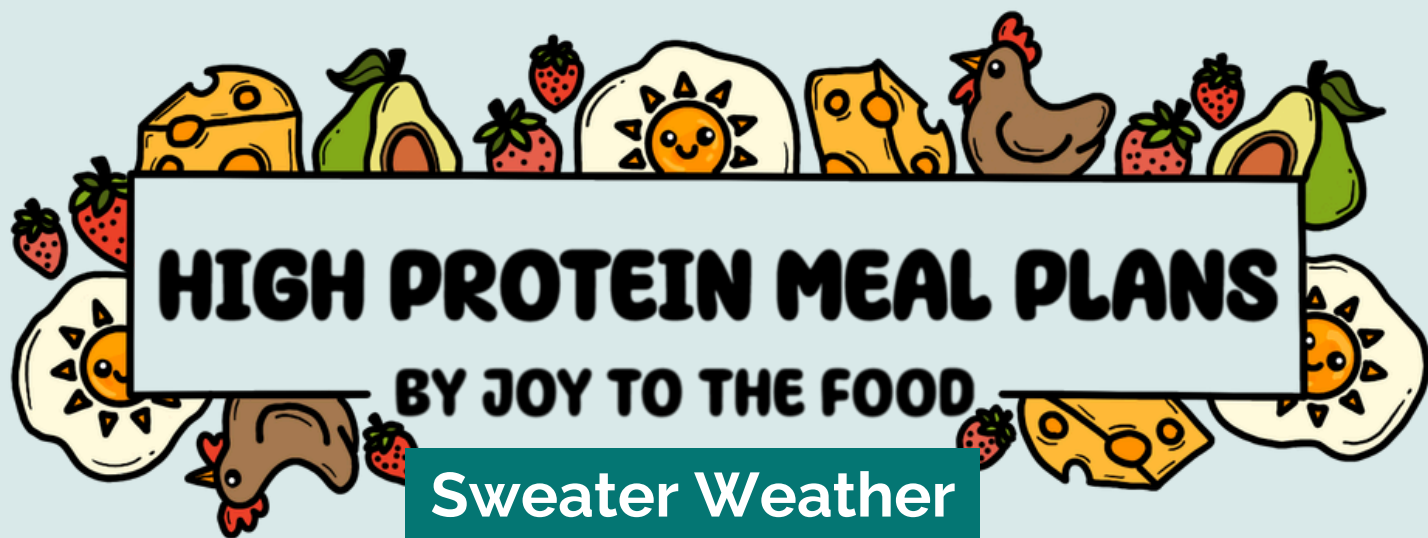




HIGH PROTEIN MEAL PLANS

BY JOY TO THE FOOD

Sweater Weather



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 small spaghetti squash
- 2 white onions
- 6 cloves garlic
- 2 large carrots
- 2 celery stalks
- 2 cups baby spinach
- fresh basil (2 tbsp chopped)

Protein

- 10 maple breakfast sausage links
- 1 (3 lb) rotisserie chicken or 2 small chickens
- 1 lb Italian ground turkey sausage
- 1 lb ground beef
- 2 cans white beans
- 2 (15 oz) cans butter beans

Grains

- 1 lb challah or Hawaiian rolls
- 12 oz pasta
- 1 cup all purpose flour
- ¼ cup panko bread crumbs
- sourdough (for the sausage and beans)

Liquids

- 6¼ cups chicken bone broth
- 3 tbsp avocado oil
- 1 cup buffalo sauce
- 6 tbsp Worcestershire sauce
- ⅓ cup maple syrup

Dairy

- 4¼ cups cottage cheese (about 34 oz)
- 3 cups plain Greek yogurt (24 oz)
- 7 eggs
- 1 cup cheddar + 1 cup white cheddar
- 1¼ cups parmesan
- 1 (5.2 oz) Boursin fine herb cheese
- ½ cup pumpkin cream cheese
- 1 cup milk
- ¼ cup butter

