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15-Minute Muscle-Building Meals

Making high-protein meals that pack on muscle and fit your macros is simple – and fast – with these easy recipes.



By [Jim Stoppioni, PhD](#)
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You don't need to spend hours in the kitchen – or even half an hour – to prepare and cook healthy, *delicious* high-protein meals. The below five recipes, courtesy of [JYM Army](#) member Marcell Enoch, are proof of this. All of them can be prepared in 15 minute or less.

Marcell loves both training and cooking, and since joining the JYM Army in 2018, he's learned a ton about nutrition. Not surprisingly, this increased knowledge has helped his training and culinary skills alike.

"Ever since high school, my passion has always been working out and cooking," says Marcell. "My diet hasn't always been the best, which is never good when it comes to reaching your fitness goals. I learned over the years of training that nutrition was the most important factor for reaching my fitness goals, and that I couldn't out train a bad diet. I started tracking my macros once I realized the importance of good nutrition. I learned that if I got creative with my cooking, I could still eat the foods that I enjoy and hit my macros. I enjoy sharing the recipes I create with everyone whose working toward a fitness goal, because I know eating the same bland meal every day is not fun. Most people give up on their fitness goals because they don't like the idea of giving up the foods that they enjoy."

Marcell's 15-minute recipes should take of that problem. All taste amazing, are macro-friendly for anyone looking to build lean muscle, and can be fixed at a variety of meal times – the **low-fat cheeseburger**, **chicken supreme pizza**, and **chicken fajitas** for lunch or dinner, and the **chocolate chip protein pancakes** and **chocolate chip protein oatmeal** for breakfast or a snack. Or, have the pancakes for dinner if you like!

Follow Marcell on Instagram ([@MarcellEnoch](#)) and let him know what you think of his recipes. Also, let the JYM Army know how you're liking the meals on the [group Facebook page](#).

And remember, eating healthy should *never* be boring, and fixing great meals doesn't have to be time consuming. If you've got 15 minutes to spare, give these meals a try.



Low-Fat Cheeseburger



Ingredients

- 1 whole wheat bun
- 6 oz, 93% lean (7% fat) ground beef
- 1 thin slice cheddar cheese (32g)
- 1 sliced tomato
- 1 sliced onion
- 1 tsp, mustard
- 1 tsp, salt
- 1 tsp, black pepper
- lettuce

Directions

Shape ground beef into a round ball, then flatten into a $\frac{3}{4}$ -inch patty. Press your thumb into the center of the patty to make a thumbprint. Season both sides of patty with salt and pepper.

Heat a non-stick skillet until hot. Cook each side for 4-5 minutes. Remove from heat and place a slice of cheese on the patty and cover to melt.

Assemble burger with lettuce, tomato, and onion, and top with mustard. Optional: Grill sliced onion before topping burger.

Nutrition Facts (1 burger)

- 520 calories
- 47 g protein



- 38 g carbs
- 19 g fat
- 7 g fiber



Chicken Supreme Pizza



Ingredients

- 1 naan flat bread
- 3 oz. shredded chicken breast
- 1/2 cup plain marinara sauce
- 1 oz. mozzarella cheese
- 1/2 cup sliced grape tomatoes
- 1/4 cup sliced pepperoncini peppers
- Cilantro and lime (optional)

Directions

Pre-heat oven to 425 F. Spread marinara sauce evenly onto naan. Then, sprinkle cheese, chicken, grape tomatoes, and pepperoncini peppers evenly onto naan.

Spray a baking sheet with non-stick spray before placing the naan on it. Bake for 4-6 minutes, until cheese is melted and crust is golden brown.

Optional: Top with cilantro and lime.



Nutrition Facts (1 pizza)



- 490 calories
- 41 g protein
- 50 g carbs
- 14 g fat
- 3 g fiber



Chicken Fajitas



Ingredients

- 6 oz, chicken breast sliced
- 2 high fiber whole wheat tortillas
- ¼ cup shredded mozzarella cheese
- 1 tsp, Salt
- 1 tsp, Black pepper
- 1 tsp, Paprika
- 1 tsp, Chili powder
- 1 tsp, Garlic powder
- 1 tbsp, Avocado oil
- ½ red bell pepper, sliced
- ½ yellow bell pepper, sliced
- ½ orange bell pepper, sliced

Directions

In a large bowl, season sliced chicken breast with salt, black pepper, paprika, chili powder, and garlic powder.

Heat a non-stick pan to medium-high heat. Add a tablespoon of avocado oil to the pan. Sauté the sliced chicken breast and bell peppers together for 7-9 minutes, until chicken breast is golden brown and bell peppers are caramelized.

Warm tortillas in the microwave or in a heated non-stick pan for 30 seconds. Assemble fajita with mixture and top with mozzarella cheese.

Nutrition Info (2 Fajitas)

- 564 calories
- 76 g protein
- 49 g carbohydrates



- 17 g fat
- 27 g fiber



Chocolate Chip Protein Pancakes



Ingredients

- 1 scoop chocolate [Pro JYM](#) protein powder (Chocolate Mousse or Chocolate Cookie Crunch)
- ½ cup uncooked oats
- 1 whole egg
- 1 tsp. Cinnamon
- 2 tsp. Baking Powder
- 1 cup almond milk
- 15 grams chocolate chips
- ½ sliced banana
- 2 tbsp. PB2 peanut butter
- 2 tbsp. cup sugar-free syrup

Directions

Combine and blend together the following ingredients: uncooked oats, Pro JYM protein powder, whole egg, cinnamon, baking powder, and almond milk. Blend until batter is a smooth, consistent texture.

Heat a non-stick pan coated with non-stick spray to medium-heat. Pour half the batter into the pan, and sprinkle a few chocolate chips. Cook for 2-3 minutes, until the edges start to brown and dry. Flip and cook for a couple more minutes.

Top with sliced banana, sugar free-syrup, and PB2.

Nutrition Facts (2 Pancakes)

- 622 calories
- 44 g protein
- 67 g carbohydrates
- 19 g fat
- 9 g fiber



Chocolate Chip Protein Oatmeal



Ingredients

- ½ cup quick oats
- 1 scoop Tahitian Vanilla Bean [Pro JYM](#) protein powder (or Chocolate Mousse or Chocolate Cookie Crunch)
- 15 grams chocolates chips
- 1 tbsp. Peanut butter
- ½ tsp. salt
- ½ banana sliced
- ¼ cup almond milk

Directions

Combine quick oats, salt, and 1 cup of water in a large microwave-safe bowl. Microwave for 1½ to 2 minutes, or until thickened.

Let oatmeal cool for 1 minute. Mix in Pro JYM protein powder, almond milk, chocolate chips, peanut butter, and sliced bananas until everything is thoroughly incorporated.

Nutrition Facts

- 520 calories
- 36 g protein
- 56 carbohydrates
- 18 g fat
- 8 g fiber

Other Great Macro-Friendly Recipes on [JimStoppani.com](#):

[13 Pro JYM Recipes](#)

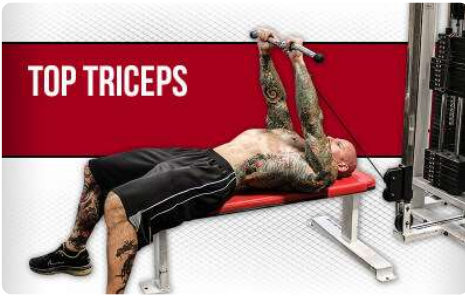
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