



RecipeVault
Recipe Keeper



10 High Protein Recipes

To Power Your Week

Easy, nutritious and delicious recipes to help you eat better, stay consistent and reach your goals.



High Protein
Better Nutrition
Real Results



Your all-in-one app to save, organize and plan recipes from anywhere.



AI Nutrition & Macros



Meal Planner



Grocery List



Works across all devices

Available on



Download on the
App Store



GET IT ON
Google Play



RecipeVault

Recipe Keeper

Welcome to RecipeVault

Your Recipe Keeper for a Better You

Save, organize and plan recipes from anywhere. Let AI handle the nutrition so you can focus on eating well and living better.



Import Recipes

From TikTok, Instagram, YouTube, websites & more



Meal Planner

Get instant meals for macros and health insights



Your Collections

Organize recipes your way and access anywhere



AI Nutritioner

Plan your meals for the week in just a few taps



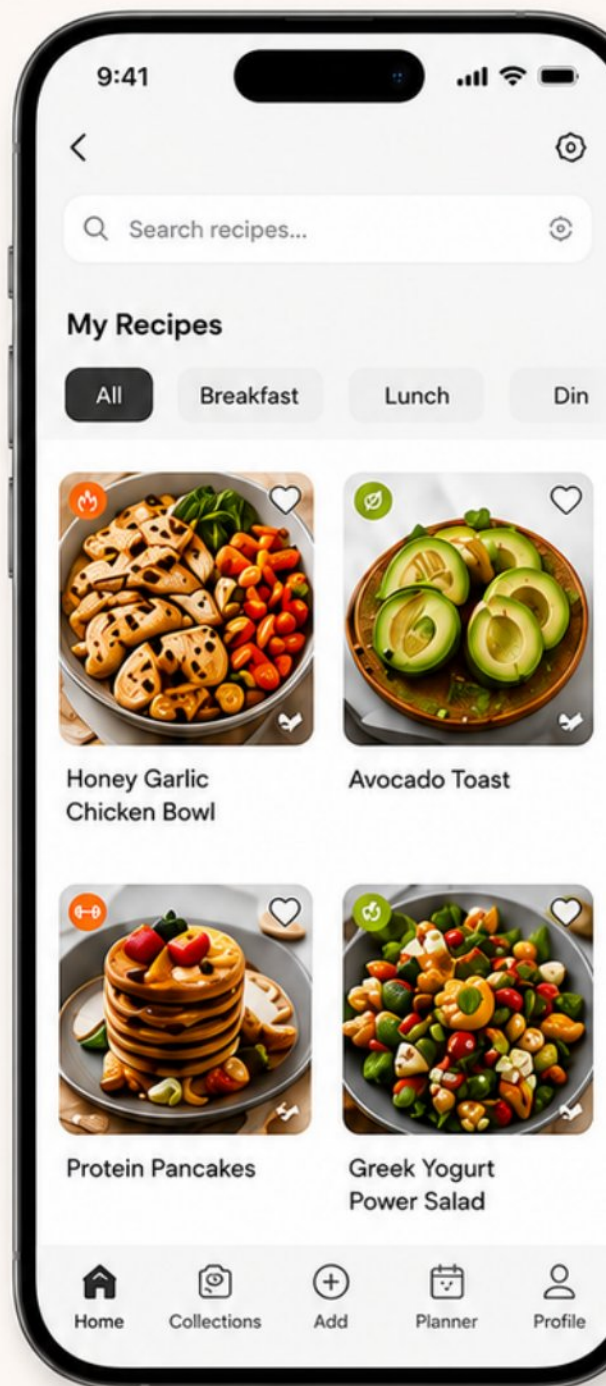
Grocery List

Auto-generate ingredient lists and shop smarter



Works Everywhere

Access your recipes across all devices



Every Week, Fresh Inspiration

We'll send you a new collection of 10 carefully selected recipes, featuring fresh themes, practical nutrition information and meals you'll genuinely want to cook.

