



# HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

**Italian-Inspired**



exclusive membership and weekly meal plan

# ingredients



**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.



## produce

- 1 large red bell pepper
- 1 red onion
- 1 head of kale
- 1 large clove garlic
- 5-6 basil leaves
- ½ cup fresh basil
- ¼ cup orange juice
- 1 tbsp lemon juice

## Protein

- 1 lb lean ground beef or bison
- 4 chicken breasts, boneless & skinless
- 5 oz sliced salami
- ¼ cup peanut butter powder + 1 tbsp
- 1 (15 oz) canned garbanzo beans (chickpeas)
- 1 (15 oz) canned white beans (cannellini)
- Pinto beans
- Optional crushed peanuts (for topping)

## Grains

- 1 ½ cups old-fashioned rolled oats
- ½ cup almond flour
- 3 ¾ cups all-purpose flour
- 1 cup panko

## Liquids

- 1 cup milk of choice
- 1 cup water
- 1 cup white vinegar
- 1 ¼ cups maple syrup
- ⅓ cup Italian dressing

## dairy

- 2 cups plain 0% fat Greek yogurt
- 2 cup cottage cheese
- ½ cup 2% low-fat cottage cheese
- 1 cup parmesan
- 3 cup shredded mozzarella
- 6 oz mozzarella pearls
- 8 oz cream cheese
- 3 eggs

## Condiments and Spices

- 3 ½ tsp vanilla extract
- 2 ½ tbsp Italian seasoning
- 3 tsp garlic powder
- 1 tbsp chili powder
- 1 tbsp pumpkin pie spice
- 1 tsp cinnamon
- Chipotle sauce
- 1 jar marinara sauce (28-32 oz)
- 2 cup pizza sauce
- White queso
- 4.75 tsp salt, 1 tsp pepper
- ½ tsp red pepper flakes
- 4 tsp baking powder
- 1 tsp baking soda

## Other

- 4 tbsp chia seeds
- 4 dates
- 4 tbsp semi-sweet chocolate chips
- 1 cup canned pumpkin
- Cooked white rice
- ¼ cup sliced pepperoncini

***Be sure to check the recipe page to see what you might want to serve certain dishes with (examples are rice, naan bread, or pita bread).***



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## Snickers Overnight Oats

- 1 1/2 cup plain 0% fat Greek yogurt
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/4 cup peanut butter powder +1 tbsp
- 1 cup milk of choice
- 1 1/2 cups old fashioned rolled oats
- salt
- 4 tbsp chia seeds
- 4 dates
- 1/4 cup water, hot
- 4 tbsp semi-sweet chocolate chips
- 1 tsp coconut oil
- Optional crushed peanuts for topping

## Italian Bean Salad

- 1 (15oz.) canned garbanzo beans (chickpeas)
- 1 (15oz.) canned white beans, we use cannellini
- 5 oz. sliced salami
- 1 large red bell pepper
- 1/4 cup sliced pepperoncini
- 1/4 cup red onion
- 1/2 cup fresh basil
- 6 oz. mozzarella pearls
- 1/3 cup Italian dressing
- 1 large clove garlic
- 1 tbsp oregano
- 1/2 tsp red pepper flakes, optional
- 1 tsp salt
- 1 tbsp lemon juice

## Cottage Cheese Meatballs

- 1 lb lean ground beef or bison
- 1/2 c 2% low fat cottage cheese
- 1/2 cup parmesan
- 1/2 cup panko
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tbsp Italian seasoning
- 1 jar marinara sauce (28-32oz)
- 1/2 c panko
- 1/2 c parmesan
- 3 tsp olive oil
- 5-6 basil leaves
- For serving: pasta or garlic bread

## High Protein Pizza

- 2 cup cottage cheese
- 2 cup all purpose flour
- 3 tsp baking powder
- 1/4 tsp salt
- 2 tbsp Italian seasoning
- 2 tsp garlic powder
- 2 cup pizza sauce
- 3 cup shredded mozzarella

