



Grokker

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## WELCOME TO HIGH PROTEIN IN A HEARTBEAT!

You've heard about the benefits of eating more protein, but where to start?

## WE'VE GOT YOU COVERED!

With Grokker's High Protein In A Heartbeat, inspiration for a simple 15-minute meal that's both healthy, delicious, AND high in protein is right at your fingertips.

Each of these delicious recipes are straightforward and contain 30-40 grams per serving.

Each recipe is for 1 serving and can easily be doubled or quadrupled as needed.

Get ready to make high-protein cooking less complicated yet just as delicious, even after a long and busy day!

## SHOPPING LIST: WEEK 1

## RECIPES COVERED:

- Protein Mocha Smoothie
- Tropical Crunch Protein Yogurt Bowl
- Protein Chai Overnight Oats
- Garlic-Lime Shrimp Skillet
- Buffalo Chicken Lettuce Wraps

<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Chocolate protein powder	<input type="checkbox"/> Bananas (1, frozen for smoothie)	<input type="checkbox"/> Sea salt	<input type="checkbox"/> Cold brew coffee
<input type="checkbox"/> De-veined shrimp	<input type="checkbox"/> Mango (fresh or frozen, ~½ cup)	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Rolled oats
<input type="checkbox"/> Collagen powder or vanilla protein powder	<input type="checkbox"/> Lime (2 total — 1 for shrimp, 1 for yogurt bowl)	<input type="checkbox"/> Cinnamon	<input type="checkbox"/> Toasted coconut flakes
<input type="checkbox"/> Rotisserie chicken	<input type="checkbox"/> Zucchini or bell pepper (1 medium)	<input type="checkbox"/> Cardamom	<input type="checkbox"/> Almonds or macadamia nuts
	<input type="checkbox"/> Garlic (1 bulb or pre-minced)	<input type="checkbox"/> Nutmeg	<input type="checkbox"/> Chia seeds
		<input type="checkbox"/> Chili flakes	<input type="checkbox"/> Hemp seeds
		<input type="checkbox"/> Garlic powder (optional backup for fresh garlic)	<input type="checkbox"/> Honey
			<input type="checkbox"/> Buffalo sauce
			<input type="checkbox"/> Olive oil or avocado oil
			<input type="checkbox"/> Maple syrup (optional alternative to dates)
<u>Dairy</u>			
<input type="checkbox"/> Plain Greek yogurt or skyr	<input type="checkbox"/> Fresh cilantro (small bunch)		
<input type="checkbox"/> Milk of choice (cow or unsweetened almond milk)	<input type="checkbox"/> Celery (1 stalk)		
	<input type="checkbox"/> Romaine lettuce (1 head or hearts)		
<input type="checkbox"/> Blue cheese crumbles	<input type="checkbox"/> Dates (2 Medjool)		

## SHOPPING LIST: WEEK 2

## RECIPES COVERED:

- Caprese Cottage Cheese Protein Bowl
- High Protein Slop Bowls
- Tofu Banh Mi Protein Wrap
- High-Protein Mediterranean Flatbread
- Lentil & Beet Salad with Goat Cheese

<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Cherry tomatoes	<input type="checkbox"/> Salt	<input type="checkbox"/> Quinoa
<input type="checkbox"/> Eggs (for hard-boiled option)	<input type="checkbox"/> Fresh basil	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Farro or couscous
<input type="checkbox"/> Rotisserie chicken	<input type="checkbox"/> Carrots (if pickling)	<input type="checkbox"/> Sriracha	<input type="checkbox"/> Chicken broth (for cooking grains)
<input type="checkbox"/> Canned or pouched tuna (5 oz)	<input type="checkbox"/> Cucumber		<input type="checkbox"/> Hummus
<input type="checkbox"/> Smoked salmon (optional lentil salad protein)	<input type="checkbox"/> Lime		<input type="checkbox"/> Salsa or hot sauce
<input type="checkbox"/> Firm ready-to-eat seasoned tofu (teriyaki/sriracha)	<input type="checkbox"/> Lemon	<input type="checkbox"/> High-protein wraps / tortillas (Primal Kitchen, egg wraps, protein tortillas)	<input type="checkbox"/> Balsamic glaze
<input type="checkbox"/> Black beans (canned)	<input type="checkbox"/> Cilantro		<input type="checkbox"/> Balsamic vinaigrette
<input type="checkbox"/> Greek yogurt (used in bowls + sauces)	<input type="checkbox"/> Broccoli		<input type="checkbox"/> Extra virgin olive oil
	<input type="checkbox"/> Red onion	<input type="checkbox"/> High-protein flatbread	<input type="checkbox"/> Kalamata olives
	<input type="checkbox"/> Zucchini or red bell pepper (macro bowl add-ins)		<input type="checkbox"/> Lentils (pre-cooked or canned)
	<input type="checkbox"/> Corn (fresh, frozen, or canned)		<input type="checkbox"/> Vinegar (for quick pickles)
<u>Dairy</u>			<input type="checkbox"/> Sugar (for pickling brine) or pre-jarred banh-mi veggies
<input type="checkbox"/> Shredded cheddar or cotija cheese	<input type="checkbox"/> Avocado (optional macro bowl topper)		
<input type="checkbox"/> Feta cheese	<input type="checkbox"/> Arugula		
<input type="checkbox"/> Goat cheese	<input type="checkbox"/> Roasted beets (pre-cooked or raw to roast)		
<input type="checkbox"/> _____			

