

15 HIGH PROTEIN MEALS

UNDER 500 CALORIES

CROCK POT · SHEET PAN · DESSERTS

WELLNESS WITHIN BY LUISANA

DISCLAIMER

The nutritional information provided in this book, including calories, protein, carbohydrates, and fats, is based on standard ingredient measurements and widely available nutrition data (USDA). However, actual values may vary depending on factors such as: specific brands of ingredients used, portion sizes and variations in food weight, cooking methods, and ingredient substitutions or modifications.

While we have made every effort to provide accurate macronutrient information, these numbers are estimates and should be used as a guide rather than an absolute value. If precise nutritional tracking is required, we recommend using a kitchen scale and a nutrition-tracking app to calculate macros based on your specific ingredients and cooking style.

Additionally, this book is intended for general health and wellness purposes. It does not take into account individual dietary needs, allergies, or medical conditions. If you have specific health concerns, dietary restrictions, or medical conditions, please consult a registered dietitian or healthcare professional before making changes to your diet.

By using this book, you acknowledge that any nutritional variations are beyond the control of the author and publisher. The responsibility for ingredient choices, food safety, and dietary decisions lies with the reader.

Enjoy your high-protein, delicious meals!

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LET'S MAKE 15 DELICIOUS, HIGH-**PROTEIN MEALS!**

Eating well doesn't have to be boring, complicated, or time-consuming. If you're looking for delicious, high-protein meals that keep you feeling full and energized, without going over 500 calories per serving, you're in the right place!

This book is packed with 15 simple, flavorful, protein-packed recipes designed to help you lose fat, keep your muscle, and fuel your body with the right nutrients. Set-it-and-forget-it crock pot meals and one-pan sheet pan dinners make busy weeks easier, and the desserts prove there's always room for the foods you enjoy.



WHY HIGH-PROTEIN MEALS?

Protein is essential for muscle growth, recovery, and overall health, and it matters even more as we get older. It helps curb cravings, keeps you full longer, and plays a key role in metabolism. Eating high-protein meals doesn't mean giving up flavor or variety. This collection includes cozy crock pot comfort food, easy one-pan dinners, and sweet treats, all simple to prepare and packed with flavor.

- 15 delicious recipes, each under 500 calories
- Balanced macros to help you hit your daily protein goals
- Easy-to-follow steps for quick, stress-free cooking
- Crock pot meals, sheet pan dinners, and desserts



1 SALSA VERDE CHICKEN BURRITO BOWLS

CROCK POT RECIPE

PREP	COOK	SERVINGS
10 MIN	6 HR	6

INGREDIENTS

- 2 lb (900g) boneless skinless chicken breast
- 1 jar (16 oz / 450g) salsa verde
- 1 can (15 oz) black beans, drained and rinsed (240g)
- 1 cup (150g) frozen corn
- 1 tsp ground cumin
- 1 tsp garlic powder
- 2 tbsp (30ml) lime juice
- 3 cups (585g) cooked brown rice
- 3/4 cup (210g) non-fat Greek yogurt
- Salt, pepper and fresh cilantro to taste

Serving size: 1 bowl

INSTRUCTIONS

- Place the chicken in the crock pot and season with cumin, garlic powder, salt and pepper.
- Pour the salsa verde over the chicken. Cook on LOW for 6 hours or HIGH for 3 to 4 hours.
- Shred the chicken with two forks right in the crock pot.
- Stir in the black beans, corn and lime juice. Cover and cook 15 more minutes to warm through.
- Build each bowl with 1/2 cup brown rice, a scoop of the chicken mixture and 2 tbsp Greek yogurt. Top with cilantro.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
44g	40g	6g	395



2 TURKEY & BEAN CHILI

CROCK POT RECIPE

PREP	COOK	SERVINGS
15 MIN	6 HR	6

INGREDIENTS

- 2 lb (900g) 93% lean ground turkey
- 1 large onion (150g), diced
- 2 bell peppers (240g), diced
- 4 cloves garlic, minced
- 1 can (28 oz / 795g) crushed tomatoes
- 1 can (14.5 oz / 410g) diced tomatoes
- 1 can (15 oz) kidney beans, drained (240g)
- 1 can (15 oz) black beans, drained (240g)
- 1 cup (240ml) low-sodium chicken broth
- 2 tbsp (16g) chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp smoked paprika
- Salt and pepper to taste

Serving size: about 1 1/2 cups

INSTRUCTIONS

- Brown the turkey in a skillet over medium-high heat for 6 to 8 minutes, breaking it up as it cooks. (Optional, but it adds flavor.)
- Add the turkey and all remaining ingredients to the crock pot and stir well.
- Cook on LOW for 6 to 8 hours or HIGH for 3 to 4 hours.
- Taste and adjust salt and spices. Serve hot, topped with Greek yogurt, green onion or cilantro if you like (toppings not included in the macros).

