



HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

Cozy & creamy



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.



Dairy & Cheese

- 4.5 cups plain Greek yogurt
- 1 cup cottage cheese
- 1 cup grated parmesan cheese
- ½ cup mozzarella cheese, shredded
- ¼ cup heavy cream
- 3 oz crumbled feta cheese
- 1 cup skim milk

Protein & Meat

- 1 cup egg whites
- 1 egg
- 5 boneless, skinless chicken thighs
- 4 cups shredded rotisserie chicken or 4 cans chicken packed in water, drained
- 2 salmon filets
- 1 pound ground beef, bison, turkey, or Italian sausage

Produce & Legumes

- 1 standard cucumber
- 1 red onion
- 1 small yellow onion, diced
- 9 cloves garlic
- ½ cup red grapes, halved
- ⅓ cup diced celery
- ¼ cup chopped pecans
- 2 tbsp diced fresh tarragon (about 5 sprigs)
- 3 full-size carrots, grated
- 1/4 cup baby tomatoes
- 2 tsp fresh dill or freeze-dried dill
- 1 head of lettuce
- 8 tbsp lemon juice
- 1/2 cup basil leaves, thinly sliced
- 1 can chickpeas

Condiments, Sweeteners & Spices

- ½ cup monk fruit maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 2 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- ¼ tsp red pepper flakes (optional)
- 1 tbsp zaatar or oregano
- 1 tsp Dijon mustard
- 1 tbsp Italian seasoning

Grains and Baking

- 2 cups rolled oats
- 1 cup oat flour
- 1.5 cups orzo
- 6-8 oz lasagna noodles or frilly noodles (like Campanella, bowtie, or Cascatelli)
- 4 whole wheat burrito-sized tortillas
- Pita or naan bread
- ¼ cup coconut sugar (brown sugar works too)
- ½ cup semi-sweet chocolate chips



Fats & Oils

- 4 tbsp butter
- 2 tbsp avocado oil
- 1 tsp coconut oil
- 1/4 cup mayo

Other

- 1 24 oz jar pasta sauce
- 3 cups chicken bone broth
- ½ cup peanut butter, no added salt
- 2/3 cup peanut butter powder
- ⅓ cup crushed peanuts
- 1/3 cup tzatziki sauce
- 1/4 cup chia seeds
- 1/4 cup hemp seeds

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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Cinnamon Roll Baked Oats

- 2 cups rolled oats
- 1 cup egg whites
- ¼ cup chia seeds
- ¼ cup hemp seeds
- 3 cups plain Greek yogurt, non-fat
- ¼ cup monk fruit maple syrup sweetener
- 1 cup skim milk (or milk of choice)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp salt
- 2 tbsp melted butter
- ¼ cup coconut sugar (brown sugar works too)

Tarragon Chicken Salad Wraps

- 4 whole wheat burrito-sized tortillas
- 8 pieces of lettuce from a head of lettuce
- 4 cups shredded rotisserie chicken or 4 cans chicken packed in water (drained)
- ½ tsp garlic powder
- 2 tbsp lemon juice
- ¼ cup mayo
- 1/3 cup plain Greek yogurt, non-fat
- 1 tsp Dijon mustard
- ½ cup red grapes, halved
- 1/2 red onion
- ¼ cup chopped pecans
- ⅓ cup diced celery
- 2 tbsp diced tarragon fresh (about 5 sprigs)
- Salt and pepper to taste

One Pot Salmon Alfredo

- 2 salmon filets
- ½ teaspoon salt
- ½ teaspoon pepper (add more as needed)
- 2 tablespoon Butter
- 2 cloves garlic (minced)
- 1.5 cups orzo
- 2.5 cups chicken bone broth
- ⅔ cup parmesan
- 1 egg
- ¼ cup heavy cream
- ¾ cup plain Greek yogurt, non-fat
- Optional: red pepper flakes or cajun can be added for more spice

