

Week 1

<https://share-a-cart.com/get/Q0MC8>

Divide prepped foods evenly into 5 meal prep containers.



This recipe is best mixed together in a large bowl and then divided out into mason jars for quick grab-n-go.

Berry Cheesecake Overnight Oats (High Protein)

⚠️ Recipe contains Dairy, Tree nuts

🕒 **Total prep time**
5 minutes

Preparation	Cooking
5 minutes	No

🍴 **2542 Calories** 252g Protein, 199g Carbs, 85g Fat

5 servings

Ingredients for 5 servings

- 5 packet Noncaloric Sweetener Splenda or Sucralose
- 2 1/2 tsp Vanilla extract
- 2 1/2 cup (365 g) Blueberries raw
- 7 1/2 cup (not packed) (1695 g) Cottage cheese low fat 1% milkfat
- 5 cup (495 g) Pure vanilla almond milk unsweetened
- 2 1/2 cup (585 g) Oatmeal or rolled oats cooked without salt
- 75 almond Almonds raw

Directions

- 1 In a bowl or jar, combine berries, and vanilla and mash with a fork. Add oats, cottage cheese, and almond milk and stir to combine.
- 2 Refrigerate for at least 6 hours, and top with chopped almonds.

Tags

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Please note this recipe uses 3 bags of frozen green beans (disregard the 18-³/₄ cups).



Spicy Ground Beef with Green Beans (High Protein)

⚠️ Recipe contains Meat

🕒 **Total prep time**
10 minutes

Preparation	Cooking
No	10 minutes

🔥 3478 Calories 357g Protein, 270g Carbs, 116g Fat

5 servings

Ingredients for 5 servings

- 48.75 oz (1380 g) Beef ground 95% lean 5% fat raw
- 7 1/2 tsp Sesame oil
- 7 1/2 tsp, minced Garlic raw
- 1 7/8 cup (345 g) Quinoa cooked without salt
- 3 3/4 tbsp, minced Ginger root raw
- 18 3/4 cup (2345 g) Green beans boiled without salt

Directions

- 1 Heat the oil in a pan, add the ginger and garlic and wait until they are slightly brown.
- 2 Next, add the ground beef, salt, and crushed red flakes to taste. Combine and wait until the meat changes its color. Remove the ginger.
- 3 Once ready, add the quinoa and green beans and stir until well combined.
- 4 Dish out and enjoy!

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Sheet Pan Jerk Chicken with Sweet Potato Wedges (High Protein)

⚠️ Recipe contains Meat, Soy

🕒 **Total prep time**
50 minutes

Preparation	Cooking
5 minutes	45 minutes

🍴 **2357 Calories** 249g Protein, 199g Carbs, 68g Fat

5 servings

Ingredients for 5 servings

- 5 medium (2-1/2" dia) Onions raw
- 7 1/2 medium Vegetables peppers red bell by Freshdirect
- 2 1/2 tablespoon Olive or extra virgin olive oil
- 40 oz (1135 g) Chicken breast boneless skinless raw
- 2 1/2 sweetpotato, 5" long Sweet potato raw
- 7 1/2 tbsp Caribbean jerk marinade by great value

Directions

- 1 Preheat oven to 425 F
- 2 Slice onions, peppers, and potato into wedges and toss with olive oil, salt and pepper.
- 3 Toss chicken strips in jerk marinade, and a pinch of salt.
- 4 Arrange all ingredients on a sheet pan with space in between each ingredient - bake for 40 minutes, or until potatoes are crisp, and chicken is cooked