Condiments and Spices

- 1 packet ranch seasoning
- 1 tbsp + ½ tsp pumpkin pie spice
- 4 tsp cinnamon + 2 tbsp cinnamon sugar
- 2 tbsp + ½ tsp vanilla extract
- ½ tsp garlic powder + 1 tbsp chili powder
- 1½ tsp oregano + 1 tsp paprika
- ½ tsp smoked paprika + ¼ tsp cayenne
- 3 tsp baking powder
- salt, pepper, red pepper flakes

Other

- 1 (15 oz) can pumpkin puree
- ½ cup sun-dried tomatoes (not in oil), plus 4 more
- 2 tbsp tomato paste
- ¼ cup cane sugar
- 1 tbsp cornstarch

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



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pumpkin french toast casserole

- 1 lb challah or Hawaiian rolls
- 10 maple breakfast sausage links
- 1½ cups cottage cheese
- 6 eggs
- 1 cup pumpkin puree
- ⅓ cup maple syrup
- 2 tbsp vanilla extract
- 1½ tsp cinnamon + 1 tbsp pumpkin pie spice
- 2 tbsp cinnamon sugar
- 2 cups Greek yogurt (topping)

boursin spaghetti squash

- 2 small spaghetti squash
- 3 tbsp avocado oil
- 1 white onion
- ½ tsp garlic powder
- ¾ cup chicken bone broth
- 1 (5.2 oz) Boursin fine herb cheese
- 2 cups shredded rotisserie chicken
- ¼ cup panko bread crumbs
- ¼ cup parmesan

hamburger helper

- 1 lb ground beef
- 1 white onion + 2 cloves garlic
- 2 carrots + 2 celery stalks
- 4 sun-dried tomatoes
- 4 cups bone broth
- 15 oz white beans
- 2 tbsp tomato paste
- 6 tbsp Worcestershire sauce
- 12 oz pasta
- 1 cup white cheddar + ½ cup parmesan
- 1 cup milk
- paprika, oregano, chili powder, cayenne

buffalo chicken dip

- 16 oz rotisserie chicken
- 1½ cups cottage cheese
- 1 can white beans
- 1 cup buffalo sauce
- ½ cup plain Greek yogurt
- 1 packet ranch seasoning
- 1 cup shredded cheddar

marry me sausage and beans

- 1 lb Italian ground turkey sausage
- 4 cloves garlic
- ½ cup sun-dried tomatoes
- 1½ cups chicken bone broth
- ½ cup cottage cheese
- 2 (15 oz) cans butter beans
- ½ cup parmesan
- 2 tbsp fresh basil
- 2 cups baby spinach
- 1 tbsp cornstarch
- oregano, red pepper flakes, smoked paprika

pumpkin bagel bites

- 1 cup all purpose flour
- 3 tsp baking powder
- ¾ cup cottage cheese
- 2 tbsp pumpkin puree
- 1 egg
- pumpkin pie spice, cinnamon, vanilla
- Coating: ¼ cup cane sugar,
- 2 tsp cinnamon, ¼ cup butter
- Dip: ½ cup pumpkin cream cheese,
- ½ cup Greek yogurt

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. **pumpkin french toast casserole**
 - a. **chop the sausage and bread, then blend the custard (15 minutes)**
 - b. **bake and cool (65 minutes, hands off)**
2. **buffalo chicken dip meal prep**
 - a. **mix, portion into containers, and bake (25 minutes)**
3. **pumpkin bagel bites**
 - a. **blend, roll, air fry, and coat (20 minutes)**

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

- shred the rotisserie chicken for the squash
- dice the onion, carrots, and celery for the hamburger helper
- blend the bean and bone broth sauce for the hamburger helper

Mika's meal prep tips

Prep once, use all week. Rotisserie chicken does double duty this month, so shred it all at once for the buffalo chicken dip and the boursin squash. Same goes for the onions in the squash and the hamburger helper.