Sheet Pan Gyros

- 5 boneless, skinless chicken thighs
- 2 tbsp avocado oil
- 6 tbsp lemon juice
- 1/4 tsp salt & pepper (each)
- 1 can chickpeas
- 1 standard cucumber
- 1/2 red onion
- 1/4 c baby tomatoes
- 3 cloves garlic, minced
- 1 tbsp zaatar or oregano
- 2 tsp freeze-dried or fresh dill
- 3 oz crumbled feta cheese
- Pita or naan bread
- Tzatziki sauce

High Protein Lasagna Pasta

- 1 pound ground beef/bison (or turkey or Italian sausage)
- 4 cloves garlic
- 1 small yellow onion, diced
- 3 full-size carrots, grated
- ¼ tsp red pepper flakes (*optional*)
- 1 tbsp Italian seasoning
- 1 24 oz jar pasta sauce
- 1/2 cup bone broth (any kind)
- 6-8 oz frilly noodles or lasagna noodles (like Campanella, bowtie, or Cascatelli)
- 1 c cottage cheese
- ½ c mozzarella cheese, shredded
- 1/4 cup grated parmesan
- 1/2 cup of basil leaves, thinly sliced

Peanut Butter Protein Truffles

- 2/3 cup peanut butter powder
- 1 cup oat flour
- 1/2 cup peanut butter, no added salt
- ¼ cup plain Greek yogurt, non-fat
- ¼ cup monk fruit maple syrup
- ¼ tsp salt (or as needed)
- ½ cup semi-sweet chocolate chips
- 1 tsp coconut oil
- 1/3 cup crushed peanuts or a few tablespoons of 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. Cinnamon Roll Baked Oats

- a. Mix it all together (10 minutes)
- b. Pop it in the oven (bakes for 35 minutes) or cover and store up to 12 hours in the fridge before baking

2. Tarragon Chicken Wraps

- a. Shred the rotisserie chicken (10 minutes)
- b. Mix it all together (5 minutes)

3. Peanut Butter Protein Truffles

- a. make them (15 minutes)

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

- roll the chicken wraps (10 minutes)
- chop the veggies for the dinner recipes (15 minutes)

Mika's meal prep tips

Chop everything while making dinner. The tarragon wrap, gyros, and lasagna all call for chopped veggies. why not chop all them at the same time?! For example, chop an entire onion at once and 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!

Don't stress if you don't have the time to prep everything. Simply make some of the prep items on Monday for dinner! They utilize leftovers to have dinner ready in 20 minutes.

makes: 6 servings

time: 40 minutes

one pan wonder

cinnamon roll baked oats

ingredients

- 2 cups rolled oats
- 1 cup egg whites
- ¼ cup chia seeds
- ¼ cup hemp seeds
- 1 ½ cups plain Greek yogurt, non-fat
- ¼ cup monk fruit maple syrup sweetener (can use regular maple syrup if ok with higher carbs)
- 1 cup skim milk (or milk of choice)
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp salt
- 2 tbsp melted butter
- ¼ cup coconut sugar (brown sugar works too)
- Top with an additional 1 ½ cups of Greek yogurt for more protein.



nutrition 361cal 25P 13F 38C 5g fiber

MyFitness Pal entry:

JTTF Cinnamon Roll Protein Baked Oats

instructions

1. **Prep:** Preheat the oven to 350 degrees and grease a 9x13 baking dish.
2. **Mix:** In the baking dish, mix together the 2 cups rolled oats, 1 cup egg whites, 1/4 cup chia seeds, 1/4 cup hemp seeds, 1.5 cups plain Greek yogurt, 1/4 cup monk fruit maple syrup sweetener, 1 cup skim milk, 1 tsp vanilla extract, 1/2 tsp salt, and 1 tsp cinnamon. In a small bowl, mix the 2 tbsp melted butter and 1/4 cup coconut sugar. Dollop this over the top of the oat mixture evenly.
3. **Bake:** Bake for 30-35 minutes or until all the liquid has absorbed.
4. **Enjoy:** Let it cool slightly, then cut it into 6 large slices (I know, big, beautiful servings). Enjoy with a dollop of the remaining 1.5 cups plain Greek yogurt (about 1/4 cup per slice).

