





HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

Gather Round







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

- 2 apples
- 2 shallots
- ½ yellow onion
- 8 cloves garlic
- 3 celery stalks (1 cup diced)
- 1 lb broccoli florets
- 1 lb baby potatoes
- 1 lemon
- fresh dill (1 tbsp)

Protein

- 2½ cups cooked chicken (canned or rotisserie)
- 1½ lbs boneless skinless chicken thighs
- 1 lb ground bison
- 4 boneless pork chops (¾ inch)
- 2 cans kidney beans
- 1 can chili beans + 1 can black beans

Grains

- 2 cups rolled oats
- 1 cup brown rice
- 1 (10 inch) graham cracker crust

Liquids

- 2 cups bone broth
- 4 tbsp olive oil
- 1 (10 oz) can red enchilada sauce
- ⅓ cup monk fruit maple syrup
- ½ cup + 6 tbsp maple syrup

Dairy

- 4½ cups plain nonfat Greek yogurt (36 oz)
- 1 cup whole milk cottage cheese
- 1 cup egg whites + 3 eggs
- 1 cup skim milk
- 4 tbsp butter
- 1 (5.3 oz) Boursin garlic and herb cheese
- 4 to 6 oz tzatziki or feta dip

Condiments and Spices

- ¼ cup mayo + 1 tbsp honey mustard
- 1 packet chili seasoning
- 1 packet dry onion soup mix (1 oz)
- 2½ tbsp steak seasoning
- 1 tbsp pumpkin pie spice
- 3½ tsp cinnamon
- 1 tbsp vanilla extract
- ¼ tsp nutmeg + ½ tsp sage
- salt and pepper

Other

- 2 cups chopped pecans
- ¼ cup chia seeds + ¼ cup hemp hearts
- ½ cup dark brown sugar
- ½ cup dried cranberries
- 1 (15 oz) can pumpkin puree
- 12 oz frozen butternut squash
- 1 can corn
- 3 tbsp tomato paste
- 1 tbsp molasses + 3 tbsp cornstarch

Check each recipe page for optional extras like chili toppings or fresh herbs. Those aren't counted in the macros.

ingredients

by recipe

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.

pecan sticky bun baked oats

- 2 cups rolled oats
- 1 cup egg whites
- ¼ cup chia seeds + ¼ cup hemp hearts
- 3½ cups plain nonfat Greek yogurt
- ⅓ cup monk fruit maple syrup
- 1 cup skim milk
- 2 cups chopped pecans
- ½ cup dark brown sugar
- 4 tbsp butter + 6 tbsp maple syrup
- vanilla, cinnamon, salt

creamy chicken and rice

- 1½ lbs boneless skinless chicken thighs
- 1 cup brown rice (dry)
- 2 cups bone broth
- 1 (15.5 oz) can kidney beans
- 1 (5.3 oz) Boursin garlic and herb
- 1 oz dry onion soup mix (1 packet)

sheet pan pork chops

- 4 boneless pork chops (¾ inch)
- 1 lb baby potatoes
- 1 lb broccoli florets
- 4 garlic cloves
- 4 tbsp olive oil
- 2½ tbsp steak seasoning
- 1 lemon (zest) + 1 tbsp dill
- 4 to 6 oz tzatziki or feta dip

fall harvest chicken salad

- 2½ cups cooked chicken
- 2 apples
- ½ cup dried cranberries
- 2 shallots + 2 cloves garlic
- 1 cup diced celery
- 1 cup plain Greek yogurt
- ¼ cup mayo
- 1 tbsp honey mustard
- nutmeg, sage, salt, pepper

bison chili

- 1 lb ground bison
- ½ yellow onion + 2 cloves garlic
- 3 tbsp tomato paste
- 1 packet chili seasoning
- 1 can chili beans
- 1 can kidney beans
- 1 can black beans
- 1 can corn
- 1 (10 oz) can red enchilada sauce
- 12 oz frozen butternut squash