## Crack Chicken Bowls

- 4 chicken breasts, boneless & skinless
- 1 tbsp oil
- 1 1/4 tsp salt & 1/2 tsp pepper
- 1 tbsp chili powder
- 1/4 c orange juice
- 1 head of kale
- 1 tbsp oil
- 1/4 tsp salt and pepper
- 1/2 red onion
- 1 cup water
- 1 cup white vinegar
- 1 tsp honey
- Pinto beans
- White queso
- Chipotle sauce
- Cooked white rice

## Pumpkin Protein Muffins

- 1/2 cup almond flour
- 1 3/4 cups all purpose flour
- 1 tsp cinnamon
- 1 tbsp pumpkin pie spice
- 1 tsp baking powder
- 1 tsp baking soda
- 1.25 tsp salt
- 2.5 tsp vanilla extract
- 1 cup maple syrup
- 1 cup canned pumpkin
- 1/2 cup greek yogurt
- 2 large eggs
- 8 oz cream cheese
- 1 egg

# mini meal prep

✨ ✨ **The goal of this mini-prep** is to break down any prep into 15-minute increments so you can do it whenever you have time. There's no need to set aside a full hour or to prep everything; just do what you can! ✨ ✨

## Recipes to prep

### 1. Snickers Overnight Oats

a. make it (10 minutes)

### 2. Italian Bean Salad

a. make the salad (15 minutes)

### 3. Pumpkin Protein Muffins

a. make the muffin batter (15 minutes)

b. bake them! (20 minutes)

## If you have time, it would be nice to...

- slice and dice the vegetables
- make the rice for the crack chicken bowls

## Mika's meal prep tips

**Chop everything while making dinner.** If you already have the cutting board out to make the Italian bean salad, why not chop all the other vegetables at the same time?! For example, chop an entire onion at once, use half for the current recipe and half for dinner later.

**Use a vegetable chopper:** Chopping so many veggies can be tedious, so to save time, I use this [vegetable chopper](#) from Amazon (affiliate link), which saves me SO much time. My cousin said it saves him nearly 2 hours' worth of prep time for the kitchen he works in! And use a blender to mince the carrots and broccoli!

**Don't stress** if you don't have the time to prep everything. Simply make it on Monday for dinner! And if you don't have any time, use the flex recipe included in the PDF. They utilize leftovers to have dinner ready in 15 minutes flat.

**makes: 4 servings**

**time: 10 min**

**meal prep it!**

# Snickers Overnight Oats

## ingredients

- 1 1/2 cup plain 0% fat Greek yogurt
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/4 cup peanut butter powder
- 1 cup milk of choice
- 1 1/2 cups old fashioned rolled oats
- 1/4 tsp salt
- 4 tbsp chia seeds

## Caramel Layer

- 4 dates
- 1/4 cup water, hot
- 1 tbsp peanut butter powder
- 1/8 tsp salt

## Chocolate Topping

- 4 tbsp semi-sweet chocolate chips
- 1 tsp coconut oil
- Optional crushed peanuts for topping



**nutrition** 442cal 19P 15F 60C 9g fiber

**MyFitness Pal entry:**

JTTF Snickers Overnight Oats

## instructions

1. **Combine:** In a bowl, mix all the oat ingredients until well combined. Divide the mixture between four jars. For the caramel layer, put dates in hot water and let them soak while you make the oats (about 5 minutes).
2. **Make the caramel layer:** Use a fork to mash the softened dates. Once roughly mashed, add the peanut butter powder and salt. Continue mashing until a paste forms. If you prefer a sweeter caramel, you can add 1 tsp of maple syrup. Carefully layer this on top of the oats (split evenly between the 4 jars).
3. **Make the chocolate coating:** Heat the chocolate chips and coconut oil in the microwave in 30 second increments, stirring between each time. Repeat until totally melted. This usually takes 2-3 rounds for me. Pour about 1 tbsp of the mixture over each jars caramel layer and then spread it to the edge with a spoon to make a single layer of chocolate.
4. **Chill:** Pop lids on the jars and let them sit in the fridge for at least 6 hours but preferably overnight to set up. Enjoy cold!