We've got you! 🍷



10+ NEW RECIPES
EVERY WEEK

Honey Garlic Chicken Bowl

A perfect balance of sweet and savory,
High in protein, packed with flavor
and comes together in under 30 minutes.



30
MINS



750
CALORIES



45g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 150g Chicken Breast (sliced)
- 1 cup Cooked Brown Rice
- 1 cup Broccoli (steamed)
- 1/2 Red Bell Pepper (sliced)
- 2 tbsp Honey
- 2 tbsp Soy Sauce
- 3 Garlic Cloves (minced)
- 1 tbsp Olive Oil
- Salt & Pepper to taste
- Sesame Seeds (optional)

Instructions

- 1 Heat olive oil in a pan over medium heat.
- 2 Add chicken, season with salt & pepper and cook until golden and fully cooked.
- 3 Add garlic, cook for 30 seconds, then add honey and soy sauce. Stir well.
- 4 Add bell pepper and broccoli. Cook for 3–4 minutes.
- 5 Serve over brown rice and top with sesame seeds.

Nutrition (Per Serving)

Calories	750 kcal
Protein	45g
Carbohydrates	99g
Fat	20g
Fiber	6g

Save & Import

Love this recipe?
Import it into RecipeVault
in one tap!



Lemon Herb Salmon Bowl

Fresh, zesty, and packed with protein. A light and nutritious bowl that's perfect for any time of the day.



25
MINS



880
CALORIES



46g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 150g Salmon Fillet
- 1 cup Cooked Quinoa
- 1 cup Cherry Tomatoes (halved)
- 1 cup Cucumber (sliced)
- 1/2 Avocado (sliced)
- 1/4 Red Onion (thinly sliced)
- 1 tbsp Olive Oil
- 1 tbsp Lemon Juice
- 1 tsp Dried Oregano
- 1 tsp Garlic Powder
- Salt & Pepper to taste
- Fresh Parsley (chopped)
- Feta Cheese (crumbled)



Instructions

- 1 Season salmon with olive oil, garlic powder, oregano, salt and pepper.
- 2 Heat a pan over medium heat and cook salmon for 4-5 minutes per side, until cooked through.
- 3 In a bowl, add cooked quinoa, tomatoes, cucumber, avocado, and red onion.
- 4 Drizzle with lemon juice and a little olive oil.
- 5 Top with salmon, sprinkle with feta and parsley.
- 6 Serve fresh and enjoy!

Nutrition (Per Serving)

Calories	880 kcal
Protein	46g
Carbohydrates	61g
Fat	53g
Fiber	7g



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Plan it. Cook it. Love it.

Use RecipeVault to plan meals,
track nutrition & stay on track.



High
Protein



Nutritious
Ingredients



Quick &
Easy



Better Nutrition
Every Day



Free on
iPhone & Android

RECIPE 03

Greek Yogurt Berry Protein Bowl

Creamy, fruity, and high in protein.
Perfect for a refreshing breakfast
or post-workout fuel.



10
MINS



550
CALORIES



53g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Mixed Berries
- 1 tbsp Honey
- 1 tbsp Chia Seeds
- 1/4 cup Granola
- 1 scoop Vanilla Protein Powder



Instructions

- 1 In a bowl, add Greek yogurt.
- 2 Stir in vanilla protein powder until smooth.
- 3 Top with mixed berries and granola.
- 4 Drizzle with honey and sprinkle chia seeds.
- 5 Enjoy chilled for the best taste.

Nutrition (Per Serving)

Calories	550 kcal
Protein	53g
Carbohydrates	63g
Fat	12g
Fiber	6g



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RecipeVault
Save. Organize. Cook.



High
Protein



Nutritious
Ingredients



Quick &
Easy



Better Nutrition
Every Day

Spicy Shrimp Avocado Mango Bowl

A tropical, protein-packed bowl with a spicy kick. Light, vibrant, and perfect for summer.



