



HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

Summer Lovin



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 green bell pepper
- 1 red onion + 1 white onion
- 2 jalapeños + 2 limes
- 1 bunch cilantro + fresh dill
- 2 small sweet potatoes
- 1 english cucumber + cherry tomatoes
- 3 garlic cloves
- 1 avocado + green onion (optional)

Protein

- 3.5 lbs boneless skinless chicken thighs
- 1½ cups diced ham (two 8 oz packs)
- 1 lb ground beef or 4 burger patties
- 16 eggs
- 1 can chickpeas
- 1 can black beans

Grains

- 6 low-carb burrito-size tortillas
- 2 packs (6 oz) ramen noodles
- 1 cup oat flour
- ¾ cup peanut butter powder

Liquids

- olive oil + avocado oil
- 2 cups chicken bone broth
- 1 can full-fat coconut milk
- lemon juice, maple syrup, honey

Dairy

- 1 cup low-fat cottage cheese
- 1 cup shredded cheddar
- 16 oz plain non-fat Greek yogurt
- 1 cup cotija cheese

Condiments and Spices

- sweet paprika, garlic powder, onion powder
- salt & pepper
- cayenne
- coconut sugar (or brown sugar)
- zaatar (or oregano)
- red curry paste
- ⅔ cup peanut butter
- 2 tbsp reduced-sodium soy sauce
- ketchup + mustard
- ¼ cup mayo
- sriracha
- monk fruit maple syrup (or regular)

Other

- 12 oz frozen corn + 1 can corn
- ½ cup semi-sweet chocolate chips
- 1 tsp coconut oil
- crushed peanuts/flaky salt + kimchi (optional)

Check each recipe page for optional serve-with items like pita, rice, tortilla chips, or wraps. Those aren't counted in the macros.



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Denver Omelet Breakfast Burrito

- 1 green bell pepper (diced)
- ½ white onion (diced)
- 1½ cups diced ham
- 8 large eggs
- 1 cup cottage cheese
- ¼ tsp black pepper
- pinch of cayenne
- 1 cup shredded cheddar
- 6 low-carb tortillas

Street Corn Burger Bowls

- 2 small sweet potatoes
- 1 tsp olive oil, 2 tsp maple syrup
- 1 can or 1½ cups corn
- ½ cup non-fat Greek yogurt
- 2 tbsp mayo
- ½ cup cotija
- ¼ red onion
- 1 jalapeño (optional)
- cilantro + juice of 1 lime
- ½ cup black beans
- 4 patties or 1 lb ground beef
- ketchup + mustard (for beef)
- avocado (optional), salt & pepper

Peanut Noodles

- 1 tbsp red curry paste
- 1 tbsp peanut butter
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp honey
- 2 cups chicken bone broth
- ¼ cup full-fat coconut milk
- 2 packs (6 oz) ramen noodles
- 8 eggs
- Toppings: cucumber or carrot, kimchi, green onion, cilantro, sriracha

Street Corn Chicken Salad

- 2 lbs chicken thighs
- 3 tbsp olive oil
- 2 tsp paprika
- 1 tsp garlic & onion powder (each)
- ¼ tsp salt, 1 tbsp coconut sugar
- 12 oz frozen corn
- ¼ red onion
- ½ cup non-fat Greek yogurt
- 2 tbsp mayo
- ½ cup cotija
- 1 jalapeño + juice of 1 lime
- cilantro, salt & pepper

Sheet Pan Chicken Gyros

- 5 chicken thighs
- 1 can chickpeas
- 3 cloves garlic
- ¼ cup avocado oil
- ¼ cup lemon juice
- ½ english cucumber
- ¼ red onion
- ¼ cup baby tomatoes
- 1 tbsp zaatar or oregano
- ⅓ cup Greek yogurt
- 2 tbsp fresh dill
- lemon juice, salt & pepper

Peanut Butter Truffles

- ½ cup peanut butter powder
- 1 cup oat flour
- ½ cup peanut butter
- ¼ cup Greek yogurt
- ¼ cup monk fruit maple syrup
- ¼ tsp salt
- Coating:
- ½ cup semi-sweet chocolate chips
- 1 tsp coconut oil
- 2 tbsp peanut butter powder
- crushed peanuts or flaky salt (optional)