mika's notes

Storage: Store this in the fridge for up to a week in an airtight container or freeze for up to 3 months. You can either reheat it for 45 seconds to a minute in the microwave or enjoy it cold.

makes: 4 servings

time: 15 min

meal prep it

tarragon chicken salad wrap

ingredients

4 whole wheat burrito size tortillas (or low carb tortillas or Lavash wraps for less carbs)

8 pieces of lettuce from a head of lettuce (optional but nice for meal prepping)

Chicken Salad

4 cups shredded rotisserie chicken or 4 cans chicken packed in water (drained)

½ tsp garlic powder

2 tbsp lemon juice

¼ cup mayo

⅓ cup plain Greek yogurt, non-fat

1 tsp Dijon mustard

½ cup red grapes, halved

½ red onion

¼ cup chopped pecans

⅓ cup diced celery

2 tbsp diced tarragon fresh (about 5 sprigs)

Salt and pepper to taste (I use ¾ tsp salt and ½ tsp pepper)



nutrition 567cal 49P 26F 34C 3g fiber

MyFitness Pal entry: JTF tarragon chicken wrap

instructions

- Mix:** Combine the chicken salad ingredients in a large bowl. I like to mix everything but the grapes using a hand mixer to help break up the chicken and then fold in the grapes.
- Roll:** Place your tortillas on individual pieces of parchment paper or foil. Place about 1 cup of mix in the center of the tortilla. If you plan to meal prep this for more than 2 days, lay down a layer of lettuce leaves on the tortilla first to protect it from getting soggy. Fold the sides of the tortilla in and then roll! It's also helpful to wrap with the foil as you roll to hold it all together.

Storage: These wraps will keep for 2 days in the fridge without the lettuce layer and up to 4 days with it. Keep them in an airtight container or plastic bag if the foil or parchment wrap isn't very tight.

mika's notes

Canned Chicken: This ingredient gets a bad rap but it's great for chicken salads! If you're concerned about added ingredients, just look for one without added salt and that's packed in water.

Swap the grapes: If you don't like grapes, try this salad with dried cranberries or chickpeas.

serves: 4

time: 30 min

works with chicken too

one pot salmon alfredo

ingredients

- 2 salmon filets
- ½ teaspoon salt
- ½ teaspoon pepper (add more as needed)
- 2 tablespoon Butter
- 2 cloves garlic (minced)
- 1.5 cups orzo
- 2.5 cups chicken bone broth
- ⅔ cup parmesan
- 1 egg
- ¼ cup heavy cream
- ¾ cup plain Greek yogurt, non-fat
- additional salt and pepper to taste (taste and adjust as needed at the end)
- Optional: red pepper flakes or cajun can be added for more spice



nutrition

565cal 43P 23F 45C 2g fiber

MyFitness Pal entry: JTTF Salmon Alfredo

instructions

1. **Make the salmon:** Sprinkle half the salt and pepper into a large cold nonstick skillet. Place the two salmon filets skin-side down (if applicable) on the skillet. Set the pan over medium heat to render the fat. Season the top with the remaining salt and pepper. Cook until the salmon is halfway done, then flip and cook for 2 minutes per side once the pan is hot. Remove the salmon when the internal temperature reaches 145°F, cover with foil, and set aside.
2. **Make the orzo:** In the same skillet, melt butter over medium heat and sauté the garlic until fragrant. Stir in the orzo and toast for 1-2 minutes. Slowly add chicken broth, stirring occasionally, and simmer until the liquid is absorbed. In a small bowl, mix parmesan and egg; set aside. Remove skillet from heat, stir in the parmesan-egg mixture until creamy, then add heavy cream and Greek yogurt.
3. **Combine:** Adjust seasoning as needed. Return the salmon to the skillet and serve together. Enjoy!

