

### My Favourite High Protein Recipes

#### Protein Pancakes

5 x egg whites  
1 scoop whey protein powder  
½ cup rolled oats  
1 teaspoon cinnamon  
2 teaspoons of sugar

Add ingredients to a blender and blend until smooth. Pour in pre-heated pan, cook until brown.

#### The Ultimate Mocha Cooler

1 scoop chocolate flavor whey protein powder  
2 scoops coffee ice cream  
1 cup low fat milk  
½ cup crushed ice.

Add ingredients to blender and blend to desired consistency.

#### High Energy Shake

1 scoop (1 oz) whey protein powder  
10 strawberries (fresh or frozen)  
1 tbsp flax seed oil  
½ tsp vanilla extract  
10 oz water  
2-3 ice cubes  
Artificial sweetener to taste (optional)

Add ingredients to blender and blend to desired consistency.

#### Protein Shake Delight

1 cup of low fat milk or water  
3 ice cubes  
2 Scoops of your favourite protein powder  
1 Scoop of low fat ice-cream  
2 tablespoons of Chocolate Spread

#### Tuna Patties

1 can tuna  
1 onion  
¼ teaspoon of pepper & salt as desired  
½ teaspoon of parsley  
3 medium potatoes (boiled and mashed)  
1 teaspoon of Butter

Mix all together to make into Patties Fry in butter until brown and heated on both sides.

# Connie Garner – Miss World Fitness & Miss Fitness Australia Champion

## Chicken Breast & Rice

Chunky Tomatoes  
Spicy Chili Beans  
½ onion (chopped)  
Two chicken breasts

Cut Chicken Breast into skillets, cook Chicken Breast and Onions, stir in Tomatoes and Chili Beans, cook uncovered for a further 10 minutes. Serve over rice and sprinkle with Low Fat Cheese.

## Beef Stir Fry

6 large Mushrooms  
½ onion (chopped)  
1 bunch baby bok choy or choy sum  
1 red capsicum  
Frozen or tinned peas and corn  
500g lean beef diced or thin strips  
2 cups broccoli  
Low fat and low sugar stir fry sauce (my favourite is Honey Soy)

Chop onions and dry fry (no oil or fats), add beef cut thinly, once beef has browned, add partially cooked broccoli, peas & corn and sauce and simmer for 10 minutes, serve over bed of steamed rice.

## Chicken Breast Salad

2 grilled or pan fried and cooled chicken breasts  
1 large sweet potato baked or fried and cooled  
1 large lettuce or lettuce mix  
1 Avocado  
½ cup of crumbled low fat feta  
1 packet of fried noodles  
Low fat mayonnaise or ranch dressing

Combine all ingredients and serve – this is my favourite salad ever.

*TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.*



Connie