



HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

Mediterranean-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 white onion
- 1 red onion
- 1 English cucumber
- 4 garlic cloves
- 3 tablespoons lemon juice
- 3.5 tablespoons fresh dill
- shredded lettuce
- diced pickles,
- 1 cup baby tomatoes

dairy

- 18 oz Cottage cheese 2%
- ½ c Greek yogurt plain 0%
- ¼ c mayo
- 8 oz Gruyere Cheese
- 12 slices white cheddar
- ½ cup feta
- 1 tbsp milk of choice

meat & seafood

- 9 eggs
- 5 slices bacon
- 2 12.5 oz canned chicken (or 4 chicken breasts, shredded)
- 2 pounds ground lean beef or bison
- 1 pound ground turkey

fats and oils

- 2 tablespoon butter
- ¾ c cashew butter

grains & beans

- 4 low carb small flour tortillas (6")
- 12 Hawaiian rolls
- 1.25 cups Banza chickpea rice (the whole bag) or orzo
- 1/2 c almond flour
- 1 cup oat flour
- 2 cans chickpeas

condiments & sauces

- 4 tablespoons Thousand Island dressing
- 4 teaspoons yellow mustard
- 2 tablespoon ketchup
- 1 tablespoon Worcestershire sauce
- ½ teaspoon soy sauce
- 2.5 cups bone broth
- 1/4 c maple syrup

spices & pantry staples

- 2.25 teaspoons salt
- 1.25 teaspoons pepper
- 1 teaspoon red pepper flakes
- 2 teaspoons dried oregano
- 1 teaspoon parsley
- 5 tbsp white cane sugar
- 1 tsp cinnamon
- 5 tbsp all purpose flour
- ½ tsp brown sugar

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).



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.



bacon cottage cheese egg bake

- 9 eggs
- 16 oz Cottage cheese 2%
- 8 oz Gruyere Cheese **See notes for substitution options
- ½ white onion
- 5 slices bacon
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon red pepper flakes
- 5 tbsp all-purpose flour

gyro chicken salad

- 2 12.5 oz canned chicken, drained (or 4 chicken breasts, shredded)
- ½ c Greek yogurt plain 0%
- ¼ c mayo
- ½ of English cucumber or (1 small cucumber or 3 mini)
- ½ red onion
- 1 can of chickpeas
- 1.5 tablespoons lemon juice
- 2 tablespoons dill (minced, fresh or dried)
- 2 cloves garlic minced
- ¼ teaspoon salt

gyro skillet

- 1.25 cup Banza chickpea rice (the whole bag)
- 2.5 cups bone broth
- 1 pound lean ground beef or bison
- 2 garlic cloves (minced)
- 1 teaspoon salt
- ½ teaspoon Red pepper flakes
- 2 teaspoons dried oregano
- 1 can chickpeas (drained)
- ½ c diced English cucumber
- 1.5 tablespoons fresh dill (minced, dried is fine)
- Juice from half a lemon
- ½ cup feta
- ½ c baby tomatoes
- ½ red onion (diced)
- of salt and pepper

baked ground turkey sliders

- 1 pound ground turkey
- ¼ cup cottage cheese
- 2 tablespoon ketchup
- 1 tablespoon Worcestershire sauce
- ¾ teaspoon salt
- ½ teaspoon pepper
- ⅛ cup white onion diced (or yellow onion)
- 12 Hawaiian rolls (or brioche mini buns)
- 8 slices white cheddar
- 1 tablespoon butter
- 1-2 cloves garlic (minced)
- 1 teaspoon parsley (minced or dried)
- Salt and pepper (to taste)

animal style smash tacos

- 4 low carb flour tortillas (6")
- 1 pound lean ground beef or bison
- 6 teaspoons yellow mustard
- ½ yellow onion (or white, diced)
- 1 tablespoon butter
- ¼ teaspoon salt and pepper (each)
- ½ teaspoon brown sugar (or coconut sugar)
- ½ teaspoon soy sauce (low sodium if preferred)
- 6 slices white cheddar cheese
- 6 tablespoon Thousand Island dressing
- shredded lettuce, diced pickles, diced tomato

snickerdoodle protein balls

- ½ cup almond flour
- 1 cup oat flour
- ¾ cup drippy cashew butter
- 2 tbsp cane sugar
- ¼ cup maple syrup
- 1 tbsp milk, as needed
- ¼ tsp salt
- 1 tsp cinnamon
- 3 tbsp cane sugar