Storage: Best served fresh but can be stored in an airtight container in the fridge for up to 3 days. Reheat the orzo slowly over low heat with a splash of broth to restore its creamy texture.

mika's notes

Chicken option: Feel free to use rotisserie chicken or chicken breast in this alfredo.

Flavor Options: The flavor of alfredo is garlic and pepper. Should you want different flavors, consider adding red pepper flakes or cajun seasoning in addition to the called for spices.

makes: 4 servings

time: 30 min

lunch or dinner

Sheet Pan Gyros

ingredients

- 5 boneless, skinless chicken thighs
- 2 tbsp avocado oil
- 6 tbsp lemon juice
- 1/4 tsp salt & pepper (each)
- 1 can chickpeas, drained & dried well with a paper towel
- 1 standard cucumber
- 1/2 red onion
- 1/4 c baby tomatoes
- 3 cloves garlic, minced
- 1 tbsp zaatar or oregano
- 2 tsp freeze-dried or fresh dill
- 3 oz crumbled feta cheese

serve with

(not included in nutrition calculations)

- Pita or naan bread
- Tzatziki sauce



nutrition

452cal 38P 26F 21C 6g fiber

servings size: a little over 1 chicken thigh

MyFitness Pal entry: JTTF Sheet Pan Gyros

instructions

1. **Prepare the chicken:** Toss the **chicken thighs** in **avocado oil**, **1/4 c lemon juice**, and **salt and pepper**, and store in the fridge while the oven preheats.
2. **Preheat the oven** to 425 degrees and grab a large sheet tray. Spread the chicken evenly on the tray and sprinkle the **chickpeas** around. Drizzle with a little more oil, salt, and pepper.
3. **Bake for 25-30 minutes.** After 20-25 minutes, check the internal temperature of the chicken, then broil on high for 3-5 minutes until the top is crispy. When done, the chicken should be 160-165 degrees. It will continue to cook once removed from the oven.
4. **While it bakes, make the salad** by dicing and combining the **cucumber, red onion, baby tomatoes, minced garlic, zaatar (or oregano), 1 tablespoon lemon juice, and salt** to taste. Store in the fridge until ready to use.
5. **Serve:** Chop the chicken (if desired) and serve with the salad and **crumbled feta** over rice, in a pita pocket, or with naan bread.

mika's notes

Store leftovers in the fridge for up to 4 days. Just keep the salad separate from the chicken and chickpeas.

Reheat the chicken and chickpeas and then serve with cold salad. This is awesome for meal prep!

Use a meat thermometer if you want juicy chicken!

If you're looking for step by step photos, you can see a very similar recipe here:

<https://joytothefood.com/sheet-pan-chicken-gyros/>

makes: 6 servings

time: 30 min

family favorite

Skillet High Protein Lasagna Pasta

ingredients

- 1 pound ground beef/bison (or turkey or Italian sausage)
- 4 cloves garlic
- 1 small yellow onion, diced
- 3 full-size carrots, grated
- ¼ tsp red pepper flakes (*optional*)
- 1 tbsp Italian seasoning
- 1 24 oz jar pasta sauce
- 1/2 cup bone broth (any kind)
- 6-8 oz frilly noodles or lasagna noodles (like Campanella, bowtie, or Cascatelli)
- 1 c cottage cheese
- ½ c mozzarella cheese, shredded
- 1/4 cup grated parmesan
- 1/2 cup of basil, thinly sliced

serve with

roasted broccoli (1/2 of broccoli floret)