**Storage:** These will keep in their air tight jars for up to 5 days in the fridge.

## mika's notes

If you don't have peanut butter powder, you can use equal amounts of peanut butter and omit any added water.

To make it dairy free, use Siggis plant-based yogurt in place of Greek yogurt.

**makes: 4 servings**

**time: 15 min**

**dairy free**

# Italian Bean Salad

## ingredients

- 1 (15oz.) canned garbanzo beans (chickpeas), drained & rinsed
- 1 (15oz.) canned white beans, we use cannellini beans
- 5 oz. sliced salami, cut into cubes
- 1 large red bell pepper, diced
- ¼ cup sliced pepperoncini, chopped
- ¼ cup red onion, thinly sliced
- ½ cup fresh basil, thinly sliced
- 6 oz. mozzarella pearls, the whole pack

## Dressing

- ⅓ cup Italian dressing, homemade or store bought
- 1 large clove minced garlic
- 1 tbsp oregano
- ½ tsp red pepper flakes, optional
- 1 tsp salt
- 1 tbsp lemon juice

## instructions

1. **Drain and dry the beans:** Drain and rinse the beans and then use a paper towel to carefully dry them as best you can. Cannellini beans are very tender so be extra careful with them.
2. **Make the dressing:** In a large bowl, mix together the Italian dressing, minced garlic, oregano, red pepper flakes, salt, and lemon juice.
3. **Combine:** Add all the salad ingredients to the bowl with the dressing and gently mix using a spatula until everything is well coated.

## mika's notes

**Storage:** This will keep in an airtight container for up to 5 days in the fridge.

**Serve it with:** This is meant to be enjoyed like you would a pasta salad so I think it's great on it's own. But, you could eat it with chicken sausage or grilled chicken too!



**nutrition** 525cal 29P 25F 48C 10g fiber

**MyFitness Pal entry:** JTTF Italian Bean Salad

**makes: 4 servings**

**time: 30 min**

**so much flavor**

# Crack Chicken Bowls

## ingredients

- 4 chicken breasts, boneless & skinless
- 1 tbsp oil
- 1 tsp salt & 1/2 tsp pepper
- 1 tbsp chili powder
- ¼ c orange juice or juice from 1 orange

### Crispy Kale

- 1 head of kale, stem removed and chopped into bite sized pieces
- 1 tbsp oil
- ¼ tsp salt and pepper

### Pickled Red Onions

- ½ red onion sliced thinly (a mandolin is great here)
- 1 cup water
- 1 cup white vinegar
- 1 tsp honey
- ¼ tsp salt

### Toppings

- Pinto beans - heated
- White queso - warmed
- Chipotle sauce
- Cooked white rice



**nutrition** 557cal 58P 18F 38C 7g fiber

**MyFitness Pal entry:** JTTF Crack Burrito Bowls

## instructions

1. **Marinate the chicken** in a large ziplock bag by adding the chicken, oil, salt, pepper, chili powder, and orange juice. Seal and squeeze the bag to mix everything. Leave this in the fridge for 15 minutes to 24 hours.
2. **Make rice** as you normally would.
3. **Make the kale** by preheating the oven to 375 degrees. Toss the kale with the oil, salt, and pepper. Spread into an even layer on a baking sheet. Bake for 10ish minutes, but watch closely so it doesn't burn. Remove and let it cool - it'll continue to crisp up as it cools.
4. **Make the pickled onions** by mixing those ingredients in a glass jar or bowl. Store in the fridge until ready to use.
5. **Grill the chicken:** Take it out of the bag, discard excess marinade, and grill for 5-8 minutes per side. Check that it's reached an internal temperature of at least 165 degrees before removing it, and then let it rest for 5 minutes before slicing. You can also bake it in the oven at 425 degrees for 15-25 minutes (depending on how large or thick the chicken breast is)
6. **Plate everything up:** The rice, heated pinto beans, pickled red onions, kale, and chicken, and top with white queso and chipotle sauce of choice.

