

COTTAGE CHEESE BREAKFAST IDEAS

	RECIPE	PROTEIN
	Egg Bites with Cottage Cheese	12 Grams
	Cottage Cheese Overnight Oats	23 Grams
	Cottage Cheese Pancakes	24 Grams
	Cottage Cheese Oatmeal	12 Grams
	Cottage Cheese Scrambled Eggs	20 Grams
	Roasted Red Pepper Egg White Bites	16 Grams
	Cottage Cheese Breakfast Bowls	21.7 Grams
	Breakfast Burrito	16 Grams

COTTAGE CHEESE LUNCH/DINNER IDEAS

	RECIPE	PROTEIN
	Cottage Cheese Wrap	30 Grams
	One-Skillet Zucchini Lasagna	32 Grams
	Cottage Cheese Alfredo	15 Grams
	Whipped Cottage Cheese Mac and Cheese	17 Grams
	No Lettuce Salad	13 Grams
	Creamy Cottage Cheese Pasta	38 Grams
	No-Rise Protein Pizza Dough	20 Grams
	Marry Me Chicken Pasta	58 Grams
	Whipped Cottage Cheese Taco Lasagna	27 Grams