



High Protein Buffalo Chicken Bake

Ingredients

- 30 oz chopped boneless skinless chicken breast (could use rotisserie chicken or pre made chicken)
- 20 oz diced broccoli cooked (I recommend in microwave for 4 minutes to soften)
- 4 oz 1/3 less fat cream cheese
- 1/4 cup cup light mayo
- 1/4 cup light sour cream or greek yogurt
- 1/4 cup franks red hot
- 3 oz shredded reduced fat cheddar cheese
- 1 tablespoon oregano
- 1/2 tablespoon garlic salt
- Pepper to taste

Directions

1. Combine all ingredients and mix to combine
2. Add to a large casserole dish or into 5 separate oven safe meal prep containers
3. Sprinkle cheese on top and bake for 350 for 20-25 minutes

Makes 5 servings

Macros per serving: 24 fat | 14 carbs | 55 protein



High Protein Cheesecake Dip

Ingredients

- 1/2 cup low fat Good Culture cottage cheese
- 1/2 scoop Vanilla protein powder (I used 1st phorm level-1)
- 1 tablespoon maple syrup
- 1 tablespoon milk
- 7 grams sugar free jell-o cheesecake instant pudding

Directions

1. Combine all the ingredients into blender and blend until smooth.
2. Freeze for at least 20 minutes to thicken before eating.

Macros: 247 calories | 4 fat | 24 carbs | 28 protein