## SHOPPING LIST: WEEK 3

## RECIPES COVERED:

- Hot Honey Protein Bowl
- Italian Chicken & Zucchini Skillet
- Mexican Steak Protein Bowl
- Salmon Burger
- High-Protein Miso Ramen Bowl

<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Lean ground beef (90/10)	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Salt	<input type="checkbox"/> Honey
<input type="checkbox"/> Chicken breast	<input type="checkbox"/> Garlic	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Sriracha
<input type="checkbox"/> Sirloin or flank steak	<input type="checkbox"/> Ginger	<input type="checkbox"/> Cumin (for slaw option)	<input type="checkbox"/> Soy sauce
<input type="checkbox"/> Canned or pouched salmon (5 oz)	<input type="checkbox"/> Green onions / scallions	<input type="checkbox"/> Garlic powder (backup to fresh)	<input type="checkbox"/> White miso paste
<input type="checkbox"/> Eggs (for salmon burger + ramen)	<input type="checkbox"/> Yellow or white onion (optional steak bowl topper)	<input type="checkbox"/> Ground ginger (backup to fresh)	<input type="checkbox"/> Sesame oil
<input type="checkbox"/> Firm tofu	<input type="checkbox"/> Avocado		<input type="checkbox"/> Sesame seeds (optional topping)
<input type="checkbox"/> Shelled edamame (frozen or fresh)	<input type="checkbox"/> Cilantro		<input type="checkbox"/> Chili crisp (optional topping)
<input type="checkbox"/> High-protein noodles (edamame, chickpea, or lentil noodles)	<input type="checkbox"/> Lime	<u>Dairy</u>	<input type="checkbox"/> Italian seasoning
<input type="checkbox"/> High-protein burger bun (if doing sandwich version of salmon burger)	<input type="checkbox"/> Lemon	<input type="checkbox"/> Grated parmesan	<input type="checkbox"/> Sun-dried tomatoes
	<input type="checkbox"/> Spinach or baby bok choy	<input type="checkbox"/> Greek yogurt (steak bowl + salmon sauce option)	<input type="checkbox"/> Breadcrumbs or oat flour
	<input type="checkbox"/> Cabbage slaw mix (if doing salmon slaw version)		<input type="checkbox"/> Dijon mustard
			<input type="checkbox"/> Rice (microwave, minute, or dry)
			<input type="checkbox"/> Black beans (canned)
			<input type="checkbox"/> Olive oil
			<input type="checkbox"/> Butter (optional for steak sear)

## SHOPPING LIST: WEEK 4

### RECIPES COVERED:

- Open-Face Turkey Smash Burger
- Eggs With Feta And Crunchy Chili Oil
- Protein Garden Toast
- Tostada Salad Stack
- Ground Beef Hummus Bowl