cottage cheese pumpkin pie

- 1 (10 inch) graham cracker crust
- 1 (15 oz) can pumpkin puree
- 1 cup whole milk cottage cheese
- 3 eggs
- ½ cup maple syrup + 1 tbsp molasses
- 3 tbsp cornstarch
- 1 tbsp pumpkin pie spice
- cinnamon, salt, 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. **pecan sticky bun baked oats**
    a. **whisk, soak, and mix the topping (15 minutes)**
    b. **bake and cool (50 minutes, hands off)**
2. **fall harvest chicken salad**
    a. **dice, stir up the dressing, and mix (15 minutes)**
3. **cottage cheese pumpkin pie**
    a. **blend, bake, and chill 4+ hours (10 minutes)**

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

- quarter the baby potatoes for the pork chops
- dice the onion and mince the garlic for the chili
- make the whole pot of chili and reheat it through the week

Mika's meal prep tips

Make the pie first. It needs at least 4 hours in the fridge to set, so I bake it the night before and slice it cold. The baked oats and the chicken salad both keep for 5 days, so one prep session covers breakfast and lunch all week.

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 apples, celery, and shallots this month.

Don't stress if you can't prep it all. The bison chili and the sheet pan pork chops both come together in about 30 minutes on a weeknight, and the chicken and rice is hands off once it is in the oven. Prep what helps and leave the rest.

makes: 8 squares | time: 65 min | ⭐ 22g protein

pecan sticky bun baked oats

ingredients

- 2 cups rolled oats (old fashioned)
- 1 cup egg whites (about 7 large)
- ¼ cup each chia seeds and hemp hearts
- 1½ cups plain nonfat Greek yogurt
- ⅓ cup monk fruit maple syrup
- 1 cup skim milk (or any milk)
- 1 tsp each vanilla and cinnamon
- ½ tsp salt
- Pecan topping: 2 cups chopped pecans
- ½ cup dark brown sugar (packed)
- 4 tbsp butter (melted)
- 6 tbsp maple syrup (or honey)
- 2 tsp cinnamon + ¼ tsp salt
- For serving: 2 cups Greek yogurt



nutrition 530cal 22P 29F 48C 7g fiber

per square (serves 8)

instructions

1. Preheat the oven to 350°F and grease a 9x13 baking dish.
2. Whisk the egg whites, 1½ cups of the Greek yogurt, monk fruit maple syrup, milk, vanilla, 1 tsp cinnamon, and ½ tsp salt until smooth.
3. Stir in the oats, chia seeds, and hemp hearts. Let it sit 10 minutes so the oats and chia soak up the liquid, then spread it in the dish.
4. Stir the pecans, brown sugar, melted butter, maple syrup, 2 tsp cinnamon, and ¼ tsp salt until the pecans are coated. Scatter evenly over the oats.
5. Bake 35 to 40 minutes, until the center is set and the topping is bubbling and deep golden. Tent with foil for the last 10 minutes if the pecans brown too fast.
6. Cool 10 minutes so the topping firms up. Cut into 8 squares and top each with ¼ cup Greek yogurt.

mika's notes

⭐Yes, it's a lot of topping. That's the point! For a lighter version, halve everything in the pecan topping.
⭐No carton egg whites? Use 4 whole eggs, or 1 cup of blended cottage cheese for a slightly denser bake.
⭐Storage: fridge up to 5 days, freezer up to 3 months. Re-crisp the pecans in the air fryer for 3 to 4 minutes.

makes: 4 servings | time: 15 min | ⭐ 35g protein

fall harvest chicken salad

ingredients

the salad

- 2½ cups cooked chicken (canned, rotisserie, or other)
- ½ cup dried cranberries
- 2 apples (diced small)
- 2 shallots (diced)
- 2 garlic cloves (minced)
- 1 cup celery (diced)

the dressing

- 1 cup plain Greek yogurt
- ¼ cup mayo
- 1 tbsp honey mustard
- ¼ tsp nutmeg
- ½ tsp sage
- 1 tsp each salt and pepper



nutrition 427cal 35P 17F 34C 4g fiber

per 1.5 cups (serves 4)

instructions

1. Dice the apples, shallots, and celery small and bite-size. I like to cut the celery lengthwise first, then dice it.
2. In a large bowl, stir together the Greek yogurt, mayo, honey mustard, nutmeg, sage, salt, and pepper.
3. Add the chicken, cranberries, apples, shallots, garlic, and celery. Fold with a spatula until everything is coated in the dressing.
4. Portion into containers and refrigerate.

