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RICHARD MASON
— PERSONAL TRAINING —

5 QUICK VEGETARIAN HIGH-PROTEIN MEALS

30G+ PROTEIN IN EVERY RECIPE

Proper food that doesn't feel like diet food.

Five realistic vegetarian meals built around normal supermarket food, proper portions, strong protein and plenty of fibre. No powders. No weird ingredients. No tiny portions.

EXACT QUANTITIES | STEP-BY-STEP METHODS
CALORIES, PROTEIN & FIBRE FROM LABELS AND UK COFID

Images are serving suggestions and are for illustrative purposes. Follow the stated ingredient quantities for each serving. Nutrition values are approximate and may vary slightly between brands, product updates and preparation methods.

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SMOKY VEGGIE MINCE & BLACK BEAN RICE BOWL

PREP 6 MIN | COOK 10 MIN | TOTAL 16 MIN



CALORIES
~490 kcal

PROTEIN
~35g

FIBRE
~16g

INGREDIENTS

- 120g Quorn Mince
- 125g Tesco Microwave Long Grain Rice
- 50g Tesco Black Beans, drained and rinsed
- 100g mixed peppers, sliced
- 50g red onion, sliced
- 40g Tesco Mild Salsa Dip
- 50g Tesco 0% Fat Greek Style Yogurt
- 15g Tesco 50% Reduced Fat Mature Cheese, grated
- 10 sprays 1-cal cooking oil spray
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- Garlic granules and chilli flakes, to taste

KEEP SCROLLING - METHOD NEXT

SMOKY VEGGIE MINCE & BLACK BEAN RICE BOWL

PREP 6 MIN | COOK 10 MIN | TOTAL 16 MIN



METHOD

- 1** Spray a large non-stick frying pan with the measured cooking oil. Add the peppers, red onion and 120g Quorn Mince and cook over a medium-high heat for 8-10 minutes, stirring regularly, until the Quorn is piping hot and the vegetables have softened.
- 2** Add the smoked paprika, cumin, garlic and chilli during the final couple of minutes and stir until everything is evenly coated.
- 3** While the pan finishes cooking, heat the 125g rice according to the packet instructions and add it to a serving bowl.
- 4** Spoon over the Quorn and pepper mixture, then add the 50g drained black beans and 40g salsa.
- 5** Finish with the measured 15g grated cheese and 50g Greek-style yogurt. Add extra black pepper or chilli if wanted.

CRISPY HALLOUMI & CHICKPEA PITTA BOX

PREP 7 MIN | COOK 6 MIN | TOTAL 13 MIN



CALORIES
~500 kcal

PROTEIN
~31g

FIBRE
~13g

INGREDIENTS

- 50g Tesco Halloumi, sliced
- 100g Tesco Chickpeas In Water, drained and rinsed
- 1 Tesco Wholemeal Pitta (60g)
- 80g Tesco 0% Fat Greek Style Yogurt
- 100g cucumber, chopped
- 80g tomato, chopped
- 40g lettuce, roughly chopped
- 1-2 tsp lemon juice
- Garlic granules and black pepper, to taste
- Dried mint or parsley, to taste

KEEP SCROLLING - METHOD NEXT

CRISPY HALLOUMI & CHICKPEA PITTA BOX

PREP 7 MIN | COOK 6 MIN | TOTAL 13 MIN



METHOD

- 1** Slice the halloumi into a few modest pieces. Cook in a dry non-stick frying pan or air fryer until golden on both sides.
- 2** Warm the wholemeal pitta according to the packet instructions and cut it in half.
- 3** Mix the 80g yogurt with lemon juice, garlic, black pepper and a little mint or parsley to make a quick dressing.
- 4** Add the lettuce, cucumber, tomato and 100g drained chickpeas to a bowl or lunch box.
- 5** Add the cooked halloumi and pitta, then spoon over or serve alongside the yogurt dressing.