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. gyro chicken salad

- a. make the chicken (15 minutes)
- b. chop the veggies (10 minutes)

2. gyro skillet

- a. make the salad (10 minutes)

3. snickerdoodle protein balls

- a. make the protein balls (15 minutes)

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

- brown the turkey for the ground turkey sliders
- make the bacon & caramelized onions for the egg bake

Mika's meal prep tips

Make all the bacon: I'll make the full pack of bacon with the onions for the egg bake for dinner. Then it only takes 5 minutes to get the egg bake in the oven. The extra bacon can be enjoyed with a broccoli chicken casserole, breakfast for dinner, and more.

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 recipe included on the Gyro Skillet Salad page. This utilizes leftovers to make a meal ready in 15 minutes flat.

makes: 6 slices

time: 1 hour

Starbucks copycat!

Bacon Cottage Cheese Egg Bake

ingredients

- 9 eggs
- 16 oz Cottage cheese 2%
- 8 oz Gruyere Cheese **See notes for substitution options
- 5 tbsp all purpose flour
- ½ white onion
- 5 slices bacon
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon red pepper flakes, optional

swaps & additions

(not included in nutrition calculations)

- Feel free to use pre-cooked chicken sausage or breakfast sausage in place of bacon.

instructions

1. **Preheat the oven** to 425°F. Lay bacon and diced onions on a foil-lined tray and bake for 15 minutes or until crispy. Remove bacon and onions.
2. **Make a steam bath** by reducing the oven to 350°F. Place a rimmed baking dish on the bottom rack. Boil a pot of water and carefully pour this into the rimmed baking dish. This creates a steamy environment that gives the creamy texture of Starbucks egg bites!
3. **Blend** eggs, cottage cheese, flour, half the gruyere, salt, pepper, and red pepper flakes until smooth (45-60 seconds).
4. **Assemble** by pouring the egg mixture into a greased 8x10 baking dish. Sprinkle the crumbled bacon and onions evenly over the eggs, then stir lightly to distribute. Top with the remaining shredded gruyere.
5. **Bake for 45 minutes** on the upper rack and leave the pan filled with water beneath. When done, the center should be set but slightly jiggly. Broil for the last 5 minutes for a golden finish.

Storage & reheating: This cheesy egg bake is perfect for make-ahead breakfasts. To refrigerate, let it cool to room temperature, cover, and store for up to 7 days. Reheat in the microwave for 1 minute per slice or in the oven at 350°F for 20 minutes. For freezer storage, wrap the cooled bake in plastic wrap and foil, and freeze for up to 1 month. When ready to eat, bake from frozen at 350°F for 1.5 hours, or thaw overnight in the fridge and reheat for 20-30 minutes.

mika's notes

Make these into egg bites by baking the mixture in muffin tins. Bake or 25 minutes or until just set. Makes 12 bites.

Gruyere substitute: Feel free to use any white cheddar, pepper jack, colby jack, or sharp cheddar cheese.



nutrition

413cal 31P 26F 13C 1g fiber

serving size: 1 slice or 2 muffin cups

MyFitness Pal entry: JTTF Starbucks Egg Bake

makes: 4 lunches

time: 25 min

meal prep it!

Gyro Chicken Salad

ingredients

- 2 - 12.5 oz canned chicken, drained (or 4 chicken breasts, shredded)
- ½ c Greek yogurt plain 0% fat
- ¼ c mayo
- ½ of English cucumber, diced (1 small cucumber or 3 mini)
- ½ red onion, diced
- 1 can of chickpeas, drained
- 1.5 tablespoons lemon juice juice from half a lemon
- 2 tablespoons dill (minced, fresh or dried)
- 2 cloves garlic minced
- ¼ teaspoon salt

serve with

chips

on a sandwich

in a wrap



nutrition

360cal 32P 21F 13C 3g fiber

serving size: about 1 cup

MyFitness Pal entry: JTTF Gyro Chicken Salad

(not included in nutrition calculations)

instructions

1. **Dice** the ½ **English cucumber** and ½ **red onion** small into bite-sized pieces.
2. **We used canned chicken** for this recipe. However, you can cook and shred your own chicken if you prefer. If you want to cook your own, do that now.
3. **Combine vegetables** with the shredded or canned **chicken**, ½ **c Greek yogurt**, ¼ **c mayo**, **1 can of chickpeas**, **1.5 tablespoons lemon juice**, **2 tablespoons dill**, **2 cloves garlic**, and ¼ **teaspoon salt** until well mixed and the chicken is broken up.
4. **I like to chill it** for a bit before serving but you can enjoy it right away with pita chips, in a wrap, sandwich, or however else you enjoy!