<u>Protein</u>	<u>Produce</u>	<u>Spices/Seasonings</u>	<u>Pantry</u>
<input type="checkbox"/> Ground turkey	<input type="checkbox"/> Romaine lettuce (shredded + whole leaves)	<input type="checkbox"/> Garlic salt	<input type="checkbox"/> Nutritional yeast
<input type="checkbox"/> Ground beef (90/10)		<input type="checkbox"/> Salt	<input type="checkbox"/> Hemp seeds
<input type="checkbox"/> Shredded chicken (rotisserie or pre-cooked)	<input type="checkbox"/> Tomatoes (slicing + diced + cherry)	<input type="checkbox"/> Black pepper	<input type="checkbox"/> Crunchy chili oil
	<input type="checkbox"/> Avocado (2 total across recipes)	<input type="checkbox"/> Garlic powder	<input type="checkbox"/> Dijon mustard
<input type="checkbox"/> Eggs		<input type="checkbox"/> Cumin	<input type="checkbox"/> Ketchup
<input type="checkbox"/> Greek yogurt	<input type="checkbox"/> Lemon	<input type="checkbox"/> Paprika	<input type="checkbox"/> Hot sauce
<input type="checkbox"/> Cottage cheese (if doing egg side option)	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Cinnamon (tiny pinch for beef bowl)	<input type="checkbox"/> Taco seasoning
<input type="checkbox"/> White beans (cannellini or great northern)	<input type="checkbox"/> Microgreens (optional garden toast topper)	<b>Dairy</b>	<input type="checkbox"/> Olive oil
<input type="checkbox"/> Refried beans	<input type="checkbox"/> Fresh herbs (optional hummus bowl garnish — parsley, dill, etc.)	<input type="checkbox"/> Feta cheese	<input type="checkbox"/> Kalamata olives (optional hummus bowl garnish)
<input type="checkbox"/> Hummus		<input type="checkbox"/> Cotija or shredded cheddar cheese	
			<b>Breads</b>
			<input type="checkbox"/> High-protein tortillas or wraps
			<input type="checkbox"/> High-protein bread
			<input type="checkbox"/> Sourdough bread
			<input type="checkbox"/> Corn tostadas

### PROTEIN MOCHA SMOOTHIE (35 GRAMS)

#### Ingredients

- 3/4 cup cold brew coffee
- 1 scoop chocolate protein powder (20–25g)
- 3/4 cup unsweetened milk of choice (8g in cow milk)
- 1 frozen banana
- 1 scoop collagen peptides (10g)
- Pinch of sea salt
- Ice - optional

#### Directions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy.



### TROPICAL CRUNCH PROTEIN YOGURT BOWL (25-37 GRAMS)

#### Ingredients

- 1 cup plain Greek yogurt or skyr (20–25g)
- ½ cup diced mango
- 2 tbsp toasted coconut flakes
- 1 tbsp chopped almonds or macadamia nuts
- 1 tbsp hemp or chia seeds (2-3g)
- 1 tsp honey + squeeze of lime
- (Optional) ½ scoop vanilla protein powder or collagen (10g protein)

#### Directions

1. Add yogurt to a bowl. Stir in protein or collagen if using.
2. Top with mango, coconut, nuts, seeds, honey, and lime.



### PROTEIN CHAI OVERNIGHT OATS (35 GRAMS)

#### Ingredients

- ½ cup rolled oats (5g)
- 1 scoop vanilla protein powder (20–25g)
- 1 cup unsweetened milk of choice (8g in cow milk)
- 1 tbsp chia seeds (2g)
- ½ tsp cinnamon + ¼ tsp cardamom + pinch of nutmeg
- 2 chopped dates (or drizzle of maple syrup)

#### Directions

1. Add oats, protein powder, chia seeds, spices, and dates to a jar.
2. Pour in milk and stir well.
3. Refrigerate overnight (or at least 4 hours). Eat chilled or warm the next morning.



### GARLIC-LIME SHRIMP SKILLET (36 GRAMS)

#### Ingredients

- 8 oz shrimp, peeled & deveined (34g)
- 1 cup zucchini or bell pepper, sliced (2g)
- 2 cloves garlic, minced or 1 tsp garlic powder
- Juice + zest of 1 lime
- 1 tsp olive oil or avocado oil
- 2 tbsp fresh cilantro, chopped
- Salt + pepper to taste
- Optional: pinch of chili flakes

#### Directions

1. Pat shrimp dry, season with salt, pepper, and chili flakes (if using).
2. Heat oil in a skillet over medium-high. Add zucchini or peppers, sauté 3–4 minutes until slightly tender.
3. Push veggies aside, add shrimp and garlic. Cook 2 minutes per side until pink and opaque.
4. Squeeze lime juice + zest over skillet, toss with cilantro, and serve hot.



