



HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

Saucy Skillets



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 sweet potato
- 2 yellow onions
- 2 bell peppers
- 1 avocado
- 2 large Honeycrisp apples
- 1 pack basil
- 13 garlic cloves
- ½ cup sun-dried tomatoes (packed in oil or water)

Protein

- 1 pound breakfast sausage
- 1 pound ground bison (or lean beef 85% or 90%)
- 1 lb Italian turkey sausage (or pork)
- 4 6 oz chicken breasts
- 15 eggs
- 1 - 15 oz can chickpeas, drained
- 1.5 cups turkey pepperoni (1- 6 oz package)

Grains

- ⅓ cup rolled oats (quick cook or traditional)
- 1.5 cups all-purpose flour
- ½ cup almond flour
- 12 slices of bread of choice (I love sourdough)
- ½ cup hemp seeds (hemp hearts)

Liquids

- 1 ⅓ cups maple syrup
- 3 tablespoons avocado oil
- 1 cup chicken bone broth
- 1 cup apple sauce

dairy

- 1.75 cups 4% low-fat cottage cheese
- 1 cup fresh parmesan (block preferred)
- 1 cup Italian cheese blend (or a mixture of shredded mozzarella and parmesan)
- 1 cup heavy cream
- 8 oz cream cheese
- 1 cup Greek yogurt (low-fat, plain)

Condiments and Spices

- ½ cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tablespoon yellow mustard (or honey or mild Dijon)
- 1 small can chipotle peppers in adobo
- 3.75 teaspoons salt
- 1 ¼ teaspoons pepper
- 1 teaspoon chili powder
- ½ teaspoon oregano
- ¾ teaspoon crushed red pepper flakes
- 1 teaspoon cinnamon
- 1 teaspoon Italian seasoning
- 2 teaspoons vanilla extract
- 1 tsp baking powder
- 1 tsp baking soda

Other

- 1 cup powdered sugar
- 3 cups marinara or pizza sauce (24 oz jar)
- 1 15 oz can crushed tomatoes
- 12 oz riced cauliflower (frozen)

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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Maple Sausage Breakfast Skillet

- 1 sweet potato
- ½ yellow onion
- 1 tablespoon avocado oil
- 2 tablespoons maple syrup (pure)
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 pound breakfast sausage
- 1 bell pepper (any color is fine)
- 6 eggs
- ¼ cup cottage cheese
- 1 avocado
- 1/4 cup low-fat, plain Greek yogurt
- Optional squeeze of a lime

Eggs In Purgatory

- 1 tbsp avocado oil
- ½ tsp salt
- ¼ tsp pepper
- 4 garlic cloves, minced
- ¼ tsp of red pepper flakes
- ½ yellow onion, diced
- 1 bell pepper, diced (any color)
- 1 can crushed tomatoes (15 oz)
- 1 cup marinara sauce
- 1 15 oz can chickpeas, drained
- 6 eggs
- ½ c Grated parmesan for serving
- ½ pack of Basil, thinly sliced
- 8 slices of bread of choice (I love sourdough)

Bison Meatloaf

- ⅓ cup rolled oats (quick cook or traditional)
- ⅓ cup heavy cream (or vegan alternative)
- ¼ teaspoon pepper
- ¾ teaspoon salt
- 1 tablespoon avocado oil (or olive oil or butter)
- 1/2 yellow onion
- 3 cloves garlic
- 1 pound ground bison (or lean beef 85% or 90%)
- 1 egg
- 1 tablespoon Worcestershire sauce
- ½ cup ketchup
- ½ tablespoon pure maple syrup (or brown sugar)
- 1 tablespoon yellow mustard (or honey or mild Dijon)
- ½ tablespoon chipotle peppers in adobo (finely diced)

