

Meal Prep Week of 8/31

High Protein Overnight Oats

Servings: 3

- 1.5 cup rolled oats
- 1.5 cup plain Greek yogurt
- 1.5 cup milk of choice
- 6 tbsp cocoa powder
- 3 tbsp maple syrup
- Pinch of salt

Instructions

1. Add the oats, Greek yogurt, milk, cocoa powder, sweetener, and salt to a blender.
2. Blend until completely smooth and creamy.
3. Pour into a jar or airtight container.
4. Refrigerate for at least 1 hour, preferably overnight, until thickened.
5. Stir, add your favorite toppings, and enjoy.

High Protein Chicken Fajita Bowls

Serving: 4

Ingredients

For the Bowls

- 1 cup uncooked rice
- 2 cup water
- 24 oz chicken breasts *about 1 large breast*
- 2 tbsp blackened seasoning
- 1 tbsp olive oil
- 4 bell peppers, sliced
- Shredded cheese, for topping
- Lime wedges, for serving

For the Creamy Avocado Dressing

- 1 avocado
- 1 cup 0% plain Greek yogurt
- 4 tbsp lime juice
- 1 tbsp minced garlic

- 0.5 tsp salt
- 4-8 tbsp water *depending on desired thickness*

Instructions

1. Add rice and water to a pot and cook according to package instructions.
1. Season the chicken breast evenly with blackened seasoning.
2. Air fry at 375°F for 8 minutes. Flip and cook for another 8–12 minutes, or until fully cooked. Let rest before slicing.
3. Heat olive oil in a skillet over medium heat. Add sliced peppers and onion and sauté until soft and lightly charred.
4. Add all dressing ingredients to a blender and blend until smooth and creamy.
5. Divide rice, chicken, and vegetables into two bowls or containers. Top with cilantro or green onion, cheese, lime wedges, and dressing.
6. If meal prepping, store dressing separately and add after reheating.

High Protein No-Bake Cheesecake Bars

Ingredients

- 2 cups sea salt pretzels
- 5 large medjool dates *pitted*
- ¼ cup melted coconut oil
- 22 ounces cottage cheese
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 2 cups fresh berries or fruit of choice for topping

Instructions

1. Make the crust – Add pretzels, pitted dates, and melted coconut oil to a food processor. Pulse until a crumbly mixture forms.
2. Press into pan – Line an 8×8 pan with parchment paper. Press the crust mixture firmly into the bottom of the pan.
3. Blend the filling – Rinse the blender/processor, then add cottage cheese, maple syrup, and vanilla extract. Blend until smooth and creamy.
4. Freeze – Pour the filling over the crust and spread evenly. Freeze for 3–4 hours, or until fully set.

5. Top & slice – Lift the bars out of the pan using the parchment paper, top with fresh berries or fruit, then slice into bars and enjoy!
6. Tip: Let the bars sit at room temp for 5–10 minutes before slicing. For clean cuts, dip your knife in hot water and wipe dry between slices.

Recipes from HealthyKitchen.com

Cottage Cheese Pancakes

Serving 1 (serves 4)

Ingredients:

- 1 ¼ cup all-purpose flour
- 2 tsp baking powder
- 1 cup cottage cheese
- 3 eggs
- 2 tbsp milk
- 2 tbsp butter, melted & slightly cooled
- 1 tbsp maple syrup
- 1 tsp vanilla bean paste (or vanilla extract)

Instructions:

1. In a large bowl, combine the dry ingredients and whisk.
2. Add cottage cheese, eggs, and milk to the blender and blend until smooth
3. Add the blended ingredients to the dry ingredients and stir gently.
4. Stir in butter, maple syrup and vanilla.
5. Heat a non-stick skillet over medium heat, scoop batter into the pan and cook until the edges are dry and bubbles begin to form on the pancake
6. Flip the pancake and cook until pancake is cooked through (about 1-2 minutes)

Recipe from jaroflemons.com