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. Street Corn Chicken Salad

- a. **season and bake the chicken (15 minutes)**
- b. **roast the corn and mix the salad (15 minutes)**

2. Denver Breakfast Burritos

- a. **bake, slice, and wrap for the week (20 minutes)**

3. PB Truffles

- a. **roll, coat and cool (15 minutes)**

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

- chop the gyro veggies (cucumber, red onion, tomatoes)
- make the street corn sauce ahead

Mika's meal prep tips

Chop once, use all week. If you already have the cutting board out, dice a whole red onion at once and split it between the chicken salad, burger bowls, and gyros. Same goes for the cilantro and jalapeños.

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! It is perfect for the onions, cucumber, and tomatoes this month.

Don't stress if you can't prep it all. The burger bowls, gyros, and peanut noodles all come together fast on a weeknight, so save those to cook fresh. Prep what helps and leave the rest.

makes: 6 burritos

time: 40 min

★ meal prep it!

Denver Omelet Breakfast Burrito

ingredients

- 1 green bell pepper (diced small)
- ½ white onion (diced small)
- 1½ cups diced ham (about two 8 oz packages)
- 8 large eggs
- 1 cup low-fat small curd cottage cheese
- ¼ teaspoon black pepper
- Pinch of cayenne
- 1 cup shredded cheddar cheese
- 6 low-carb burrito-size tortillas



nutrition

327cal 28P 18F 23C 14g fiber

per 1 burrito (makes 6)

instructions

1. **Preheat the oven to 400°F.** Spread the diced bell pepper, onion, and ham in an even layer across a 9x13 baking dish or rimmed quarter sheet pan. Bake for 10 minutes.
2. **Whisk** the eggs, cottage cheese, black pepper, and cayenne in a bowl until smooth and no large curds remain.
3. **Remove the pan** from the oven. Pour the egg mixture evenly over the ham and veggies, then shake the pan gently to distribute. It should be very full!
4. **Sprinkle the cheddar** evenly over the top. Return to the oven and bake 15-20 minutes, until the eggs are set in the center and the cheese is melted and lightly golden.
5. **Let cool 5 minutes.** Slice into 6 rectangles (I cut each in half to stack inside the tortillas). Wrap each piece in a tortilla and serve or store.
6. **Optional:** pan fry each side for a little crisp, or wrap in foil to help them hold together.

mika's notes

★ Any fat level of cottage cheese works, just whisk it in (don't blend) so it doesn't turn watery.

★ Storage: keep in the fridge up to 4 days or the freezer up to 3 months. Reheat from frozen, 3-4 minutes.

makes: 6 servings

time: 30 min

★ better cold!

Street Corn Chicken Salad

ingredients

- Baked chicken (or use rotisserie)
- 2 lbs boneless skinless chicken thighs
- 3 tbsp olive oil
- 2 tsp sweet paprika
- 1 tsp garlic powder & onion powder (each)
- 1¼ tsp salt
- 1 tbsp coconut sugar (or brown sugar)
- The rest
- 12 oz frozen corn (fire roasted if you can find it)
- ¼ red onion (diced)
- ½ cup plain non-fat Greek yogurt
- 2 tbsp mayo
- ¼ tsp salt & pepper (each)
- ½ cup cotija cheese
- 1 jalapeño (deseeded and diced)
- juice of 1 lime
- 1 handful cilantro (chopped)



nutrition 449cal 41P 24F 20C 3g fiber

per serving (serves 6)

instructions

1. **Make the chicken:** preheat the oven to 400°F. Pat the thighs dry, then rub them with the olive oil, paprika, garlic powder, onion powder, salt, and coconut sugar. Bake on a sheet tray 15-20 minutes, until they hit 165°F inside.
2. **Roast the corn:** spread the frozen corn on a sheet tray, drizzle with a little oil, salt, and pepper, and roast at 400°F for 15 minutes (or air fry 5-10 minutes). Skip this if using grilled corn.
3. **Mix it up:** in a large bowl, stir together the red onion, Greek yogurt, mayo, cotija, jalapeño, salt, pepper, lime juice, and cilantro. Dice the cooked chicken small and fold it in.
4. **Eat it** on its own, scooped into a wrap or quesadilla, or with tortilla chips. It is even better cold the next day!

mika's notes

★ Chicken options: seasoned baked thighs are my favorite here, but rotisserie or leftover grilled chicken work great too.

