



A decorative banner with a light blue background. It features a row of colorful, cartoon-style food icons: a slice of Swiss cheese, an avocado, a strawberry, a smiling sun, another slice of Swiss cheese, a chicken, another strawberry, and another avocado. Below the icons is a white rectangular box with the text "HIGH PROTEIN MEAL PLANS" in bold black letters. Underneath that box is the text "BY JOY TO THE FOOD" in black letters. At the bottom of the banner is a dark teal box with the text "citrus-forward" in white letters. The banner is also decorated with smaller icons of a fried egg, a chicken, and a strawberry.



 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

- 2 bunch cilantro
- 1 bunch green onions
- 2 avocado
- 3 limes
- 1 yellow onion
- 2 red onion
- 7 cloves garlic
- 2 bell peppers, any color
- 1 cup shredded cabbage
- ½ c shredded carrots
- 1 pineapple
- 2 naval orange² or 2 cans mandarin oranges

dairy

- 7 eggs
- 1/2 cup cottage cheese
- 4 slices American cheese (or cheese of choice)
- 1 & 3/4 cup plain, low fat 0% Greek yogurt
- ½ cup unsalted butter
- 2 tbsp mayo

meat & seafood

- 8 chicken breakfast sausage links or patties
- 3 chicken breasts
- 1.5 lb large raw shrimp peeled and deveined
- 2 lbs boneless skinless chicken thighs
- 1 pound ground bison or lean beef

pantry goods

- 1/2 cup avocado oil
- 1/4 cup white vinegar or rice vinegar
- 3 tbsp soy sauce
- ⅔ cup honey
- 3 tbsp honey mustard (or yellow)
- ⅔ cup maple syrup
- 1/2 cup cashew butter
- 2 tsp vanilla
- 1 cup semi-sweet chocolate chunks
- flaky sea salt (optional)
- 1 tsp baking soda
- 6 tsp salt
- 1/4 tsp pepper
- 3 tbsp chili powder
- 1.5 tsp smoked paprika
- 1/4 tsp ground ginger
- 1/4 tsp garlic powder
- 1/4 tsp cayenne powder
- 2 tsp Worcestershire sauce (or soy sauce)
- 6 tbsp tomato paste
- 1 15 oz can tomato sauce
- 1 can coconut milk
- 1 can chipotles in adobo sauce

grains & breads

- 4 low carb 5-6" tortillas
- 2 cups white rice
- 1 ⅔ cup almond flour
- 2/3 cup hemp hearts or hemp flour
- 4 hamburger buns (optional)

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



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.



wake up wraps

- 4 low-carb flour tortillas (5-6")
- 6 eggs
- 1/4 tsp salt and 1/4 tsp pepper
- 1/2 c cottage cheese
- 8 chicken breakfast sausage links or patties
- 4 slices American cheese (or cheese of choice)

cashew chicken salad

- 2 tbsp avocado oil
- 1/4 c rice vinegar
- 3 tbsp soy sauce
- 2 tbsp honey
- 2 tbsp light mayo or tahini
- 1 tablespoon orange zest
- 4 chicken breasts
- 1 cup shredded cabbage
- 1/2 c shredded carrots
- 1 diced bell pepper
- 1 bunch cilantro, chopped
- 4 green onions, chopped
- 1/2 cup chopped cashews
- 1/2 tsp salt
- 1 15 oz can mandarin oranges or 1 naval orange

sloppy joes

- 1 pound ground bison or lean beef
- 1 yellow onion (medium, finely diced)
- 2 cloves garlic (minced)
- 1 green bell pepper
- 1 teaspoon salt
- 2 1/2 tablespoon chili powder
- 1 1/2 teaspoon smoked paprika
- 3 tablespoon tomato paste
- 1 1/2 cup tomato sauce (unflavored, 15 oz can)
- 1 tablespoon pickling liquid (optional)
- 2 teaspoon Worcestershire sauce
- 3 tablespoons honey mustard
- 3 tablespoons maple syrup (100% pure)
- 4 hamburger buns

shrimp pineapple bowls

- 1.5 pound large raw shrimp peeled and deveined
- 1/4 cup + 2 tbsp olive oil or avocado oil
- 1/2 pineapple
- 1/2 red onion
- 1 avocado
- 1 tbsp lime juice
- 1/4 cup honey
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne powder
- 2 teaspoon chili powder
- 1 teaspoon salt
- 2 cups white or jasmine rice
- 1 1/2 cups water
- 1 can coconut milk

sheet pan Al Pastor-inspired chicken

- 2 lbs boneless skinless chicken thighs
- 1/2 pineapple
- 1 large chipotle in adobo sauce
- 3 tbsp tomato paste
- 5 cloves garlic
- 1/4 c honey
- 2 tsp salt
- rice or tortillas for serving
- 1/2 red onion
- 2 limes
- 1 avocado
- 1 bunch cilantro
- 1.5 c Greek yogurt

high protein chocolate chip cookie

- 1/2 cup unsalted butter room temp
- 1/2 c maple syrup
- 1/2 c cashew butter
- 1 egg
- 2 tsp vanilla
- 1 2/3 c almond flour
- 2/3 c hemp hearts
- 1/4 c low fat plain greek yogurt
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup semi sweet chocolate chunks
- Flaky sea salt for topping

