



The Heavyweight Cottage Cheese & Quinoa Bowl

Macros: 380 Calories; 28g Protein; 32g Carbs; 14g Fat

Ingredients

- 3/4 cup low-fat cottage cheese (2%)
- 1/2 cup cooked quinoa
- 1/2 cup cucumber, diced
- 1/4 cup cherry tomatoes, halved
- 2 tbsp Kalamata olives, pitted and halved
- 1 tbsp fresh dill, chopped
- Black pepper to taste

Directions

- Place the cottage cheese in the center of a serving bowl.
- Arrange the cooked quinoa, diced cucumber, cherry tomatoes, and Kalamata olives in colorful segments around the cottage cheese.
- Sprinkle the fresh chopped dill and cracked black pepper over the top.
- Mix everything together immediately before eating.