Pizza Bowl

- 1 lb Italian Turkey sausage (or pork)
- 1/2 of a yellow onion, diced
- 2 cloves garlic
- 1 teaspoon Italian seasoning
- ½ teaspoon pepper
- ½ teaspoon salt
- 1.5 cups turkey pepperoni (1 - 6 oz package)
- 2 cups marinara sauce or pizza sauce (24 oz jar)
- 1 cup Italian cheese blend (or a mixture of shredded mozzarella and parmesan)
- 1 cup low-fat 4% cottage cheese
- 12 oz (about 2 cups) riced cauliflower (frozen)

Tuscan Chicken

- 2 tablespoon butter (unsalted)
- 4 cloves garlic
- ½ teaspoon salt, oregano, crushed red pepper flakes (each)
- ¼ teaspoon ground black pepper
- ½ cup sun-dried tomatoes (packed in oil or water)
- 1 cup chicken bone broth
- ½ cup heavy cream
- ½ cup cottage cheese
- ½ cup parmesan (freshly grated)
- ¼ cup basil (chopped and packed)
- 4 6oz Chicken breast

High Protein Apple Cake

- ½ cup almond flour
- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- ½ cup hemp seeds (hemp hearts)
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 3/4 cup maple syrup
- 1 cup apple sauce
- ½ cup 0% fat-free greek yogurt
- 2 eggs
- 2 large honey crisp apples
- 8 oz cream cheese
- ¼ cup Greek yogurt
- ¼ cup maple syrup
- 1 cup powdered sugar
- 1 tsp vanilla

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. Maple Sausage Breakfast Skillet

- a. make the scrambled eggs (10 minutes)
- b. chop the veggies (10 minutes)

2. Pizza Bowl

- a. brown the sausage (10 minutes)
- b. chop the veggies (5 minutes)

3. Apple Protein Cake

- a. make the cake batter (10 minutes)
- b. make the frosting (5 minutes)

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

- slice and dice any dinner vegetables
- bake the apple protein cake

Mika's meal prep tips

Chop everything while making dinner. If you already have the cutting board out to make the breakfast skillet, why not chop all the other vegetables 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 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: 30 min

meal prep it!

Maple Sausage Breakfast Skillet

ingredients

- 1 sweet potato (diced into ¼-1/2" cubes, peeling optional)
- ½ yellow onion (diced)
- 1 tablespoon avocado oil
- 2 tablespoons maple syrup (pure)
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 pound breakfast sausage
- 1 bell pepper (any color is fine, diced)
- 6 eggs
- ¼ cup cottage cheese
- 1 avocado
- 1/4 cup low-fat, plain Greek yogurt
- Optional squeeze of a lime



nutrition 674cal 35P 49F 24C 5g fiber

MyFitness Pal entry:

JTTF Maple Breakfast Skillet

instructions

1. **Heat the avocado oil** in a skillet over medium heat. Add the sweet potatoes and onions, and sauté them for 2-3 minutes or until the onions soften. Stir in the maple syrup, chili powder, and salt, cooking for an additional 30 seconds to coat the vegetables evenly.
2. **Add the breakfast sausage** to the skillet with the sweet potatoes and onions. Break up the sausage as it cooks, making sure it cooks evenly throughout.
3. **Once the sausage is fully cooked**, stir in the bell peppers. Cover the skillet and let it cook for 10-12 minutes or until the sweet potatoes are soft and thoroughly cooked.
4. **In a separate bowl**, whisk the eggs and cottage cheese together. Cook the mixture in a separate skillet over low to medium heat while the peppers and potatoes finish cooking. Stir occasionally until the eggs are soft scrambled.
5. **Combine the sausage and vegetable** mixture with the scrambled eggs. Serve immediately, topping each portion with ¼ avocado and 1 tablespoon of Greek yogurt. Alternatively, divide the sausage and veggie mixture into 4 individual airtight containers for meal prep. Store the avocado and Greek yogurt separately. When ready to eat, reheat the sausage and veggie mixture, then top with fresh avocado and Greek yogurt. If desired, squeeze a bit of lime juice on the avocado to prevent browning.

mika's notes

The Greek yogurt is acidic, so it also helps prevent the avocado from browning!

