste)
- [x] 40g Bulla high-protein cottage cheese
- [x] 20g Nando's Perinaise sauce
- [x] ½ tsp dijon mustard
- [x] Splash of pickle juice
- [x] Squeeze of lemon
- [x] Salt and pepper, to taste
- [x] 20g grated cheese (e.g. light tasty)

METHOD

1. In a bowl, mix the tuna, red onion, celery, chives, pickles, cottage cheese, Perinaise, dijon mustard, pickle juice, lemon, salt and pepper until well combined.
2. Spread the tuna mixture over one slice of sourdough.
3. Top with the grated cheese, then place the second slice of sourdough on top.
4. Toast in a sandwich press until golden and the cheese is melted.

STRONG *with Kylie* TIP:

Use a good quality sourdough for the best flavour and texture.
Feel free to add extra pickles, chives or a squeeze of lemon to make it your own!

Simple High Protein Real Results

STRONG WITH Kylie

HIGH-PROTEIN

MEXICAN BEEF BAKE



ONE DISH. BIG FLAVOUR. ZERO FUSS.

This Mexican bake sorts your lunches or dinners in one hit. Raw ingredients, one dish, straight in the oven. Packed with protein, fibre and actual flavour, not another bland "meal prep" that has you crying by Wednesday.

PREP: 10 mins
COOK: 55–60 mins
SERVES: 4

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
447 kcal	42g	37g	12g

INGREDIENTS

- [x] 500g extra lean beef mince (raw)
- [x] 90g jasmine rice (uncooked)
- [x] 400ml beef stock
- [x] 200g tinned corn (drained)
- [x] 200g black beans (drained)
- [x] 200g cherry tomatoes (halved)
- [x] 100g red capsicum (chopped)
- [x] 100g carrot (grated or finely chopped)
- [x] 30g taco seasoning
- [x] Juice of 1 lime
- [x] Garlic powder, to taste
- [x] Smoked paprika, to taste
- [x] Salt and pepper, to taste
- [x] 100g light mozzarella (grated, to top)
- [x] Coriander, to finish (optional)

METHOD

1. Preheat oven to 180°C.
2. Add the raw beef mince, uncooked rice, beef stock, corn, black beans, tomatoes, capsicum, carrot, taco seasoning, lime juice, garlic powder, smoked paprika, salt and pepper to a large baking dish. Mix well.
3. Cover tightly with foil and bake for 45 minutes.
4. Remove the foil, sprinkle over the mozzarella cheese and bake for a further 10–15 minutes, until golden and cooked through.
5. Let it rest for 5 minutes, finish with coriander and divide into four serves.

STRONG with Kylie TIP:

Use extra lean beef mince and plenty of veggies to keep it high in protein, fibre and flavour. This stores and reheats really well – perfect for meal prep!

Simple High Protein Real Results

STRONG WITH Kylie

GIANT PROTEIN REESE'S

HIGH-PROTEIN, CHOCOLATE PEANUT BUTTER TREAT



All the flavour of a Reese's, but packed with protein! This giant, no-bake treat is creamy, indulgent and super easy to make with just a few ingredients. Perfect for a sweet snack or dessert when you're craving something chocolatey and satisfying.

PER SERVE

CALORIES	PROTEIN	CARBS	FAT
342 kcal	51.4g	18.8g	9g

PREP: 5 mins
FREEZE: 20 mins
SERVES: 1

INGREDIENTS

- [x] 60g plain nonfat Greek yoghurt
- [x] 1 scoop (30g) vanilla protein powder
- [x] 32g peanut butter powder (such as PBfit)
- [x] 14g milk chocolate chips (such as Cadbury or any brand)

METHOD

1. Mix the Greek yoghurt, vanilla protein powder and peanut butter powder in a bowl until smooth and well combined.
2. Melt the chocolate chips in 30-second bursts, stirring between each time, until smooth.
3. Spread the melted chocolate evenly over the protein mixture.
4. Freeze for 20 minutes, then crack through the chocolate top and enjoy.