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. wake up wraps

- a. make the chicken sausage (10 minutes)
- b. make the eggs (10 minutes)
- c. make the wraps (10 minutes)

2. cashew chicken salad

- a. make the chicken (15 minutes)
- b. make the salad (30 minutes)

3. protein chocolate chip cookies

- a. make the cookie dough (10 minutes)
- b. bake the cookies (15 minutes)

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

- mix together the spices and sauces for the sloppy joes
- mix together the hot honey dressing for the shrimp bowls
- chop the pineapple and veggies

Mika's meal prep tips

Use the microwave or air fryer to make the chicken sausage for the wake up wraps. This speeds up the process of making them drastically! I can make all 4 in just 15 minutes with the help of these appliances.

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!

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 SOS recipes included throughout the PDF. They utilize leftovers to make a few recipes that are ready in 15 minutes flat.

makes: 4 wraps

time: 25 min

meal prep it!

Wake Up Wraps

ingredients

- 4 low-carb flour tortillas (5-6") (high-fiber)
- 6 eggs
- 1/4 tsp salt and 1/4 tsp pepper
- 1/2 c cottage cheese
- 8 chicken breakfast sausage links or patties
- 4 slices American cheese, or cheese of choice

swaps & additions

(not included in nutrition calculations)

- I love American cheese for these, but feel free to use what you like!
- You can also use a turkey sausage in place of the chicken sausage.
- Try salsa or sauce for dipping!



nutrition

354cal 30P 18F 9C 9g fiber

serving size: 1 wrap

MyFitness Pal entry: JTTF Wake Up Wrap

instructions

1. **Preheat the oven** to 350 degrees and line a baking sheet with parchment paper.
2. **Make the chicken sausage** either in the air fryer, the microwave, the oven, or on the stove top. These are almost always precooked (which is what we want), so we just need to reheat the sausage. Dice when done.
3. **Scramble the eggs** in a pan with **salt & pepper**. Add the **cottage cheese and diced sausage** when the eggs are almost done. Remove from heat when done.
4. **Assemble** the wraps on a baking sheet. Lay the **tortillas** flat, place a slice of **cheese** on one half of each tortilla and top with egg mixture. Fold over the tortillas and gently press down to keep the tortillas in place.
5. **Bake** the wraps for 5 minutes or until the cheese is melty and the tortillas are golden.

Storage & reheating: Store these wraps in the fridge for up to 5 days in an air tight container. Store them with the cheese side down to prevent the tortillas from getting soggy from the eggs. Reheat them on the stove top in a skillet or in the microwave.

mika's notes

Enjoy these with a side of pico de gallo or your favorite sauce!

You can also make these in a skillet on the stove top if you just want one. Just fry for a few minutes on each side like you would a quesadilla.

Cashew Chicken Salad

ingredients

Sauce

- 2 tbsp avocado oil
- ¼ c rice vinegar
- 3 tbsp soy sauce
- 2 tbsp honey
- 2 tbsp light mayo or tahini
- 1 tablespoon orange zest

Salad

- 4 chicken breasts
- 1 cup shredded cabbage
- ½ c shredded carrots
- 1 diced bell pepper
- 1 bunch cilantro, chopped
- 4 green onions, chopped
- ½ cup chopped cashews
- ½ tsp salt
- 2 cans of mandarin oranges (drained and chopped) or 2 large oranges, diced

Optional for serving (*not included in nutrition calculations*)

- tortilla chips
- pita chips
- lettuce cups

instructions

1. **Cook the chicken breasts** in the oven at 350 degrees F for 25 minutes. Then remove, let cool, and shred finely so it's broken into small pieces.
2. **Mix** the sauce ingredients in a jar and stir it all together.
3. **Add everything** to a large bowl and mix well to coat in the sauce evenly.
4. **Store for up to 5 days** in the fridge in an airtight container. Enjoy as it is, with tortilla chips, or in a lettuce wrap.

mika's notes

Shred your chicken by either using a stand mixer with the paddle attachment or with a hand mixer. You need to push the beaters into the chicken a bit to get it started but then it goes quick!

You can also make the chicken in the Instant pot by cooking it on high with 1 cup of bone broth for 12 minutes (or 14 minutes if frozen).

Feel free to swap or add things that you have in the fridge. Things like white or red onion instead of chives, just carrots or cabbage, agave instead of honey.