★ No cotija? Feta is a good swap. Leave the jalapeño out if you want it mild.

★ Storage: keep it in the fridge up to 4 days. It is meant to be eaten cold, so it is perfect for grab-and-go lunches. I don't recommend freezing it.

makes: 4 servings

time: 25 min

★ family favorite

Street Corn Burger Bowls

ingredients

- Sweet potatoes
- 2 small sweet potatoes (diced small)
- 1 tsp olive oil, 2 tsp maple syrup, salt & pepper
- Corn
- 1 can or 1½ cups frozen corn (drained)
- ½ tsp olive oil, salt & pepper
- Street corn sauce
- ½ cup non-fat Greek yogurt + 2 tbsp mayo
- ½ cup cotija (crumbled)
- ¼ red onion + 1 jalapeño (optional)
- 1 handful cilantro + juice of 1 lime
- ½ cup black beans, ¼ tsp salt & pepper
- Burgers
- 4 patties or 1 lb ground beef
- if using beef: 1 tbsp each ketchup & mustard
- avocado for topping (optional)



nutrition 521cal 34P 23F 45C 7g fiber

per serving (serves 4)

instructions

1. **Toss the sweet potatoes** with olive oil, maple syrup, salt, and pepper and spread on one side of a lined sheet tray. Toss the corn with olive oil, salt, and pepper and spread on the other side. Roast at 375°F for 15-20 minutes (or air fry 10-15), until the sweet potatoes are tender and caramelized.
2. **Make the street corn sauce** while they roast: in a large bowl, stir together the Greek yogurt, mayo, cotija, red onion, jalapeño, cilantro, lime juice, black beans, salt, and pepper.
3. **Cook the burgers:** grill or pan fry the patties to your liking. If using ground beef, brown it with the ketchup, mustard, salt, and pepper until cooked through.
4. **When the corn is done**, fold it into the street corn sauce.
5. **Build each bowl:** sweet potatoes on the bottom, burger or beef on top, a big scoop of street corn, and avocado if using. Finish with extra lime and cilantro.

mika's notes

★ The ketchup and mustard mixed into the beef give it a smash-burger flavor without the bun, so don't skip them. Storage: keep the bowls and street corn separate in the fridge up to 4 days, the sauce gets even better overnight.

makes: 4 servings

time: 45 min

★ sheet pan

Sheet Pan Chicken Gyros

ingredients

- Sheet pan
- 5 chicken thighs
- 1 can chickpeas (drained)
- 3 cloves garlic
- ¼ cup avocado oil + ¼ cup lemon juice
- ½ tsp salt & pepper
- Cucumber salad
- ½ english cucumber (diced)
- ¼ red onion (diced)
- ¼ cup baby tomatoes (halved)
- 1 tbsp zaatar or oregano
- 1 tbsp lemon juice, pinch of salt
- Roasted garlic sauce
- the roasted garlic from the pan
- ½ cup plain Greek yogurt
- 2 tbsp fresh dill
- 2 tsp lemon juice, salt & pepper



nutrition

452cal 38P 26F 21C 6g fiber

per serving (serves 4)

instructions

1. **Preheat the oven to 425°F.** Add the chicken thighs, chickpeas, and whole garlic cloves to a sheet pan. Pour over the avocado oil and lemon juice, season with salt and pepper, and toss to coat. Bake 25-30 minutes, until the chicken hits 165°F. Pull the garlic cloves out once they are soft and golden so they don't burn.
2. **Make the cucumber salad** while it bakes: toss the cucumber, red onion, tomatoes, zaatar, lemon juice, and salt together in a bowl.
3. **Make the sauce:** squeeze the roasted garlic out of the skins and mash it, then stir it together with the Greek yogurt, dill, lemon juice, salt, and pepper.
4. **Slice or chop the chicken.** Serve it over the chickpeas with the cucumber salad and a big spoonful of garlic sauce. Pita or rice on the side is great if you want it.

