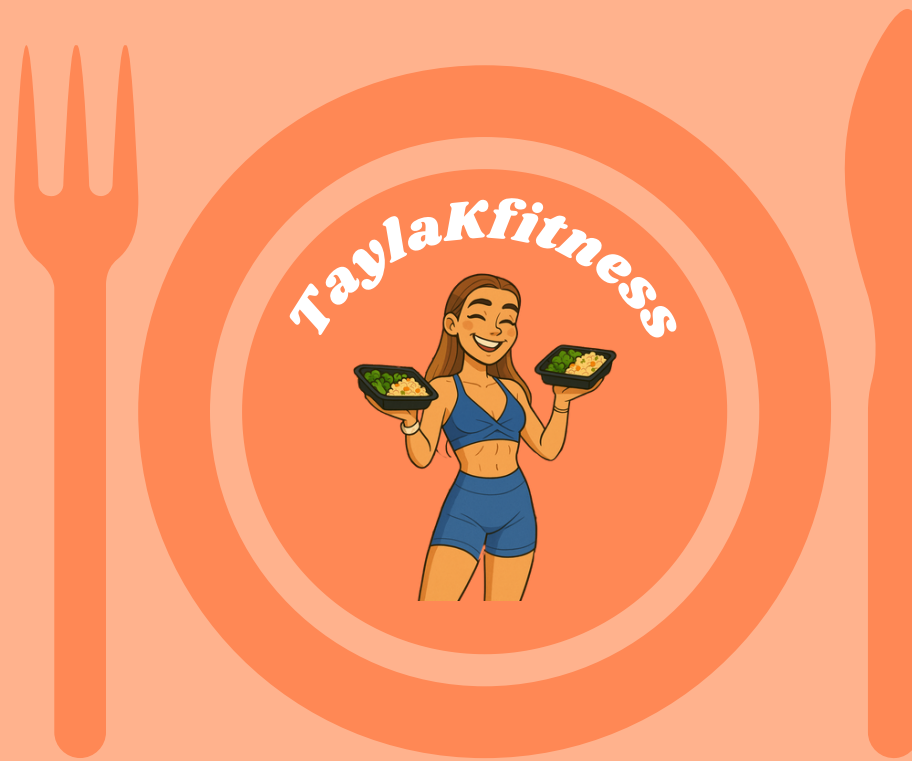


TAYLAKFITNESS RECIPE BOOK



LUNCH AND DINNER

The recipes in this book are designed to nourish your body and support your fitness goals. As a personal trainer at TaylaKfitness, I believe in fueling your body with wholesome, nutrient-dense foods, rather than focusing on calorie counting. Please note that I am not a nutritionist, and only a qualified nutritionist can provide professional dietary advice. The recipes and protein values provided are purely for guidance and are not intended to prescribe specific eating habits. The protein amounts listed are approximate and may not be 100% accurate, depending on the ingredients you use. The goal is to help you make better food choices that prioritize nutrition, balance, and overall well-being. I want to encourage you to view food as a privilege and necessity, not something to fear. Remember, food is meant to fuel and empower you, not be a source of stress.



Salmon & Broccoli alfredo



PROTEIN:
35-40g



TOTAL TIME:
30 mins



SERVINGS:
1

INGREDIENTS:

- 1 salmon fillet (approx. 4-6 oz) 🐟
- 1 cup broccoli florets, steamed or sautéed 🥦
- ½ cup whole wheat pasta or zucchini noodles (for lower carbs) 🍝
- ¼ cup almond milk (or regular milk) 🥛
- 1 tablespoon olive oil 🌿
- 2 tablespoons nutritional yeast (or grated Parmesan) 🧀
- 1 garlic clove, minced 🧄
- 1 tablespoon lemon juice 🍋
- Salt and pepper to taste 🧂
- Fresh parsley for garnish 🌿

Tips

- Add extra salmon or chicken breast for more protein.
- Stir in Greek yogurt (vegan option: coconut yogurt) for added creaminess and protein.
- Sprinkle hemp seeds or pumpkin seeds on top for extra protein and healthy fats.
- Use lentil pasta for a higher-protein pasta alternative.