## mika's notes

**Store** the bowl components all together except the chipotle sauce and the red onions. Everything else is delicious heated up together. Then top with red onions and chipotle sauce.. It's great for lunch meal prep this way!

**makes: 6 servings**

**time: 30 min**

**no fuss meal**

# Cottage Cheese Meatballs

## ingredients

### Meatball Ingredients

- 1 lb lean ground beef or bison
- ½ c 2% low fat cottage cheese
- ½ cup fresh grated parmesan
- ½ c panko
- 1 tsp garlic powder
- 1 tsp salt
- ½ tbsp Italian seasoning

### Topping

- 1 jar marinara sauce (28-32oz)
- 1/2 c panko
- 1/2 c parmesan
- 3 tsp olive oil
- 5-6 basil leaves, thinly sliced

## serve with

*(not included in nutrition calculations)*

- pasta of choice
- toasty bread
- in a meatball sub



## nutrition

**336cal 33P 14F 17C 4g fiber**

**MyFitness Pal entry:** JTF Cottage Cheese Meatballs

## instructions

1. **Preheat the oven** to 400 degrees.
2. **Prepare the meatballs** by mixing together all the meatball ingredients. Then, shape the mixture into 16-20 small meatballs. I use a 1.5 tbsp cookie scoop to do this. Place them in a large, oven safe skillet. It's ok if they are tight together.
3. **Bake** for 20-25 minutes. Gently loosen from the bottom of the pan. While they bake mix the panko, olive oil, and parmesan together.
4. **Add the sauce** directly to the meatballs when they're done baking and stir to combine.
5. **Spread with breadcrumb mixture** evenly over the meatballs and bake another 5 minutes, turning the broiler on the last 2-3. Watch carefully as it burns quick! Remove and enjoy!

## mika's notes

**Storage:** These will keep in the fridge for up to 4 days in an airtight container. If you have leftovers, use them on the pizza in the next recipe!

**Feel free to swap** the beef for ground turkey.

**makes: 4-6 servings**

**time: 30 min**

**flex meal**

# High Protein Pizza

## ingredients

- 2 cup cottage cheese
- 2 cup all purpose flour
- 3 tsp baking powder
- 1/4 tsp salt
- 2 tbsp Italian seasoning
- 2 tsp garlic powder
- 2 cup pizza sauce
- 3 cup shredded mozzarella

## Optional (*not included in nutrition calculations*)

- Any leftover cottage cheese meatballs
- Pepperoni and basil

## additions

*(not included in nutrition calculations)*

- Feel free to get creative with the toppings! Pineapple, hot honey, mushrooms, anything goes!



**nutrition** 602cal 39P 20F 66C 5g fiber

**MyFitness Pal entry:** JTTF Cottage Cheese Pizza

## instructions

1. **Preheat the oven** to 400 degrees and place a large baking tray inside while the oven heats. Preheating the tray ensures the bottom of the pizza cooks evenly.
  2. **Prepare the dough by** first blending the cottage cheese until smooth and creamy. Then, mix the dry ingredients in a bowl. Finally, add the cottage cheese to the dry ingredients and mix until a dough forms. If the dough is too sticky, knead more flour.
  3. **Shape the dough:** Tape two pieces of parchment paper on your counter (or use a silicon mat). Divide the dough in half (or into four portions for personal-sized pizzas). Roll out the dough as thinly as possible, using a rolling pin or a cup. Add extra flour if the dough sticks.
  4. **Bake the crust** by first carefully removing the preheated baking tray from the oven and carefully place the parchment paper with the pizza dough on it. Bake for 6 minutes and then carefully remove. Repeat with the remaining dough.
  5. **Top the partially baked crust with** sauce, leftover meatballs if using, any other desired toppings, and then finish with a layer of cheese.
  6. **Return to the oven** for 10-12 minutes, broiling the last 1-2 for a nice bubbly cheesy top.
- Storage:** Any leftovers can be kept in the fridge for up to 4 days. Reheat them in the oven or airfryer to get them nice and crisp again.

