



## ORI LIFESTYLE – PROTEIN RECIPES – LEVEL 1

Dear all,

These are beginner suggestions only to make you really consider how much protein you are eating. There is a misconception that you can get as much protein from plant-based sources, this is UNTRUE. While some vegetables and legumes are great sources of protein they cannot, will not give you gram for gram what meat source will give you. They are also not complete protein sources either, so vegans need to work harder, often by supplementation. Please all, this is not a weight loss programme, so I am not focused on weightloss, just well- being for hair care and protein to get you optimal growth.

Lean sources of protein are what I will however suggest as very few want to put on weight.

### Recipe 1

Okra and Cod (tllapia if you like or any white fish Pollock, Coli – even panla or stock fish) This is one of my favourites because it is incredible filling.

Chop and boil your okra – season to taste

Bake your cod in the oven – this is a very lean fish so it will dry quickly if you cook it badly. A trick is to cook it in foil paper for about 15 minutes. Dish your Cod and then then add a dash on Encona hot sauce. Why this sauce? It has no sugar, simple as.

You get great protein and vegetables and its very filling.

### Recipe two

Blend your Whey protein powder with a bag of spinach (100-120grams). If you are in Nigeria add Ugu leaves (amazing source of Iron –superior to anything we get in the west) then add one piece of fruit to sweeten. If your whey powder is flavoured, you don't even need fruit. If you can add another vegetable even better.

### Recipe 3

Yam or plantain and Egg

3 egg whites and 1 whole egg

For the egg we are going to use egg white to reduce the fat a little but add one full egg for flavour. Make your egg the Nigerian way if you wish even add prawns! But be mindful of what you fry with and note that one TBSP of vegetable oil or any oil to be fair is around 120 calories. I'd suggest those 1 calorie spray oils. Please do not be under any illusion – oils, all oils whether it is coconut etc are high in calories. Calories is what determines weight loss or gain for most people.

Please do not boil your egg with sugar.

#### Recipe 4

Protein-Pancakes – for this you need the following

- 2 scoops of protein powder (be mindful share this one don't eat it all!!)
- Eggs -2 eggs
- Half a cup of water (guage this more than anything)water or almond milk
- 1 teaspoon baking powder

Get your frying pan hot while you get the batter ready.

Mix all your ingredients in a large bowl and just fry like pancakes – serve with sugar free syrup.

#### Recipe 5

Protein oats.

Make your oats or Quaker oats as you would normally, let it cool for a minute or two then add a scoop of protein powder.

#### Recipe 6

Lentils. (red or green)

Lentils are amazing sources of protein, of fibre, iron and they taste very much like beans.

Per-boil it first. Then rinse it thoroughly. Take it back to the stove with little water then add onions let it boil some more. When it is soft add salt, add a dash of palm oil, add chopped red peppers, a little turmeric and you are good to go.

The next round of recipes will be a little heavier – start here first.

O R I