mika's notes

⭐This makes 4 lunches. Want one for every weekday? Make 1.25x the recipe.
⭐Add chopped pecans if you have extra from the baked oats. They're so good in here!
⭐Use a crisp apple like honeycrisp or pink lady so it holds up through the week. Skip soft ones like red delicious.
⭐Storage: fridge up to 5 days. I don't recommend freezing it, since the yogurt can separate.

makes: 4 servings | time: 80 min | ⭐ 53g protein

creamy chicken and rice

ingredients

The dish

- 1½ lbs chicken thighs (boneless and skinless)
- 1 cup brown rice (dry)
- 2 cups bone broth (chicken or beef)
- 1 (15.5 oz) can kidney beans (drained and rinsed)

The flavor

- 1 (5.3 oz) Boursin cheese (garlic and herb)
- 1 oz dry onion soup and dip mix (1 packet)

To finish (optional)

- fresh parsley or chives
- a handful of spinach



nutrition 686cal 53P 24F 63C 10g fiber

per 1.5 cups (serves 4)

instructions

1. Preheat the oven to 325˚F.
2. Add the rice, bone broth, onion soup mix, and kidney beans to a braiser or oven-safe casserole dish big enough to fit the chicken in a single layer. Stir together, nestle in the chicken thighs, and set the Boursin in the center.
3. Cover and bake 1 hour and 15 minutes.
4. Remove the lid and bake another 5 to 15 minutes, until the extra liquid cooks off. A wide, shallow braiser takes 5 to 7 minutes. A Dutch oven or deeper dish can take up to 15.
5. Let it cool a bit, then cut or shred the chicken. We like to use a hand mixer to shred it right in the dish.

mika's notes

⭐White rice works too, but it cooks faster than brown. Check it 10 minutes sooner.
⭐Finish with fresh parsley or chives, or stir in a handful of spinach for some greens.
⭐Storage: fridge up to 5 days, freezer up to 3 months.

makes: 4 big bowls | time: 30 min | ⭐ 38g protein

30-minute bison chili

ingredients

- 1 lb ground bison
  (or extra lean ground beef)
- ½ yellow onion (diced)
- 2 cloves garlic (minced)
- 3 tbsp tomato paste
- 1 packet chili seasoning
- 1 can chili beans (or plain pinto beans)
- 1 can kidney beans
- 1 can black beans
- 1 can corn (drained)
- 1 (10 oz) can red enchilada sauce
- 12 oz frozen butternut squash (1 steamable bag)

Topping ideas

- avocado, shredded cheddar, Greek yogurt, cilantro, or tortilla chips (not counted in the macros)



nutrition 622cal 38P 22F 74C 16g fiber

per big bowl (serves 4)

instructions

1. Brown the bison in a large soup pot or Dutch oven over medium heat, breaking it apart as it cooks.
2. When the bison is almost cooked (5 to 7 minutes), add the onion and garlic and sauté 3 to 5 minutes, until translucent and fragrant.
3. Add everything else: the chili seasoning, butternut squash, tomato paste, enchilada sauce, beans, and corn. Don't drain the beans, only the corn. Stir to combine.
4. Drop the heat to low and simmer 15 minutes, stirring occasionally. Dish up 4 big bowls and add your favorite toppings.

mika's notes

⭐We're serving this as 4 big bowls so dinner lands at 38g of protein. On the blog it's 8 smaller servings, so the numbers there are half of these.
⭐No chili seasoning? Use 3 tbsp taco seasoning plus 1 tbsp chili powder and 1 tsp paprika.
⭐Using fresh butternut squash? Simmer at least 30 minutes so it softens.
⭐This freezes well for up to 3 months. Reheat on the stove or in the microwave.

