



BREAKFAST



PROTEIN GRANOLA WITH GREEK YOGURT

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- 🕒 Time: 5 minutes of prep, 20 to bake
- 💪 Protein: 29 grams with Greek yogurt
- 👤 Makes: 16 servings
- ★ Pro-tip: For those classic granola clusters, press the mixture flat with a spatula before it goes in the oven and don't touch it until totally cooled!



LUNCH



HOMEMADE SALMON PATTIES

- 🕒 Time: 15 minutes
- 💪 Protein: 46 grams
- 👤 Makes: 2 servings
- ★ How to eat: You can eat them plain, but we like to make them in bowls with rice, carrots, cucumber, and spicy mayo!



SNACK/DESSERT



CHOCOLATE PROTEIN MOUSSE

- 🕒 Time: 5 minutes
- 💪 Protein: 15 grams / serving
- 👤 Makes: 3 servings
- ★ Pro-tip: Be sure to use store-bought hardboiled eggs for this recipe. If you try to make your own, it's very easy for them to taste eggy or like sulfur!



Looking for dinner ideas? Check out all our quick and protein packed dinners here!



your shopping list

✨ ✨ **To use this:** either print out this PDF and cross off items as you shop. Or copy and paste the ingredient list to your app or notes of choice. This way, you can edit the list, taking into account what you already have. ✨ ✨

MEAT & SEAFOOD

- 2 - 6 oz cans of Salmon (skinless and boneless)

PRODUCE

Optional for salmon patty bowls:

- 1 large cucumber
- 1 bunch of carrots

Optional to put on yogurt parfait:

- Fresh berries of your choice

DAIRY & EGGS

- 1 egg
- 24oz Greek Yogurt
- 6 hard-boiled Eggs
- 3 tsp milk

OTHER

- 1 tsp oil

Optional for salmon patty bowls:

- 2 cups white rice
- ½ cup spicy mayo

PANTRY

- 3 cups rolled oats
- ¾ cups cashews
- ¾ cups hemp hearts
- ¼ cup coconut oil
- 1 cup maple syrup
- ½ cup nut butter
- 1.25 tsp vanilla extract
- ¼ cup cornmeal
- 2 tsp dijon mustard
- 1 tsp lemon juice
- ¼ tsp Pepper
- ⅓ cups Cocoa Powder

SPICES & SEASONINGS

- 2.75 tsp salt
- 1 tsp cinnamon
- 1 tsp onion powder
- 1 tsp garlic powder
- ⅛ tsp cayenne powder

what we're prepping

★ [granola with Greek yogurt](#)


★ [homemade salmon patties](#)

★ [chocolate protein mousse](#)

 **click on each recipe title in bold text or use the QR codes on the next page!**

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www.joytothefood.com

 **be sure to check the recipe page for substitution options**