STRONG with Kylie TIP:

Use a round glass container or ramekin for easy removal. For a thicker chocolate layer, add a few extra chocolate chips on top before freezing.

Simple High Protein Real Results

STRONG WITH Kylie

VOL. 31

SHOPPING LIST

EVERYTHING YOU NEED FOR 4 HIGH-PROTEIN RECIPES

REAL FOOD | REAL LIFE | REAL RESULTS

Good food fuels a strong you!

PROTEIN



- [ ] Tuna in springwater – 2 cans (185g each, drained)
- [ ] Extra lean beef mince (5% fat) – 500g
- [ ] Chobani Fit yoghurt (vanilla or banana) – 150g
- [ ] Vanilla protein powder – 45g (15g for oats + 30g for Reese's)
- [ ] Reduced-fat cheese (shredded) – 120g
- [ ] Cottage cheese (low-fat) – 50g

FRUIT & VEG



- [ ] Red onion – 1
- [ ] Celery – 1 bunch
- [ ] Chives – 1 bunch (optional)
- [ ] Pickles – 1 jar
- [ ] Lemon – 1
- [ ] Brown onion – 1
- [ ] Garlic – 3 cloves
- [ ] Red capsicum – 1
- [ ] Carrot – 1
- [ ] Cherry tomatoes – 200g
- [ ] Fresh coriander – 1 bunch (optional)

CARBS & GRAINS



- [ ] Quick oats – 40g
- [ ] Chia seeds – 15g
- [ ] Sourdough bread – 2 slices (approx. 86g)
- [ ] Jasmine rice – 90g (uncooked)
- [ ] Tinned corn – 200g (drained)
- [ ] Black beans – 200g (drained)
- [ ] Lotus Biscoff biscuits – 4

DAIRY



- [ ] Chobani Fit yoghurt (vanilla or banana) – 150g
- [ ] Cottage cheese (low-fat) – 50g
- [ ] Milk of choice (e.g. Devondale Light) – 100ml
- [ ] Reduced-fat cheese (shredded) – 120g
- [ ] Mozzarella cheese (light) – 100g
- [ ] Parmesan or tasty cheese (grated) – 20g

SAUCES, CONDIMENTS & PANTRY



- [ ] Biscoff spread – 20g (10g for oats + 10g for Reese's)
- [ ] Nando's Perinaise – 20g
- [ ] Dijon mustard – ½ tsp
- [ ] Taco seasoning – 30g
- [ ] Garlic powder – to taste
- [ ] Smoked paprika – to taste
- [ ] Salt – to taste
- [ ] Black pepper – to taste
- [ ] Olive oil spray / cooking oil – optional

BAKING & EXTRAS



- [ ] Vanilla protein powder – 30g (for Reese's)
- [ ] PB2 powdered peanut butter – 32g (for Reese's)
- [ ] Milk chocolate chips – 14g (for Reese's)
- [ ] 6 x 500ml meal prep containers (optional, for oats, tuna melt & leftovers)
- [ ] 1 x 500ml round glass container or bowl (for Reese's)
- [ ] 1 large baking dish (for Mexican Beef Bake)
- [ ] Aluminium foil (for baking dish)

RECIPE CHECKLIST



BISCOFF OVERNIGHT OATS



HIGH-PROTEIN TUNA MELT



MEXICAN BEEF BAKE



GIANT PROTEIN REESE'S

- [ ] **Breakfast** – Biscoff Overnight Oats
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- [ ] **Dessert** – Giant Protein Reese's

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STRONG *with Kylie*

MEAL PLAN COLLECTION

Simple ingredients. Amazing results!