CHEESY MOZZARELLA PITTA PIZZAS

PREP 5 MIN | COOK 7 MIN | TOTAL 12 MIN



CALORIES
~380 kcal

PROTEIN
~33g

FIBRE
~7g

INGREDIENTS

- 1 Tesco Wholemeal Pitta (60g)
- 125g Tesco Reduced Fat Mozzarella, drained (1 ball)
- 60g passata
- 75g mixed peppers, chopped
- 40g mushrooms, sliced
- Dried oregano
- Garlic granules and chilli flakes, optional

KEEP SCROLLING - METHOD NEXT

CHEESY MOZZARELLA PITTA PIZZAS

PREP 5 MIN | COOK 7 MIN | TOTAL 12 MIN



METHOD

- 1** Carefully split the wholemeal pitta through the pocket so one pitta becomes two thin oval pizza bases.
- 2** Spread the 60g passata evenly across both pitta halves, leaving a small border around the edge.
- 3** Tear or slice the 125g drained mozzarella and distribute it evenly across both bases.
- 4** Scatter the 75g peppers and 40g mushrooms over the cheese. Finish with oregano and optional garlic or chilli flakes.
- 5** Cook in a preheated oven at around 200°C, or an air fryer at around 190°C, for roughly 5-7 minutes until the mozzarella has melted and lightly browned and the pitta edges are crisp. Keep a close eye on the thin bases.

CHEESY EGG & BEAN BREAKFAST WRAP

PREP 5 MIN | COOK 7 MIN | TOTAL 12 MIN



CALORIES
~490 kcal

PROTEIN
~33g

FIBRE
~10g

INGREDIENTS

- 1 Tesco Wholemeal Tortilla Wrap (61g)
- 2 large eggs
- 70g Tesco Reduced Sugar & Salt Baked Beans
- 25g Tesco 50% Reduced Fat Mature Cheese, grated
- 40g spinach
- 80g tomato, chopped
- 10 sprays 1-cal cooking oil spray
- Black pepper and chilli flakes, optional

KEEP SCROLLING - METHOD NEXT

CHEESY EGG & BEAN BREAKFAST WRAP

PREP 5 MIN | COOK 7 MIN | TOTAL 12 MIN



METHOD

- 1** Heat the 70g baked beans separately until piping hot.
- 2** Spray a non-stick frying pan with the measured cooking oil. Add the spinach and cook briefly until it begins to wilt.
- 3** Add the two eggs and scramble gently until just set. Season with black pepper or chilli flakes if wanted.
- 4** Warm the wholemeal tortilla so it folds easily. Add the egg and spinach mixture, beans, grated cheese and chopped tomato through the centre.
- 5** Fold the sides inward and roll tightly. Serve whole or cut into two halves.

CREAMY TOMATO, LENTIL & SPINACH PASTA

PREP 5 MIN | COOK 12 MIN | TOTAL 17 MIN



CALORIES
~535 kcal

PROTEIN
~36g

FIBRE
~17g

INGREDIENTS

- 75g Tesco Whole Wheat Fusilli, dry weight
- 125g Tesco Green Lentils (half pouch)
- 100g Tesco Fat Free Cottage Cheese
- 150g Tesco Passata With Garlic & Herb
- 50g baby spinach
- Garlic granules, chilli flakes and black pepper, to taste

KEEP SCROLLING - METHOD NEXT

CREAMY TOMATO, LENTIL & SPINACH PASTA

PREP 5 MIN | COOK 12 MIN | TOTAL 17 MIN



METHOD

- 1** Cook the 75g dry wholewheat fusilli according to the packet instructions until tender.
- 2** While the pasta cooks, blend the 100g cottage cheese with the 150g passata until smooth and creamy.
- 3** Pour the sauce into a separate pan, add the 125g green lentils and heat gently until piping hot.
- 4** Stir the 50g spinach through the hot sauce and let it wilt while the pasta finishes cooking.
- 5** Drain the fusilli thoroughly, add it to the sauce and stir until evenly coated. Finish with black pepper, garlic or chilli flakes if wanted.

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WANT A PLAN BUILT AROUND YOU?

These five meals are a great place to start. If you want a plan built around your calorie target, food preferences, budget and routine, I can help.

PERSONALISED NUTRITION PLANS

ONGOING ONLINE COACHING

PRIVATE 1-TO-1 PERSONAL TRAINING IN EBBW VALE

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Important information follows on the next page.

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IMPORTANT INFORMATION

Nutrition. Calories, protein and fibre are calculated from current product labels and UK CoFID food composition data where appropriate. Values may vary slightly if brands, products, preparation methods or serving quantities differ, so always check the label and follow the stated weights.

Allergens. Always check ingredient labels and allergen information before preparing or eating any recipe.

Individual needs. This guide provides general recipe ideas only and is not personalised medical or dietary advice. If you have a medical condition, allergy, intolerance or specialist dietary requirement, speak to an appropriately qualified healthcare professional.

Vegetarian products. Product formulations can change. Check individual labels if you need meals to meet a specific vegetarian standard.

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