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, carrots, and celery this month.

Don't stress if you can't prep it all. The marry me sausage and beans and the boursin squash 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: 9 servings

time: 75 min

★ **30g protein**

pumpkin french toast casserole

ingredients

- 1½ cups low fat cottage cheese
- 6 eggs
- 1 lb challah bread or Hawaiian rolls (any brioche works)
- 2 tbsp vanilla extract
- 1 cup pumpkin puree
- ⅓ cup pure maple syrup
- 1½ tsp cinnamon
- 1 tbsp pumpkin pie spice
- ¼ tsp salt
- 10 precooked maple breakfast sausage links
- 2 tbsp cinnamon sugar
- 2 cups plain Greek yogurt (for topping)



nutrition

404cal 30P 12F 45C 2g fiber

per square (serves 9)

instructions

1. Preheat the oven to 375°F and grease a 9x13 baking dish with oil or butter.
2. If the sausage links are frozen, microwave them 3 to 4 minutes, until thawed enough to chop. Thinly slice them, dice the bread, and toss both together in the baking dish.
3. Blend the cottage cheese, eggs, vanilla, pumpkin, maple syrup, cinnamon, pumpkin pie spice, and salt until totally smooth. Pour it over the bread and toss so every piece is coated.
4. Top with the cinnamon sugar and bake 1 hour and 5 minutes. Check it in the last 10 to 15 minutes and tent with foil if it is browning too fast.
5. Slice into 9 squares and top each with Greek yogurt and a little maple syrup.

mika's notes

- ★ Grease the pan. The custard gets sticky, and a deep 9x13 is a must because the bread is so fluffy.
- ★ The Greek yogurt topping counts toward the 30g of protein. Skip it and each square drops to 25g.
- ★ Storage: fridge up to 6 days, freezer up to 3 months.

makes: 4 servings

time: 25 min

★ **52g protein**

buffalo chicken dip meal prep

ingredients

the dip

- 16 oz rotisserie chicken (chopped small, about 1 lb)
- 1½ cups cottage cheese
- 1 can white beans (drained and rinsed)
- 1 cup buffalo sauce
- ½ cup plain Greek yogurt
- 1 packet ranch seasoning
- 1 cup cheddar cheese (shredded)

for serving

- celery, carrots, or tortilla chips



nutrition

470cal 52P 20F 23C 4g fiber

per container (serves 4)

instructions

1. Preheat the oven to 400°F and chop the rotisserie chicken small.
2. Mix the chicken, cottage cheese, buffalo sauce, Greek yogurt, ranch seasoning, and white beans in a large bowl, or split everything four ways right in four oven-safe meal prep containers.
3. Divide the mixture between the four containers and top each with ¼ cup of the cheddar.
4. Bake with the lids off for 15 minutes, until bubbly. If your containers are rated for it, broil a couple of minutes until the cheese is golden. Watch it closely.
5. Let cool, then lid up and refrigerate. Serve with celery, carrots, or chips, in a wrap, or with a fried egg on top.

mika's notes

★ This makes 4 lunches. Want one for every weekday? Make 1.25x the recipe and split it into 5 containers.

★ Check your containers. Not all of them are oven or broiler safe, so look for a temperature rating and always take the lids off. If in doubt, bake in an 8x8 and portion after.

★ The cottage cheese isn't blended, so you will see the curds. Blend it with the yogurt and buffalo sauce first if you want it smooth.