Store the salad for up to 4 days in the fridge in an air tight container. The sauce tends to settle to the bottom, thus drying out the rest. So, give it a good toss before enjoying again.



nutrition

542cal 33P 31F 37C 7g fiber

Makes: 4-5 lunches

MyFitness Pal entry: JTTF Cashew Chicken Salad

makes: 4-5 lunches

time: 25 min

makes: 4 servings

time: 25 min

a quick dinner

Shrimp Pineapple Bowls

ingredients

- 1.5 pound large raw shrimp peeled and deveined
- 1/4 cup + 2 tbsp olive oil or avocado oil
- 1/2 pineapple, diced
- 1/2 red onion, diced
- 1 avocado, diced
- 1 tbsp lime juice
- 1/4 cup honey
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne powder
- 2 teaspoon chili powder
- 1 teaspoon salt
- 2 cups white or jasmine rice
- 1 1/2 cups water
- 1 can coconut milk



nutrition

701cal 28P 44F 54C 5g fiber

serves: 4

MyFitness Pal entry: JTTF Shrimp Pineapple Bowls

instructions

1. **Thaw the shrimp** if needed.
2. **Make the rice** by adding the **rice, water, and coconut milk** to a stock pot and cooking as you normally do. You can also make it in the instant pot by cooking it on high for 4 minutes. Finish with **1/4 tsp of salt**, stir, and fluff.
3. **Make the sauce** by combining **1/4 c oil, 1/4 c honey, 1/4 tsp ground ginger, 1/4 tsp garlic powder, 1/4 tsp cayenne powder, 2 tsp chili powder, and 1/2 tsp salt** in a small jar.
4. **Marinate the shrimp** in a bowl with half of the sauce for 10 minutes. Heat a skillet over medium heat. I prefer a cast iron for this.
5. **Make the pineapple salsa** while the shrimp marinades. Combine the **pineapple, red onion, 2 tbsp oil, avocado, lime juice, and 1/4 tsp salt**. Store in the fridge until ready to eat.
6. **Make the shrimp** by sautéing them with the sauce for just a few minutes on each side. You'll know they are done when they are soft and pink. Plate it all together to serve and finish with a drizzle of the remaining sauce.

mika's notes

I don't recommend precooked shrimp because its almost always over-cooked when you get it. This leads to rubbery shrimp and no one likes that.

Store the components to this dinner separately if you have leftovers. The shrimp will last 2-3 days in an air tight container but the rice and salad will last 4 days.

To reheat rice, add a splash of water to the serving you water to reheat. Heat in the microwave for 30-60 seconds and it'll be perfectly soft again!

makes: 6 servings

time: 30 min

family favorite

Al Pastor Chicken (pineapple marinated)

ingredients

- 2 lbs boneless skinless chicken thighs, pat dry
- 1/2 pineapple, diced (or whatever is left from the shrimp bowls)
- 1 large chipotle in adobo sauce + 2 tbsp sauce
- 3 tbsp tomato paste
- 5 cloves garlic
- 1/4 c honey
- 2 tsp salt
- 1/2 red onion, diced
- 2 limes
- 1 avocado
- 1 bunch cilantro, diced
- 1.5 c Greek yogurt

serve with

(not included in nutrition calculations)

- rice or tortillas



nutrition

564cal 50P 26F 42C 7g fiber

serves: 6

MyFitness Pal entry: JTTF Al Pastor Chicken

instructions

1. **Blend** the chipotles (with the sauce), tomato paste, garlic, honey, salt, and half the pineapple until smooth. Or, finely diced everything and mix.
2. **Marinate the chicken** in the sauce in a large bowl or plastic bag for at least 10 minutes or up to 24 hours.
3. **Preheat the oven** to 425 degrees and line a large rimmed sheet tray.
4. **Lay the chicken thighs on the tray** with some of the sauce on top. Bake for 15-20 minutes or until the internal temp reaches 160 degrees. Half way through, sprinkle the remaining pineapple on the pan.
5. **Broil the chicken and pineapple** on high for 5 minutes or until slightly charred. Check the temp has reached 165 degrees then remove.
6. **Squeeze** 1-2 juicy **limes** over the chicken and sprinkle with **cilantro**. Then dice and serve with **avocado, red onion, and Greek yogurt**. Leftovers will keep for up to 4 days in the fridge. Just try to store the components separate.

