

HEATFUEL · FREE SAMPLE

# 3 High-Protein Recipes That Actually Taste Good.

Macros included. Sauce pairings included.  
No sad food.

**30g+**

Protein  
per serving

**3**

Recipes  
(breakfast !' snack)

**100%**

Actually  
tastes good

## WHAT'S INSIDE:

Ø<ßs Everyday Heat Breakfast Scramble — 34g protein

Ø=Ü Citrus Scorch Salmon & Quinoa Bowl — 42g protein

&j Red Line Protein Bites — 18g protein

## Want all 26 recipes?

The full HeatFuel Cookbook is \$20.00 — every recipe hits 30g+ protein, full macros, and sauce pairings.

[heatfuel.polsia.app/shop](https://heatfuel.polsia.app/shop)

# Ø<βs Everyday Heat Breakfast Scramble

#ñ 10 min

**34g**

PROTEIN

**380**

CALORIES

**8g**

CARBS

**22g**

FAT

## INGREDIENTS

- 4 large eggs
- 4 oz ground turkey (93% lean)
- 1 cup baby spinach
- 2 tbsp diced white onion
- 1 tbsp olive oil
- ¼ tsp garlic powder
- Salt & pepper to taste
- 1–2 tsp HeatFuel Everyday Heat sauce

## STEPS

- 1 Heat olive oil in a skillet over medium-high heat. Add onion and cook 2 min until translucent.
- 2 Add ground turkey, break apart, season with garlic powder, salt, and pepper. Cook 4–5 min until browned.
- 3 Add spinach and stir until wilted (about 1 min). Reduce heat to medium.
- 4 Push turkey to the side, add eggs directly to the pan. Scramble until just set — slightly underdone is perfect.
- 5 Fold everything together off heat. Plate and finish with Everyday Heat sauce.

### SAUCE PAIRING

#### Ø<β6 HeatFuel Everyday Heat

Medium heat, versatile — a morning-friendly kick that wakes up eggs without overpowering them.

# Ø=Ü Citrus Scorch Salmon & Quinoa Bowl

#ñ 25 min

**42g**

PROTEIN

**520**

CALORIES

**38g**

CARBS

**18g**

FAT

## INGREDIENTS

- 6 oz salmon fillet (skin-on)
- ¾ cup cooked quinoa (~190g cooked)
- 1 cup broccoli florets
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 lemon (zest + juice)
- Salt & pepper
- 2 tsp HeatFuel Citrus Scorch sauce

## STEPS

- 1 Preheat oven to 425°F (220°C). Toss broccoli with olive oil, garlic, salt, pepper on a sheet pan.
- 2 Pat salmon dry. Season with salt, pepper, and a squeeze of lemon juice. Place skin-side down on the same sheet pan beside the broccoli.
- 3 Roast 12–14 min until salmon is opaque and flakes easily. Broccoli should be charred at the edges.
- 4 Plate over warm quinoa. Squeeze remaining lemon juice over everything, add lemon zest.
- 5 Finish with 2 tsp Citrus Scorch sauce drizzled across the salmon.

### SAUCE PAIRING

#### Ø<β6 HeatFuel Citrus Scorch

Bright, acidic, citrus-forward heat — cuts through salmon's richness and makes the whole bowl sing.

# & Red Line Protein Bites

#ñ 15 min + chill

**18g**

PROTEIN

**215**

CALORIES

**22g**

CARBS

**8g**

FAT

## INGREDIENTS

- 1 scoop vanilla protein powder (25g protein)
- 1 cup rolled oats
- 3 tbsp natural peanut butter
- 2 tbsp honey
- 1 tsp HeatFuel Red Line sauce
- 2 tbsp mini dark chocolate chips
- 2–3 tbsp water (as needed to bind)

## STEPS

- 1 Combine oats and protein powder in a bowl. Mix well to distribute the protein powder.
- 2 Add peanut butter, honey, and Red Line sauce. Mix until a thick dough forms.
- 3 Fold in chocolate chips. Add water 1 tbsp at a time if mixture is too dry to hold shape.
- 4 Roll into 8–10 balls (about 1 tbsp each). Place on parchment-lined plate.
- 5 Refrigerate 30+ min to firm up. Store in fridge up to 5 days. Makes 2 servings.

### SAUCE PAIRING

#### Ø<β6 HeatFuel Red Line

Bold, full-throttle heat. Just a teaspoon in the mix adds a background burn that makes these anything but boring.