## flex meal!

This recipe is intended to use up any leftovers you have. Add chopped up meatball on top, salami or red onion from the bean salad, and anything else you might have.

**makes: 12 muffins**

**time: 30 min**

**a fall favorite**

# Starbucks Pumpkin Protein Muffins

## ingredients

- ½ cup almond flour
- 1 ½ cups all purpose flour
- 1 tsp cinnamon
- 1 tbsp pumpkin pie spice
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp vanilla extract
- ¾ cup maple syrup
- 1 cup canned pumpkin
- ½ cup greek yogurt
- 2 large eggs

## Filling

- 8 oz cream cheese, softened
- 3 tbsp maple syrup
- 2 tbsp flour
- 1 egg
- 1 ½ tsp vanilla extract
- ¼ tsp of salt



## nutrition

**254cal 7P 11F 26C 3g fiber**

**MyFitness Pal entry:** JTTF Pumpkin Muffins

## instructions

1. **Preheat the oven** to 350 degrees. Line a muffin tin any muffin liner you prefer. It's nice to have bakery style (high sides) liners but not necessary.
2. **Combine all the dry** ingredients in a large bowl.
3. **In a separate bowl, mix the wet ingredients.** Pour this into the dry ingredients and mix until a thick batter forms.
4. **Fill the muffin tin.** Transfer the batter into the lined muffin cups, filling them almost to the top. Use all the batter, as these are meant to be bakery style muffins with a nice rise.
5. **Use a hand mixer to beat together** the cream cheese filling ingredients in a bowl. Transfer this to a piping bag or to a ziplock bag. Cut the tip off. Squeeze approximately 2 tbsps of the filling into the center of each muffin. Or just roughly split it evenly between 12 muffins. When filling the muffins, they will expand further - this is good, we like lots of filling! Just keep piping until you've used all the cream cheese filling!
6. **Bake the muffins** for 20 minutes at 350 degrees or until golden brown. Remove from the oven and let cool for 5 minutes before letting them cool completely on a wire rack.

## mika's notes

**Storage:** Store these in the fridge for up to 7 days in an airtight container. Enjoy cold or reheat them. You can also freeze them for up to 3 months and reheat from frozen.



# example 100g of protein

total: 1872cal 211C / 70F / 100P (35Fiber)

## breakfast

- 1 snickers overnight oats
- coffee with creamer

## lunch

- Italian bean salad

## dinner

- meatballs + protein  
Barilla spaghetti

## snack/dessert

- 1 pumpkin protein muffin
- mixed berries

# example 130g of protein

total: 1988cal 203C / 73F / 130P (34 Fiber)

## breakfast

- 1 snickers overnight oats
- coffee with creamer

## lunch

- Italian bean salad

## dinner

- crack chicken bowl

## snack/dessert

- 1 pumpkin protein muffin
- 1/2 cup greek yogurt +  
mixed berries + honey (for  
snack)

**A note about carbs:** I understand these may seem higher than what you're used too, but this is the required carb intake for those active 10-20 hours a week. This includes walking, running with the kiddos, gym workouts and more. You can easily omit higher calorie things like avocado, toast, rice, etc to better fit your needs!

### a little nutrition disclaimer

All information and tools presented and written within this PDF are intended for informational and educational purposes only. Mika is a NASM-certified nutrition coach but not a registered dietitian, and any nutritional information in this pdf should only be used as a general guideline. Statements within this pdf have not been evaluated or approved by the Food and Drug Administration. Joy to the Food, LLC offers nutritional information for recipes contained in this pdf. This information is provided as a courtesy and is an estimate only. This information comes from online calculators. Although Joy to the Food attempts to provide accurate nutritional information, these figures are only estimates. Varying factors, such as product types or brands purchased, can change the nutritional information in any given recipe. Also, different online calculators can provide different results.