






HIGH-PROTEIN DINNERS

SHEET PAN & BOWLS

RECIPE		PROTEIN
	Crockpot Chicken Fajitas Burrito Bowl	34 Grams
	Sweet Potato & Turkey Sausage Egg Bake Bowl	30 Grams
	Sheet Pan Chicken With Roasted Vegetables	35 Grams
	Sheet Pan Pork Tenderloin	37 Grams
	Sheet Pan Honey Glazed Salmon	25 Grams
	Shrimp Stir Fry	30 Grams
	One Pot Chicken and Rice	49 Grams
	Egg Roll in a Bowl	32 Grams
	Steak and Farro Salad	42 Grams
	Sweet Potato Honey Ground Beef Bowls	34 Grams







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PASTA & CURRY

RECIPE		PROTEIN
	High Protein Pesto Pasta with Chicken	50 Grams
	High Protein Marry Me Chicken Pasta	58 Grams
	High Protein Tuscan Chicken	61 Grams
	Chicken & Chickpea Curry	38 Grams
	Slow Cooker Coconut Chicken Curry	43 Grams

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FAMILY FAVORITES

RECIPE		PROTEIN
	Chicken Tacos	34 Grams
	Easy Salmon Tacos	38 Grams
	Ground Beef Tacos	34 Grams
	Ricotta Meatballs	29 Grams
	Stuffed Peppers	38 Grams
	Italian Beef Quinoa Bake	28 Grams