- Cook the pasta according to package instructions, then drain and set aside.
- Heat olive oil in a pan over medium heat. Season the salmon fillet with salt and pepper, then cook it in the pan for about 3–5 minutes per side until it's cooked through and flakes easily.
- While the salmon cooks, steam or sauté the broccoli until tender.
- In a small saucepan, heat the almond milk over low heat, then stir in nutritional yeast and minced garlic. Season with salt, pepper, and lemon juice. Stir until the sauce is smooth and warmed through.
- Flake the cooked salmon into large pieces.
- To assemble, mix the cooked pasta with the creamy sauce and toss in the broccoli. Add the flaked salmon on top and garnish with fresh parsley.



Healthy greek yogurt pizza



PROTEIN:
30-35g



TOTAL TIME:
30 mins



SERVINGS:
2

INGREDIENTS:

- 120g Greek yogurt (or dairy-free yogurt for vegan option)
- 60g whole wheat flour (or gluten-free flour) 🍞
- 1 teaspoon baking powder (approx. 4g)
- 1 tablespoon olive oil (approx. 15g) 🌿
- 1 teaspoon garlic powder (approx. 3g) 🧄
- ¼ teaspoon salt (approx. 1g) 🧂
- 60g tomato sauce 🍅
- 30g shredded mozzarella cheese (or vegan cheese for vegan option) 🧀
- Toppings:
- Fresh veggies like spinach, tomatoes, mushrooms, onions 🌿🍅🍄
- Lean protein such as grilled chicken or tofu (optional) 🍗
- Fresh basil for garnish 🌿

Tips

- Add extra grilled chicken, lean ground turkey, or tofu for an extra protein boost.
- Sprinkle hemp seeds or chia seeds on top after baking for a plant-based protein addition.
- Use Greek yogurt as a base for a creamy sauce on top of the pizza for extra protein.
- If you want a higher-protein crust, swap half of the flour with chickpea flour.

- Preheat the oven to 400°F (200°C).
- In a bowl, combine the Greek yogurt, whole wheat flour, baking powder, garlic powder, salt, and olive oil. Mix until a dough forms.
- Roll out the dough on a piece of parchment paper to your desired thickness.
- Spread a thin layer of tomato sauce over the dough, then top with shredded mozzarella cheese (or vegan cheese).
- Add your favorite toppings—fresh spinach, tomatoes, mushrooms, onions, and any lean protein options like grilled chicken or tofu.
- Bake for about 12-15 minutes, or until the crust is golden and the cheese is melted and bubbly.
- Remove from the oven and garnish with fresh basil before serving.



Healthy cornflake chicken

SERVED WITH A SIDE FROM THE TAYLAKFITNESS MENU



PROTEIN:
30-35g



TOTAL TIME:
40 mins



SERVINGS:
1

INGREDIENTS:

- 1 chicken breast (approx. 6 oz) 🍗 (vegan option: tofu or tempeh)
- ½ cup cornflakes, crushed (about 15g) 🌽
- 1 tablespoon whole wheat flour (or gluten-free flour) 🍲
- 1 egg, beaten 🥚
- 1 tablespoon olive oil 🌿
- 1 teaspoon garlic powder 🧄
- 1 teaspoon paprika 🌶️
- Salt and pepper to taste 🧂
- 1 tablespoon parmesan cheese (optional) 🧀
- Lemon wedges for garnish 🍋

serve with any taylaKfitness side you like!

- Add extra chicken breast or use lean turkey for a higher protein option.
- For a vegan version, try using tofu or tempeh and press out the excess moisture before coating.
- Serve with a high-protein side like quinoa or a lentil salad.
- Top with Greek yogurt or a high-protein dip like hummus to increase protein intake.

- Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
- In a bowl, crush the cornflakes into small pieces and place them on a plate. Add garlic powder, paprika, salt, pepper, and parmesan (if using).
- In another bowl, lightly beat the egg.
- Coat the chicken breast in the whole wheat flour, dip it in the beaten egg, then coat it in the crushed cornflakes mixture, pressing gently to ensure an even coating.
- Place the coated chicken breast on the prepared baking sheet and drizzle with olive oil.
- Bake for about 20-25 minutes, flipping halfway through, until the chicken is golden and cooked through (internal temperature should reach 165°F or 74°C).
- **serve with any taylaKfitness side you like!**