While this bowl is delicious warm, it's also tasty cold as a last minute on the go breakfast.

makes: 4 servings

time: 30 min

low carb

Pizza Bowl

ingredients

- 1 lb Italian Turkey sausage (or pork)
- 1/2 of a yellow onion, diced
- 2 cloves garlic (minced)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1.5 cups turkey pepperoni (1 - 6 oz package)
- 2 cups marinara sauce or pizza sauce (2/3 of 24 oz jar)
- 1 cup Italian cheese blend (or a mixture of shredded mozzarella and parmesan)
- 1 cup low-fat 4% cottage cheese
- 12 oz (about 2 cups) riced cauliflower (frozen)

Serve with *(not included in nutrition calculations)*

- roasted veggies of choice
- garlic bread



nutrition 485cal 49P 24F 22C 5g fiber

MyFitness Pal entry: JTTF Pizza Bowl

instructions

1. **Cook the sausage** over medium heat in a large skillet with tall side walls that are also oven-safe (at least 1.5" tall). Cook until the turkey sausage is halfway cooked.
2. **Add the chopped onion** to the skillet and sauté for another 2-3 minutes, or until the onion turns translucent. If the turkey sausage hasn't released much fat, you may need to add a splash of oil at this point.
3. **Stir in the garlic**, salt, pepper, and Italian seasoning. Cook for 1 minute to let the flavors combine. Meanwhile, preheat the oven to 400°F (200°C).
4. **Add the riced cauliflower** to the skillet. Continue cooking for about 5 minutes, or until the cauliflower is soft and most of the moisture has evaporated.
5. **Stir in the marinara sauce** and cottage cheese. Top with pepperoni and shredded cheese.
6. **Transfer the skillet** to the preheated oven and bake for 5-10 minutes. For a golden, bubbly top, broil the dish for the last 1-2 minutes. If you prefer to serve individual portions, you can microwave the mixture for 2-3 minutes to melt the cheese instead.

mika's notes

If you can't find Italian turkey sausage, use Italian pork sausage. The Italian seasoned sausage adds a lot of flavor, so if you use plain turkey sausage, you'll need to add a lot more dried spices, garlic, salt, and onion to make up for it.

If your skillet isn't oven-safe, just transfer the sausage mixture to an oven-safe pan before baking with the cheese.

You can use fresh riced cauliflower, but I just find it easier to use frozen. The key with frozen is to cook it long enough to cook off excess moisture.

Storage: This can be kept in an air-tight container in the fridge for up to 5 days. Reheat it in the oven or microwave.

makes: 4 servings

time: 30 min

one pot recipe

Tuscan Chicken

ingredients

- 2 tablespoon butter (unsalted)
- 4 cloves garlic (minced)
- ½ teaspoon salt, oregano, crushed red pepper flakes (each)
- ¼ teaspoon ground black pepper
- ½ cup sun-dried tomatoes (packed in oil or water)
- 1 cup chicken bone broth
- ½ cup heavy cream
- ½ cup cottage cheese
- ½ cup parmesan (freshly grated)
- ¼ cup basil (chopped and packed)
- 4 6oz Chicken breast (diced into 1-2" cubes)

Serve with

- Bread, rolls, pasta, or rice for serving (1 slice of sourdough/serving included in nutrition calcs)
- Roasted veggies of choice



nutrition

657cal 65P 28F 37C 3g fiber

MyFitness Pal entry: JTTF Tuscan Chicken

instructions

1. **Saute the garlic** in melted butter in a large skillet over low-medium heat. Cook for 1-2 minutes or until fragrant. Then stir in the salt, oregano, crushed red pepper flakes, and pepper.
2. **Add the chicken** to the skillet and cook until browned on each side. Work in batches if necessary to avoid overcrowding the pan, rotating the chicken to brown it evenly. It typically takes 1-2 minutes per side to cook the chicken to an internal temperature of 160°F (71°C). Since the chicken will continue cooking in the sauce, aim for 160°F and remove each piece as it reaches this temperature to prevent overcooking.
3. **Make the sauce** while the chicken cooks. In a blender, combine the sun-dried tomatoes, bone broth, heavy cream, and cottage cheese. Blend until the mixture becomes creamy and smooth.
4. **Reduce the heat in the pan to low and add the sauce.** Add any chicken back to the pan that you might have taken off. Bring the sauce to a low boil, stirring frequently to avoid burning the cream. This should take about 5 minutes, just enough to heat the sauce through.
5. **Stir in** the fresh grated parmesan and basil. Remove the skillet from the heat and enjoy with toasty bread or pasta for a complete meal!