mika's notes

Always taste and add more salt, pepper, or lemon juice as needed throughout making it.

makes: 6 servings

time: 30 min

family favorite

Baked Ground Turkey Sliders

ingredients

- 1 pound ground turkey
- ¼ cup cottage cheese, 2%
- 2 tablespoon ketchup
- 1 tablespoon Worcestershire sauce
- ¾ teaspoon salt
- ½ teaspoon pepper
- ⅛ cup white onion diced (or yellow onion)
- 12 Hawaiian rolls (or brioche mini buns)
- 8 slices white cheddar (or gruyere or yellow cheddar)

Garlic Butter

- 1 tablespoon butter melted
- 1-2 cloves garlic (minced)
- 1 teaspoon parsley (minced or dried)
- Salt and pepper (to taste)

instructions

1. **Preheat the oven to 350 degrees.**
2. **Brown 1 lb ground turkey** in a medium skillet. When it's almost done, mix in the 2 tablespoons **ketchup**, 1 tablespoon **Worcestershire sauce**, ¾ teaspoon **salt**, and ½ teaspoon **pepper** and cook till done.
3. **Mix in** the ¼ cup **cottage cheese** and 2 of the 8 slices **white cheddar** until melted.
4. **Slice the 12 Hawaiian rolls** (while still intact) horizontally. Evenly spread the turkey mixture over the bottom buns, top with ⅛ cup diced **white onion** and the remaining 6 of the 8 slices **white cheddar**. Top with the top buns.
5. **Make the garlic butter** mixture by combining 1 tablespoon melted **butter**, 1-2 **cloves garlic**, 1 teaspoon **parsley**, and **Salt and pepper** to taste (about a pinch). Brush this over the top of the buns.
6. **Bake for 10 minutes.** Then, cover with foil and bake for another 10 minutes. Then remove, let cool, and enjoy!

mika's notes

These sliders are best enjoyed right away because the buns will get soggy over time.

If you want to meal prep them, keep the turkey mixture separate and just assemble when ready to eat.



nutrition

448cal 34P 20F 34C og fiber

serving size: 2 sliders

MyFitness Pal entry: JTTF Ground Turkey Sliders

makes: 4 servings

time: 25 min

make it your own

Animal Style Smash Tacos

ingredients

- 4 low carb flour tortillas (6")
- 1 pound lean ground beef or bison (divided into 4 balls)
- 4 teaspoons yellow mustard
- ½ yellow onion (or white, diced)
- 1 tablespoon butter
- ¼ teaspoon salt and pepper (each)
- ½ teaspoon brown sugar (or coconut sugar)
- ½ teaspoon soy sauce (low sodium if preferred)

Toppings

- 4 slices white cheddar cheese
- 4 tablespoon Thousand Island Dressing
- shredded lettuce, diced pickles, diced tomato



nutrition 369cal 33P 19F 18C 7g fiber

serving size: 1 taco

MyFitness Pal entry: JTTF Smash Tacos

instructions

1. **Caramelize ½ yellow onion** in a skillet with 1 tbsp **butter** over low heat for 15 minutes. After 5 minutes, add ½ tsp **brown sugar**, ¼ tsp **salt and pepper**, and ½ tsp **soy sauce**. Cook until soft and fragrant. Remove from skillet.
2. **Portion 1 lb ground beef** into 4 balls (about 3 oz each). Heat your skillet over high heat. Place 1 tsp **mustard** on the skillet and place a beef ball on top.
3. **Place a tortilla** on top of the beef ball and press it firmly down using a heavy plate or pan to flatten it. Cook for 1 minute, then press again to push out excess grease and get those crispy edges. Cook another 2-3 minutes until crispy, then flip.
4. **Top with cheese** and cook for 2 more minutes. Remove with a metal spatula, and serve with your **favorite toppings**, including the **Thousand Island Dressing**.

mika's notes

For more protein, try our [high protein burger sauce](#).