Honey chicken & rice



PROTEIN:
35-40g



TOTAL TIME:
30 mins



SERVINGS:
1

INGREDIENTS:

- 1 chicken breast (about 6 oz) 🍗 (vegan option: tofu or tempeh)
- ½ cup brown rice, cooked 🍚
- 1 tablespoon honey 🍯 (vegan option: maple syrup or agave)
- 1 tablespoon soy sauce or tamari (for gluten-free) 🥤
- 1 teaspoon garlic powder 🧄
- 1 teaspoon ginger powder or freshly grated ginger 🌿
- 1 teaspoon sesame oil (or olive oil) 🌿
- 1 tablespoon rice vinegar 🥤
- Salt and pepper to taste 🧂
- 1 teaspoon sesame seeds (optional) 🌿
- Fresh parsley or cilantro for garnish 🌿

Tips

- Use extra chicken or add chickpeas for a higher protein option.
- Stir in Greek yogurt (vegan: coconut yogurt) on top for extra creaminess and protein.
- Top with hemp seeds, sunflower seeds, or pumpkin seeds for an extra protein boost.
- Use quinoa or lentils in place of rice for a protein-packed grain.

- Cook the brown rice according to package instructions, then set aside.
- Heat sesame oil in a pan over medium heat. Season the chicken breast with salt, pepper, garlic powder, and ginger powder.
- Cook the chicken breast for about 5–7 minutes per side until fully cooked and golden brown. Once cooked, slice the chicken into thin strips.
- In a small bowl, whisk together the honey, soy sauce, rice vinegar, and a pinch of salt and pepper.
- Add the cooked chicken back into the pan and pour the honey sauce over it. Let it simmer for a couple of minutes to allow the sauce to thicken and coat the chicken.
- Serve the honey chicken over the cooked rice and garnish with sesame seeds and fresh parsley or cilantro.



orzo pesto pasta salad



PROTEIN:
20g



TOTAL TIME:
20 minutes



SERVINGS:
1-2

INGREDIENTS:

- 1/2 cup orzo pasta (about 80g) 🍝
- 1 tablespoon pesto (store-bought or homemade) 🌿 (vegan option: use vegan pesto)
- 1/2 cup cherry tomatoes, halved 🍅
- 1/4 cup cucumber, diced 🥒
- 1/4 cup red onion, thinly sliced 🧅
- 1 tablespoon olive oil 🌿
- 1/4 cup chickpeas (optional for extra protein) 🥜
- 2 tablespoons feta cheese or vegan feta (optional) 🧀
- Salt and pepper to taste 🧂
- Fresh basil for garnish 🌿

- Cook the orzo pasta according to the package instructions. Drain and rinse under cold water to cool.
- In a large mixing bowl, toss the cooled orzo pasta with olive oil and pesto until evenly coated.
- Add in the cherry tomatoes, cucumber, red onion, and chickpeas. Stir to combine.
- If using, crumble the feta cheese (or vegan feta) over the top and mix.
- Season with salt and pepper to taste, and garnish with fresh basil leaves.
- Serve chilled or at room temperature.



Cheese burger salad bowl



PROTEIN:
30-35g



TOTAL TIME:
15-20 mins



SERVINGS:
1

INGREDIENTS:

- 100g lean ground beef (or plant-based ground beef for a vegan option) 🍖
- 1/2 cup cheddar cheese, grated 🧀
- 1 cup mixed salad greens (spinach, arugula, lettuce) 🥬
- 1/4 cup cherry tomatoes, halved 🍅
- 1/4 cup red onion, thinly sliced 🧅
- 1/4 cucumber, sliced 🥒
- 1 tablespoon olive oil 🌿
- 1 tablespoon mustard 🥄
- 1 tablespoon sugar-free ketchup 🍅
- Salt and pepper to taste 🧂

Tips

- Add a boiled egg on top for extra protein.
- Use Greek yogurt mixed with a little mustard and garlic powder as a creamy dressing alternative.
- For extra texture and crunch, sprinkle some pumpkin seeds or sunflower seeds on top.

