



HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

First Harvest



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

- 5 honeycrisp apples
- 2 sweet potatoes
- 6 oz Brussels sprouts
- 1 yellow onion + 1 leek
- 1 green bell pepper
- 5 stems Tuscan kale
- 10 cloves garlic (1 head)
- 3 lemons

Protein

- 1 lb ground breakfast pork
- 1 lb ground white meat chicken
- 1½ lbs chicken breasts
- 2 (12 oz) packs chicken sausage
- 1 lb ground bison
- 2 cans white beans

Grains

- 1 cup almond flour
- 1 cup all purpose flour
- 8 oz protein pasta (frilly shape)
- 1 lb orzo
- hamburger buns (for the sloppy joes)

Liquids

- 3 cups chicken bone broth
- olive oil (about 5 tbsp)
- 1½ cups tomato sauce (1 can)
- ¼ cup balsamic vinegar

Dairy

- ¾ cup white cheddar
- ½ cup parmesan
- 2 tbsp italian cheese blend (optional, or parmesan)
- ½ cup Greek yogurt (0% fat)
- ¾ cup cottage cheese
- ½ cup heavy cream
- 1 egg + ¼ cup egg whites
- ⅛ cup milk

Condiments and Spices

- 1 tsp Dijon + 3 tbsp honey mustard
- 2 tsp Worcestershire sauce
- 1 tbsp pickling liquid (from a pickle jar)
- 2½ tbsp chili powder
- 1½ tsp smoked paprika
- 2 tsp cinnamon
- 4 tsp baking powder
- vanilla extract
- salt, pepper, red pepper flakes

Other

- 8 oz high protein pesto (recipe on the blog, or store bought)
- 4 tbsp mayo
- ½ cup dried cranberries
- 3 tbsp tomato paste
- 3 tbsp maple syrup + 1 tsp honey
- 1 cup powdered sugar
- 2 tbsp unsweetened applesauce

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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breakfast meatballs

- 1 lb ground breakfast pork
- 1 lb ground white meat chicken
- $\frac{3}{4}$ cup white cheddar
- 1 cup almond flour
- 1 tsp baking powder
- 2 honeycrisp apples

sheet pan harvest bowl

- 2 (12 oz) packs chicken sausage
- 6 oz Brussels sprouts
- 2 sweet potatoes
- 3 tbsp olive oil
- 2 honeycrisp apples
- $\frac{1}{2}$ cup dried cranberries
- Dressing: $\frac{1}{2}$ cup Greek yogurt,
- 4 tbsp mayo, $\frac{1}{4}$ cup balsamic,
- 1 tsp Dijon, 1 tsp honey,
- 2 cloves garlic, $\frac{1}{2}$ lemon

white bean casserole

- 1 lb orzo
- $2\frac{1}{2}$ cups chicken bone broth
- 2 cans white beans
- 1 leek
- 4 cloves garlic
- 5 stems Tuscan kale
- 1 lemon
- $\frac{1}{2}$ cup heavy cream
- 2 tbsp italian cheese blend (optional, or parmesan)
- red pepper flakes

pesto pasta with chicken

- $1\frac{1}{2}$ lbs chicken breasts
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 2 garlic cloves
- 8 oz protein pasta
- 8 oz high protein pesto
- $\frac{1}{2}$ cup bone broth
- $\frac{1}{2}$ cup parmesan
- 1 egg

bison sloppy joes

- 1 lb ground bison
- 1 yellow onion
- 1 green bell pepper
- 2 cloves garlic
- $2\frac{1}{2}$ tbsp chili powder
- $1\frac{1}{2}$ tsp smoked paprika
- 3 tbsp tomato paste
- $1\frac{1}{2}$ cups tomato sauce
- 1 tbsp pickling liquid
- 2 tsp Worcestershire
- 3 tbsp honey mustard
- 3 tbsp maple syrup

protein apple fritters

- 1 cup all purpose flour
- 3 tsp baking powder
- $\frac{3}{4}$ cup cottage cheese
- 2 tbsp applesauce
- $\frac{1}{4}$ cup egg whites
- $1\frac{1}{2}$ tsp cinnamon
- 1 apple
- Glaze: 1 cup powdered sugar,
- $\frac{1}{8}$ cup milk, vanilla, cinnamon

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. chicken pork breakfast meatballs

- a. **shred the apples and cheddar, then mix and roll (15 minutes)**
- b. **bake and cool (25 minutes)**

2. white bean casserole

- a. **assemble the dish and get it in the oven (10 minutes)**

3. protein apple fritters

- a. **blend, scoop, bake, and glaze (15 minutes)**

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

- make the harvest bowl dressing ahead
- chop the sweet potatoes and Brussels sprouts
- brown the bison for the sloppy joes

Mika's meal prep tips

Chop once, use all week. Garlic turns up in four recipes this month, so mince a whole head at the start and pull from it as you go. Apples do the same thing across the meatballs, the harvest bowl, and the fritters.

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 onion, bell pepper, and leek this month.

