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HIGH-PROTEIN
MEAL PREP
For WEIGHT LOSS

10 DELICOUS HIGH-PROTEIN BATCH RECIPES FOR EASY MEAL PREP

How to Use These Meal Prep Recipes FOR WEIGHT LOSS

Why batch cooking works well for weight loss

Batch cooking makes it easier to stay consistent with healthy eating and supports weight loss by helping you prepare balanced meals in advance and reduce the likelihood of less structured food choices later in the week.

Freezing your batch meals

These recipes are designed to be prepared in advance and stored in portions for later use.
For best results:
- allow meals to cool completely before freezing
- freeze in individual portions where possible
- label containers with the date
- store in the freezer for up to 3 months
- defrost overnight in the fridge before reheating
- reheat thoroughly until piping hot before serving

Batch cooking in this way makes it easier to stay consistent with meals, even on busy or lower-appetite days.

These recipes are designed to:
- provide steady protein intake
- support muscle maintenance during weight loss
- help reduce reliance on convenience foods
- make busy weeks easier to manage

All recipes are suitable for preparing ahead and freezing in portions.

Why Protein matters for weight loss

Protein helps you stay fuller for longer and supports successful weight loss.

Including a protein-rich meal at each sitting helps:
- support fat loss rather than muscle loss
- improve fullness
- maintain strength and energy
- support long-term weight-loss success

Each recipe in this guide provides a strong protein base to help support this.

Adding carbohydrates if needed

These recipes are designed to be naturally lower in carbohydrates, but you can easily add a portion of carbohydrates if your energy needs are higher.

Good options include:

- sweet potato
- brown rice
- quinoa
- wholegrain rice
- potatoes

A typical portion alongside these meals is:
½ cup cooked rice or quinoa (approximately 75–100 g cooked) or
½ medium sweet potato or potato

Adjust portions based on appetite and activity levels.

Cooking Times and Food Safety

Cooking times in this recipe collection are provided as general estimates and may vary depending on your oven, hob or microwave. Always check that food is fully cooked and piping hot before serving.

When reheating batch-cooked meals:
- allow meals to cool completely before freezing
- defrost overnight in the fridge where possible
- reheat until steaming hot throughout
- stir during reheating to ensure even heating
- do not reheat more than once

For food safety, reheated meals should reach approximately 75ºC before serving.
For best quality, store frozen meals for up to 3 months.

Chocolate Chilli Con Carne

Servings: 6

Cals: 380 – Protein: 40g - Fat: 12g - Fiber: 7g - Carbs: 22g

Ingredients:
- 750g lean minced beef (5% fat)
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 red pepper, diced
- 1 tsp oregano
- 1 tsp ground cumin
- 1 tsp paprika
- 1 tsp smoked paprika
- 1 tbsp Worcestershire sauce
- 2 tbsp tomato purée
- 2 tins chopped tomatoes
- 1 beef stock cube
- 1 tin kidney beans, drained
- 1 tsp cocoa powder or 10g dark chocolate (85%)
- Salt and pepper to taste
- Fresh coriander (optional)

Instructions
1. Heat a large pan over medium heat and brown the minced beef.
2. Add the onion, garlic and red pepper and cook for 5 minutes until softened.
3. Stir in the oregano, cumin, paprika and smoked paprika.
4. Add the Worcestershire sauce and tomato purée and stir well.
5. Pour in the chopped tomatoes and crumble in the stock cube.
6. Add the kidney beans and bring to a gentle simmer.
7. Simmer uncovered for 30 minutes until thickened.
8. Stir in the cocoa powder or dark chocolate and mix until fully combined.

Season to taste before serving.

Turkey & Mango Curry

Servings: 6

Cals: 340 - Protein: 40g - Fat: 6g - Fiber: 4g - Carbs: 18g

Ingredients

- 750g turkey breast, diced into chunks
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 tsp grated fresh ginger (or ½ tsp ground ginger)
- 1 red pepper, diced
- 2 tsp mild curry powder
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tbsp tomato purée
- 1 tin chopped tomatoes
- 1 chicken stock cube
- 150g frozen mango chunks, chopped small
- 3 tbsp light coconut milk (optional but recommended)
- Salt and pepper to taste
- Fresh coriander (optional)

Instructions

1. Heat a large pan over medium heat and cook the turkey pieces until lightly browned.
2. Add the onion, garlic, ginger and red pepper and cook for 5 minutes until softened.
3. Stir in the curry powder, cumin and turmeric.
4. Add the tomato purée and mix well.
5. Pour in the chopped tomatoes and crumble in the stock cube.
6. Stir in the mango pieces and bring to a gentle simmer.
7. Simmer uncovered for 25 minutes until the sauce thickens and the turkey is cooked through.
8. Stir in the coconut milk if using and season to taste.

Garnish with fresh coriander before serving if desired.