STRONG WITH Kylie

MEAL PLAN COLLECTION

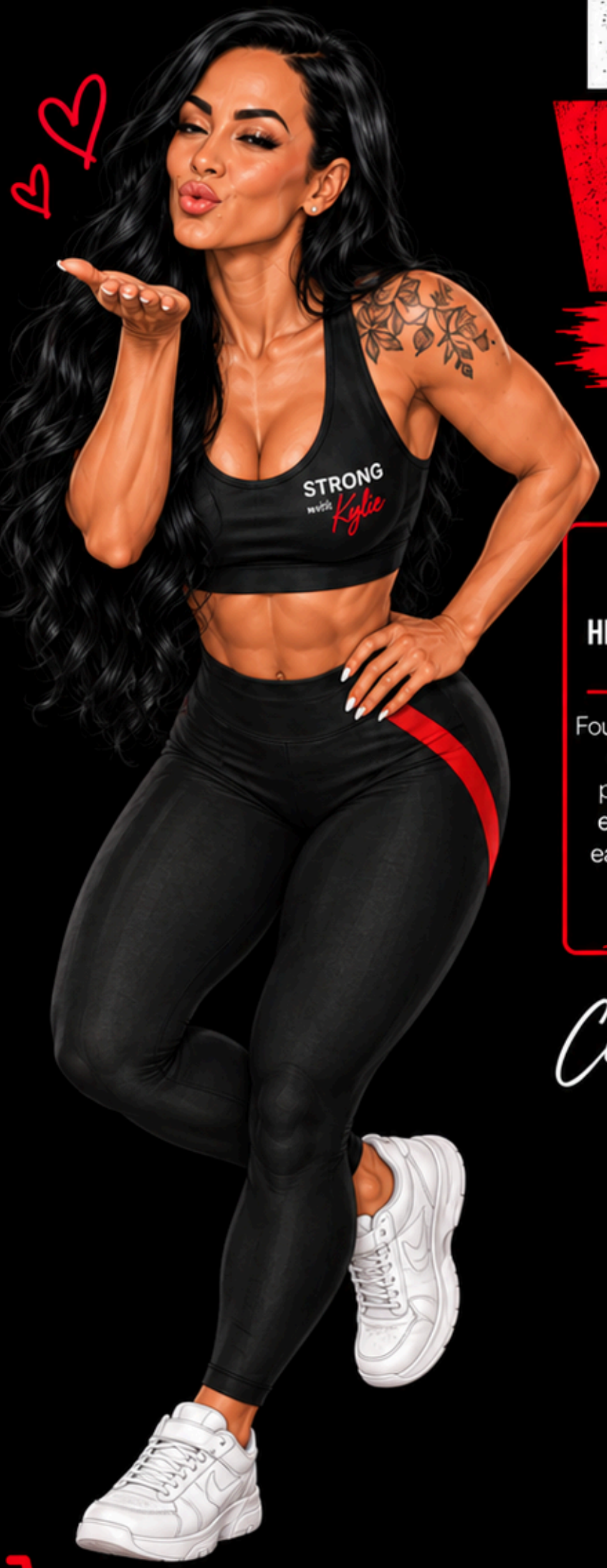
VOL. 31

THAT'S A WRAP!

HIGH-PROTEIN MADE EASY

REAL FOOD. REAL LIFE. REAL RESULTS.

Proud of you for showing up!



DELICIOUS HIGH-PROTEIN MEALS

Four crave-worthy recipes that prove healthy eating can be easy, satisfying and full of flavour.

SUPPORTS YOUR GOALS

High-protein meals to help you stay fuller for longer, support your energy and keep you on track.

SIMPLE INGREDIENTS

Everyday ingredients with easy steps — no complicated methods or hard-to-find foods.

REAL RESULTS REAL LIFE

Nutritious, flavour-packed meals that fit into busy lifestyles and help you feel your best.

Consistency creates change.

Thank you for being part of the
Strong with Kylie Meal Plan Collection.
I hope these high-protein, easy-to-make 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. 32

SHOP SMART.
EAT STRONGER.

STRONG *with Kylie*
MEAL PLAN COLLECTION