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## **Intelligent Personal Training - COOKBOOK**

Welcome to Intelligent Personal Training's FREE cookbook, a collection of recipes crafted with the simple yet powerful mission of enhancing lives through healthy eating. We believe that you are what you eat, but also that satisfying food is key to transformative changes. Below, you'll find recipes designed to support your goals, and enhance your health and performance, or for some just a delicious way to hit your protein needs.

Each recipe combines flavour, nutrient density, and macro/calorie friendly ingredients, to be incorporated by anyone. We hope you enjoy the recipes!

For those looking to enhance their training, dozens of FREE workout programs can be found at [intelligentpersonaltraining.com](https://intelligentpersonaltraining.com)

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1. **Chicken Burger x Pitas** - Nutrient facts: 700 kcal | 70g protein

Ingredients:

2 pita breads

250g lean chicken mince (5% fat)

30g egg whites

Onion, lettuce, tomato, and sweetcorn

2 slices American cheese

Seasoning of your choice (salt, pepper, garlic, light mayo)



Steps:

Finely dice the onion and mix it with sweetcorn, chicken mince, egg whites, and your chosen seasonings in a large bowl. Mix thoroughly until the ingredients are evenly combined, even if the texture seems loose.

Divide the mixture into two equal portions and shape each into patties that match the size of your pita breads.

Heat a non-stick pan with a small drizzle of oil over medium-high heat. Add the patties and cook for 3-4 minutes on each side, or until golden brown and cooked through, and add a slice of cheese on top of each patty during the final minute of cooking to allow it to melt.

Toast the pitas lightly and fill each with lettuce, tomato slices, onion, mayo, and the cooked patties. Serve immediately.

2. **Turkey Burger** - Nutrient facts: 375 kcal | 59g protein

Ingredients:

150g 99% lean ground turkey

1 low-carb bread bun

Light mayo

Salt, pepper, garlic powder

Steps:

Shape turkey mince into a patty and season generously.

Cook in a hot skillet with olive oil until the internal temperature hits 165°F.

Toast the bun and assemble with mayo and toppings of your choice.



3. **Sweet Chili & Soy Salmon** - Nutrient facts: 460 kcal | 48g protein

Ingredients:

2 salmon filets

30g sweet chili sauce

1 tbsp soy sauce

Steps:

Preheat your oven to 400°F and line a baking tray with parchment paper.

Pat the salmon filets dry with paper towels and season lightly with salt and pepper on both sides.

Place the salmon on the prepared tray and bake for 12 minutes, or until the fish flakes easily with a fork.

While the salmon bakes, mix the sweet chili sauce and soy sauce in a small bowl until well combined.

Remove the salmon from the oven and brush the glaze generously over the top of each filet. Return to the oven for an additional 2 minutes to set the glaze. Serve immediately.





4. **Cod and leek broth** - Nutrient facts: 330 kcal | 32g protein

Ingredients:

3 leeks, 600g cod

Steps:

Wash and thinly slice the leeks, discarding the tough green parts.

Heat olive oil in a large pot over medium heat and sauté the leeks until softened, about 5 minutes.

Add enough water to cover the leeks and bring to a simmer. Season with salt and a bay leaf for added flavor.

Gently place the cod fillets into the pot and simmer for 5-7 minutes, or until the fish flakes easily with a fork. Serve hot.



5. **Rich Chicken Alfredo** - Nutrient facts: 582 kcal | 69g protein

Ingredients:

150g chicken breast

1 cup cauliflower linguine

50ml low-calorie Alfredo sauce

Steps:

Bring a pot of salted water to a boil and cook the cauliflower linguine according to package instructions. Drain and set aside.

Slice the chicken breast into thin strips and season with salt, pepper, and a pinch of garlic powder.

Heat a non-stick skillet over medium heat with a small amount of olive oil. Add the chicken strips and cook for 4-5 minutes, flipping halfway, until fully cooked and lightly browned.

Reduce the heat to low and stir in the Alfredo sauce, allowing it to warm through.

Add the cooked linguine to the skillet and toss to combine, ensuring the pasta is fully coated in sauce. Serve with a sprinkle of freshly grated Parmesan if desired.



**6. High-Protein French Toast** - Nutrient facts: 450 kcal | 40g protein

Ingredients:

4 slices whole-grain bread

2 whole eggs + 4 egg whites

30g vanilla protein powder

1 tsp cinnamon and 1 tsp vanilla extract

100ml unsweetened almond milk

Toppings: Berries, sugar-free syrup (optional)



Steps:

In a large mixing bowl, whisk together the eggs, egg whites, protein powder, cinnamon, vanilla extract, and almond milk. Ensure the protein powder is fully dissolved to avoid clumps. Heat a non-stick skillet or griddle over medium heat and lightly coat with cooking spray.

Dip one slice of bread at a time into the egg mixture, allowing it to soak for a few seconds on each side. Be sure the bread is evenly coated but not overly saturated.

Place the soaked bread slices onto the heated skillet. Cook for 2-3 minutes on each side, or until golden brown and firm to the touch. Remove from the skillet and keep warm while cooking the remaining slices.

Repeat the process with all the bread. Serve the French toast warm, topped with Greek yogurt, fresh berries, and a drizzle of sugar-free syrup if desired. Enjoy immediately.

7. **Anabolic Crepes** - Nutrient facts: 300kcal | 42g protein

Ingredients (1 serving):

2 large eggs

1 scoop whey protein powder (or your choice of protein)

½ cup (120ml) unsweetened almond milk (or any milk you prefer)

Dash of cinnamon

Steps:

Lightly oil a frying pan and heat it over medium-high.

Combine all the ingredients in a shaker bottle. Shake until smooth and batter-like.

Pour a thin layer of batter onto the pan.

