



500 CALORIES
55G PROTEIN



1 SERVING



50 MIN

COTTAGE CHEESE WRAP

INGREDIENTS

- 1 cup 0% fat cottage cheese
- 2 medium eggs
- salt & garlic powder

FILLING IDEAS

- 3oz cooked ground beef, shredded lettuce, cheese, salsa, japepenos
- 3oz cooked chicken breast, bacon, spinach, tomato, homemade ranch
- 3oz canned tuna, chopped dill pickle, Greek yoghurt, celery, mustard

DIRECTIONS

- Preheat oven to 350, line a baking sheet with parchment paper
- In a blender whizz up cottage cheese, eggs and seasoning and blend until smooth
- Pour mixture onto baking sheet and allow it to spread into a rectangle (don't go too thin!). Bake for 40 minutes until golden and crispy

TIP: Wait for wrap to fully cool before rolling to stop it falling apart

- When it's time to fill, add your ingredients to one third of the wrap and roll like a burrito. Simple!

NOTES

The cottage wrap alone has around 35g protein depending on the brand of cottage cheese used. Fill with 3oz lean protein and some low calorie fillings and you've bumped this meal to a minimum of **55g protein and around 500 calories**



548 CALORIES
42G PROTEIN



1 SERVING



30 MIN

SPRING ROLL BOWLS

INGREDIENTS

- 5oz raw shrimp (or 4oz cooked)
- 1 cup cooked rice noodles
- ½ cup cooked edamame
- ¼ cup shredded red cabbage
- ¼ cup pickled cucumber
- ¼ cup julienned carrots
- ¼ cup julienned red peppers

PROTEIN PEANUT SAUCE

- 3 tbsp, PB2 original peanut powder
- 2 tbsp coconut aminos or sub with Braggs liquid aminos and add a little honey
- Squeeze lime

DIRECTIONS

- Begin cooking rice noodles and whilst waiting, prep sauce by whisking peanut powder, liquid aminos & lime juice, add a water to desired consistency
- Cook edamame and set aside
- If using raw shrimp, saute in a little oil and lightly season with salt
- Assemble bowl and top with peanut sauce

NOTES

I have subbed the avocado in the picture for edamame to bring up the protein. Half a cup of edamame alone provides 10g protein. If you have more fats on your plan feel free to add the avo. It's yummy!