

MEAL PLAN 52

Recipes and Prep Instructions



DINNER

BREAKFAST



[Protein Bagels](#) with [Cottage Cheese Eggs](#)
That's 50 grams of protein!
(Adjust grocery list as needed)

SNACKS



[Cottage Cheese Queso](#) with [Protein Chips](#)
Perfect dip or nacho sauce!
(Adjust grocery list as needed)

DESSERT



[Protein Brownie](#) with [Cottage Cheese Ice Cream](#)
Guilt-free!
(Adjust grocery list as needed)

MONDAY



[Cottage Cheese Pasta Sauce](#)

By far, this is the fastest (and most decadent) way to instantly double your protein. Perfect any night of the week.

Tip: Use high-protein pasta (I like Banza pasta) for even more protein!

TUESDAY



[High Protein Soup](#)

Featuring hearty legumes, tender veggies, and an aromatic broth, one serving packs over 35 grams of plant-based protein.

Optional side: [Protein bread](#)

WEDNESDAY



[Protein Pizza](#)

Yes, that's right, you can (and should) be getting more protein into your favorite comfort foods. By using a high protein flour, each slice has 30 grams of protein.

Tip: Make double the dough and freeze one for a random weeknight.

THURSDAY



[Bacon Wrapped Chicken Breast](#)

Tender chicken breasts wrapped in savory bacon and oven baked until it's tender on the inside and crispy on the outside. It's our favorite 30-minute meal at the moment!

Optional side: [Air fryer cauliflower](#)

FRIDAY



[Reverse Sear Steak](#)

Guarantee a tender and juicy steak with a mouthwatering crust using my reverse searing method.

Optional side: [Jennifer Aniston salad](#)

MEAL PLAN 51

Grocery List



MEAT

- Ground turkey (1 lb)
- Pepperoni (1/2 cup)
- Chicken breasts (4)
- Bacon (8 slices)
- Ribeye steaks (2)

SEAFOOD

- Flounder fillets (4 x 6 oz fillets)

PRODUCE

- Onion (2)
- Carrot (1)
- Celery (2 stalks)
- Potato (1)
- Garlic (1 head)
- Baby spinach (1 cup)

DAIRY

- Cottage cheese (1 cup)
- Parmesan cheese (1/2 cup)
- Greek yogurt (1 cup)
- Mozzarella cheese (1/2 cup)
- Butter (3 tbsp)

MISC.

- Barley (1/2 cup)
- Lentils or legumes of choice (1 2/3 cups)

PANTRY

- Canned tomatoes (14 1/2 ounces)
**or passata/tomato sauce*
- Tomato juice (1 cup)
- Pizza sauce (1/2 cup)
- Olive oil (1/4 cup + 1/2 tbsp)
- Pasta (12 ounces)
- Vegetable broth (4 cups)
- Brown sugar (4 tbsp)
- Protein flour (1 cup)
**I used the Vetta brand of high-protein self-rising flour, but you can make your own by adding 1/4 cup of unflavored protein powder and 3/4 cup of regular self-rising flour.*

SPICES

- Salt and black pepper
- Paprika (1 1/2 tsp)
- Cumin (1/2 tsp)
- Chili pepper (1/2 tsp)
- Italian seasonings (3 tsp)
- Garlic powder (1/2 tsp)
- Onion powder (1/2 tsp)

MENU

- Monday:** [Cottage cheese pasta sauce](#)
Tip: Use high-protein pasta (I like Banza pasta) for even more protein!
- Tuesday:** [High protein soup](#)
Optional side: [Protein bread](#)
- Wednesday:** [Protein pizza](#)
Tip: Make double the dough and freeze one for a random weeknight.
- Thursday:** [Bacon wrapped chicken breast](#)
Optional side: [Air fryer cauliflower](#)
- Friday:** [Reverse sear steak](#)
Optional side: [Jennifer Aniston salad](#)
- Breakfast:** [Protein bagels with cottage cheese eggs](#)
- Snack:** [Cottage cheese queso with protein chips](#)
- Dessert:** [Protein brownies with cottage cheese ice cream](#)

* This list is for Monday to Friday dinner meals only.