- Heat a non-stick pan over medium-high heat.
- Season the ground beef (or plant-based meat) with salt and pepper.
- Cook the beef for 5-7 minutes, breaking it up with a spatula, until browned and fully cooked.
- While the beef is cooking, prepare the salad: Arrange the mixed greens, cherry tomatoes, red onion, and cucumber on a plate or in a bowl.
- Once the beef is done, remove it from the pan and set aside.
- Add the cooked beef to the salad and sprinkle the grated cheddar cheese on top.
- Drizzle the mustard and sugar-free ketchup over the salad for that cheeseburger flavor.
- Toss the salad lightly to combine the ingredients and enjoy!



bunless smashed burger

Served with a side from the TaylaKfitness menu



PROTEIN:
22-25g



TOTAL TIME:
15-20 minutes



SERVINGS:
1

INGREDIENTS:

- 1 lean beef patty (about 6 oz) 🍔 (vegan option: plant-based burger patty)
- 1 tablespoon olive oil 🌿
- 1 slice cheddar cheese or vegan cheese 🧀
- 1 tablespoon ketchup 🍅
- 1 tablespoon mustard 🥫
- 2-3 pickles, sliced 🥒
- 1 handful lettuce 🌿
- 2-3 slices of tomato 🍅
- Salt and pepper to taste 🧂

Tips

- Add a second lean beef patty or chicken breast for an extra protein boost.
- Serve the burger with a side of avocado or a high-protein dip like Greek yogurt.
- Add a spoonful of hummus or a sprinkle of hemp seeds on top of the burger for extra protein.
- For even more protein, pair with a side of edamame or sweet potato fries.

- Preheat a pan to medium-high heat.
- Season your lean beef patty (or plant-based patty) with salt and pepper.
- Drizzle olive oil into the pan and place the patty in the pan.
- Press the patty down firmly with a spatula to "smash" it and create a crispy crust. Cook for 2-3 minutes, then flip and cook for another 2-3 minutes, adding a slice of cheese on top during the last minute.
- While the burger is cooking, prepare a serving plate with a layer of lettuce as your "bun."
- Once the burger is cooked, place it on the lettuce.
- Top with ketchup, mustard, pickles, and tomato slices.



Eggs and greens bowl



PROTEIN:
20-25g



TOTAL TIME:
15 mins



SERVINGS:
1

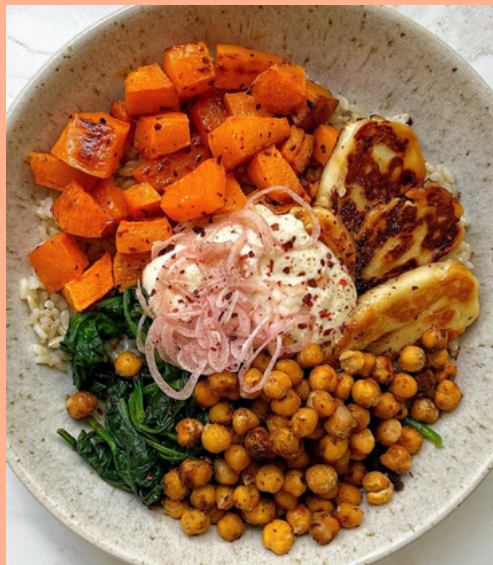
INGREDIENTS:

- 2 eggs 🍳
- 1/2 cup brussels sprouts, halved 🥬
- 1/2 cup spinach 🌿
- 1/4 cup broccoli florets 🥦
- 1 tablespoon olive oil 🌿
- 1 tablespoon tamari or soy sauce 🍷
- 1/4 teaspoon garlic powder 🧄
- 1/4 teaspoon onion powder 🧅
- 1/4 teaspoon smoked paprika 🌶️
- Salt and pepper to taste 🧂
- 1/4 avocado, sliced 🥑 (optional for extra protein)

Tips

- Add grilled chicken breast or tofu for an extra protein boost.
- Include a handful of edamame or chickpeas for added plant-based protein.
- Top with hemp seeds or a spoonful of Greek yogurt for a creamy, protein-packed twist.
- Serve with a side of quinoa for a complete protein source.