PER SERVING

PROTEIN	CARBS	FATS	KCAL
37g	32g	14g	385



3 PORK TENDERLOIN WITH APPLES & SWEET POTATOES

CROCK POT RECIPE

PREP	COOK	SERVINGS
15 MIN	6 HR	4

INGREDIENTS

- 1 1/2 lb (680g) pork tenderloin
- 2 medium sweet potatoes (400g), peeled and cubed
- 2 medium apples (360g), cored and sliced
- 1 medium onion (110g), sliced
- 3 cloves garlic, minced
- 1/2 cup (120ml) low-sodium chicken broth
- 1 tbsp (15g) Dijon mustard
- 1 tbsp (15ml) maple syrup
- 1 tsp dried thyme
- 1/2 tsp ground cinnamon
- Salt and pepper to taste

Serving size: 1/4 of the recipe

INSTRUCTIONS

- Add the sweet potatoes, onion and half the apple slices to the bottom of the crock pot.
- Season the pork with thyme, salt and pepper and set it on top of the vegetables.
- Whisk the broth, Dijon, maple syrup, garlic and cinnamon. Pour over the pork and scatter the rest of the apples on top.
- Cook on LOW for 6 hours or HIGH for 3 hours, until the pork reaches 145°F (63°C) and the sweet potatoes are tender.
- Rest the pork 5 minutes, then slice. Serve with the apples, sweet potatoes and a spoonful of the cooking juices.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
38g	40g	6g	370



4 HEARTY BEEF & VEGETABLE STEW

CROCK POT RECIPE

PREP	COOK	SERVINGS
15 MIN	**8 HR**	**6**

INGREDIENTS

- 2 lb (900g) lean beef stew meat (round), cubed
- 1 1/2 lb (680g) Yukon gold potatoes, cubed
- 4 medium carrots (240g), sliced
- 3 stalks celery (120g), sliced
- 1 large onion (150g), diced
- 4 cloves garlic, minced
- 3 cups (720ml) low-sodium beef or chicken broth
- 2 tbsp (32g) tomato paste
- 1 tsp dried thyme
- 2 bay leaves
- 1 cup (145g) frozen peas
- Salt and pepper to taste

Serving size: about 1 1/2 cups

INSTRUCTIONS

- Season the beef with salt and pepper and place it in the crock pot.
- Add the potatoes, carrots, celery, onion and garlic.
- Whisk the tomato paste into the broth and pour it over everything. Add the thyme and bay leaves.
- Cook on LOW for 8 hours or HIGH for 4 to 5 hours, until the beef is fork-tender.
- Remove the bay leaves. Mash a few potato chunks against the side of the pot and stir them in to thicken the stew. Add the peas and cook 10 more minutes.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
40g	32g	6g	340



5 CREAMY TOMATO CHICKEN CURRY

CROCK POT RECIPE

PREP	COOK	SERVINGS
15 MIN	**6 HR**	**6**

INGREDIENTS

- 2 lb (900g) boneless skinless chicken thighs, cubed
- 1 can (28 oz / 795g) crushed tomatoes
- 1 large onion (150g), diced
- 4 cloves garlic, minced
- 1 tbsp (6g) fresh ginger, grated
- 2 tbsp (12g) garam masala or curry powder
- 1 tsp ground turmeric
- 1 cup (225g) non-fat Greek yogurt
- 3 cups (90g) baby spinach
- 3 cups (585g) cooked brown rice
- Salt and fresh cilantro to taste

Serving size: 1 cup curry + 1/2 cup rice

INSTRUCTIONS

- Add the chicken, crushed tomatoes, onion, garlic, ginger, garam masala, turmeric and a pinch of salt to the crock pot. Stir.
- Cook on LOW for 6 hours or HIGH for 3 hours.
- Turn the crock pot off and let it sit 5 minutes, then stir in the Greek yogurt (adding it off the heat keeps it smooth).
- Stir in the spinach until it wilts.
- Serve each portion over 1/2 cup brown rice and top with cilantro.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
39g	39g	8g	380

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DID YOU **KNOW**

PROTEIN BOOSTS METABOLISM

YOUR BODY BURNS MORE CALORIES DIGESTING PROTEIN COMPARED TO CARBS OR FATS. THIS IS CALLED THE THERMIC EFFECT OF FOOD (TEF), MEANING PROTEIN HELPS YOU BURN MORE CALORIES EVEN WHILE RESTING!