20
MINS



670
CALORIES



38g
PROTEIN



Medium
DIFFICULTY



Ingredients

- 150g Shrimp (peeled & deveined)
- 1/2 Avocado (sliced)
- 1/2 cup Mango (diced)
- 1 cup Cooked Brown Rice
- 1/2 cup Cucumber (sliced)
- 1 tbsp Sriracha
- 1 tbsp Olive Oil
- Salt & Pepper to taste
- Juice of 1/2 Lime



Instructions

- 1 Season shrimp with salt, pepper and sriracha.
- 2 Heat olive oil in a pan and cook shrimp for 2–3 minutes per side until cooked.
- 3 In a bowl, add rice, shrimp, avocado, mango and cucumber.
- 4 Drizzle with lime juice and serve.

Nutrition (Per Serving)

Calories	670 kcal
Protein	38g
Carbohydrates	72g
Fat	28g
Fiber	7g



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RECIPE 05

Grilled Chicken Pesto Pasta Salad

A fresh and flavorful pasta salad with protein-packed chicken and pesto goodness.



25
MINS



640
CALORIES



53g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 150g Grilled Chicken (sliced)
- 1 cup Whole Wheat Pasta (cooked)
- 2 tbsp Pesto Sauce
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Parmesan Cheese
- 1/4 cup Spinach (chopped)
- Salt & Pepper to taste



Instructions

- 1 Cook pasta and let it cool.
- 2 In a large bowl, add pasta, chicken, tomatoes and spinach.
- 3 Toss with pesto sauce until evenly coated.
- 4 Sprinkle parmesan, season, and enjoy.

Nutrition (Per Serving)

Calories	640 kcal
Protein	53g
Carbohydrates	49g
Fat	25g
Fiber	6g

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RECIPE 06

Teriyaki Tofu Quinoa Bowl

A delicious plant-based bowl loaded with protein, veggie crunch, and bold teriyaki flavor.



30

MINS



520

CALORIES



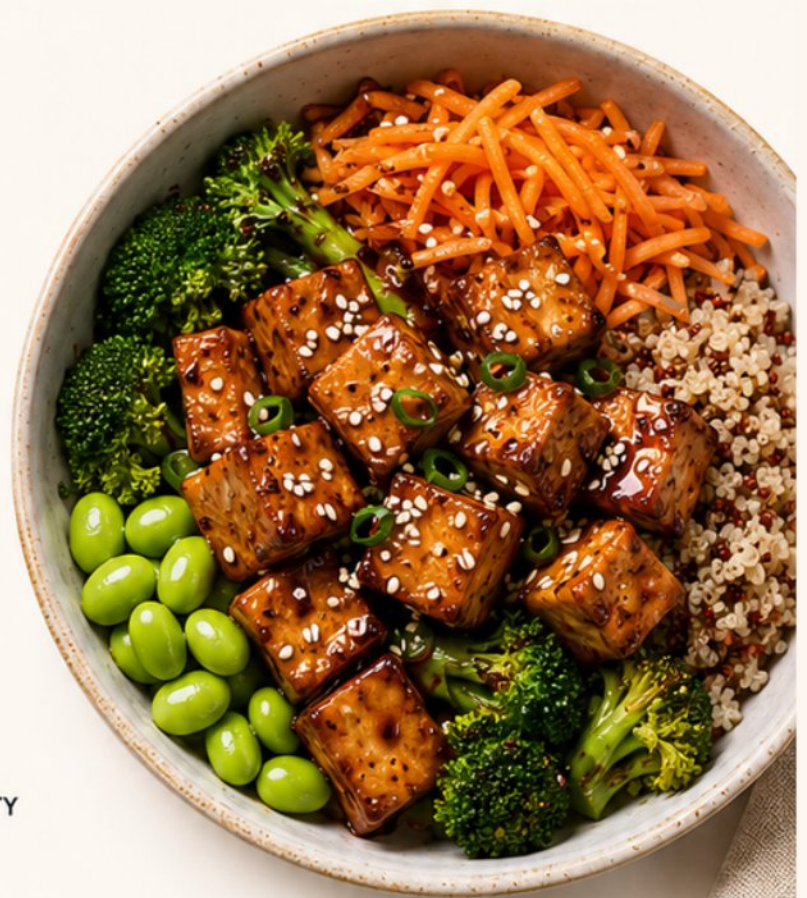
28g

PROTEIN



Easy

DIFFICULTY



Ingredients

- 150g Tofu (cubed)
- 1/2 cup Cooked Quinoa
- 1/2 cup Broccoli (steamed)
- 1/4 cup Edamame
- 1/4 cup Shredded Carrots
- 2 tbsp Teriyaki Sauce
- 1 tsp Sesame Oil
- Sesame Seeds (optional)