Don't stress if you can't prep it all. The sloppy joes and the pesto pasta both come together in about 30 minutes on a weeknight, so those are easy to cook fresh. Prep what helps and leave the rest.

makes: 7 servings

time: 30 min

★ **on the go**

chicken pork breakfast meatballs

ingredients

- 1 lb ground breakfast pork (the spices are already in it)
- 1 lb ground white meat chicken
- ¾ cup white cheddar (shredded)
- 1 cup almond flour
- 1 tsp baking powder
- 2 honeycrisp apples (peeled and shredded)



nutrition

436cal 33P 30F 11C 3g fiber

per 3 balls (serves 7)

instructions

1. Preheat the oven to 350°F. Shred the white cheddar and the honeycrisp apples on a cheese grater.
2. Mix the shredded cheese and apples with the ground pork, ground chicken, almond flour, and baking powder in a large bowl. Your hands work better than a spoon here.
3. Scoop out 21 meatballs, a little bigger than a golf ball, and space them out on a sheet tray.
4. Bake 20-25 minutes, until they reach at least 165°F inside.
5. These are great on their own, or build a breakfast lunchable with fruit and an egg bite!

mika's notes

★ Use ground breakfast pork, not plain ground pork. The seasoning is already in it and that is what makes these taste like breakfast.

★ White meat ground chicken only. Dark meat is far too greasy here. Storage: fridge up to 4 days, freezer up to 3 months.

makes: 6 servings

time: 30 min

★ **50g protein**

pesto pasta with chicken

ingredients

the chicken

- 1½ lbs chicken breasts
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp salt
- 2 garlic cloves (minced)

the pasta

- 1 (8 oz) box frilly protein pasta
- 8 oz high protein pesto (recipe on the blog, or store bought)
- ½ cup bone broth
- ½ cup parmesan (shredded)
- 1 egg



nutrition

569cal 50P 29F 30C 6g fiber

per serving (serves 6)

instructions

1. Marinate the chicken in the lemon juice, olive oil, salt, and garlic while the pasta cooks.
2. Cook the pasta in heavily salted water per the package. Strain, rinse with hot water, then return it to the pot off the heat with a splash of bone broth and cover to keep it hot.
3. Grill the chicken 5 to 10 minutes per side, or use a skillet. Pull it at 160°F, it carries up to 165°F as it rests.
4. Mix the parmesan and egg in a small bowl. Stir the hot pasta with another splash of broth, then stir the egg mixture in quickly so it emulsifies instead of scrambling.
5. Add the pesto and remaining broth, stirring until smooth. Top with the chicken.

mika's notes

★ The parmesan and egg are what make the sauce creamy without any cream. Keep the pasta hot and stir fast. A little scramble still tastes good if it happens.

★ 50g of protein comes from the chicken, the protein pasta, and the parmesan. No powder anywhere.

★ Storage: fridge up to 4 days. Reheat with a splash of broth to loosen the sauce back up.

makes: 6 servings

time: 30 min

★ **sheet pan**

sheet pan harvest bowl

ingredients

Sheet pan

- 2 (12 oz) packs chicken sausage (sliced)
- 6 oz Brussels sprouts (halved)
- 2 sweet potatoes (½ inch cubes)
- 3 tbsp olive oil
- ½ tsp salt + ¼ tsp pepper

Dressing

- ½ cup Greek yogurt (0% fat)
- 4 tbsp mayo
- ¼ cup balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 2 cloves garlic (minced)
- ½ lemon (juiced)

To finish

- 2 honeycrisp apples (diced)
- ½ cup dried cranberries



nutrition 483cal 26P 23F 33C 8g fiber

per serving (serves 6)

instructions

1. Preheat the oven to 375°F and line an extra large rimmed baking sheet. Dice everything that needs dicing.
2. Toss the sweet potatoes and Brussels sprouts with 2 tbsp of the olive oil, the salt, and the pepper. Spread them in one layer on half the sheet and put the sliced chicken sausage on the other half.
3. Bake 20-25 minutes, until the sweet potatoes are tender.
4. Blend the dressing, or whisk it hard. Greek yogurt likes to seize up against vinegar, so the blender is the safer route.
5. Plate the sheet pan up and finish with the diced apples, cranberries, and dressing over the top.

mika's notes

★ Store the sheet pan food, the dressing, and the fresh apples separately or it all goes soggy. Good in the fridge about 4 days, and I don't recommend freezing this one.