★ Storage: fridge up to 5 days, freezer up to 3 months.

makes: 4 servings

time: 30 min

★ **14g carbs**

boursin spaghetti squash

ingredients

The squash

- 2 small spaghetti squash (halved lengthwise, seeds removed)
- 3 tbsp avocado oil (divided)
- salt + pepper

The filling

- 1 medium white onion (diced)
- ½ tsp garlic powder
- ¾ cup chicken bone broth
- 1 (5.2 oz) Boursin fine herb cheese
- 2 cups rotisserie chicken (shredded)

The topping

- ¼ cup panko bread crumbs
- ¼ cup parmesan (grated)



nutrition 663cal 37P 49F 14C 1.5g fiber

per stuffed half (serves 4)

instructions

1. Preheat the oven to 400°F. Poke the outside of each squash half several times, drizzle the flesh with 1 tbsp of the oil, and season with salt and pepper. Bake flesh side down for 15 to 25 minutes, until it scrapes easily with a fork.
2. Heat 1 tbsp of the oil in a skillet over medium. Sauté the onion 2 to 3 minutes, add the garlic powder, ¼ tsp salt, and pepper, and cook until soft.
3. Add the bone broth and Boursin and stir into a smooth sauce. Simmer about 5 minutes, until bubbly and slightly thickened, then stir in the chicken for 1 to 2 minutes.
4. Mix the last 1 tbsp of oil with the panko and parmesan.
5. Scrape the squash into strands and stir them into the skillet. Fill the shells, top with the panko mixture, and broil on high a few minutes until golden. Watch closely.

mika's notes

★ Buy the pre-shredded rotisserie chicken if your store has it. I get mine at Costco near the deli and it saves so much time.

★ If the sauce gets too thick, add bone broth a tablespoon at a time until it is saucy again.

★ Storage: fridge up to 5 days. I store just the filling, not the squash shells.

makes: 4 servings

time: 30 min

★ 43g protein

marry me sausage and beans

ingredients

- 1 lb Italian ground turkey sausage (spicy or mild, or use chicken)
- 4 garlic cloves (minced)
- ½ tsp each oregano, red pepper flakes, smoked paprika
- ¼ tsp each salt and pepper
- ½ cup sun-dried tomatoes (not packed in oil)
- 1½ cups chicken bone broth
- ½ cup cottage cheese (low fat, small curd)
- 2 (15 oz) cans butter beans (drained)
- ½ cup grated parmesan
- 2 tbsp chopped basil
- 2 cups baby spinach
- 1 tbsp cornstarch (only if needed)

Serve with

- toasted sourdough (not counted in the macros)



nutrition

450cal 43P 14F 41C 11g fiber

per serving (serves 4)

instructions

1. Brown the sausage over medium heat in a deep pot like a Dutch oven.
2. When the sausage is almost cooked, add the garlic, oregano, red pepper flakes, smoked paprika, salt, and pepper. Lower the heat and sauté about 1 minute.
3. Blend the sun-dried tomatoes, bone broth, and cottage cheese until smooth.
4. Add the sauce and butter beans to the pot. Bring to a boil, stirring constantly so it doesn't stick, then simmer until thickened. If it stays thin, mix the cornstarch into a spoonful of the sauce and stir it back in.
5. Stir in the parmesan, basil, and spinach until the cheese melts. Taste and season with more salt and pepper.

mika's notes

- ★ The sauce is blended cottage cheese, bone broth, and sun-dried tomatoes, which is how it gets creamy without any cream.
- ★ I love this over buttered sourdough. The bread isn't included in the macros.
- ★ Storage: fridge up to 4 days, freezer up to 3 months. Reheat in the microwave or on the stove.

makes: 6 servings

time: 40 min

★ **one pot**

high protein hamburger helper

ingredients

- 1 lb ground beef (or bison)
- 1 white onion (diced)
- 2 large carrots + 2 celery stalks (diced)
- 2 cloves garlic (minced)
- 4 sun-dried tomatoes
- 4 cups bone broth
- 15 oz white beans (drained)
- 2 tbsp tomato paste
- 6 tbsp Worcestershire sauce
- 12 oz pasta
- 1 cup white cheddar (shredded)
- ½ cup parmesan (shredded)
- 1 cup milk (you may only need ½ cup)
- ½ tsp each salt and pepper
- 1 tsp each paprika and oregano
- 1 tbsp chili powder + ¼ tsp cayenne