Swap the beef for turkey or bison. This recipe calls for a lean ground beef which I consider anything with a 90/10 ratio or better.

makes: 4 servings

time: 30 min

lunch or dinner

Gyro Skillet Salad

ingredients

the casserole

- 1.25 cup Banza chickpea rice (the whole bag) or orzo
- 2.5 cups bone broth
- 1 pound ground beef
- 2 garlic cloves (minced)
- 1 teaspoon salt
- ½ teaspoon Red pepper flakes
- 2 teaspoons dried oregano

the salad

- 1 can chickpeas (drained)
- ½ c diced English cucumber
- 1.5 tablespoons fresh dill (minced, dried is fine)
- Juice from half a lemon
- ½ cup feta
- ½ c baby tomatoes (halved, about 15 baby tomatoes)
- ½ red onion (diced)
- of salt and pepper (to taste, start with ¼ teaspoon of each)



nutrition

457cal 33P 28F 18C 5g fiber

serving size: about 2 cups

MyFitness Pal entry: JTTF Gyro Skillet

instructions

1. **Heat a pan** over medium with **oil**, and sauté 2 **garlic cloves** until fragrant. Add 1 tsp **salt**, ½ tsp **red pepper flakes**, and 2 tsp **dried oregano**, and sauté for 30 seconds.
2. **Cook 1 lb ground beef** until browned. Stir in 2.5 cups **bone broth** and 1.25 cups **Banza chickpea rice**. Cover, bring to a boil, then simmer until the liquid is absorbed. Add more broth if needed or let excess liquid evaporate by uncovering.
3. **Make the salad** while the rice cooks by tossing **all salad ingredients** in a large bowl. Taste and season with **salt** and **pepper**.
4. **Spoon the beef** and rice onto plates and top with salad. For dinner parties, you can serve the salad in the middle of the casserole, but keep them separate for easier reheating.

Store the salad separate from the beef mixture. When you want to enjoy it, reheat the beef mixture and top with the cold salad.

SOS meal

If you're in need of a quick dinner, grab your gyro chicken salad and serve it with the salad from this recipe. It will all come together in just 15 minutes. You can also serve this recipe's salad portion with a baked chicken breast or air fryer salmon patty.

makes: 8 servings

time: 5 min

kid favorite

Snickerdoodle Protein Balls

ingredients

- ½ cup almond flour
- 1 cup oat flour
- ¾ cup drippy cashew butter
- 2 tbsp cane sugar
- ¼ cup maple syrup
- 1 tbsp milk, as needed
- ¼ tsp salt

Coating

- 1 tsp cinnamon
- 3 tbsp cane sugar

swaps

- Use additional oat flour or hemp flour in place of almond flour. They will just have less protein.
- You can reduce the sugar by using half the amount of maple syrup in the balls. Just add more milk as needed.

(not included in nutrition calculations)



nutrition

223cal 8P 10F 27C 2g fiber

serving size: 2 balls

MyFitness Pal entry: JTTF Snickerdoodle Protein Balls

instructions

1. **Add everything for the balls**, except the milk, to a large bowl. Use a hand mixer to mix until well combined.
2. **Add the milk if the batter is too dry** and mix again. It should be scoop-able and hold together when pressed but not wet.
3. **Mix together** the coating ingredients in a bowl.
4. **Shape the dough** into 16 balls. I like to use a 1.5tbsp cookie scoop for this. Roll each one in the cinnamon sugar coating mixture. Enjoy right away or store in the fridge.

mika's notes

The consistency is key for protein balls. We're looking for a moist batter, slightly dryer than a standard cookie dough.

A hand mixer (or stand mixer) and a cookie scoop will seriously speed up the process!



example 102g of protein

total: 1675cal 129C / 86F / 102P (14 Fiber)

breakfast

- 1 slice egg bake
- coffee with creamer

lunch

- 1 serving gyro chicken salad
- 1/2 apple
- 10 pita chips

dinner

- 2 turkey sliders
- roasted brussels sprouts

snack/dessert

- 2 snickerdoodle protein balls
- 1 cup lesser evil popcorn

example 141g of protein

total: 2069cal 143C / 106F / 141P (26 Fiber)

breakfast

- 1 slice egg bake
- coffee with creamer

lunch

- 1 serving gyro chicken salad
- 1 apple
- 10 pita chips

dinner

- 2 smash tacos

snack/dessert

- 2 snickerdoodle protein balls
- 1 cup lesser evil popcorn

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.