6 LEMON HERB SALMON WITH ASPARAGUS & POTATOES

SHEET PAN RECIPE

PREP	COOK	SERVINGS
10 MIN	**30 MIN**	**4**

INGREDIENTS

- 4 salmon fillets (5 oz / 140g each)
- 12 oz (340g) baby potatoes, halved
- 1 lb (450g) asparagus, ends trimmed
- 1 tbsp (15ml) olive oil, divided
- 2 tbsp (30ml) lemon juice + lemon slices
- 3 cloves garlic, minced
- 1 tsp dried dill or Italian seasoning
- Salt and pepper to taste

Serving size: 1 fillet + 1/4 of the veggies

INSTRUCTIONS

- Heat the oven to 425°F (220°C) and line a large sheet pan with parchment paper.
- Toss the potatoes with half the olive oil, salt and pepper. Roast for 15 minutes.
- Push the potatoes to the sides. Add the asparagus and salmon and brush with the remaining oil.
- Mix the lemon juice, garlic and dill. Spoon over the salmon and asparagus and top the salmon with lemon slices.
- Roast 12 to 15 minutes more, until the salmon flakes easily with a fork.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
33g	21g	23g	420



7 SHEET PAN CHICKEN FAJITAS

SHEET PAN RECIPE

PREP	COOK	SERVINGS
10 MIN	25 MIN	4

INGREDIENTS

- 1 1/2 lb (680g) chicken breast, sliced into strips
- 3 bell peppers (360g), sliced
- 1 large onion (150g), sliced
- 1 tbsp (15ml) olive oil
- 1 tbsp (8g) chili powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 2 tbsp (30ml) lime juice
- 8 small (6-inch) corn tortillas
- 1/2 cup (140g) non-fat Greek yogurt
- Salt, salsa and cilantro to taste

Serving size: 2 fajitas

INSTRUCTIONS

- Heat the oven to 425°F (220°C) and line a large sheet pan with parchment paper.
- Add the chicken, peppers and onion. Drizzle with olive oil, sprinkle with the spices and salt, toss and spread in one layer.
- Roast 20 to 25 minutes, stirring once, until the chicken reaches 165°F (74°C).
- Squeeze the lime juice over the pan and warm the tortillas.
- Serve 2 tortillas per person, filled with chicken and veggies and topped with Greek yogurt, salsa and cilantro.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
46g	35g	10g	420



8 TURKEY MEATBALLS WITH ROASTED VEGETABLES

SHEET PAN RECIPE

PREP	COOK	SERVINGS
15 MIN	22 MIN	4

INGREDIENTS

- 1 1/4 lb (565g) 93% lean ground turkey
- 1 large egg
- 1/3 cup (27g) old-fashioned oats
- 1/4 cup (20g) grated Parmesan
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- 2 medium zucchini (400g), sliced
- 3 cups (270g) broccoli florets
- 2 cups (300g) cherry tomatoes
- 1 red onion (110g), cut into wedges
- 1 tbsp (15ml) olive oil
- 1 cup (250g) marinara sauce, warmed
- Salt and pepper to taste

Serving size: 5 meatballs + veggies + 1/4 cup sauce

INSTRUCTIONS

- Heat the oven to 400°F (200°C) and line a large sheet pan with parchment paper.
- Mix the turkey, egg, oats, Parmesan, garlic, Italian seasoning, salt and pepper. Roll into about 20 meatballs.
- Toss the zucchini, broccoli, tomatoes and onion with the olive oil, salt and pepper.
- Place the meatballs in the center of the pan with the vegetables around them.
- Roast 20 to 22 minutes, until the meatballs reach 165°F (74°C). Serve with warm marinara.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
36g	23g	20g	405



