

# **High-Protein Cottage Cheese Cookbook:**

**100** Simple Recipes for Healthy Living,  
Muscle Support, Weight Management &  
Easy Meal Prep | Tasty, Time-Saving Ideas  
for Fitness Enthusiasts and Balanced

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# **Part I – Introduction & Essentials**

## ***Welcome to Your Cottage Cheese Kitchen***

Welcome! You've taken the first step toward discovering how a single, versatile ingredient—cottage cheese—can transform your cooking, nutrition, and lifestyle. This isn't just about recipes; it's about building a kitchen that supports your health, goals, and busy schedule. From protein-packed breakfasts to guilt-free desserts, cottage cheese becomes your secret tool for muscle support, weight management, sustained energy, and effortless meals.

Here, you'll learn how to turn a fridge staple into balanced, budget-friendly, and delicious creations that satisfy cravings while fueling your body. Whether you're a fitness enthusiast, a meal-prep lover, or simply someone who wants healthier, tastier options, this book is designed for you.

## ***Nutrition 101: Understanding Protein & Balanced Meals***

Protein is the building block of strong muscles, steady energy, and long-lasting satiety. Every serving of cottage cheese provides lean, high-quality protein that supports recovery, weight control, and overall health.

A truly balanced meal includes:

- Protein – supports lean muscle and keeps you full.
- Carbohydrates – fuel for your brain and body.
- Healthy Fats – essential for hormones and long-term energy.
- Fiber – improves digestion and helps manage hunger.

With cottage cheese, you can hit all these elements in simple, easy-to-prepare recipes. From quick shakes to hearty casseroles, it's your all-in-one ingredient for healthy living and sustained energy.

## ***Choosing the Right Cottage Cheese***

Not all cottage cheeses are created equal. The right choice depends on your goals, taste preferences, and dietary needs.

What to look for:

- Protein content – Aim for at least 12–15 g per serving.
- Fat level – Low-fat works well for weight management, while full-fat offers creaminess and satiety.
- Ingredients – Choose options with minimal additives, no artificial fillers, and low sodium when possible.
- Texture – Small-curd vs. large-curd: pick the one you enjoy most in recipes.

**Tip:** Keep a mix of plain low-fat cottage cheese for recipes and single-serve cups for on-the-go snacks.

## ***Kitchen Staples & Meal Prep Tools***

Success in healthy cooking begins with a well-prepared kitchen. Keep *cottage cheese* as your foundation, pairing it with other protein staples like *eggs*, *Greek yogurt*, *chicken*, and *fish* to support muscle growth and sustained energy. Stock whole *grains* — oats, quinoa, and whole-grain bread — for quick, filling meals. Add *healthy fats* such as nuts, seeds, avocado, and olive oil for balance and flavor, while fresh fruits and vegetables supply fiber, vitamins, and natural sweetness.

In your pantry, rely on *versatile seasonings* like cinnamon, cumin, paprika, and dried herbs to transform simple recipes into flavorful dishes. **For tools**, a high-speed blender, nonstick skillet, baking dishes, and reliable meal-prep containers make cooking and storage effortless. With these essentials, you'll always be ready to create quick, budget-friendly meals that fit your healthy lifestyle.

## Part II – Breakfasts to Power Your Day (20 recipes)

### Smoothies & Shakes

#### 1. *Tropical Protein Sunrise Smoothie*

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

**Ingredients:**

- 1 cup low-fat cottage cheese
- 1 cup pineapple chunks (fresh or frozen)
- 1 medium mango, peeled and chopped
- 1 small banana (optional, for extra creaminess)
- 1 cup unsweetened coconut water
- 1 tablespoon shredded unsweetened coconut
- 1 teaspoon honey or agave (optional)
- Ice cubes, as needed
- Fresh mint leaves (for garnish)

**Directions:**

1. Place all ingredients into a high-speed blender.
2. Blend until smooth and creamy.
3. Pour into glasses and garnish with mint or coconut.
4. Serve immediately.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

210      16 g      28 g                      5 g 4 g

## **2. Berry-Blast Cottage Cheese Shake**

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1 cup mixed berries (blueberries, raspberries, strawberries)
- 1 small banana
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk (or milk of choice)
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes, as needed

### **Directions:**

1. Combine all ingredients in a high-speed blender.
2. Blend until smooth and creamy.
3. Taste and adjust sweetness if needed.
4. Serve chilled in glasses and enjoy immediately.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

