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info and serving sizes!

Prep time: 1 hour
Cost: \$60

PROTEIN PANCAKES

INGREDIENTS

- 1 cup all-purpose flour
- ½ cup cottage cheese
- 5 eggs
- 2 teaspoons baking powder
- ½ teaspoon vanilla (optional)
- 2 tablespoons maple syrup
- 1 pinch salt

INSTRUCTIONS

1. Blend all the ingredients together.
2. Make pancakes like you normally would! I love to fry them in butter and enjoy them with Greek yogurt & syrup.

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STREET CORN CHICKEN SALAD

INGREDIENTS

- Pre-cooked smoked Trader Joe's chicken (or cook 2lbs of chicken)
- 12 oz frozen corn (fire-roasted)
- ¼ red onion (diced)
- 1 cup Greek yogurt (plain)
- 2 tablespoons mayo
- ¼ teaspoon salt & pepper (each)
- ½ cup cotija cheese or feta
- 1 jalapeno pepper (diced)
- 1 lime
- 1 handful cilantro (chopped)

INSTRUCTIONS

1. Use a stand mixer or meat claws to shred the chicken finely.
2. Chop and dice the veggies and add everything to a large bowl (including the frozen corn).
3. Enjoy this salad on its own, in a wrap or quesadilla, or with tortilla chips.



CHOCOLATE PEANUT BUTTER SHAKE

INGREDIENTS

- 1 banana • ½ cup ice
- 1 tablespoon chia seeds
- 1 cup cottage cheese
- 1 tablespoon cocoa powder
- 4 tbsps peanut butter or PB powder
- ¼ cup maple syrup • 1 cup milk

INSTRUCTIONS

1. Add it all to a blender and blend!



FULL INGREDIENT LIST

PRODUCE

- 12 oz frozen corn (fire-roasted)
- ¼ red onion (diced)
- 1 jalapeno pepper (diced)
- 1 lime
- 1 handful cilantro
- 1 banana

MEAT & DAIRY

- 2 lb pre-cooked Trader Joe's smoked chicken (or cook 2 lb of raw chicken)
- ½ cup Greek yogurt (plain)
- 1.5 cups cottage cheese
- 5 eggs
- ½ cup cotija or feta cheese
- 2 tablespoons mayo

PANTRY

- 1 tablespoon chia seeds
- 1 tablespoon cocoa powder
- 4 tbsps peanut butter or PB powder
- 1/3 cup maple syrup
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon vanilla bean paste
- 1 tsp salt & pepper