makes: 4 servings | time: 35 min | ⭐ one pan

sheet pan pork chops

ingredients

- 4 boneless pork chops (¾ inch thick)
- 1 lb baby potatoes (quartered)
- 1 lb broccoli florets (1 head, fresh)
- 4 garlic cloves
- 4 tbsp olive oil (or avocado oil)
- 2½ tbsp steak seasoning
- zest from 1 lemon
- 1 tbsp dill (fresh or freeze dried)
- 4 to 6 oz tzatziki or feta dip



nutrition 469cal 35P 24F 30C 6g fiber

per serving (serves 4)

instructions

1. Preheat the oven to 425˚F and line a full size sheet pan with parchment. Quarter the potatoes. The smaller they are, the faster they cook.
2. Toss the potatoes with 1 tbsp of the oil and 1 tbsp of the steak seasoning. Spread on the sheet pan and bake 15 minutes.
3. While they cook, toss the broccoli with 1 tbsp oil and 1 tbsp steak seasoning. Pat the pork chops dry and season with the remaining ½ tbsp.
4. Push the potatoes to one side, set the pork chops in the center, and spread the broccoli on the other side. Bake 15 more minutes.
5. Pull the tray when the pork hits 145˚F and let it rest 5 minutes. Spread the dip on a platter, top with the potatoes and broccoli, add the pork chops, and finish with lemon zest and dill.

Mika's tip

A meat thermometer is the number one way to get juicy pork. Pull it at 145˚F, even if it still looks a little pink. It is completely safe, and pork that goes to even 155 will taste tough and dry. Use fresh broccoli here, since frozen gets soggy cooked this way. Storage: fridge up to 4 days in an airtight container, with the sauce kept separate.

makes: 8 slices | time: 6 hr 10 min | ⭐ make ahead

cottage cheese pumpkin pie

ingredients

- 1 (10 inch) graham cracker crust (9 oz)
- 1 (15 oz) can pumpkin puree
- 1 cup whole milk cottage cheese
- 3 large eggs
- ½ cup pure maple syrup
- 1 tbsp molasses
- 3 tbsp cornstarch

Spices

- 1 tbsp pumpkin pie spice
- ½ tsp cinnamon
- ½ tsp salt
- 2 tsp vanilla extract



nutrition 245cal 7P 8F 38C 2g fiber

per slice (makes 8)

instructions

1. Preheat the oven to 350°F. Optional: par bake the crust 5 to 7 minutes to keep it extra crunchy.
2. Blend the pumpkin, cottage cheese, eggs, maple syrup, molasses, cornstarch, spices, salt, and vanilla for 60 seconds, until no curds remain. Scrape down and blend 15 seconds more.
3. Pour the filling into the crust, stopping ¼ inch below the rim. Any extra bakes alongside in a greased ramekin for 30 to 35 minutes.
4. Bake on the center rack 40 to 50 minutes, until the edges are set and the center still jiggles like Jell-O. Tent the crust with foil if it browns too fast.
5. Cool on the counter about 1 hour, then refrigerate at least 4 hours or overnight. Slice cold.

mika's notes

⭐Pull it while the center still jiggles. It keeps setting in the fridge, and overbaking can curdle the custard.

⭐Don't skip the cornstarch. Without it, the pie won't set.

⭐A standard 6 oz crust works too. You'll just have extra filling for a ramekin or two.

example 117g of protein

total: 1888cal 183C / 78F / 117P (23 fiber)

breakfast
- 1 square sticky bun baked oats

lunch
- fall harvest chicken salad

dinner
- creamy chicken and rice

snack/dessert
- 1 slice pumpkin pie

example 102g of protein

total: 1824cal 194C / 76F / 102P (29 fiber)

breakfast
- 1 square sticky bun baked oats

lunch
- fall harvest chicken salad

dinner
- 1 big bowl bison chili

snack/dessert
- 1 slice pumpkin pie

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.