nutrition

612cal 47P 15F 73C 8g fiber

per 1.5 cups (serves 6)

instructions

1. Chop and measure everything first, since one pot meals move quick. Blend the sun-dried tomatoes, 2 cups of the bone broth, and the white beans until you can't tell there are beans in it.
2. In a Dutch oven or large pot, brown the beef about 5 minutes, until mostly brown. Drain any excess grease.
3. Add the onion, carrots, and celery and cook another 5 minutes. Stir in the garlic, spices, 3 tbsp of the Worcestershire, and the tomato paste for 1 to 2 minutes.
4. Add the blended bean sauce, the pasta, and the remaining 2 cups of broth. Press the pasta down so it is mostly covered, bring to a boil, then cover and simmer 10 to 15 minutes, stirring halfway, until al dente.
5. Stir in the white cheddar, parmesan, and milk as needed. Finish with the last 3 tbsp of Worcestershire.

Mika's tip

That last splash of Worcestershire is the key to the best flavor, so don't skip it. I usually only need about ½ cup of the milk, but gluten-free pasta absorbs more liquid and can take the full cup. Hamburger helper gets sticky in the fridge, so when you reheat it, add a splash of bone broth, stir until creamy, then finish with a little more Worcestershire. Storage: fridge up to 5 days, or freeze in portions for up to 3 months.

makes: 16 bites

time: 20 min

★ **air fryer**

pumpkin bagel bites

ingredients

- 1 cup all purpose flour
- 3 tsp baking powder
- ½ tsp salt
- ¾ cup cottage cheese (2% low fat)
- 2 tbsp pumpkin puree
- ½ tsp vanilla extract
- ½ tsp pumpkin pie spice
- ½ tsp cinnamon
- 1 egg (beaten)

Coating and dip

- 2 tsp cinnamon
- ¼ cup cane sugar
- ¼ cup melted butter
- ½ cup pumpkin cream cheese
- ½ cup plain Greek yogurt (0% fat)



nutrition

215cal 7P 12F 21C 2g fiber

per 2 bites (makes 16)

instructions

1. Blend the cottage cheese, pumpkin puree, and vanilla until no curds remain.
2. Whisk the flour, baking powder, salt, pumpkin pie spice, and ½ tsp cinnamon in a large bowl, then press in the cottage cheese mixture until fully absorbed.
3. On a floured surface, form the dough into a circle (knead in a bit more flour if it is too wet). Cut into 16 triangles, roll each into a ball, and brush with the beaten egg.
4. Air fry at 350°F for 8 to 10 minutes, until golden and they sound hollow when tapped. Mix the 2 tsp cinnamon and the sugar while they cook.
5. Dip each bite in the melted butter and roll in the cinnamon sugar. Mix the pumpkin cream cheese and Greek yogurt for the dip and serve hot.

mika's notes

- ★ Can't find pumpkin cream cheese? Use regular whipped cream cheese with a little pumpkin pie spice mixed in.
- ★ No air fryer? Bake at 350°F for 15 to 17 minutes, until cooked through.
- ★ To cut the sugar, just brush the tops with butter and sprinkle the cinnamon sugar on instead of rolling them.
- ★ These go stale after about 3 days in the fridge, so I freeze them in an airtight container for up to 3 months and reheat in the air fryer.



example 132g of protein

total: 1539cal 130C / 58F / 132P (19 fiber)

breakfast

- 1 square french toast casserole

lunch

- buffalo chicken dip

dinner

- marry me sausage and beans

snack/dessert

- 2 pumpkin bagel bites

example 136g of protein

total: 1701cal 162C / 59F / 136P (16 fiber)

breakfast

- 1 square french toast casserole

lunch

- buffalo chicken dip

dinner

- hamburger helper

snack/dessert

- 2 pumpkin bagel bites

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.