



HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

School in Session



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 bell pepper
- 2 bunches cilantro + 4 green onions
- 1 cup shredded cabbage
- 2 cups shredded carrots
- 1 english cucumber
- 5 garlic cloves + 2 limes
- 1 cara cara orange (or 2 cans mandarin)
- 3 cups frozen mixed berries
- 2 bags frozen shelled edamame (about 24 oz)

Protein

- 1½ lbs boneless skinless chicken thighs
- 12 oz canned chicken (or rotisserie)
- 4 salmon filets (about 16 oz)
- 15 oz can white beans
- ½ cup cashews
- ¼ cup hemp hearts

Grains

- 1 cup all-purpose flour (or 1:1 gluten free)
- 1 cup jasmine rice
- 1½ cups cooked white rice
- 8 oz pasta
- 3 cups Rice Krispies

Liquids

- avocado oil + olive oil
- 3 cups chicken bone broth
- ½ cup full-fat coconut milk
- ¼ cup rice vinegar

Dairy

- 1½ cups cottage cheese
- 1½ cups Skyr or Greek yogurt
- 32 oz plain non-fat Greek yogurt
- 2 cups shredded cheddar
- 6 eggs
- 7 tbsp butter

Condiments and Spices

- 6 tbsp low sodium soy sauce or tamari
- 4 tbsp red curry paste
- 4 tsp Cajun seasoning
- 1 tbsp sriracha
- 1 tsp Dijon mustard
- 1 tsp vanilla
- salt & pepper
- hot sauce (optional)

Other

- ¾ cup milk chocolate chips
- 1½ cups peanut butter
- honey (about ⅔ cup)
- 2 tbsp mayo or tahini
- powdered sugar (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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protein dutch baby

- 1 cup all-purpose flour
- 1 cup cottage cheese
- 6 eggs
- 1 tsp vanilla
- 4 tsp salted butter
- pinch of salt
- 3 cups frozen mixed berries
- 1½ cups Skyr yogurt
- powdered sugar (optional)

curry chicken and rice

- 1½ lbs chicken thighs
- 1 cup jasmine rice
- 1½ cups chicken bone broth
- 4 tbsp red curry paste
- 3 tbsp low sodium soy sauce
- 1 tbsp peanut butter
- 2 cloves garlic
- 10 oz frozen shelled edamame
- ½ cup full-fat coconut milk
- juice of 1 lime
- ¼ cup cilantro

bang bang salmon bowls

- 4 salmon filets (about 16 oz)
- 4 tsp Cajun seasoning
- 1 tsp olive or avocado oil
- 1½ cups shredded carrots
- 1½ cups shelled edamame
- 1½ cups diced cucumbers
- 1⅓ cups cooked white rice
- Sauce: ½ cup non-fat Greek yogurt,
- 2 tbsp honey, 1 tbsp sriracha,
- 1 tsp rice vinegar

orange cashew chicken salad

- 12 oz canned chicken
- 1 cup shredded cabbage
- ½ cup shredded carrots
- 1 bell pepper
- 1 bunch cilantro + 4 green onions
- ½ cup cashews
- 1 cup shelled edamame
- 1 cara cara orange
- Sauce: ¼ cup avocado oil, ¼ cup rice
- vinegar, 3 tbsp soy sauce, 2 tbsp honey,
- 2 tbsp mayo or tahini, 1 tbsp orange zest

bone broth mac and cheese

- 8 oz pasta
- 3 cloves garlic
- 1½ cups chicken bone broth
- 15 oz white beans (drained)
- ½ cup cottage cheese
- 2 cups shredded cheddar
- 1 tsp Dijon mustard
- salt & pepper
- hot sauce (optional)

chocolate pb rice krispie bars

- ⅓ cup honey
- 1 cup peanut butter
- 3 tbsp butter
- 3 cups Rice Krispies
- ¼ cup hemp hearts
- Topping:
- ¾ cup milk chocolate chips
- ⅓ cup peanut butter

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. orange cashew chicken salad

a. **chop the veggies and whisk the sauce (10 minutes)**

b. **toss it all together, cashews last (5 minutes)**

2. curry chicken and rice

a. **stir the base and get it in the oven (10 minutes)**

3. chocolate pb rice krispie bars

a. **melt, press, top, and chill (15 minutes)**

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

- cook the rice for the salmon bowls
- mix the bang bang sauce ahead
- portion the Greek yogurt into grab-and-go containers

Mika's meal prep tips

Chop once, use all week. If the cutting board is already out, shred all the carrots at once and split them between the chicken salad and the salmon bowls. Same goes for the cilantro, which shows up in both the salad and the curry.

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 cabbage, bell pepper, and cucumber this month.