9 HONEY GARLIC SHRIMP & BROCCOLI

SHEET PAN RECIPE

PREP	COOK	SERVINGS
10 MIN	30 MIN	4

INGREDIENTS

- 1 1/2 lb (680g) raw shrimp, peeled and deveined
- 1 large sweet potato (300g), cubed
- 4 cups (360g) broccoli florets
- 1 red bell pepper (120g), chopped
- 1 tbsp (15ml) olive oil
- 2 tbsp (30ml) low-sodium soy sauce
- 1 tbsp (21g) honey
- 3 cloves garlic, minced
- 1 tsp fresh ginger, grated
- Red pepper flakes and green onion (optional)

Serving size: 1/4 of the pan

INSTRUCTIONS

- Heat the oven to 425°F (220°C) and line a large sheet pan with parchment paper.
- Toss the sweet potato with half the olive oil and roast for 15 minutes.
- Add the broccoli and bell pepper, drizzle with the remaining oil and roast 8 minutes more.
- Whisk the soy sauce, honey, garlic and ginger. Toss the shrimp in half the sauce.
- Add the shrimp in one layer and roast 6 to 8 minutes, until pink. Drizzle with the remaining sauce and top with green onion.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
39g	28g	5g	305



10 GARLIC STEAK BITES WITH POTATOES & GREEN BEANS

SHEET PAN RECIPE

PREP	COOK	SERVINGS
10 MIN	30 MIN	4

INGREDIENTS

- 1 1/4 lb (565g) top sirloin steak, cubed
- 1 lb (450g) baby potatoes, halved
- 12 oz (340g) green beans, trimmed
- 1 tbsp (15ml) olive oil, divided
- 3 cloves garlic, minced
- 1 tsp dried rosemary or thyme
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Serving size: 1/4 of the pan

INSTRUCTIONS

- Heat the oven to 425°F (220°C) and line a large sheet pan with parchment paper.
- Toss the potatoes with half the olive oil, salt and pepper. Roast 20 minutes.
- Toss the steak and green beans with the remaining oil, garlic, rosemary, paprika, salt and pepper.
- Add the steak and green beans to the pan in a single layer.
- Broil on high 6 to 8 minutes, until the steak is browned and cooked to your liking (145°F / 63°C for medium).

PER SERVING

PROTEIN	CARBS	FATS	KCAL
35g	27g	11g	345

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DID YOU **KNOW**

PROTEIN KEEPS YOU FULLER FOR LONGER

HIGH-PROTEIN MEALS REDUCE HUNGER HORMONES AND INCREASE SATIETY HORMONES, HELPING YOU FEEL FULL AND SATISFIED. THIS CAN SUPPORT WEIGHT MANAGEMENT AND MUSCLE RETENTION WITHOUT CONSTANT CRAVINGS.





11 CHOCOLATE PROTEIN PUDDING

DESSERT RECIPE

PREP	SET	SERVINGS
5 MIN	**30 MIN**	**2**

INGREDIENTS

- 1 1/2 cups (340g) non-fat Greek yogurt
- 1 scoop (30g) vanilla or chocolate protein powder
- 2 tbsp (11g) unsweetened cocoa powder
- 1 tbsp (15ml) maple syrup
- 1 tsp (5ml) vanilla extract
- 2 to 4 tbsp (30-60ml) unsweetened almond milk
- 1/2 cup (85g) sliced strawberries

Serving size: about 1 cup

INSTRUCTIONS

- Add the Greek yogurt, protein powder, cocoa, maple syrup and vanilla to a bowl.
- Whisk until smooth, adding almond milk 1 tablespoon at a time until creamy.
- Divide between 2 small bowls or jars.
- Chill at least 30 minutes for a thicker texture. Top with strawberries before serving.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
31g	21g	3g	220



12 NO-BAKE BERRY CHEESECAKE CUPS

DESSERT RECIPE

PREP	SET	SERVINGS
10 MIN	1 HR	4

INGREDIENTS

- 2 cups (450g) low-fat (2%) cottage cheese
- 1/2 cup (115g) non-fat Greek yogurt
- 1 scoop (30g) vanilla protein powder
- 2 tbsp (42g) honey
- 1 tsp (5ml) vanilla extract
- 1 tbsp (15ml) lemon juice + 1 tsp lemon zest
- 2 graham cracker sheets (28g), crushed
- 1 cup (150g) blueberries
- 1 cup (150g) sliced strawberries

Serving size: 1 cup

INSTRUCTIONS

- Blend the cottage cheese, Greek yogurt, protein powder, honey, vanilla, lemon juice and zest for 1 to 2 minutes, until completely smooth.
- Sprinkle the crushed graham crackers into the bottom of 4 small jars or cups.
- Spoon the cheesecake filling over the crumbs and top with the berries.
- Chill at least 1 hour before serving.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
22g	29g	4g	240