- Heat 1 tablespoon of olive oil in a pan over medium heat.
- Add the halved brussels sprouts and broccoli florets to the pan and sauté for 5-7 minutes, or until tender and slightly crispy.
- Add the spinach and cook for another 1-2 minutes until wilted. Season the vegetables with garlic powder, onion powder, smoked paprika, salt, and pepper.
- In a separate pan, cook the eggs to your preference (fried, scrambled, or poached).
- Once the veggies are cooked, place them in a bowl and top with the cooked eggs.
- Drizzle tamari or soy sauce over the bowl for extra flavor.
- Optionally, add sliced avocado for added richness and protein.



Halloumi wellness bowl



PROTEIN:
20-25g



TOTAL TIME:
25 mins



SERVINGS:
1

INGREDIENTS:

- 1/2 cup canned chickpeas, drained and rinsed
- 100g halloumi cheese (or vegan halloumi for a vegan option) 🧀
- 1/2 cup cooked brown rice 🍚
- 1/2 cup spinach 🌿
- 1/4 cup carrot, grated or thinly sliced 🥕
- 1/2 cup broccoli florets 🥦
- 1 tablespoon olive oil 🌿
- 1 tablespoon maple syrup 🍯
- 1 teaspoon soy sauce 🥄
- 1/4 teaspoon garlic powder 🧄
- 1/4 teaspoon smoked paprika 🌶️
- Salt and pepper to taste 🧂
- Fresh parsley or cilantro for garnish 🌿

Tips

- Add grilled chicken or tofu for more protein.
- Top with Greek yogurt for a creamy, protein-packed finish.
- Sprinkle hemp seeds or pumpkin seeds on top for an extra protein boost.
- Serve with a side of edamame for added plant-based protein.

- Cook the brown rice according to package instructions and set aside.
- Heat 1 tablespoon of olive oil in a pan over medium-high heat.
- Add the drained chickpeas to the pan and cook for 3-4 minutes, stirring occasionally, until crispy.
- Add the smoked paprika, garlic powder, salt, and pepper to the chickpeas, then drizzle with maple syrup and soy sauce. Stir well and cook for an additional 1-2 minutes until the chickpeas are sticky.
- In another pan, heat a little olive oil over medium heat and cook the halloumi slices for 2-3 minutes per side until golden and crispy.
- Steam or cook the broccoli until tender, about 3-4 minutes.
- In a bowl, layer the cooked rice, spinach, grated or sliced carrots, broccoli, and sticky chickpeas.
- Top with the crispy halloumi slices.
- Garnish with fresh parsley or cilantro and serve immediately.



veggie rice bowl



PROTEIN:
20-25g



TOTAL TIME:
25 mins



SERVINGS:
1

INGREDIENTS:

- 1/2 cup canned chickpeas, drained and rinsed
- 1/2 cup cooked brown rice
- 1 small zucchini, chopped
- 1/2 cup carrots, grated or sliced
- 1/2 cup broccoli florets
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- Salt and pepper to taste
- Fresh parsley or cilantro for garnish

Tips

- Add grilled chicken or tofu for an extra protein boost.
- Top with Greek yogurt for added creaminess and protein.
- Include a handful of edamame or pumpkin seeds for a plant-based protein boost.
- Sprinkle with hemp seeds or chia seeds for extra protein.

- Cook the brown rice according to package instructions and set aside.
- Heat 1 tablespoon of olive oil in a pan over medium-high heat.
- Add the zucchini and carrots to the pan and sauté for 3-4 minutes until they begin to soften.
- Add the broccoli florets and cook for another 3-4 minutes, until the vegetables are tender.
- Add the chickpeas to the pan and cook for an additional 2-3 minutes, allowing them to warm through.
- Season with garlic powder, onion powder, smoked paprika, salt, and pepper, stirring to combine.
- Drizzle the soy sauce over the veggies and chickpeas, stirring well.
- Serve the sautéed veggie and chickpea mix over the cooked rice.
- Garnish with fresh parsley or cilantro and serve immediately.



Sweet potato with chicken and greens



PROTEIN:
30-35g



TOTAL TIME:
35 mins



SERVINGS:
1

INGREDIENTS:

- 1 medium sweet potato 🍠 (about 150g)
- 100g skinless chicken breast (or tofu for a vegan option) 🍗
- 1/2 cup broccoli florets 🥦
- 1 teaspoon olive oil 🌿
- 1/2 teaspoon garlic powder 🧄
- 1/4 teaspoon paprika 🌶️
- Salt and pepper to taste 🧂
- Low-fat cheese (such as part-skim mozzarella or a small amount of cheddar), grated (about 20g) 🧀
- Fresh parsley for garnish 🌿

Tips

- For more protein without adding too many calories, you can sprinkle hemp seeds or chia seeds on top.
- Use Greek yogurt as a topping for extra creaminess and protein while keeping it low-calorie.