mika's notes

- ★ No zaatar? Dried oregano works great in the salad.
- ★ Storage: keep the chicken, salad, and sauce in separate containers in the fridge up to 4 days. The flavors only get better by day two.

makes: 4 servings

time: 30 min

★ dump & bake

High Protein Peanut Noodles

ingredients

- 1 tbsp red curry paste
- 1 tbsp creamy peanut butter
- 2 tbsp reduced-sodium soy sauce
- 1 tbsp honey
- 2 cups chicken bone broth
- ¼ cup canned full-fat coconut milk
- 2 packs (6 oz) ramen noodles
- 8 eggs
- Toppings
- cucumber or carrot (sliced)
- kimchi
- green onion
- cilantro
- sriracha



nutrition

432cal 25P 23F 32C 1g fiber

per serving (serves 4)

instructions

1. **Preheat the oven to 375°F.** In a 9x13 baking dish, whisk together the red curry paste, peanut butter, soy sauce, honey, bone broth, and coconut milk until smooth.
2. **Nestle the ramen noodles** into the liquid, breaking them to fit if needed. Crack the eggs on top, spacing them out evenly.
3. **Cover tightly with foil** and bake 18-20 minutes, until the noodles are tender and the egg whites are set. Pull them a little earlier if you like the yolks runnier.
4. **Top with** cucumber or carrot, kimchi, green onion, cilantro, and a drizzle of sriracha. Stir the noodles into the sauce and dig in.

Mika's tip

The 8 eggs are what bring this to 25g of protein per serving, no protein powder needed. Want it heartier? Stir in shredded rotisserie chicken, or add a splash more broth if you like it soupier.

makes: 16 balls

time: 15 min

★ **no bake**

Healthier Peanut Butter Truffles

ingredients

- ½ cup peanut butter powder
- 1 cup oat flour
- ½ cup peanut butter
- ¼ cup plain Greek yogurt
- ¼ cup monk fruit maple syrup (or regular)
- ¼ tsp salt
- Coating
- ½ cup semi-sweet chocolate chips
- 1 tsp coconut oil
- 2 tbsp peanut butter powder
- ⅓ cup crushed peanuts or flaky salt (optional)



nutrition

134cal 6P 7F 14C 3g fiber

per 1 ball (makes 16)

instructions

1. **Make the filling:** stir together the peanut butter powder, oat flour, peanut butter, Greek yogurt, monk fruit syrup, and salt until a thick dough forms. If it feels too sticky, add a little more oat flour; too dry, a splash of milk.
2. **Roll into 16 balls** and set them on a lined tray. Freeze for about 10 minutes to firm up.
3. **Make the coating:** microwave the chocolate chips and coconut oil in 20-second bursts, stirring between each, until smooth. Stir in the peanut butter powder.
4. **Dip each ball** in the chocolate, set it back on the tray, and sprinkle with crushed peanuts or flaky salt. Chill until the chocolate sets, about 10 minutes.

mika's notes

★ Storage: keep these in the fridge up to 2 weeks or the freezer up to 3 months. I love them straight from the freezer.



example 106g of protein

total: 1476cal 103C / 79F / 106P (24 fiber)

breakfast

- 1 Denver breakfast burrito

lunch

- street corn chicken salad

dinner

- high protein peanut noodles

snack/dessert

- 2 PB truffles

example 137g of protein

total: 1606cal 101C / 82F / 137P (29 fiber)

breakfast

- 1 Denver breakfast burrito

lunch

- street corn chicken salad

dinner

- sheet pan chicken gyros

snack/dessert

- 2 PB truffles + $\frac{3}{4}$ cup Greek yogurt (berries optional)

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.