SOS meal

If you just don't have time to cook, use your leftovers! Grab any leftover rice and top with the chicken cashew salad, or use a tortilla and enjoy a shrimp taco. Top this pineapple chicken over the coconut rice and serve with leftover pineapple salsa.

makes: 4 servings

time: 30 min

hearty and easy

Sloppy Joes

ingredients

- 1 pound ground bison or lean ground beef
- 1 yellow onion, medium, finely diced
- 2 cloves garlic, minced
- 1 green bell pepper
- 1 teaspoon salt
- 2 ½ tablespoon chili powder
- 1 ½ teaspoon smoked paprika
- 3 tablespoon tomato paste
- 1 ½ cup tomato sauce, unflavored, 1 15oz can
- 1 tablespoon pickling liquid, optional
- 2 teaspoon Worcestershire sauce
- 3 tablespoons honey mustard
- 3 tablespoons maple syrup, 100% pure or brown sugar
- 4 hamburger buns (optional)

serve with

(not included in nutrition calculations)

- hamburger buns
- chips (to use the sloppy joes as a dip)
- over a bowl of rice

instructions

1. **Brown the bison** over medium-high heat in a large saute pan or heavy bottom pot (like a Dutch oven) for 5-7 minutes until mostly cooked through.
2. **Add the chopped onion, green peppers, and minced garlic** to the pan. Saute until softened (about 3 minutes).
3. **Add the remaining spices, tomato sauce, tomato paste, pickling liquid, Worcestershire sauce, honey mustard, and maple syrup.** Mix to combine.
4. **Reduce to low heat** and let this mixture simmer for 10 minutes for the flavors to meld. Then plate up the sloppy joe mixture with your favorite serving option and enjoy!

mika's notes

If you have any time before hand, put the sauce ingredients together in a jar. This speeds up the process drastically since bison and lean ground beef cook so quickly.

Pickling liquid can be literally anything you have in your fridge that's pickled or brined. Jalapeños, olives, pickles, banana peppers, etc. Or, you can use white vinegar.

Store leftovers in the fridge for up to 5 days in an air tight container.



nutrition

310cal 26P 10F 30C 5g fiber

serves: 4

MyFitness Pal entry: JTTF Sloppy Joes

makes: 12 servings

time: 45 min

great snack

High Protein Chocolate Chip Cookie

ingredients

- ½ cup unsalted butter room temp
- ½ c maple syrup
- ½ c cashew butter, runny
- 1 egg
- 2 tsp vanilla
- 1 ⅔ c almond flour
- ⅔ c hemp hearts or hemp flour
- ¼ c low fat plain greek yogurt
- 1 tsp baking soda
- ½ tsp salt
- 1 cup semi sweet chocolate chunks
- Flaky sea salt for topping

swaps

- Feel free to use any chocolate chips you like.
- Almond butter can replace the cashew butter.
- There is no substitute for almond flour because it reacts so differently than any other flour.

instructions

1. **In a large bowl, beat the butter** until fluffy (about 1 minute). Then mix in the **maple syrup, cashew butter, egg, vanilla, and Greek yogurt** until well combined.
2. **Mix in the almond flour, hemp flour, baking soda, salt, and chocolate chunks.**
3. **Let the dough chill** in the fridge for 30 minutes (overnight is fine too) to stiffen up and rehydrate.
4. **Preheat the oven** to 350 degrees and line a cookie sheet with parchment paper or silicon mat.
5. **Use a cookie scoop or spoon to scoop out** 12 even balls. This ends up being about 1.5 scoops from a standard cookie scoop. Gently roll into balls (the less we handle the dough, the better).
6. **Bake** for 8 minutes; remove the cookies and slam/drop the pan on the counter twice to flatten them a bit. Return to the oven for another 5 minutes or until the edges are just set and golden. Remove from the oven and slam on the counter once more. Then let them cool for at least 15 minutes (super important when working with gluten free baked goods) to continue baking and firm up.
7. **Top with flaky sea salt** and use a spatula to carefully remove the cookies from the tray. They are very tender, so the spatula is super helpful. Enjoy!

mika's notes

If your butter isn't softened, you can partially melt it and mix the batter together. Then, put the batter in the freezer for 30 minutes or in the fridge overnight to firm it up.

Store these cookies in an air tight container for up to a week in the fridge. Let them cool completely before storing.



nutrition

374cal 11P 25F 30C 3g fiber

serving size: 1 cookie

MyFitness Pal entry: JTTF Protein Cookies



example 100g of protein

total: 2036cal 142C / 120F / 103P (26 Fiber)

breakfast

- 1 wake up wrap
- coffee with creamer

lunch

- cashew chicken salad

dinner

- shrimp pineapple bowl

snack/dessert

- 1 protein cookie
- 1/2 cup mixed berries

example 140g of protein

total: 2327cal 154C / 130F / 140P (28 Fiber)

breakfast

- 1 wake up wrap
- coffee with creamer

lunch

- cashew chicken salad

dinner

- shrimp pineapple bowl
- 2/3 c plain Greek yogurt
(as a bowl topping)

snack/dessert

- 1/2 c cottage cheese with
1/2 c mixed berries
- 1 PaleoValley beef stick
- 1 protein cookie

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.