### BUFFALO CHICKEN LETTUCE WRAPS (35 GRAMS)

#### Ingredients

- 1 cup shredded rotisserie chicken (30g)
- 2 tbsp Greek yogurt (~3g)
- 2 tbsp buffalo sauce
- 1 stalk celery, diced
- 1 tbsp blue cheese crumbles (2g)
- 3-4 romaine lettuce leaves

#### Directions

1. Mix shredded chicken with Greek yogurt and buffalo sauce.
2. Stir in diced celery.
3. Spoon mixture into lettuce leaves.
4. Top with blue cheese crumbles and serve.



### CAPRESE COTTAGE CHEESE BOWL (27-37 GRAMS)

#### Ingredients

- 1 cups low-fat cottage cheese (25g)
- 1 cup cherry tomatoes, halved (2g)
- Fresh basil leaves
- 1 tsp extra virgin olive oil
- 1 tsp balsamic glaze
- Pinch of salt + cracked black pepper
- Optional protein boost - 1 hard boiled egg (6g) or 1/4 cup chicken (10g)

#### Directions

1. Scoop cottage cheese into a bowl.
2. Top with cherry tomatoes and fresh basil (and optional extra protein if using)
3. Drizzle with olive oil and balsamic glaze.
4. Season with salt and black pepper.



## WEEK 2 RECIPES

### MACRO BOWLS “SLOP BOWL” (30-32 GRAMS)

#### Ingredients

##### Mexican Black Bean Protein Bowl

(30 grams of protein)

- Protein: 1 cup cooked black beans (canned, rinsed) (15g)
- Base: cooked quinoa (4g)
- Add-ins: ½ cup corn (2g) and shredded cheddar or cotija (6g)
- Topper: 2 tbsp Greek yogurt (~3g) and salsa or hot sauce

##### Chris' Protein Macro Bowl

(32 grams of protein)

- Protein: sliced rotisserie chicken (~30g protein)
- Base: Farro or couscous cooked with chicken broth
- Add-ins: Broccoli, red onion, any other leftover veggies like half a zucchini or red pepper
- Topper: Scoop of hummus of ¼ Avocado

#### Directions

Pretty much using whatever you have on hand to create a macro bowl - leftover proteins and carbs and healthy fat. Throw it all in a bowl and enjoy!



### TOFU BANH MI PROTEIN WRAP (30 GRAMS)

#### Ingredients

- ½ block firm ready-to-eat seasoned tofu like teriyaki or sriracha flavor from trader joes (18g protein)
- 1 high-protein wrap like primal kitchen, egg wrap, or protein tortilla (10g protein)
- ½ cup quick pickled carrots + cucumber (store-bought or DIY with vinegar + pinch sugar and salt)
- 2 tbsp Greek yogurt or light mayo mixed with ~1 tsp sriracha (to taste) (2g protein)
- Fresh cilantro + lime for garnish

#### Directions

1. Slice ready-to-eat tofu into slabs or cubes.
2. Mix the yogurt-sriracha spread and mix on the wrap.
3. Layer in tofu, pickled veggies, cilantro, and lime.
4. Roll or fold and serve.



# HIGH-PROTEIN MEDITERRANEAN TUNA FLAT BREAD (42 GRAMS)

### Ingredients

- 1 can or pouch of tuna (5 oz, drained) (25g)
- 1 high-protein flatbread or tortilla (15g)
- 2 tbsp hummus (2g protein)
- ¼ cucumber, thinly sliced
- 4–5 sliced Kalamata olives
- 1 tbsp feta cheese (2g)
- Squeeze of lemon

### Directions

1. Warm flatbread, then spread with hummus.
2. Top with tuna, cucumber, olives, and feta.
3. Squeeze lemon juice on top and serve open-faced or folded.



### LENTIL & GOAT CHEESE SALAD WITH BEETS (35-40 GRAMS)

#### Ingredients

- 1 cup pre-cooked lentils (18g)
- ½ cup roasted beets, diced
- 2 cups arugula
- 1 oz goat cheese (6g)
- 3 oz smoked salmon, chicken, or 2 hard-boiled eggs (12–20g protein)
- 1-2 tbsp balsamic vinaigrette of choice

#### Directions

1. Toss lentils, beets, and arugula in a bowl.
2. Add goat cheese and your protein of choice on top.
3. Drizzle with balsamic vinaigrette and serve.