★ Honeycrisp are worth it here. They stay crisp against the warm sweet potato instead of going mealy.

makes: 4 servings

time: 25 min

★ **one pan**

bison sloppy joes

ingredients

- 1 lb ground bison (or lean ground beef or turkey)
- 1 yellow onion (finely diced)
- 1 green bell pepper (diced)
- 2 cloves garlic (minced)
- 1 tsp salt
- 2½ tbsp chili powder
- 1½ tsp smoked paprika
- 3 tbsp tomato paste
- 1½ cups tomato sauce (unflavored, 1 can)
- 1 tbsp pickling liquid (from pickles or pickled jalapeños)
- 2 tsp Worcestershire sauce
- 3 tbsp honey mustard
- 3 tbsp maple syrup (or 2 tbsp brown sugar)

Serve with

- buns, cornbread, chips, coleslaw, or pickles



nutrition

310cal 26P 10F 30C 5g fiber

per serving (serves 4)

instructions

1. Brown the bison over medium-high heat in a large sauté pan or Dutch oven, 5 to 7 minutes, until mostly cooked through.
2. Add the onion, green pepper, and garlic. Sauté about 3 minutes, until softened.
3. Add the remaining spices, the tomato sauce and paste, the pickling liquid, and the rest of the sauces. Stir to combine.
4. Reduce to low and simmer 10 minutes so the flavors meld, then pile it onto your favorite bun.

mika's notes

- ★ The pickling liquid is the secret. It cuts the sweetness of the maple syrup and keeps these from tasting like the canned stuff.
- ★ Slow cooker version: after step 3, move everything to a slow cooker on high for 4 hours or low for 6 to 8.
- ★ Bison is leaner than beef, which is how this lands at only 10g of fat per serving.

makes: 4 servings

time: 45 min

★ **12g fiber**

white bean casserole

ingredients

- 1 lb orzo
- 2½ cups chicken bone broth
- 2 cans white beans (drained)
- 1 leek (thinly sliced)
- 4 cloves garlic (minced)
- 5 stems Tuscan kale (leaves and stems separated, both chopped)
- 1 lemon (zest and juice)
- 1 tsp salt
- ¾ tsp pepper + ¾ tsp red pepper flakes
- ½ cup heavy cream (or half and half)
- 2 tbsp italian cheese blend (optional)



nutrition

556cal 31P 10F 88C 12g fiber

per 2 cups (serves 4)

instructions

1. Preheat the oven to 400°F. Prep the leeks, garlic, and kale, keeping the leaves and stems separate.
2. In a square casserole dish, combine the white beans, leek, orzo, garlic, salt, pepper, red pepper flakes, lemon zest, and the chopped kale stems. Mix well.
3. Add the bone broth and stir to coat. Use the back of a spoon to push the orzo down so it is fully submerged.
4. Cover with foil and bake 20 minutes. Uncover and bake another 10 to 15 minutes, until the liquid is absorbed.
5. Stir in the kale leaves, the juice from half the lemon, the heavy cream, and the italian cheese. Serve once the kale has wilted.

Mika's tip

Orzo cook times swing a lot, so check it before you pull the dish. Cheaper orzo is usually done around 30 minutes, while higher quality orzo can need closer to 45. This is the vegetarian night of the plan and it carries 12g of fiber per serving, the most of anything this month. Storage: fridge up to 4 days, and I don't recommend freezing it. Reheat with a splash of broth, since the orzo keeps drinking up liquid.

makes: 6 fritters

time: 40 min

★ **no powder**

protein apple fritters

ingredients

- 1 cup all purpose flour
- 3 tsp baking powder
- $\frac{3}{4}$ tsp salt
- $\frac{3}{4}$ cup cottage cheese (2% low fat)
- 2 tbsp unsweetened applesauce
- $\frac{1}{4}$ cup egg whites
- $\frac{1}{2}$ tsp vanilla extract
- $1\frac{1}{2}$ tsp cinnamon
- 1 apple (peeled and diced small)

Glaze

- 1 cup powdered sugar
- $\frac{1}{8}$ cup milk
- $\frac{1}{4}$ tsp vanilla extract
- $\frac{1}{8}$ tsp cinnamon
- pinch of salt



nutrition

406cal 14P 1F 88C 4g fiber

per 2 fritters (makes 6)

instructions

1. Preheat the oven to 350°F and line a sheet tray with parchment. Blend the cottage cheese, applesauce, vanilla, egg whites, and cinnamon until no curds remain.
2. Whisk the flour, baking powder, and salt together in a large bowl. Pour in the blended cottage cheese mixture and mix until a dough forms, then fold in the diced apple.
3. Scoop out 6 fritters, an ice cream scoop works well, spacing them at least 2 inches apart.
4. Bake 30 minutes, until golden all over. You can also air fry them for 10 to 15 minutes.
5. Whisk the glaze together and spoon it over once the fritters have cooled.

mika's notes

- ★ Blended cottage cheese and egg whites do all the protein work here, no powder anywhere, which is how two of these come in at about 1g of fat.
- ★ Dice the apple small. Big chunks release water and leave you with a soggy middle.
- ★ Glaze them after they cool or it soaks straight in and disappears.



example 123g of protein

total: 1894cal 162C / 83F / 123P (21 fiber)

breakfast

- 3 breakfast meatballs

lunch

- pesto pasta with chicken

dinner

- sheet pan harvest bowl

snack/dessert

- 2 protein apple fritters

example 128g of protein

total: 1967cal 217C / 70F / 128P (25 fiber)

breakfast

- 3 breakfast meatballs

lunch

- pesto pasta with chicken

dinner

- white bean casserole

snack/dessert

- 2 protein apple fritters

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.