Instructions

- 1 Pan-fry tofu in sesame oil until lightly golden.
- 2 Add teriyaki sauce and cook for another minute.
- 3 In a bowl, add quinoa, broccoli, edamame and carrots.
- 4 Top with tofu and sesame seeds. Enjoy!

Nutrition (Per Serving)

Calories	520 kcal
Protein	28g
Carbohydrates	50g
Fat	20g
Fiber	8g



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RECIPE 07

Turkey & Hummus Lettuce Wraps

Light, satisfying, and packed with protein.
A perfect low-carb summer meal.



15
MINS



300
CALORIES



32g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 150g Ground Turkey (cooked)
- 2 tbsp Hummus
- 4 Large Lettuce Leaves
- 1/4 cup Cucumber (diced)
- 1/4 cup Tomato (diced)
- Salt, Pepper & Paprika to taste



Instructions

- 1 Cook ground turkey with salt, pepper and paprika.
- 2 Spread hummus on lettuce leaves.
- 3 Add turkey, cucumber and tomato.
- 4 Wrap and enjoy fresh.

Nutrition (Per Serving)

Calories	300 kcal
Protein	32g
Carbohydrates	8g
Fat	16g
Fiber	6g



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RecipeVault



High
Protein



Nutritious
Ingredients



Quick &
Easy



Better Nutrition
Every Day

RECIPE 08

Cottage Cheese Peach Protein Bowl

Sweet, creamy, and high in protein.
A perfect summer snack or light breakfast.



10
MINS



360
CALORIES



28g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 1 cup Cottage Cheese
- 1 Peach (sliced)
- 1 tbsp Almonds (chopped)
- 1 tsp Honey
- 1 tsp Chia Seeds



Instructions

- 1 Add cottage cheese to a bowl.
- 2 Top with peach slices and almonds.
- 3 Drizzle honey and sprinkle chia seeds.
- 4 Enjoy immediately.

Nutrition (Per Serving)

Calories	360 kcal
Protein	28g
Carbohydrates	30g
Fat	12g
Fiber	5g

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RECIPE 09

Beef & Veggie Stir-Fry with Brown Rice

A high-protein, nutrient-dense meal with lean beef and crunchy veggies.



