



THE FITNESS DUDE SYSTEM

PROTEIN- FIRST MEAL IDEAS

SIMPLE MEALS, SNACKS & SAUCES
TO MAKE **HEALTHY EATING**
ACTUALLY WORK



PROTEIN FIRST.
THE FOUNDATION
OF EVERY MEAL.



SIMPLE **MEALS**.
EASY TO PREPARE.
EASY TO STICK TO.



SMART **SNACKS**.
HIGH PROTEIN.
KEEPS HUNGER DOWN.



SAUCES & **TOPPINGS**.
MORE FLAVOR.
BETTER CONSISTENCY.



REAL FOOD. **REAL LIFE**.
SUSTAINABLE RESULTS.



STRUCTURE.
CONTROL CALORIES.
REACH YOUR GOALS.

LESS PAIN. **MORE GAIN.**



PROTEIN-FIRST MEAL IDEAS

Simple Meals, Snacks & Sauces To Make Healthy Eating Actually Work

Eating healthy is not always enough.

A meal can be healthy and still be too low in protein.

A meal can look clean and still leave you hungry one hour later.

A meal can be full of good ingredients and still not fit your goal if the quantities and proportions are off.

That is why this document exists.

Not to give you perfect recipes.

Not to turn food into a rigid meal plan.

But to give you practical meal ideas that help you secure protein, keep meals structured and make the whole nutrition process easier to follow in real life.

The rule is simple:

Protein first. Calories controlled. Carbs and fats used intelligently.

1. BREAKFAST IDEAS

1. Greek Yogurt With Berries

Ingredients

- Plain Greek yogurt, 0–2%
- Berries
- Small amount of honey

Preparation

Pour the yogurt into a bowl, add the berries and finish with a small amount of honey.

Secure The Protein

The yogurt should remain the dominant base.

If the amount of honey or fruit increases, add whey or skyr to keep the meal protein-first.

2. Skyr Or Protein Yogurt With Banana And Cinnamon

Ingredients

- Skyr or protein yogurt
- Banana
- Cinnamon

Preparation

Slice the banana, combine it with the skyr and sprinkle with cinnamon.

Secure The Protein

Keep the skyr as the main element.

If the fruit portion increases, compensate with whey or another lean protein later in the day.

3. Omelet With Protein Bread And Vegetables

Ingredients

- Eggs
- Egg whites
- Vegetables of choice
- Protein bread

Preparation

Cook the vegetables with a small amount of oil, add beaten eggs and egg whites, and prepare the omelet.

Serve with protein bread.

Secure The Protein

Use egg whites to increase protein without adding too many extra calories from fats.

The bread is support, not the base of the meal.

4. Protein Oatmeal Porridge

Ingredients

- Oats
- Milk or plant-based drink
- Protein powder
- Fruit of choice

Preparation

Cook the oats in milk or a plant-based drink.

Once off the heat, add the protein powder and fruit.

Secure The Protein

Protein powder is the key lever.

If you increase oats or fruit, keep the protein portion strong so the meal does not become mostly carbohydrates.

5. Low-Fat Ricotta With Jam And Bread Or Rice Cakes

Ingredients

- Low-fat ricotta
- Jam
- Whole grain bread or rice cakes

Preparation

Serve the ricotta with a small amount of jam and pair it with bread or rice cakes.

Secure The Protein

The ricotta remains the center of the meal.

If carbohydrates increase, add a lean protein source or compensate later in the day.

2. MAIN MEAL IDEAS

1. Chicken, Rice And Vegetables

Ingredients

- Chicken breast

- Basmati rice
- Mixed vegetables
- Olive oil added raw

Preparation

Cook the rice and vegetables.

Grill the chicken and combine everything.

Add olive oil in a controlled amount.

Secure The Protein

Let the chicken dominate the plate.

Rice is support, not the main character.

Measure added fats carefully, especially oil.

2. Oven-Baked Salmon With Potatoes

Ingredients

- Salmon fillet
- Potatoes
- Herbs
- Lemon or spices

Preparation

Bake the salmon with herbs.

Prepare boiled or baked potatoes with minimal oil.

Secure The Protein

Salmon is a good protein source, but it also brings significant fat calories.

Avoid adding too much extra oil and balance the rest of the day with leaner protein sources if needed.

3. Eggs, Cottage Cheese, Bread And Avocado

Ingredients

- Whole eggs
- Egg whites
- Cottage cheese
- Whole grain bread
- Small amount of avocado

Preparation

Scramble the eggs and egg whites.

Serve with cottage cheese, toasted bread and a small amount of avocado.

Secure The Protein

Use egg whites and cottage cheese to raise protein intake.

Treat yolks and avocado as fats that need to fit the full day, not as unlimited extras.

4. Turkey With Couscous And Vegetables

Ingredients

- Turkey
- Couscous
- Vegetables
- Spices or herbs

Preparation

Cook the couscous.

Stir-fry the turkey and vegetables.

Combine everything.

Secure The Protein

The turkey remains the dominant element.

Couscous is energy support, not the foundation of the meal.

5. Whole Grain Pasta With Tuna And Tomato Sauce

Ingredients

- Whole grain pasta
- Tuna in water
- Tomato sauce
- Olive oil added raw

Preparation

Cook the pasta.

Heat the tomato sauce, add the tuna and combine.

Add olive oil only in a controlled amount.

Secure The Protein

Make the tuna “win” over the pasta.

Even if the meal remains carbohydrate-dominant, compensate later in the day with leaner protein sources.