13 APPLE CINNAMON OAT CRISP

DESSERT RECIPE

PREP	COOK	SERVINGS
10 MIN	35 MIN	4

INGREDIENTS

- 4 medium apples (720g), thinly sliced
- 1 tbsp (15ml) lemon juice
- 1 1/2 tsp ground cinnamon, divided
- 1/2 cup (40g) old-fashioned oats
- 1/4 cup (28g) almond flour
- 1 scoop (30g) vanilla protein powder
- 2 tbsp (30ml) maple syrup
- 1 tbsp (14g) butter, melted
- 1 1/3 cups (300g) non-fat Greek yogurt, to serve

Serving size: 1/4 of the dish + 1/3 cup yogurt

INSTRUCTIONS

- Heat the oven to 375°F (190°C) and lightly grease an 8x8-inch baking dish.
- Toss the apples with the lemon juice and 1 tsp cinnamon. Spread in the dish.
- Mix the oats, almond flour, protein powder and remaining cinnamon. Stir in the maple syrup and melted butter until crumbly.
- Sprinkle the topping over the apples.
- Bake 30 to 35 minutes, until the apples are soft and the top is golden. Serve warm with 1/3 cup Greek yogurt each.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
17g	44g	8g	300



14 PEANUT BUTTER CHOCOLATE CHIP PROTEIN BITES

DESSERT RECIPE

PREP	SET	SERVINGS
10 MIN	**30 MIN**	**6**

INGREDIENTS

- 1 cup (80g) old-fashioned oats
- 2 scoops (60g) vanilla or chocolate protein powder
- 1/2 cup (128g) natural peanut butter
- 1/4 cup (84g) honey
- 2 tbsp (20g) mini chocolate chips
- 2 to 3 tbsp (30-45ml) unsweetened almond milk
- Pinch of salt

Serving size: 2 bites

INSTRUCTIONS

- Stir together the oats, protein powder and salt.
- Add the peanut butter and honey and mix well.
- Add almond milk 1 tablespoon at a time until the mixture holds together when pressed.
- Fold in the chocolate chips and roll into 12 balls.
- Chill at least 30 minutes. Keeps in the fridge for up to 1 week.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
15g	28g	13g	275



15 FROZEN GREEK YOGURT BERRY BARK

DESSERT RECIPE

PREP	SET	SERVINGS
10 MIN	3 HR	4

INGREDIENTS

- 2 cups (450g) non-fat Greek yogurt
- 1 scoop (30g) vanilla protein powder
- 2 tbsp (42g) honey
- 1 cup (150g) sliced strawberries
- 1/2 cup (75g) blueberries
- 2 tbsp (20g) mini dark chocolate chips

Serving size: 1/4 of the bark

INSTRUCTIONS

- Line a sheet pan with parchment paper.
- Stir together the Greek yogurt, protein powder and honey until smooth.
- Spread into a rectangle about 1/2 inch (1 cm) thick.
- Scatter the strawberries, blueberries and chocolate chips on top, pressing them in lightly.
- Freeze at least 3 hours, until firm. Break into pieces and enjoy straight from the freezer.

PER SERVING

PROTEIN	CARBS	FATS	KCAL
18g	22g	2g	175

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DID YOU **KNOW**

NOT ALL PROTEIN IS CREATED EQUAL

COMPLETE PROTEINS CONTAIN ALL NINE ESSENTIAL AMINO ACIDS THAT YOUR BODY CAN'T PRODUCE ON ITS OWN. FOODS LIKE CHICKEN, FISH, EGGS, GREEK YOGURT AND QUINOA ARE EXCELLENT SOURCES OF COMPLETE PROTEIN!





THANK YOU, **LET'S BEGIN!**

Thank you for choosing my recipe guide. I'm so glad you're here! My mission is to give you the tools and knowledge you need to make healthy eating feel effortless, and something you actually enjoy every day.

Success in fat loss comes down to consistency, patience, and adaptability. Some days will be easier than others, but progress is never linear. What matters most is that you keep moving forward.

Keep learning, stay committed, and enjoy the journey to a healthier, stronger, and more confident version of yourself. Wishing you lots of success and joy along the way!

Coach Luisana



Want to learn more about working 1-on-1 with me?

Check out my page:

LCWELLNESSWITHIN.COM