Cook for about 3 minutes or until bubbles form, then flip. Cook for 1 more minute.

Transfer the crepe to a plate, add your favorite filling, roll it up, and enjoy!

Optional: Use a low-calorie chocolate syrup



8. **Protein-Bomb Tacos** - Nutrient facts: 350kcal | 45g protein

Ingredients (1 servings - 4 tacos):

4 corn tortillas

1/2 lb (450g) carne asada, seasoned

1/4 red onion, diced

1/2 cup (60g) fresh cilantro, diced

1/2 lime or ~ 2 tbs of lime juice

Steps:



Heat a frying pan over medium to medium-high heat.

Cook the carne asada for 7–10 minutes per side until done.

Slice the cooked carne asada into thin strips.

Warm the tortillas in the same pan over medium heat, flipping until heated on both sides. Place them on a plate.

Add the sliced meat to the tortillas, then top with diced onion and cilantro.

Squeeze fresh lime juice over the tacos and dig in!



9. **Breakfast Burrito** - Nutrient facts: 550kcal | 51g protein

Ingredients (1 serving):

1 small sweet potato, cubed

5 slices lean turkey meat, chopped

5 egg whites

2 whole wheat tortillas

Steps:

Heat a lightly oiled frying pan over medium-high heat.

Cook the sweet potato cubes and chopped turkey meat for 10 minutes until cooked through.

Transfer the sweet potato and turkey to a bowl.

Lower the heat to medium and scramble the egg whites in the same pan for 3–5 minutes.

Divide the sweet potatoes, turkey, and scrambled egg whites between the two tortillas. Wrap them up and enjoy!





10. **Vegan - Soy Bolognese with Brown Rice** - Nutrient facts: 460 kcal | 29g protein

Ingredients:

160g soy protein

1 onion, 2 garlic cloves

1 carrot, 1/2 red pepper, 100g mushrooms

400g tomato sauce

2 tbsp olive oil

240g cooked brown rice

Spices: oregano, parsley, celery, salt

Steps:

Soak soy protein in water.

Dice veggies and sauté in olive oil until soft.

Add soaked soy, tomato sauce, and spices. Simmer for 10 minutes.

Serve over cooked rice.



11. **Protein Waffles** - Nutrient facts: 485kcal | 54g protein

Ingredients (1 serving - 4 waffles):

1 scoop (35g) protein powder

¼ cup (34g) flour of choice

½ tsp (5g) baking powder

2 large eggs

½ cup (120g) nonfat plain Greek yogurt

Steps:

Preheat your waffle iron. Spray it lightly with cooking spray to prevent sticking.

In a bowl, mix the protein powder, flour, and baking powder.

Add the eggs and Greek yogurt to the dry ingredients. Mix until smooth.

Pour the batter onto the waffle iron. Cook for 2–3 minutes or until golden brown.

Serve and enjoy! Add toppings like unsweetened applesauce or fresh fruit if you want.



**12. Golden-Brown Chicken Tenders** - Nutrient facts: 370kcal | 51g protein

Ingredients:

200g of chicken tenderloins

40g cornflakes, crushed into a fine powder

2 whole eggs

1 tbsp garlic powder

1 tbsp paprika

1.5 tbsp salt + optional 0.5 tbsp black pepper



Steps:

Bring the chicken tenderloins to room temperature.

Season the chicken with garlic powder, paprika, black pepper, and salt.

Blend the cornflakes into a fine powder for the coating.

Make an egg wash by whisking the eggs and adding 2 tbsp of water. Then dip the seasoned chicken into the egg wash, then coat it with the crushed cornflakes.

Air fry at 350°F for 8 minutes for maximum crispiness, or bake at 350°F for 22 minutes.

13. **Protein-salad explosion** - Nutrient facts: 630kcal | 35g protein

Ingredients (4 servings - 4 bowls):

8 cups (400g) cooked and cooled brown rice

4 tbsp mayo

1 small red onion

4 cups (500g) canned kidney beans, drained

14 oz (400g) smoked turkey breast deli meat,  
chopped

Handful of fresh cilantro, chopped

Salt + (optional) pepper

Steps:

In a large bowl, combine the cooked brown rice and mayo, mixing until evenly coated.

Add the red onion, kidney beans, turkey, and cilantro to the bowl. Mix everything together well.  
Season with salt and pepper to taste.

Serve right away or store in an airtight container in the fridge for up to 4 days.



**14. A1 Vegetable Spaghetti & Meatballs** - Nutrient facts: 510kcal | 75g protein

Ingredients:

200g 99% lean ground turkey

1 serving Caulipower pasta

Fat-free shredded mozzarella

Any low calorie pasta sauce

5ml olive oil

Salt, paprika, garlic powder, and onion powder

Steps:

Form the ground turkey into medium-sized meatballs and season with salt, black pepper, garlic powder, onion powder, and paprika.

Boil a medium pot of water, add a pinch of salt, and cook the pasta for 8–10 minutes, stirring occasionally.

While the pasta cooks, heat a medium pan over medium heat, coat with olive oil, and cook the meatballs for 6–8 minutes, turning them to ensure even cooking. Once done, set them aside.

Drain the pasta, return it to the pot on low heat, and mix in the pasta sauce, cooked meatballs, and a small amount of shredded mozzarella. Stir as you gradually add the rest of the cheese. Once combined, plate your spaghetti, sprinkle with oregano, and enjoy!



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We hope this cookbook inspires you to make healthier, more satisfying choices in the kitchen.

Whether you're fueling your workouts, reaching for your health goals, or simply looking to enjoy delicious, protein-packed meals, these recipes are here to support you every step of the way.

Don't forget to explore our free workout programs at [intelligentpersonaltraining.com](https://intelligentpersonaltraining.com) to complement your nutrition with effective training.

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