

# High Protein Meal & Snacks

-09.12.23-

## **Recipe #1: Chicken Caesar Salad Wrap (+ Vegetarian Option)**

**Servings 8 wraps**

**Protein: 27 grams**

### **Ingredients:**

- 3/4 cup reduced-fat creamy Caesar salad dressing
  - 1/4 cup grated Parmesan cheese
  - 1/2 teaspoon garlic powder
  - 1/4 teaspoon pepper
  - 3 cups cubed cooked chicken breast
  - 2 cups torn romaine
  - 3/4 cup Caesar salad croutons, coarsely chopped
  - 8 wheat tortillas (8 inches), room temperature
  - \* 2 tbsp of hummus for vegetarian substitute
- 

### **Instructions:**

#### **Cook the chicken**

1. Rinse and pat dry chicken breasts. Season with salt and pepper on both sides.
2. Preheat a pan on medium/high heat and add 2 tablespoons of olive oil.
3. Place the meat on the skillet and cover with a lid. Cook for about 5-7 minutes, then flip and cook for another 5 minutes. The timing will depend on the size of the chicken. Make sure that the internal temperature will reach 165-170F.

#### **Assemble the ingredients**

4. I like to start with prepping all the ingredients: Cut cooked chicken into cubes, chop lettuce, and grate parmesan
5. In a large bowl, combine the dressing, cheese, garlic powder and pepper. Add the chicken, romaine and croutons.
6. Put a large burrito size tortilla on a plate, Spoon 2/3 cup chicken mixture down the center of each tortilla; roll it up like an envelope. If making a vegetarian wrap, simply sub the hummus for the chicken.

7. Preheat a pan on medium high heat (you DON'T need to grease it with oil). Place the wraps with edges down and grill for a couple of minutes, until brown/golden color, then flip and grill on the other side.

Source: [Chicken Caesar Wraps Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/chicken-caesar-wraps)

## Recipe #2: Protein Puppy Chow

**Servings: 6 servings**

**Protein: 14 grams**

**Ingredients:**

- 4 cups rice Chex cereal
- ¾ cup peanut butter
- ½ cup chocolate chips
- 1 cup powdered sugar
- ½ cup protein powder

**Instructions:**

1. In a large mixing bowl, add your Chex cereal and set aside.
2. In a microwave-safe bowl or stovetop, add your peanut butter with chocolate chips and heat in increments of 20 seconds taking the mixture out and stir until melted.
3. Pour the chocolate/peanut butter mixture over the dry cereal mix. Mix well, until all the cereal is coated in the chocolate/peanut butter mixture.
4. Add the powdered sugar and protein powder and mix very well, until all the cereal is covered in the sugar/protein powder.
5. Enjoy!

Source: <https://thebigmansworld.com/protein-puppy-chow/#recipe>

## Recipe #3: Savory Egg Muffins

**Servings: 12 egg muffins**

**Protein: 8 grams**

**Ingredients:**

- 10 large eggs
- 1 teaspoons sea salt
- ¼ teaspoon black pepper

- 1/3 cup cherry tomatoes chopped
- 3/4 cup spinach chopped
- 1/4 cup fresh basil chopped
- 1 cup Parmesan cheese grated

**Instructions:**

1. Preheat the oven to 400 F.
2. Get a 12 count muffin tin, and line with silicone liners, or use a silicone muffin pan. Or coat a regular muffin pan with non-stick cooking spray. Set aside.
3. In a large mixing bowl, crack in eggs and whisk together with salt and black pepper.
4. Add in all other ingredients
5. Divide evenly into muffin tins filling 2/3 full. Top with additional parmesan cheese.
6. Bake in preheated oven for 12-15 minutes, or until set

Source: <https://www.eazypeazymealz.com/sun-dried-tomato-spinach-and-cheese-egg-cups/#recipe>

**Recipe #4: High Protein Chili Sin Carne**

**Servings: 4 servings**

**Protein: 15 grams**

**Ingredients:**

- 1 onion
- 1 green bell pepper
- 1-2 cloves garlic
- 1 tbsp olive oil
- 1 jalapeno
- 5-6 sundried tomatoes in oil (drained)
- 1 cup vegetable broth
- ½ cup water
- 1 cup brown lentils
- 1 can kidney beans
- ½ can sweet corn
- 1 can tomatoes
- 1 tbsp tomato paste
- 1 tsp cumin, ground
- 2 tsp paprika powder

- 2 tsp oregano
- Salt and pepper to taste
- 1-2 tbsp maple syrup

**Instructions:**

1. Dice the onion, garlic, bell pepper, jalapeno and dried tomatoes into small pieces. Then throw all these ingredients into a pan with oil and fry them for 3 minutes on a low heat.
2. Add the broth and water, rinsed and drained beans, lentils, sweetcorn and chopped tomatoes and stir well.
3. Add the tomato paste and season with salt, pepper, cumin, paprika powder and oregano. Add maple syrup. Let it all simmer on medium heat for 20 mins, stirring occasionally.
4. Season with salt and pepper.

Source: <https://hurrythefoodup.com/meatless-chili-con-carne-vegan/>