Don't stress if you can't prep it all. The mac and cheese, salmon bowls, and dutch baby each come together in 20 to 25 minutes on a weeknight, so save those to cook fresh. Prep what helps and leave the rest.

makes: 4 servings

time: 25 min

★ **blend & bake**

protein dutch baby

ingredients

- 1 cup all-purpose flour (or 1:1 gluten free)
- 1 cup cottage cheese (blended smooth)
- 6 eggs
- 1 tsp vanilla
- 4 tsp salted butter
- 1 pinch salt
- Toppings
- 3 cups frozen mixed berries
- 1½ cups Skyr yogurt (plain or Greek)
- powdered sugar (optional)



nutrition

426cal 30P 15F 40C 6g fiber

per 1 slice (serves 4)

instructions

1. Preheat the oven to 425°F. Cut the butter into 4 small squares and drop one in each quadrant of an 8x14 pan. Slide it into the oven for about 3 minutes once you hit 415°F, then rock the pan so the butter runs all the way to the edges.
2. Blend the flour, cottage cheese, eggs, vanilla, and salt for about 45 seconds. Keep going until no curds remain, none!
3. Pour the batter into the center of the hot pan. It starts cooking on contact and pushes itself out and up the sides.
4. Bake 17-20 minutes. It puffs a lot, and the center may crack and look like a stiff golden soufflé. It settles back down as it cools.
5. Spread a little more butter over the top if you want, then add the berries and Skyr and serve.

mika's notes

★ The 6 eggs and blended cottage cheese are what get this to 30g of protein, no powder needed. Egg whites won't work, they turn it cakey instead of custardy.

★ Storage: fridge up to 5 days without toppings, freezer up to 3 months. Reheat, then add cold yogurt and berries.

makes: 4 servings

time: 15 min

★ **meal prep it!**

orange cashew chicken salad

ingredients

the sauce

- ¼ cup avocado oil
- ¼ cup rice vinegar
- 3 tbsp low sodium soy sauce (or tamari)
- 2 tbsp honey
- 2 tbsp mayo or tahini
- 1 tbsp orange zest

the salad

- 12 oz canned chicken (drained, or rotisserie)
- 1 cup cabbage (shredded)
- ½ cup shredded carrots
- 1 bell pepper (diced)
- 1 bunch cilantro (chopped)
- 4 green onions (sliced)
- ½ cup cashews (chopped)
- 1 cup shelled edamame (thawed if frozen)
- ½ tsp salt & pepper (each)
- 1 cara cara orange (segmented, or 2 cans mandarin oranges, drained)



nutrition

482cal 26P 31F 29C 6g fiber

per 2 cups (serves 4)

instructions

1. Whisk together the avocado oil, rice vinegar, soy sauce, honey, mayo or tahini, and orange zest until smooth.
2. Drain the canned chicken well, add it to a large bowl, and break it up with a fork.
3. Add the cabbage, shredded carrots, bell pepper, cilantro, green onions, cashews, and edamame to the bowl.
4. Pour the sauce over and toss to combine. Season with the salt and pepper.
5. Fold in the orange segments last so they stay intact. I like cara cara because they are so sweet, but any orange works!

mika's notes

- ★ Meal prep: it holds up in the fridge all week. For maximum crunch, hold the cashews back and add them as you serve.
- ★ Mayo or tahini both work. Tahini leans nuttier, mayo leans creamier.
- ★ Canned chicken keeps this to 15 minutes with no cooking at all, but rotisserie works if you have it.

makes: 6 servings

time: 1 hr 20 min

★ **dump & bake**

curry chicken and rice

ingredients

- Main dish
- 1½ lbs boneless skinless chicken thighs
- 1 cup jasmine rice (uncooked)
- 1½ cups chicken bone broth
- 4 tbsp red curry paste
- 3 tbsp low sodium soy sauce
- 1 tbsp peanut butter
- 2 cloves garlic (minced)
- 1 (10 oz) package frozen shelled edamame
- To finish
- ½ cup full-fat coconut milk
- juice of 1 lime
- ¼ cup fresh cilantro (chopped)
- extra lime wedges (optional)



nutrition 367cal 31P 11F 36C 4g fiber

per serving (serves 6)

instructions

1. Preheat the oven to 325°F. In a 9x13 dish, stir together the rice, bone broth, curry paste, soy sauce, peanut butter, garlic, and edamame until the curry paste and peanut butter are fully mixed in and the rice is evenly coated.
2. Lay the chicken thighs on top in a single layer. Don't stir them in.
3. Cover tightly with a lid or heavy-duty foil. The seal has to be tight or the steam escapes and the rice stays crunchy.
4. Bake covered for 1 hour 15 minutes, checking the rice at the 1 hour mark. If it is still firm, re-cover and give it another 5-10 minutes. There will probably still be liquid and that is fine.
5. Uncover and bake another 5-10 minutes to cook off the extra liquid and thicken everything up.
6. Shred the chicken with two forks, then stir in the coconut milk until it is creamy. Finish with lime juice and cilantro right before serving.

mika's notes

★ Jasmine or short grain white rice only. Basmati, brown, and instant cook on different timelines and won't work. ★ Thighs only, breasts came out dry by the time the rice finished. ★ Storage: fridge 5 days, freezer 3 months. Reheat with a splash of broth and fresh lime.