Sweet Chilli Turkey Meatballs

Servings: 6

Cals: 320 -Protein: 40g - Fat: 9g - Fiber: 3g - Carbs: 14g

Ingredients
Meatballs

- 750g lean turkey mince (5% fat)
- 1 egg
- 20g blended oats
- 2 garlic cloves, crushed
- 1 tsp grated fresh ginger (or ½ tsp ground ginger)
- 1 tbsp soy sauce
- Black pepper

Sweet chilli sauce

- 4 tbsp sweet chilli sauce
- 2 tbsp soy sauce
- 1 tbsp tomato purée
- 150ml chicken stock
- 1 tsp cornflour (optional, for thickening)
- 1 tsp sesame oil (optional)

Optional garnish:

- sesame seeds
- chopped spring onions

Instructions

1. Preheat oven to 200ºC (fan 180ºC).
2. Mix the turkey mince, egg, oats, garlic, ginger and soy sauce in a large bowl.
3. Season with black pepper and combine well.
4. Shape into meatballs and place on a lined baking tray.
5. Bake for 18–20 minutes until cooked through.
6. Meanwhile, combine the sweet chilli sauce, soy sauce, tomato purée and stock in a saucepan.
7. Simmer gently for 3–4 minutes.
8. Stir in cornflour slurry if using and cook until slightly thickened.
9. Add cooked meatballs to the sauce and coat well.

Smoky Chicken & Cauliflower Rice Tray Bake

Ingredients

- 750g chicken breast, diced into chunks
- 1 large onion, sliced
- 2 garlic cloves, crushed
- 2 red peppers, sliced
- 2 tsp smoked paprika
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp oregano
- 1 tbsp tomato purée
- 1 chicken stock cube
- 400g tin chopped tomatoes
- 400g cauliflower rice (fresh or frozen)
- Salt and pepper to taste
- Fresh coriander or parsley (optional)

Optional (adds richness but still GLP-1 friendly):

- 1 tsp olive oil

Instructions

1. Preheat oven to 200ºC (fan 180ºC).
2. Place the chicken, onion, garlic and peppers into a large baking tray.
3. Sprinkle over smoked paprika, paprika, cumin and oregano.
4. Add tomato purée and crumble over the stock cube.
5. Pour in the chopped tomatoes and mix well.
6. Bake uncovered for 25 minutes.
7. Remove tray from oven and stir in the cauliflower rice.
8. Return to oven and bake for 15 more minutes until chicken is fully cooked and cauliflower rice is tender.
9. Season to taste and garnish with fresh herbs if desired.

Shepards Pie With Cauliflower Mash

Ingredients
- 750g lean minced beef (5% fat)
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2 carrots, finely diced
- 1 tin chopped tomatoes
- 1 tbsp tomato purée
- 1 tbsp Worcestershire sauce
- 1 beef stock cube
- 200ml hot water
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 100g frozen peas
- Salt and pepper to taste

Cauliflower mash topping
- 1 large cauliflower (about 800g), chopped
- 2 tbsp Greek yogurt
- 30g reduced-fat grated cheese
- Salt and pepper

Instructions
1. Preheat oven to 200ºC (fan 180ºC).
2. Brown the minced beef in a large pan.
3. Add onion, garlic and carrots and cook 5 minutes.
4. Stir in tomato purée, Worcestershire sauce, oregano and smoked paprika.
5. Add chopped tomatoes, crumble in the stock cube and pour in hot water.
6. Simmer 20–25 minutes until thickened.
7. Stir in peas and season to taste.
8. Steam or boil cauliflower until tender.
9. Drain well and mash with Greek yogurt and cheese.
10. Transfer beef mixture to a baking dish and spread cauliflower mash on top.
11. Bake 20 minutes until lightly golden.

Teriyaki Chicken Batch Bake

Servings: 6

Cals: 330 -Protein: 42g - Fat: 6g - Fiber: 3g - Carbs: 14g

Ingredients
- 750g chicken breast, diced into chunks
- 1 onion, sliced
- 2 garlic cloves, crushed
- 1 tsp grated fresh ginger (or ½ tsp ground ginger)
- 1 red pepper, sliced
- 200g broccoli florets

Teriyaki sauce
- 4 tbsp low-salt soy sauce
- 1 tbsp honey or maple syrup
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tbsp tomato purée
- 150ml chicken stock
- 1 tsp cornflour (optional, for thickening)

Optional garnish:
- sesame seeds
- spring onions

Instructions
1. Preheat oven to 200°C (fan 180°C).
2. Place chicken, onion, garlic, ginger, pepper and broccoli into a large baking tray.
3. In a jug, mix soy sauce, honey, rice vinegar, sesame oil, tomato purée and stock.
4. Pour sauce over the tray and mix well.
5. Bake uncovered for 25 minutes.
6. Stir the tray contents.
7. Return to oven for 10–15 minutes until chicken is fully cooked.
8. Stir through cornflour slurry during final 5 minutes if a thicker sauce is preferred.
9. Garnish if desired before serving.