25

MINS



590

CALORIES



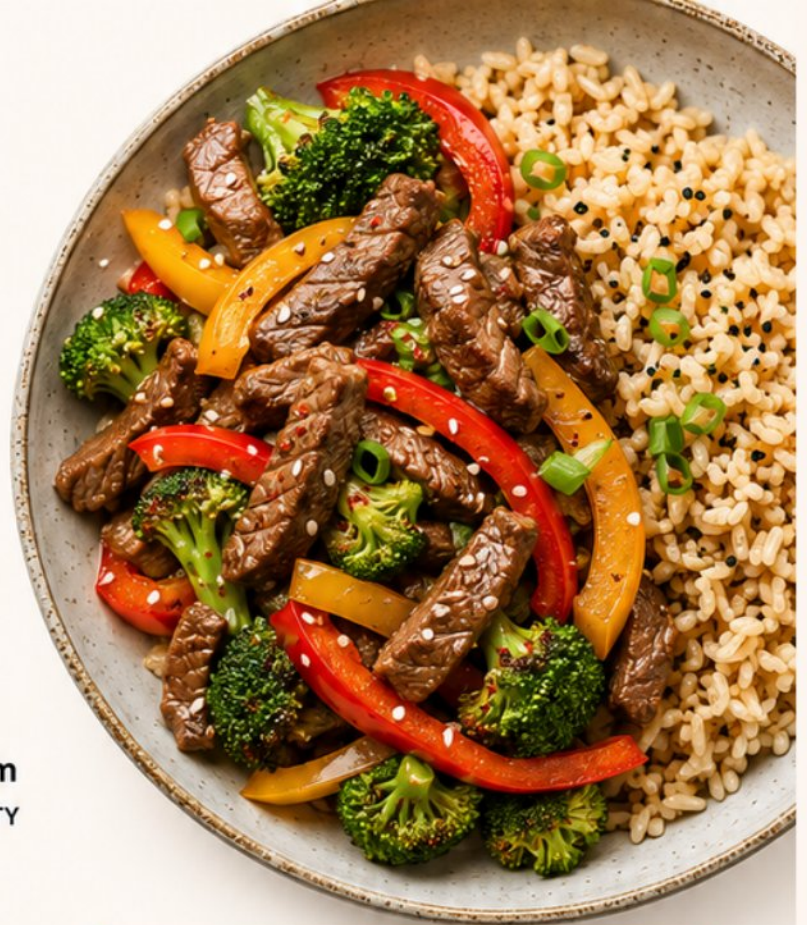
42g

PROTEIN



Medium

DIFFICULTY



Ingredients

- 150g Lean Beef (sliced)
- 1 cup Cooked Brown Rice
- 1/2 cup Broccoli
- 1/2 cup Bell Peppers (sliced)
- 1 tbsp Soy Sauce
- 1 tsp Olive Oil
- 1 tsp Garlic (minced)
- Salt & Pepper to taste



Instructions

- 1 Heat olive oil in a pan and sauté garlic.
- 2 Add beef and cook until browned.
- 3 Add vegetables and soy sauce, stir-fry for 3–4 minutes.
- 4 Serve over brown rice and enjoy.

Nutrition (Per Serving)

Calories	590 kcal
Protein	42g
Carbohydrates	52g
Fat	18g
Fiber	6g



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RECIPE 10

Chocolate Protein Smoothie Bowl

Creamy, chocolaty, and packed with protein. The perfect healthy treat.



15
MINS



420
CALORIES



32g
PROTEIN



Easy
DIFFICULTY



Ingredients

- 1 scoop Chocolate Protein Powder
- 1 Banana (frozen)
- 1/2 cup Almond Milk
- 1 tbsp Cocoa Powder
- 1 tbsp Peanut Butter

Toppings:

- Banana
- Berries
- Cacao Nibs



Instructions

- 1 Blend banana, protein powder, almond milk, cocoa powder and peanut butter until smooth.
- 2 Pour into a bowl.
- 3 Top with fruits and cacao nibs.
- 4 Enjoy!

Nutrition (Per Serving)

Calories	420 kcal
Protein	32g
Carbohydrates	35g
Fat	14g
Fiber	7g



Save & Import

Love this recipe?
Import it into RecipeVault
in one tap!



RecipeVault



Save. Organize. Cook.



Consolidated Grocery List

Everything you need for all 10 recipes in this collection.
Check off items as you shop!



Smart Tip

Many of these ingredients overlap so you can mix, match and save!



PROTEIN

- ☐ Chicken breast – 600g
- ☐ Salmon fillet – 450g
- ☐ Shrimp – 300g
- ☐ Ground turkey – 300g
- ☐ Tofu – 350g
- ☐ Greek yogurt (plain) – 1 cup
- ☐ Cottage cheese – 1 cup
- ☐ Eggs – 6 large



PRODUCE

- ☐ Broccoli – 2 heads
- ☐ Red bell pepper – 2
- ☐ Cherry tomatoes – 1 cup
- ☐ Cucumber – 2
- ☐ Avocado – 2
- ☐ Spinach – 2 cups
- ☐ Mixed berries – 1 cup
- ☐ Banana – 2
- ☐ Lettuce leaves – 1 head
- ☐ Red onion – 1
- ☐ Garlic – 2 bulbs
- ☐ Parsley – 1 bunch
- ☐ Lemon – 2
- ☐ Green onions – 2 stalks
- ☐ Carrots – 2
- ☐ Zucchini – 1
- ☐ Sweet potatoes – 2



