

5 HIGH PROTEIN MINI MEAL IDEAS



Cottage Cheese Combos

Cottage Cheese

Fruit options:

Blueberries + cinnamon

Raspberries + chia seed

Pineapple chunks + hemp seed

Veggie options:

Your favorite raw veggies to dip!

Broccoli florets

Cucumber rounds

Bell pepper slices

Green bean slices



Yogurt Bowls

Plain, full-fat Greek yogurt

Handful of berries

1 tbsp nut butter

1 scoop vanilla protein powder or hemp seeds

Veggie Rolls

Slices of chicken or turkey deli meat

Wrap around sliced cucumbers/sliced bell peppers

Top with either avocado or hummus



Mini Quinoa + Zucchini Cups

2 cups cooked quinoa
2 eggs
3 egg whites
1 cup shredded zucchini
½ cup parmesan cheese
4 green onions
2 tbsp chopped sun-dried tomatoes
Salt and pepper



Preheat oven to 350 degrees F. Combine all ingredients, and spray mini muffin tins. Spoon mixture into the muffin pan. Bake for 15-20 minutes or until edges of the cup are golden brown. Let cool for at least 5 minutes before removing.

Meatloaf Muffins



1 tbsp extra-virgin olive oil
½ cup yellow onion, diced
1 clove minced garlic
1 ½ lb ground beef
½ cup breadcrumbs or oats
1 cup ketchup

1 tsp Worcestershire sauce
1 large egg, beaten
½ tsp dried thyme
½ tsp dried oregano
Salt + pepper, to taste

Heat oven to 350 degrees F. Line muffin tin with muffin liners or spray with non-stick cooking spray. In a large skillet, heat the olive oil over medium heat. Add the onion to the pan and sauté until lightly browned and tender. Add the garlic, stir, and cook for another minute. Combine the ground beef with the breadcrumbs, ½ cup of the ketchup, Worcestershire sauce, egg, and seasonings. Then add in the sauteed onion and garlic, stir well. Scoop the meat mixture into the muffin tins, and bake for 20 minutes. Top with the remaining ketchup and cook for another 5-10 minutes or until the internal temp reads 160 degrees F.