- Preheat your oven to 200°C (400°F).
- Pierce the sweet potato several times with a fork, then place it directly on the oven rack. Bake for 25-30 minutes, or until soft.
- While the sweet potato is cooking, heat a non-stick pan over medium-high heat with the olive oil.
- Season the chicken breast (or tofu) with garlic powder, paprika, salt, and pepper.
- Cook the chicken breast for 6-7 minutes per side, or until fully cooked through. If using tofu, cook until crispy on both sides.
- Steam or cook the broccoli for about 3-4 minutes, or until tender.
- Once the sweet potato is done, slice it open and fluff the inside with a fork.
- Sprinkle the low-fat cheese on the inside of the sweet potato while it's hot so it melts slightly.
- Top with the cooked chicken (or tofu) and steamed broccoli, then garnish with fresh parsley.



Teriyaki Salmon (or Tofu) Bowl



PROTEIN:
35g



TOTAL TIME:
25 minutes
15 mins if using pre cooked rice



SERVINGS:
1

INGREDIENTS:

- 150g salmon (or tofu/tempeh 🌱)
- Salt & pepper
- 1/2 tsp olive or sesame oil 🌿
- 100g cooked brown rice 🍚 (or quinoa/cauli rice)
- 50g cucumber, sliced 🥒
- 40g shredded carrots 🥕
- 40g cooked edamame 🌱
- 50g avocado, sliced 🥑
- 1/2 tbsp sesame seeds
- 5g green onions, chopped
- Optional: nori strips 🍱

Teriyaki Sauce

- 30ml low-sodium soy sauce
- 1/2 tbsp mirin (or rice vinegar + maple syrup)
- 1/2 tbsp honey (or maple/agave 🍯)
- 1/2 tsp sesame oil
- 1/2 tsp grated ginger
- 1/2 garlic clove, minced
- 1/2 tsp cornstarch + 1 tsp water

- Make the sauce:
- Simmer all sauce ingredients in a small pot for 2–3 min. Add cornstarch slurry to thicken.
- Cook protein:
- Season salmon or tofu. Heat oil in a pan.
- Salmon: Cook 4 min skin-side down, flip, cook 2 more. Glaze with sauce.
- Tofu: Sear both sides until golden, glaze in last minute.
- Assemble bowl:
- Add rice, veggies, and avocado to a bowl.
- Top with glazed salmon or tofu.
- Finish with sesame seeds, green onions, and optional nori ✨



Crispy tuna patties



PROTEIN:
21g

35g with chicken or tofu



TOTAL TIME:

25 minutes



SERVINGS:


1

INGREDIENTS:

- 1 can tuna in water (drained, ~110g)
- 1 egg
- 25g breadcrumbs (or oat flour)
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- 1 tbsp chopped parsley or green onion
- Salt & pepper to taste
- Olive oil spray or 1 tsp for cooking

Optional Add-In:

- 40–80g cottage cheese (for a creamier, higher-protein patty)

 **Vegan option:** Swap tuna for mashed chickpeas or white beans + use flax egg

- In a bowl, mix drained tuna, egg, breadcrumbs, mustard, garlic, and herbs.
- If using cottage cheese, stir it in here — you may need a bit more breadcrumb to firm up the texture.
- Form Patties:
- Shape into 2–3 small patties. Chill for 5 minutes if time allows (helps them hold).
- Pan: Heat a non-stick pan with a little oil. Cook patties 3–4 min per side until golden and crisp.
- Oven: Bake at 200°C (390°F) for 12–15 min, flipping halfway.
- Air Fryer: 200°C for 10–12 min, flip halfway.
- Enjoy with a side from the TaylaKfitness sides book or wrap in a lettuce leaf or pita





Roasted Potatoes with Baked Feta & Garlic



PROTEIN:

14g



TOTAL TIME:

45-50 mins



SERVINGS:

1

INGREDIENTS:

- 1 large baking potato, cut into chunks
- 1 head garlic, top trimmed to expose cloves
- 200g block feta cheese
- 2 tbsp olive oil
- 1 tbsp honey 🍯
- Juice of 1/2 lemon 🍋
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp salt 🧂
- 1 tsp black pepper
- 20g fresh basil, chopped 🌿

- Preheat oven to 200°C (390°F). Line a tray with baking paper.
- Toss potato chunks with 1 tbsp olive oil, salt, pepper, oregano, and thyme.
- Place the garlic head on the tray, drizzle with a bit of oil, and wrap loosely in foil.
- Roast potatoes and garlic for 25 minutes.
- Nestle the whole block of feta onto the tray next to the potatoes.
- Drizzle with remaining 1 tbsp olive oil and a bit of lemon juice.
- Continue baking for another 10–15 minutes until potatoes are golden and feta is soft and slightly browned.
- Squeeze roasted garlic from the skins and mix it gently through the potatoes. Drizzle everything with honey and the rest of the lemon juice. Sprinkle fresh basil over the top 🌿✨



Falafel protein wrap



PROTEIN:

21g



TOTAL TIME:

10 mins



SERVINGS:

1

INGREDIENTS:

- 1 large high-protein or whole grain wrap
- 3 small falafel balls (~100g total)
- 40–60g feta cheese, crumbled 🧀
- 1/4 avocado, sliced 🥑
- 50g cucumber, thinly sliced 🥒
- 30g baby spinach 🌿
- 1 tbsp hummus or tahini (optional spread)
- Juice of 1/4 lemon 🍋
- Salt & black pepper to taste

- Warm the wrap (optional): 10–15 sec in microwave or briefly in a dry pan.
- Spread hummus or tahini. Layer spinach, cucumber, avocado, falafel, and crumbled feta.
- Drizzle with lemon juice, sprinkle with salt & pepper.:
- Roll it tightly, slice in half, and dig in — perfect for lunch or on the go 🥙🌟



Spinach pesto, egg sandwich



PROTEIN:

22g



TOTAL TIME:

10-12 mins



SERVINGS:

1

INGREDIENTS:

- 2 eggs (fried, scrambled, or boiled – your choice)
- 2 slices high-protein or whole grain bread
- 1 tbsp pesto (store-bought or homemade)
- 30g fresh spinach
- 1 tsp olive oil (if sautéing spinach)
- Optional: 1 slice cheese or 20g feta 🧀
- Optional extras: sliced tomato, avocado, chili flakes
- Salt & black pepper to taste

- Prepare your eggs how you like – fried, soft-boiled, or scrambled. Season with salt and pepper.
- Heat olive oil in a pan and lightly sauté spinach until just wilted – or use fresh for a crisp bite.
- Toast bread if desired, then spread pesto on one or both slices.
- Layer eggs, spinach, and cheese (if using). Add any extras you like – tomato, avocado, etc.
- Press together, slice in half, and enjoy warm 🥪❤️



Marry me chicken pasta



PROTEIN:

35g



TOTAL TIME:

20-25 mins



SERVINGS:

1

INGREDIENTS:

- 100g chicken breast (or tofu for vegan 🌱), sliced
- 60g dry pasta (high-protein or whole wheat)
- 1 tsp olive oil
- 1 garlic clove, minced
- 30g sun-dried tomatoes, chopped
- 100ml milk (or dairy-free milk 🌱)
- 20g cream cheese (or vegan cream cheese)
- 10g grated parmesan (or nutritional yeast 🌱)
- 1/4 tsp chili flakes
- Salt & pepper to taste
- Fresh basil for topping (optional)

- Cook pasta in salted water according to package. Reserve 1–2 tbsp pasta water before draining.
- In a pan, heat olive oil over medium heat. Add sliced chicken, season with salt & pepper, and cook 4–5 min until golden and cooked through. Remove and set aside.
- In the same pan, sauté garlic and sun-dried tomatoes for 1–2 min. Stir in milk, cream cheese, parmesan, and chili flakes. Simmer until creamy.
- Return chicken to the pan, add cooked pasta, and a splash of reserved pasta water. Stir everything together until coated and creamy ✨
- Top with fresh basil or extra chili flakes if you like. Dig in! 🍴🔥