mika's notes

Store leftovers in the fridge in an airtight container for up to 4 days. Reheat in the microwave or on the stove top.

makes: 4 servings

time: 40 min

sweet heat

Bison Meatloaf

ingredients

- ⅓ cup rolled oats (quick cook or traditional)
- ⅓ cup heavy cream (or dairy free alternative)
- ¼ teaspoon pepper
- ¾ teaspoon salt
- 1 tablespoon avocado oil (or olive oil or butter)
- 1/2 yellow onion (diced small, about ¼th of a large onion)
- 3 cloves garlic, minced
- 1 pound ground bison (or lean beef 85% or 90%)
- 1 egg
- 1 tablespoon Worcestershire sauce
- ½ cup ketchup
- ½ tablespoon pure maple syrup (or brown sugar)
- 1 tablespoon yellow mustard (or honey or mild Dijon mustard)
- ½ tablespoon chipotle peppers in adobo (finely diced)

Serve with

- roasted veggies of choice or side salad



nutrition

375cal 24P 24F 16C 1g fiber

MyFitness Pal entry: JTTF Bison Meatloaf

instructions

1. **Preheat the oven** to 375 degrees. Line a bread pan with foil or parchment paper, leaving enough overhang on the sides so you can easily lift the meatloaf out after baking.
2. **Mix together** the rolled oats, heavy cream, salt, and pepper in a small bowl. Let this mixture soak a bit while you move onto the next step.
3. **Saute the onions** in a skillet with avocado over medium heat for 2-3 minutes or until translucent. Then add the garlic and saute another 1 minute until fragrant and golden brown. Remove the skillet from the heat and let the onions and garlic cool slightly.
4. **Combine the meatloaf ingredients** (1 pound ground bison, 1 egg, 1 tbsp Worcestershire sauce, the sauteed veggies, and the oat/cream mixture) in a large bowl and mix with your hands gently until just combined. **DO NOT OVER MIX**, or it will be tough and gummy.
5. **Transfer the meatloaf mixture** to the foil-lined bread pan, spreading it evenly throughout the pan. **Bake for 25 minutes.**
6. **Make the glaze** while the meatloaf bakes. In a small bowl, mix together the ketchup, maple syrup, yellow mustard, and chipotle peppers.
7. **Remove the meatloaf** from the oven and spread the glaze on the top evenly after 25 minutes. Return to the oven and broil on high for 5 minutes. Then, let rest for 10 minutes before slicing and serving.

mika's notes

Storage: Leftovers will keep for 5 days in the fridge. Reheat in the oven or microwave.

Use a bread pan for this recipe. Or, you can use a larger pan and use foil to partition off a smaller (8"x3") area. You can also make meatloaf muffins and bake for 15 minutes.

Use a meat thermometer to check that it's done if you're concerned with it being underdone. It should reach an internal temperature of 165 degrees.

makes: 4 servings

time: 15 min

flex meal

Eggs in Purgatory

ingredients

- 1 tbsp avocado oil
- ½ tsp salt
- ¼ tsp pepper
- 4 garlic cloves, minced
- ¼ tsp of red pepper flakes
- ½ yellow onion, diced
- 1 bell pepper, diced (any color)
- 1 can crushed tomatoes (15 oz)
- 1 cup marinara sauce (there should be about this much left after making the pizza bowl)
- 1 15 oz can chickpeas, drained
- 6 eggs
- ½ c Grated parmesan for serving
- ½ pack of Basil, thinly sliced
- 8 slices of bread, toasted for serving (I like sourdough)