### HOT HONEY PROTEIN BEEF BOWL (34-43 GRAMS)

#### Ingredients

- 6 oz lean ground beef (90/10) (34g)
- 1 tbsp honey
- 1 tsp sriracha (or more to taste)
- 1 tsp soy sauce
- 1 cup cooked rice (microwave or minute rice)
- Optional protein boost - ½ cup shelled edamame on side or mixed in (9g)
- Optional: sliced green onions

#### Directions

1. Cook ground beef in a skillet until browned. Drain excess fat.
2. If using, cook edamame according to the package.
3. Mix together honey, sriracha, and soy sauce, then stir into beef.
4. Serve over rice, top with green onions if desired.



### Italian Chicken & Zucchini Protein Skillet (38 GRAMS)

#### Ingredients

- 6 oz diced chicken breast (35g)
- 1 small zucchini, chopped
- 2 tbsp sun-dried tomatoes, chopped
- 1 clove garlic, minced
- 2 tbsp grated parmesan (3g)
- 1 tsp olive oil
- Salt and pepper, 1 tsp italian seasoning

#### Directions

1. Heat olive oil in a skillet on medium heat, add garlic and chicken, salt pepper and italian seasoning and cook until browned, about 3 minutes.
2. Add zucchini and sun-dried tomatoes, sauté together until tender, about 3-4 minutes.
3. Plate and sprinkle with parmesan and enjoy.



### Mexican Steak Bite Bowl (48 GRAMS)

#### Ingredients

- 6 oz sirloin or flank steak, cooked then sliced (38g)
- 1 tsp olive oil or butter
- 1 cup microwave rice
- ½ cup black beans (7g)
- ½ avocado, diced
- 2 tbsp Greek yogurt (3g)
- Optional toppers: shredded cheese, sliced onion, cilantro, lime

#### Directions

1. Heat a skillet over medium-high heat. Season steak with salt and pepper.
2. Add oil or butter to pan and sear steak for 2-4 minutes per side until browned and cooked to desired doneness.
3. While steak cooks, warm rice and beans in the microwave.
4. Assemble bowl with rice, beans, steak bites, avocado, and Greek yogurt.
5. Garnish with cheese, onion, cilantro, and lime if desired.



### SALMON BURGER (35 GRAMS)

#### Ingredients

- 1 can or pouch (5 oz) salmon, drained (20g)
- 1 egg (6g)
- 2 tbsp breadcrumbs or oat flour
- 1 tsp Dijon mustard
- 1 high-protein bun (7–10g protein) or serve over cabbage slaw (1 cup of cabbage mix, 1 tbsp olive oil, half clove garlic, squeeze of lemon juice, pinch of cumin and pinch of salt)
- Optional: squeeze of lemon, light mayo or Greek yogurt spread (if using bun)

#### Directions

1. Mix salmon, egg, breadcrumbs, and mustard in a bowl. Sprinkle with salt and pepper. Form into a patty.
2. Cook patty in a lightly oiled skillet over medium heat, 3–4 minutes per side, until golden.
3. Serve on a high-protein bun with toppings, or plate over cabbage slaw with yogurt-lemon sauce.



### HIGH-PROTEIN MISO RAMEN BOWL (34-40 GRAMS)

#### Ingredients

- 1 serving high-protein noodles (edamame, chickpea, lentil noodles, etc (20–25g))
- ½ block firm tofu, cubed (10g)
- 1 soft-boiled egg (6g protein)
- 2 cups fresh spinach (or baby bok choy)
- 2 cups low-sodium bone, chicken or veggie broth
- 1 tbsp white miso paste
- 1 tsp soy sauce
- 1 tsp sesame oil
- 1 garlic clove, grated (or ½ tsp garlic powder)
- 1 tsp ginger, grated (or ½ tsp powder)
- Topping options: sesame seeds or sliced scallions, chili crisp

#### Directions

1. In a small pot, heat broth until simmering. Stir in miso paste, soy sauce, garlic, and ginger.
2. While waiting for the broth to simmer, make your soft boiled egg. Add egg(s) to boiling water and cook for 5-7 mins for a runny yolk; 7-9 for firmer jammy yolk.
3. Once the broth is simmering, add cubed tofu and spinach. Let everything warm through.
4. Prep noodles according to package and place in a serving dish.
5. Ladle broth into your noodle bowl, add your soft-boiled egg, and finish with sesame seeds, scallions, or chili crisp for extra flavor.