Tuscan Chicken &
Bean Casserole

SERVINGS: 6

CALS: 285 - PROTEIN: 32G - FAT: 4G - FIBER: 4G - CARBS: 14G

Ingredients

- 750 g chicken breast, diced
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 red pepper, sliced
- 200g mushrooms
- 1 tsp oregano
- 1 tsp smoked paprika
- 1 tbsp tomato purée
- 1 tin chopped tomatoes
- 300 ml chicken stock
- 1 chicken stock cube
- 1 tin cannellini beans, drained
- 2 large handfuls spinach
- Salt and pepper
- Optional (recommended)
- 1 tbsp reduced-fat crème fraîche or Greek yogurt

Instructions

1. Heat a large pan and lightly brown the chicken.
2. Add onion, garlic, mushrooms and pepper and cook 5 minutes.
3. Stir in oregano, smoked paprika and tomato purée.
4. Add chopped tomatoes, stock cube and 300 ml stock.
5. Stir in cannellini beans.
6. Cover and simmer 25 minutes until slightly thickened.
7. Stir in spinach until wilted.
8. Stir through crème fraîche or yogurt if using.
9. Season to taste.

Slow Cooked Smoky Beef casserole

Servings: 6

Cals: 345 –Protein: 36g – Fat: 9g – Fiber: 4g – Carbs: 16g

Ingredients

- 750 g lean stewing beef, trimmed and cubed
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2 carrots, sliced
- 1 red pepper, chopped
- 200 g mushrooms, sliced (optional but recommended)
- 1 tbsp tomato purée
- 1 tin chopped tomatoes (400 g)
- 1 beef stock cube
- 400 ml hot water or beef stock
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp Worcestershire sauce
- Salt and pepper to taste

Optional (recommended for browning) 1 tsp olive oil

Instructions:

1. Preheat oven to 170ºC (fan 150ºC).
2. Heat a casserole dish and brown the beef in batches.
3. Add onion, garlic, carrots, pepper and mushrooms and cook for 5 minutes.
4. Stir in smoked paprika, oregano and tomato purée.
5. Add chopped tomatoes and stock.
6. Crumble in the stock cube and stir well.
7. Add Worcestershire sauce.
8. Cover and cook for 1 hour 45 minutes, until beef is tender.
9. Season to taste before serving.
10. The sauce should be slightly loose before cooling — it thickens after freezing and reheating

Coconut cod & spinach curry

Ingredients

- 750 g cod fillets (or pollock, coley, hake, or basa)
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 1 tbsp grated fresh ginger (or 1 tsp ground ginger)
- 1 red pepper, sliced
- 1 tbsp tomato purée
- 1 tin chopped tomatoes (400 g)
- 1 tin light coconut milk (400 ml)
- 1 stock cube (chicken or vegetable)
- 2 tsp curry powder
- 1 tsp turmeric
- 1 tin chickpeas, drained (240 g)
- 2 large handfuls spinach
- Salt and pepper to taste

IIngredients

1. Heat a large pan over medium heat.
2. Cook onion, garlic and ginger for 5 minutes until softened.
3. Stir in curry powder and turmeric.
4. Add tomato purée and mix well.
5. Pour in chopped tomatoes and coconut milk.
6. Crumble in the stock cube and stir.
7. Add chickpeas and red pepper.
8. Simmer 15 minutes until slightly thickened.
9. Gently add white fish chunks.
10. Simmer 8–10 minutes until fish is cooked through.
11. Stir in spinach until wilted.
12. Season to taste before serving.

SMOKY LENTIL & ROASTED VEGETABLE BAKE

SERVINGS: 6

CALS: 320 -PROTEIN: 22G - FAT: 5G - FIBER: 10G - CARBS: 32G

Ingredients

- 2 tins green lentils, drained (480 g drained weight)
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 2 courgettes, diced
- 1 red pepper, diced
- 1 carrot, diced
- 1 tbsp tomato purée
- 1 tin chopped tomatoes
- 1 vegetable stock cube
- 300 ml hot water
- 1 tsp smoked paprika
- 1 tsp oregano
- 40 g reduced-fat grated cheese (optional topping)
- Salt and pepper to taste
- Optional flavour boost:
- 1 tsp olive oil

Ingredients

1. Preheat oven to 200ºC (fan 180ºC).
2. Cook onion and garlic in a large pan for 5 minutes.
3. Add courgette, carrot and pepper and cook another 5 minutes.
4. Stir in smoked paprika and oregano.
5. Add tomato purée and chopped tomatoes.
6. Crumble in stock cube and pour in hot water.
7. Stir in lentils and simmer 10 minutes.
8. Transfer mixture to a baking dish.
9. Sprinkle cheese over the top if using.
10. Bake for 20 minutes until lightly golden.

Thank You for Downloading This Recipe Collection

These 10 recipes are taken from my upcoming cookbook:
High-Protein Meal Prep for Weight Loss

The full book will include 60 high-protein batch recipes, giving you another 50 practical recipes to help make weekly meal preparation easier and support consistent healthy eating.
These recipes are designed to help you stay on track with weight loss whether you're following a high-protein plan, using GLP-1 medication, or simply looking for structured meal prep ideas that make eating well easier to maintain.

The cookbook will be available soon on Amazon in paperback, hardback and Kindle.

If you enjoyed these recipes, and tried my cookbook I'd really appreciate it if you left a review on Amazon — reviews make a huge difference and help other readers discover my books.

Thank you again for downloading and happy cooking,

Helen Whitehouse
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