

Chocolate Cottage Cheese Protein Bowl

6 ingredients · 10 minutes · 2 servings



Directions

1. In a blender or food processor, combine the cottage cheese, cocoa powder, protein powder, almond butter, and milk. Blend on high speed until smooth, scraping down the sides as needed.
2. Transfer to small serving dishes or containers. Top with almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 3/4 cup.

Likes it Sweet

Drizzle honey on top.

Additional Toppings

Shredded coconut, berries, chopped dark chocolate, and/or your favorite nuts and seeds.

Protein Powder:

Whey protein powder was used in this recipe. Please note, if another type of protein powder is used, results may vary.

Ingredients

- 1 cup** Cottage Cheese
- 2 tbsps** Cocoa Powder
- 1/2 cup** Vanilla Protein Powder
- 2 tbsps** Almond Butter
- 1/3 cup** Cow's Milk, Whole
- 2 tbsps** Almonds (roasted, chopped)

Banana & Chocolate Chip Oatmeal Cups

12 ingredients · 35 minutes · 12 servings



Directions

1. Preheat the oven to 350F (177°C) and grease a muffin tray with half the oil or use a silicone muffin tray.
2. In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
3. In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
4. Spoon the mixture into the greased muffin tray and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving size is equal to one oatmeal cup.

Additional Toppings

Top with sliced banana and almond butter.

Ingredients

- 2 tbsps Coconut Oil (melted, divided)
- 2 1/2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Banana
- 1/4 cup Maple Syrup
- 1 tsp Vanilla Extract
- 1/2 cup Plain Coconut Milk (refrigerated, from the box)
- 2 Egg
- 1/3 cup Dark Chocolate Chips

Celery, Tuna & Cream Cheese

3 ingredients · 5 minutes · 2 servings



Directions

1. Mix the tuna and cream cheese until well combined. Spread the mixture over each celery stick, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one celery with approximately 1/3 cups tuna mix.

More Flavor

Add sea salt and black pepper, green onions, and/or fresh herbs.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1 can Tuna (drained)
- 3 tbsps Cream Cheese, Regular
- 2 stalks Celery (leaves removed, cut into sticks)

Chicken Salad on Crackers

8 ingredients · 10 minutes · 2 servings



Directions

1. In a medium-sized bowl, add the chicken, celery, onion, parsley, Greek yogurt, lemon juice, zest, salt, and pepper. Mix well to incorporate.
2. Spread the chicken mixture evenly over each crisp bread. Enjoy!

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to two days.

Serving Size

One serving is two crackers.

Gluten-Free

Use gluten-free crackers.

Dairy-Free

Use dairy-free unsweetened yogurt or mayonnaise instead.

Ingredients

5 ozs Chicken Breast, Cooked (shredded)

2 stalks Celery (finely chopped)

1/4 cup Red Onion (finely chopped)

2 tbsps Parsley (finely chopped)

1/4 cup Plain Greek Yogurt

1/4 Lemon (juiced, zested)

Sea Salt & Black Pepper (to taste)

4 slices Light Rye Crisp Bread

Cottage Cheese with Cherries & Pumpkin Seeds

3 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a bowl and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days.

Serving Size

One serving is approximately 1 1/4 cups.

More Flavor

Add cinnamon, protein powder, and/or maple syrup/honey.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

3/4 cup Cottage Cheese

3 tbsps Pumpkin Seeds

1/4 cup Cherries

Everything Bagel Cucumber Bites

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the cream cheese evenly overtop each cucumber slice. Sprinkle with everything bagel seasoning. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day.

Make it Vegan

Use vegan cream cheese instead.

Additional Toppings

Smoked salmon, cherry tomato, capers or minced red onion.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

1/2 Cucumber (sliced)

3 tbsps Cream Cheese, Regular (plain)

1 1/2 tsps Everything Bagel Seasoning

Mini Hummus & Veggie Pitas

7 ingredients · 5 minutes · 1 serving



Directions

1. Evenly divide the hummus, cucumber, onion, mini peppers, olives, and fresh dill onto the pitas. Enjoy!

Notes

Leftovers

Best enjoyed fresh if toasting the pitas. If not, they can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is two mini pitas.

Additional Toppings

Flaky sea salt and/or chili flakes.

Gluten-Free

Use gluten-free pitas.

Mini Whole Wheat Pitas

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

1/4 cup Hummus

1/4 Cucumber (small, sliced)

1/4 cup Red Onion (sliced)

1 1/2 ozs Mini Peppers (seeds removed, sliced)

1/4 cup Assorted Olives (pitted, chopped)

1 tbsp Fresh Dill (chopped)

2 ozs Mini Whole Wheat Pita (toasted)

Turkey, Avocado & Cheese Plate

7 ingredients • 10 minutes • 1 serving



Directions

1. Arrange the greens, turkey, cheese, and avocado onto a plate.
2. Toss the mixed greens with oil and lemon juice. Season the greens and avocado with salt and pepper. Combine the ingredients into mini meat wraps or enjoy as is!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

More Flavor

Add cucumber and cherry tomatoes to the plate.

Dairy-Free

Use plant-based cheese instead.

Ingredients

- 1 1/2 cups Mixed Greens
- 3 ozs Sliced Turkey Breast
- 2 ozs Cheddar Cheese (cubed)
- 1/2 Avocado (medium, sliced)
- 1 tsp Extra Virgin Olive Oil
- 1/4 Lemon Juiced
- Sea Salt & Black Pepper (to taste)