### OPEN-FACE TURKEY SMASH BURGER (43 GRAMS)

#### Ingredients

- 5 oz ground turkey (30g), seasoned with garlic salt and pepper
- 1 high-protein tortilla or wrap (10g)
- Shredded romaine lettuce
- 2 tomato slices
- Burger sauce: 2 tbsp Greek yogurt (3g), 1 tsp Dijon mustard, 1 tsp ketchup, ½ tsp hot sauce (optional)

#### Directions

1. Season ground turkey and roll into a ball.
2. Place tortilla in a skillet, top with turkey ball, and smash flat.
3. Cook 3–4 min per side until turkey is browned and fully cooked.
4. Make burger sauce in a bowl while turkey cooks.
5. Remove wrap from heat and add lettuce, tomato, and sauce. Fold like a wrap and serve.



### EGGS WITH FETA & CRUNCHY CHILI OIL (32 GRAMS)

#### Ingredients

- 3 eggs (18g)
- $\frac{1}{4}$  cup feta cheese (5g)
- 1 tsp crunchy chili oil
- 2 slices high-protein bread or  $\frac{1}{2}$  cup cottage cheese (10-12g)

#### Directions

1. Fry or scramble eggs in a nonstick skillet.
2. Top with crumbled feta.
3. Drizzle chili oil over eggs and serve with toasted bread or a side of cottage cheese.



### PROTEIN GARDEN TOAST (34 GRAMS)

#### Ingredients

- 2 slices sourdough bread (~10g)
- ½ cup white beans (Cannellini or Great Northern, mashed) (8g)
- ½ avocado, mashed (2g)
- 1 tbsp nutritional yeast (5g)
- 1 tbsp hemp seeds (sprinkle on top) (3g)
- 1 hard boiled or fried egg (6g)
- 1 tbsp fresh lemon juice
- ¼ tsp garlic powder
- Salt + black pepper to taste
- Optional: microgreens to top

#### Directions

1. Toast bread until golden.
2. In a small bowl, combine white beans, avocado, lemon juice, nutritional yeast, garlic powder, salt, and pepper. Mash until creamy but still a little chunky.
3. Spread the bean-avocado mixture over toast.
4. Top it off: Add the egg, sprinkle hemp seeds, and finish with microgreens or pickled onions if desired.



### TOSTADA SALAD STACK (45 GRAMS)

#### Ingredients

- 2 corn tostadas (4g)
- ½ cup refried beans (7g)
- 1 tsp taco seasoning
- 1 cup shredded chicken (28g)
- ½ cup shredded lettuce
- ½ tomato, diced
- ¼ avocado, sliced
- 1 oz cotija or shredded cheddar cheese (7g)
- 2 tbsp Greek yogurt (~3g protein)

#### Directions

1. Heat beans and chicken. Stir 1 tsp taco seasoning into beans and spread beans on tostadas.
2. Layer with chicken, lettuce, tomato, avocado, and cheese.
3. Finish with Greek yogurt drizzle.



### GROUND BEEF HUMMUS BOWL (39 GRAMS)

#### Ingredients

- 6 oz cooked 90/10 ground beef (34g)
- Spice mix - 1 pinch each of cumin, garlic powder and paprika, a tiny pinch of cinnamon, and salt and pepper to taste
- 3-4 tbsp hummus (3g)
- ½ cucumber, chopped
- ½ cup cherry tomatoes
- 2 tbsp feta cheese (2g)
- Optional: drizzle olive oil, paprika, herbs, olives

#### Directions

1. Cook ground beef in a skillet until browned, then season. Drain excess fat.
2. Spread hummus into the base of a bowl.
3. Spoon beef over hummus, then top with cucumber, tomato, and feta.



# PROTEIN TRACKER

	Breakfast	Morning Snacks	Lunch	Afternoon Snacks	Dinner	Evening Snacks	TOTAL PROTEIN
Date:	Food:						Grams:
	Grams:						
Date:	Food:						Grams:
	Grams:						
Date:	Food:						Grams:
	Grams:						
Date:	Food:						Grams:
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