nutrition

655cal 34P 19F 90C 10g fiber

MyFitness Pal entry: JTTF Eggs in Purgatory

instructions

1. **Saute the flavor makers.** Heat the oil in a large skillet over medium heat. Add the onions and saute for 2-3 minutes. Then add the garlic, bell pepper, salt, pepper, and red pepper flakes and saute another 1 minute.
2. **Make it a sauce.** Add the crushed tomatoes, marinara sauce, and chickpeas to the skillet. Stir everything together and bring the mixture to a gentle boil.
3. **Crack open the eggs** on top of the sauce. I try to space them out evenly around the outside. Cover the pan and cook for 3-5 minutes, or until the egg whites are set and the yolks are cooked to your preference. For dipping bread, I recommend cooking the eggs until the yolks are over easy or over medium, but you can cook them longer if you prefer!
4. **Top it and serve.** When the eggs are done, remove the skillet from the heat. Top the dish with freshly grated Parmesan and chopped basil. Serve the eggs and sauce family-style with toasted bread for dipping, and enjoy!

flex meal!

This recipe is intended to use up any leftovers you have. Add whatever eggs you have left over, onions, peppers, sausage, sweet potatoes, spinach, and anything else you find!

makes: 10 slices

time: 1 hour

a fall favorite

High Protein Apple Cake

ingredients

- ½ cup almond flour
- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- ½ cup hemp seeds (hemp hearts)
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ¾ cup maple syrup
- 1 cup apple sauce
- ½ cup low-fat, plain Greek yogurt
- 2 eggs
- 2 1/2 cups honey crisp apples (about 2 large apples peeled and diced)

Topping

- 8 oz cream cheese, softened to room temperature
- ¼ cup low-fat, plain Greek yogurt
- ¼ cup maple syrup
- 1 tsp vanilla
- 1 cup powdered sugar

instructions

1. **Preheat the oven** to 325 degrees. Prepare an 8x8-inch square pan or a bread pan by greasing it and lightly dusting it with flour to prevent sticking.
2. **Whisk together the dry ingredients** in a large bowl. In a separate bowl or container, whisk together the wet ingredients, leaving out the apples for now.
3. **Gently combine** the wet and dry ingredients, stirring until just mixed. Be careful not to overmix. Then, fold in the chopped apples.
4. **Pour the batter** into the prepared pan and loosely cover with foil. Bake for 30-35 minutes for an 8x8 pan or 40-45 minutes for a bread pan. Remove the foil for the last 10 minutes. Check for doneness by inserting a toothpick into the center — it should come out clean when the bread is fully baked. Keep in mind that the apples can cause it to take a little longer to bake through.
5. **While the bread is baking**, prepare the frosting by using a hand mixer to whip the frosting ingredients together until smooth. Place the frosting in the fridge to chill and firm up.
6. **Once the bread is done**, let it cool completely before frosting. To speed up the cooling process, you can remove the bread from the pan once it has cooled slightly and place it in the freezer for a short time. Once cooled, frost the bread and enjoy!

mika's notes

Storage: Store this in the fridge for up to a week or freeze for up to 3 months in an airtight container. Reheat in the microwave for 10-15 seconds from frozen.



nutrition

416cal 13P 20F 48C 2g fiber

MyFitness Pal entry: JTTF Protein Apple Bread

example 114g of protein

total: 1680cal 103C / 92F / 114P (18Fiber)

breakfast

- ½ maple breakfast skillet
- coffee with creamer
- ½ cup greek yogurt & berries

lunch

- pizza bowl

dinner

- bison meatloaf
- 1 cup roasted brussels sprouts

snack/dessert

- 1/2 slice apple protein cake

example 156g of protein

total: 2060cal 108C / 114F / 156P (14 Fiber)

breakfast

- maple breakfast skillet
- coffee with creamer

lunch

- pizza bowl

dinner

- tuscan chicken

snack/dessert

- 1/2 slice apple protein cake

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.