GRAINS & LEGUMES

- ☐ Cooked brown rice – 3 cups
- ☐ Quinoa – 1 cup
- ☐ Whole wheat pasta – 2 cups
- ☐ Rolled oats – 1 cup
- ☐ Black beans (canned) – 1 can
- ☐ Chickpeas (canned) – 1 can



DAIRY

- ☐ Feta cheese – 1/3 cup
- ☐ Shredded mozzarella – 1/2 cup
- ☐ Parmesan cheese – 1/4 cup
- ☐ Almond milk – 1 cup



PANTRY

- ☐ Olive oil
- ☐ Soy sauce (low sodium)
- ☐ Honey
- ☐ Maple syrup
- ☐ Balsamic vinegar
- ☐ Pesto sauce
- ☐ Sriracha or hot sauce
- ☐ Tomato paste
- ☐ Canned diced tomatoes
- ☐ Tortillas or lettuce wraps
- ☐ Whole grain bread
- ☐ Protein powder (optional)
- ☐ Peanut or almond butter (optional)



SAUCES & SEASONINGS

- ☐ Garlic powder
- ☐ Onion powder
- ☐ Italian seasoning
- ☐ Dried oregano
- ☐ Paprika
- ☐ Chili flakes
- ☐ Cumin
- ☐ Salt
- ☐ Black pepper
- ☐ Sesame seeds
- ☐ Chia seeds



NUTS & SEEDS

- ☐ Almonds – 1/4 cup
- ☐ Walnuts – 1/4 cup
- ☐ Chia seeds – 1 tbsp
- ☐ Flaxseeds – 1 tbsp
- ☐ Pumpkin seeds – 1 tbsp
- ☐ Sesame seeds – 1 tbsp



How to Use This List



1. Plan
Choose your favorite recipes.



2. Shop
Use this list to buy what you need.



3. Cook & Enjoy
Make healthy, delicious meals all week!





RecipeVault
Recipe Keeper

NEW FEATURE

Built for Your Whole Household

Plan together. Cook together. Enjoy together.

The new Household Sharing features in RecipeVault bring everyone in the kitchen on the same page.



Up to 5 Members
All included with your subscription



One Subscription
Everything your home needs, in one place.



Shared Meal Calendar

Plan your meals for the week together. Add recipes to any day, see what's cooking, and stay perfectly in sync.

- ✓ See everyone's planned meals
- ✓ Add or edit meals in real-time
- ✓ Color-coded by member
- ✓ Never ask "what's for dinner?" again



June 19 – 25, 2024 < >

John

Sarah

Emma

Mike

You

Mon
19

Grilled Chicken Bowl

John



Tue
20

Lemon Herb Salmon

Sarah



Wed
21

Pesto Pasta Salad

You



Thu
22

Turkey & Veggie Wraps

Emma



Fri
23

Beef & Veggie Stir-Fry

Mike



Sat
24

Shrimp Tacos with Slaw

John



Sun
25

Cottage Cheese Protein Bowl

Sarah



+ Add Meal



Shared Grocery List

One list for the whole home. Add items, check things off, and shop smarter—together.

- ✓ Add items from any recipe
- ✓ Real-time syncing for everyone
- ✓ Organized by categories
- ✓ No more duplicate items



Grocery List



+ Add Item

Produce

- ☒ Broccoli
- ☐ Red bell pepper
- ☐ Cherry tomatoes
- ☒ Avocado
- ☐ Spinach
- ☐ Bananas

Protein

- ☒ Chicken breast
- ☒ Salmon fillet
- ☐ Ground turkey
- ☐ Shrimp
- ☐ Tofu
- ☐ Greek yogurt

Pantry

- ☐ Brown rice
- ☐ Quinoa
- ☒ Olive oil
- ☐ Soy sauce
- ☒ Honey
- ☐ Garlic

Dairy & Eggs

- ☒ Eggs
- ☐ Feta cheese
- ☒ Cottage cheese
- ☐ Almond milk



Shared Import

Save recipes from anywhere and share them instantly with your household.