makes: 4 servings

time: 20 min

★ **20 minutes**

bone broth mac and cheese

ingredients

- 8 oz pasta (any kind)
- 3 cloves garlic
- 1½ cups chicken bone broth
- 15 oz white beans, drained (cannellini or Great Northern)
- ½ cup cottage cheese (any kind)
- 2 cups shredded cheddar (I do half white, half yellow)
- 1 tsp Dijon mustard
- salt to taste
- ½ to 1 tsp black pepper or hot sauce (optional)



nutrition

580cal 32P 14F 81C 7g fiber

per serving (serves 4)

instructions

1. Blend the garlic, bone broth, white beans, Dijon, and cottage cheese until completely smooth. We don't want cottage cheese curds!
2. Pour it into a large stock pot or Dutch oven and bring to a simmer. Add the pasta and stir to coat, making sure it is fully covered by liquid. Bring to a boil, cover, and cook 10-15 minutes.
3. Stir often. The bean based sauce likes to stick to the bottom. Watch the liquid level too, and if the pasta absorbs enough that it is no longer submerged, add broth to just cover it.
4. When the pasta is done, stir in the cheddar until melted. Taste and salt as you go, a big pot of pasta gets under-salted fast.

mika's notes

- ★ Bone broth has 8 to 9g of protein per cup versus 1 to 2g in regular broth, and the pasta cooks right in it.
- ★ Gluten free pasta works but needs extra broth near the end.
- ★ Storage: fridge up to 5 days, reheat with a splash of liquid. I don't recommend freezing this one.

makes: 4 servings

time: 20 min

★ **47g protein**

bang bang salmon bowls

ingredients

- 4 salmon filets (thawed, about 16 oz total)
- 4 tsp Cajun seasoning
- 1 tsp olive or avocado oil
- 1½ cups shredded carrots
- 1½ cups shelled edamame
- 1½ cups cucumbers (diced)
- 1⅓ cups white rice (cooked)
- Bang bang sauce
- ½ cup plain non-fat Greek yogurt
- 2 tbsp honey
- 1 tbsp sriracha
- 1 tsp rice vinegar



nutrition

619cal 47P 15F 73C 6g fiber

per serving (serves 4)

instructions

1. Line your air fryer with foil if you have the toaster style. Dice the salmon into 1.5 inch cubes and toss with the oil and Cajun seasoning.
2. Air fry at 400°F for 7 minutes, working in batches so the pieces aren't crowded. It's done when it flakes and hits 145°F inside.
3. While that cooks, stir together the Greek yogurt, honey, sriracha, and rice vinegar. Make your rice, or use microwave rice to keep this quick.
4. Build each bowl with rice, edamame, cucumbers, and shredded carrots, then top with the salmon and drizzle the sauce over everything.

Mika's tip

Greek yogurt instead of mayo is what makes this sauce work, adding protein where mayo only adds fat. Make a double batch, it's good on almost everything. No air fryer? Bake at 350°F for 10 minutes instead. For meal prep, keep the rice, salmon, and sauce in three separate containers and build the bowl when you eat.

makes: 12 bars

time: 30 min

★ **no bake**

chocolate pb rice krispie bars

ingredients

- ⅓ cup honey (or agave)
- 1 cup peanut butter (creamy, all natural)
- 3 tbsp butter
- 3 cups Rice Krispies (use the name brand)
- ¼ cup hemp hearts
- Topping
- ¾ cup milk chocolate chips (or semi-sweet for less sweet)
- ⅓ cup peanut butter



nutrition

315cal 10P 18F 32C 2g fiber

per 1 bar (makes 12)

instructions

1. Melt the butter and honey together in a large saucepan over low heat until fully combined, about 3 to 4 minutes.
2. Stir in 1 cup of the peanut butter until smooth with no chunks.
3. Gently fold in the Rice Krispies and hemp hearts. Be gentle here, crushing the cereal is what makes them dense instead of light. Press into an 8x8 glass dish, and wet the back of your spatula if it sticks.
4. Melt the chocolate chips with the remaining ⅓ cup peanut butter, either on low on the stove or in the microwave in 20 second bursts, stirring between each.
5. Spread the chocolate over the top and freeze at least 20 minutes before slicing.

mika's notes

★ The hemp hearts do the protein work here, replacing some of the cereal to get 10g per bar without protein powder. We tested PB powder and it did not work, too toasted and it doesn't melt right.

★ Use name brand Rice Krispies. The off-brand and organic puffed rice we tried made the bars fall apart.

★ Storage: fridge up to a week, freezer up to 3 months.



example 125g of protein

total: 1647cal 150C / 61F / 125P (18 fiber)

breakfast

- 1 slice protein dutch baby

lunch

- orange cashew chicken salad

dinner

- bang bang salmon bowls

snack/dessert

- 6 oz plain Greek yogurt

example 119g of protein

total: 1710cal 145C / 75F / 119P (18 fiber)

breakfast

- 1 slice protein dutch baby

lunch

- orange cashew chicken salad

dinner

- curry chicken and rice

snack/dessert

- 6 oz plain Greek yogurt + 1 rice krispie bar

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.