

# MY FAVORITE RECIPES

## High Protein Recipes

5–10min Prep Time

### Protein Coffee:



#### Ingredients:

- 1 Cup Favorite Coffee
- 1 Bottle of Quest Salted Caramel Protein Shake
- Ice (Optional)

Directions: Drink hot or cold (just add ice) use protein shake as your creamer!

### Cottage Cheese Protein Pancakes:



10 mins to Make

Servings 1:

Macros: Carbs 42 Fats 6g Protein 19g

Ingredients:

- ½ Banana
- 1 Egg
- ½ cup rolled oats
- ¼ cup cottage cheese
- 1 Tsp Vanilla extract
- A pinch of Salt
- Some cinnamon
- 1 Tbs. Baking Powder

Directions:

1. Place all ingredients into a Blender. Blend until smooth.
2. Heat up a non stick pan and butter it. Scoop small amounts of batter in the pan. Bake slowly, flip halfway and bake until firm. Enjoy!

Ps. My Toddler loves these!

## Yogurt Parfait:



Servings 1:

Macros: Calories 395 Protein 51g Fat 3.5g Carbs 45g

Ingredients:

- Greek yogurt 0% fat
- 1 scoop vanilla protein powder ([Axe n sledge](#))
- lemon juice (helps make it thinner consistency so be generous)
- Honey
- ¼ cup frozen fruit
- 1/4 cup protein granola.

Directions: Greek yogurt 0% fat, 1 scoop vanilla protein powder (Axe n sledge), lemon juice (helps make it thinner consistency so be generous), honey, top with

¼ cup frozen fruit or 1/4 cup protein granola.

## Crock Pot Meat Prep (Taco Bowl)



Servings: Multiple

Ingredients:

- 1lb Ground Beef
- 1 Taco Seasoning Packet
- 2 cans of green chiles or 1 can Rotel

My favorite Toppings:

- Crack a bag of nacho Quest chips over it for EXTRA proteins. OR place beef and toppings directly into an open bag. Make it a DIRTY taco!
- nonfat Greek yogurt (as my sour cream) for EXTRA protein
- Lettuce
- Chopped red onion
- Salsa
- Cheese
- Make it a bowl add some rice!
- \*\*Make it a Burger Bowl instead of taco bowl swap out seasonings, put over a sweet potatoes, add mustard, lettuce, pickles, onions, cheese.

Directions: Place all ingredients into a crockpot. Set CrockPot on low 6-8 hrs (set it before bed & wake up to it ready or set it for your 8hr work day) .

## Ranch Dip





Ingredients:

- 1 cup Greek Yogurt ( I choose non fat to help my macros)
- 1 packet or Ranch seasoning or more

Directions: Mix together both ingredients for dip. Dip with carrots, peppers, or chicken wings!

## High Protein Queso Dip–



Ingredients:

- 8oz Cottage Cheese
- 1 packet taco seasoning (or more if want more flavor)

Directions: Blend up Cottage cheese then add Taco seasoning until flavor of loving!

## Chocolate Dessert or Dip:





#### Ingredients:

- 1 Cup Greek yogurt or Cottage Cheese
- 1 packet of favorite Sugar free Jell-O powder

Directions: Add Greek yogurt in a bowl and add your favorite Sugar free Jell-O powder until the flavor of loving. I used SF Chocolate powder for this one and topped it off with my protein brownie bar and some sugar free Lilly's semi sweet chocolate chips. Can also dip strawberries

### Pre-Workout Snack :



#### Ingredients:

- 2 Rice crackers
- 4 tablespoons of PBfit
- 1 tablespoon honey
- ½ cup frozen fruit
- Cinnamon

Directions: On top of a rice cake make some PBfit, frozen fruit, honey, cinnamon

### Post-Workout Snack :

#### Ingredients:

- Coconut water

- 1 scoop Axe and Sledge