- ✓ Import from TikTok, Instagram, YouTube, websites & more
- ✓ Everyone gets access instantly
- ✓ Build your family recipe library

Import from Anywhere

Save a recipe from any app or website and share it with your household.



Paste link here or share

Import Recipe



Imported & Shared!

This recipe is now available to your whole household.



Creamy Garlic Chicken Pasta



Added by Sarah



RecipeVault
Recipe Keeper

Which recipe will you make first?

We hope this collection inspires your meals and makes healthy eating simpler, tastier and more enjoyable.



Save recipes from anywhere



Plan your meals with ease



Auto-generate grocery lists



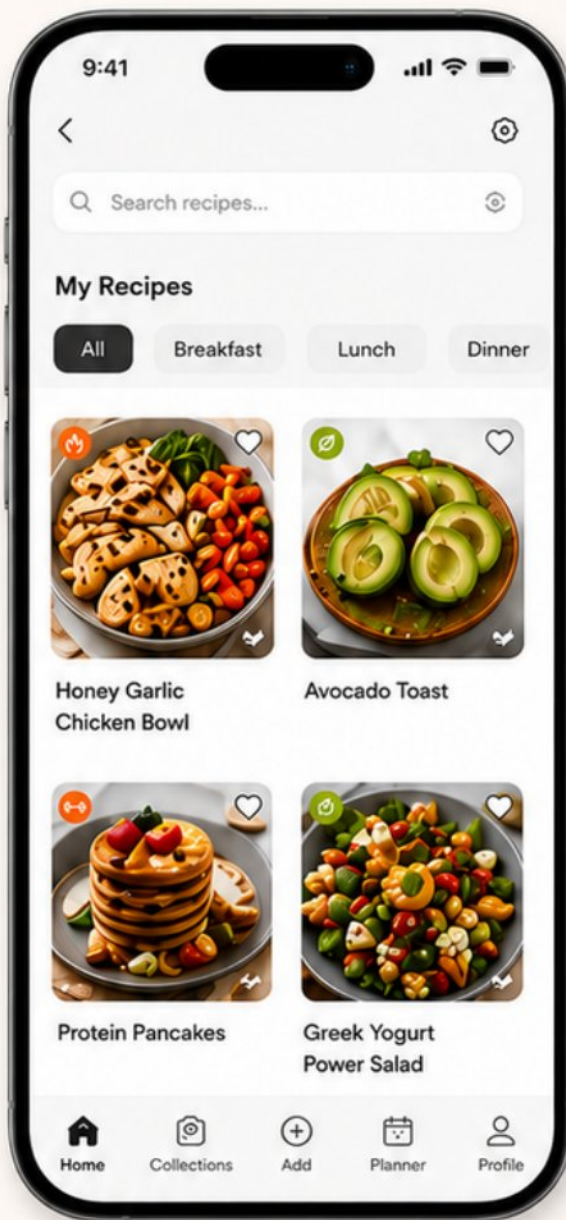
Track nutrition & reach your goals



More than just a recipe app.

RecipeVault is your all-in-one kitchen companion to save, organize, plan and cook with confidence.

- ✓ Save from TikTok, Instagram, YouTube, websites & screenshots
- ✓ AI Nutrition & Macros for every recipe
- ✓ Smart meal planner & reminders
- ✓ Grocery lists that build themselves
- ✓ Access on all your devices



Coming Next Week... 10 Easy Weeknight Dinners

Quick, fresh and satisfying dinner ideas perfect for busy weeknights.



Lemon Herb Chicken Skewers



One-Pan Pesto Orzo



Beef & Veggie Stir-Fry



Caprese Stuffed Chicken



Shrimp Tacos with Slaw



Ready to make meal planning effortless?

Download RecipeVault and take your cooking to the next level.



Scan to download



Download on the App Store



GET IT ON Google Play



Thank you for being part of our community.

We're excited to cook better with you, every week! 