6. Tuna, Soybean And Mozzarella Protein Salad

Ingredients

- Tuna in water
- Soybeans
- Low-fat mozzarella or savory skyr
- Raw vegetables
- Vinegar or yogurt-lemon dressing

Preparation

Combine everything cold and season lightly.

Secure The Protein

Use multiple protein sources while keeping fats controlled through light dressings.

This is a strong option when you want a fast, cold, high-protein meal.

7. Lean Beef With Mashed Potatoes

Ingredients

- Lean beef
- Potatoes
- Milk or plant-based drink
- Small amount of oil or butter

Preparation

Grill the beef.

Prepare the mashed potatoes using milk and minimal added fat.

Secure The Protein

The meat is the base.

Mashed potatoes and added fats remain secondary.

8. Eggs, Egg Whites And Legumes With Protein Bread

Ingredients

- Whole eggs
- Egg whites
- Cooked legumes
- Protein bread

Preparation

Cook the eggs and egg whites.

Add warm legumes and serve with protein bread.

Secure The Protein

Increase egg whites and use protein bread to prevent the meal from becoming mostly carbohydrates.

Legumes are useful, but they usually bring both protein and carbohydrates.

Plan the full meal accordingly.

9. High-Protein Vegetarian Bowl

Ingredients

- Grilled tofu or tempeh
- Soybeans
- Sautéed vegetables
- Light soy sauce or yogurt-curry dressing

Preparation

Cook the tofu or tempeh.

Combine with soybeans and vegetables.

Season lightly.

Secure The Protein

Use double plant protein sources.

Keep oils and heavy dressings controlled, because vegetarian meals can still become calorie-dense very quickly.

3. SNACK IDEAS

1. Protein Yogurt With Fruit And Almonds

Ingredients

- Protein yogurt or Greek yogurt
- Whey, optional
- Fresh fruit
- Small amount of almonds

Preparation

Mix everything in a bowl.

Secure The Protein

Let the yogurt and whey dominate.

Almonds are only a fat complement, not the main ingredient.

2. Whole Grain Bread With Low-Fat Ricotta

Ingredients

- Whole grain or protein bread
- Low-fat ricotta

Preparation

Spread the ricotta on the bread, sweet or savory.

Secure The Protein

Make the ricotta dominant.

If the bread portion increases, add a lean protein source or balance the day later.

3. Hard-Boiled Eggs With Fruit

Ingredients

- Hard-boiled eggs
- Fresh fruit

Preparation

Serve eggs and fruit separately.

Secure The Protein

Whole eggs provide protein, but also fat.

If you need more protein without adding many calories, add egg whites or skyr.

4. Warm Protein Sandwich

Ingredients

- Protein bread
- Sliced turkey or chicken
- Low-fat mozzarella or cottage cheese
- Grilled vegetables
- Yogurt-mustard sauce

Preparation

Warm the bread and fill it with meat, lean dairy, vegetables and light sauce.

Secure The Protein

Combine protein bread, lean meat and lean dairy.

Keep fats limited through a light sauce instead of heavy spreads.

Practical Snack Note

A snack is not meant to “fill space.”

Its purpose is to help you:

- avoid arriving overly hungry at the next meal
- keep energy more stable
- support your protein target
- make the overall plan easier to sustain

If a snack creates even more hunger afterward, it is not the right snack.

It is just noise.

A good snack should make the day easier, not harder.

4. LOW-CALORIE SAUCES

Sauces are not the enemy.

Heavy sauces, uncontrolled oils and high-fat dressings are the real problem.

A good light sauce can make simple meals much easier to repeat.

And that matters, because a sad meal often leads to compensation later.

1. Yogurt, Lemon And Spice Sauce

Low-fat Greek yogurt, lemon juice, salt and spices.

Good for chicken, bowls, salads and vegetables.

2. Yogurt And Mustard Sauce

Low-fat yogurt, mustard, vinegar or lemon.

Good for sandwiches, meat, salads and wraps.

3. Simple Tomato Sauce

Tomato passata, salt, pepper and herbs.

Good for pasta, meat, rice bowls and vegetables.

4. Yogurt And Garlic Sauce

Low-fat yogurt, fresh or powdered garlic and salt.

Good for grilled meat, vegetables and wraps.

5. Light Soy Sauce

Reduced-sodium soy sauce.

Good for rice bowls, tofu, vegetables and lean meats.

6. Yogurt And Curry Sauce

Low-fat yogurt, curry powder and lemon.

Good for chicken, turkey, tofu and bowls.

7. Balsamic Vinegar

Use in moderation.

Good for salads, vegetables and simple cold meals.

8. Mustard And Vinegar Sauce

Mustard, vinegar and water to dilute.

Good for salads and lean meats.

9. Yogurt And Herb Sauce

Low-fat yogurt, chives, parsley and salt.

Good for potatoes, bowls, fish and vegetables.

10. Light Tahini Sauce

Tahini heavily diluted with water and lemon.

This is higher in calories than the other options, but it can still fit when used carefully.

5. HOW TO USE THIS DOCUMENT

These meal ideas are not a rigid plan.

They are a foundation.

You can:

- change the quantities
- rotate ingredients
- adapt them to your taste
- adapt them to your calorie target
- adapt them to your protein target
- use the Calories Assistant to estimate the meals more precisely

The rule always stays the same:

Sufficient protein. Clear structure. Manageable calories.

When you are tired, busy or do not feel like thinking, you need simple default meals.

That is not boring.

That is smart.

Food freedom does not come from improvising every meal from zero.

It comes from having a simple structure that still works in real life.

Protein first.

Calories controlled.

Food you can actually repeat.