nutrition

474cal 32P 14F 53C 8g fiber

serving size: about 1.5 cups of pasta

MyFitness Pal entry: JTTF Skillet Protein Lasagna

instructions

1. **Brown the ground beef** over medium heat in a large, deep stock pot, like a Dutch oven. After it releases some of its fat, stir in the **onion, garlic, and carrots**. When the beef is nearly done, add the **Italian seasoning and red pepper flakes** (if using). Stir to combine.
2. **When the beef is done**, pour in the **pasta sauce and bone broth**. Stir to combine. Pour in the **dry pasta**. If using lasagna noodles, break them into 1" pieces. Use a spoon to press the pasta down into the sauce so it's completely covered. You may need to maneuver the pasta around the beef to get it completely covered. Add more bone broth if needed to cover the pasta fully, but not too much because we want a thick pasta sauce!
3. **Bring to a boil**, then reduce to a simmer and cook covered for 10-12 minutes or until the pasta is soft but still has a bite to it (al dente).
4. **Stir in the cottage cheese**, then top with **mozzarella and parmesan**. Cover once more and continue to cook until the cheese has melted (2-3 minutes). Top with **fresh basil**. Store leftovers in the fridge for 5 days or the freezer for 3 months.

how to roast broccoli

I like to eat this lasagna with a side of roasted broccoli. The best way to roast it is to toss the florets in oil, salt, pepper, and garlic powder. Spread them on a sheet tray and bake at 400 degrees for 10ish minutes. Broil the last 2 minutes for a nice char.

makes: 16 balls

time: 15 minutes

kid-favorite!

peanut butter protein truffles

ingredients

Peanut Butter Filling

- 1/2 cup peanut butter powder
- 1 cup oat flour
- 1/2 cup peanut butter, no added salt
- 1/4 cup plain Greek yogurt, non-fat
- 1/4 cup monk fruit maple syrup
- 1/4 tsp salt (or as needed)

Chocolate Coating

- 1/2 cup semi-sweet chocolate chips
- 1 tsp coconut oil
- 2 tbsp peanut butter powder
- 1/3 cup crushed peanuts or a few tablespoons of flaky sea salt for topping



nutrition

134cal 6P 7F 14C 3g fiber

MyFitness Pal entry:

JTTF Peanut Butter Truffles

instructions

1. **Make the peanut butter filling:** Mix peanut butter filling ingredients until fully combined (it will be thick). Line a sheet tray with parchment or a silicone mat.
2. **Flash freeze:** Scoop 16 balls onto the tray using a 1.5" cookie scoop or two spoons. Dip the scoop/spoons in water to prevent sticking. Freeze for 10-15 minutes while preparing the chocolate coating.
3. **Make the chocolate coating:** Melt chocolate chips and coconut oil in a bowl, microwaving in 30-second intervals and stirring each time (1-1.5 minutes total). Stir in peanut butter powder.
4. **Dip:** Coat frozen peanut butter balls in melted chocolate using a fork. Place on the lined tray, sprinkle with flaky sea salt or crushed peanuts, and freeze for 15 minutes to set.

Storage: Store in the fridge for up to 2 weeks or freezer for up to 3 months in an airtight container. (Best kept in the freezer.)

mika's notes

Maple syrup: Feel free to use regular maple syrup! It just increases the carbs.

Hand mixer: I find it easiest to mix the filling with a hand mixer because of how thick it is.



example 116g of protein

total: 1636cal 151C / 65F / 116P (23 Fiber)

breakfast

- 1 serving cinnamon roll baked oats

lunch

- tarragon chicken wrap

dinner

- lasagna pasta
- 1 cup roasted broccoli

snack/dessert

- 1 peanut butter truffle
- 1 cup air popped popcorn

example 145g of protein

total: 1951cal 169C / 80F / 145P (19Fiber)

breakfast

- 16 oz skim milk latte
- cinnamon roll baked oats
- 1/2 cup Greek yogurt

lunch

- tarragon chicken wrap

dinner

- salmon alfredo
- 1 cup roasted broccoli

snack/dessert

- 2 peanut butter truffles

A note about carbs: I understand these may seem higher than what you're used to, but this lines up with carb needs 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.