220      18 g      30 g                      4 g 6 g

### **3. Chocolate Peanut Butter Recovery Smoothie**

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

#### **Ingredients**

- 1 cup low-fat cottage cheese
- 1 medium banana
- 2 tablespoons natural peanut butter
- 2 tablespoons unsweetened cocoa powder
- 1 cup unsweetened almond milk (or milk of choice)
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes, as needed
- Shaved dark chocolate or cacao nibs, for garnish

#### **Directions**

1. Add cottage cheese, banana, peanut butter, cocoa powder, and almond milk into a high-speed blender.
2. Add honey (if using) and a handful of ice cubes.
3. Blend until smooth and creamy.
4. Pour into glasses, garnish with shaved dark chocolate or cacao nibs.
5. Enjoy as a post-workout recovery smoothie rich in protein and flavor.

#### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

260      19 g      27 g                      9 g 5 g

## 4. Green Power Detox Blend

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

### Ingredients

- 1 cup low-fat cottage cheese
- 1 cup fresh spinach leaves
- 1/2 cucumber, chopped
- 1 green apple, cored and chopped
- 1/2 ripe avocado
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated fresh ginger
- 1 cup cold water or unsweetened coconut water
- Ice cubes, as needed
- Fresh mint, for garnish

### Directions

1. Combine cottage cheese, spinach, cucumber, apple, avocado, lemon juice, ginger, and water in a blender.
2. Add a handful of ice cubes.
3. Blend until smooth and creamy.
4. Pour into glasses and garnish with fresh mint.
5. Serve immediately for a refreshing, detoxifying smoothie.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

180    15 g    22 g                    3 g 6 g

## 5. Cinnamon Apple Pie Smoothie

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

### Ingredients

- 1 cup low-fat cottage cheese
- 1 medium apple, cored and chopped
- 1/2 banana (for creaminess)
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup unsweetened almond milk (or milk of choice)
- 1 tablespoon rolled oats
- 1 teaspoon honey or maple syrup (optional)
- Ice cubes, as needed
- Apple slices and a dash of cinnamon, for garnish

### Directions

1. Add cottage cheese, apple, banana, cinnamon, nutmeg, almond milk, and oats into a blender.
2. Add honey (if using) and a handful of ice cubes.
3. Blend until smooth and creamy.
4. Pour into glasses, garnish with apple slices and a dash of cinnamon.
5. Serve immediately for a cozy, protein-rich smoothie that tastes like apple pie.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

195      14 g      27 g                      3 g 4 g

# Pancakes, Waffles & Crepes

## 6. Fluffy Cottage Cheese Protein Pancakes

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 4 pancakes

### Ingredients

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1/2 cup rolled oats
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 tablespoon honey or maple syrup (optional)
- Cooking spray or coconut oil (for skillet)
- Fresh berries or sliced banana, for topping

### Directions

1. Place cottage cheese, eggs, oats, baking powder, vanilla extract, cinnamon, and honey (if using) in a blender.
2. Blend until the batter is smooth and thick.
3. Heat a nonstick skillet over medium heat and lightly coat with cooking spray or coconut oil.
4. Pour small rounds of batter onto the skillet and cook until bubbles form on the surface, about 2–3 minutes.
5. Flip and cook for another 1–2 minutes until golden brown and cooked through.
6. Serve warm with fresh berries or sliced banana.

### Nutrition Facts (per serving):

***Calories Protein Carbohydrates Fat Fiber***

280      22 g      28 g                      9 g 3 g

## 7. Blueberry Power Waffles

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 4 waffles

### Ingredients:

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1 cup rolled oats
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional)
- 1/2 cup fresh or frozen blueberries
- Cooking spray or coconut oil (for waffle iron)
- Extra blueberries, for serving

### Directions:

1. Place cottage cheese, eggs, oats, baking powder, vanilla, and honey (if using) in a blender.
2. Blend until a smooth batter forms.
3. Preheat waffle iron and lightly grease it with cooking spray or coconut oil.
4. Pour batter into waffle iron, sprinkle blueberries evenly over batter, and cook until golden brown.
5. Serve warm with extra blueberries on top.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

300    21 g    34 g                    9 g 4 g

## ***8. Savory Spinach & Feta Crepes***

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Total Time:** 30 minutes

**Servings:** 4 crepes

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1/2 cup whole wheat flour
- 1/2 cup low-fat milk
- 1 tablespoon olive oil (plus extra for cooking)
- 1 cup fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- Salt and black pepper, to taste

### **Directions:**

1. In a blender, combine cottage cheese, eggs, flour, milk, and olive oil until smooth.
2. Heat a nonstick skillet over medium heat and lightly brush with olive oil.
3. Pour a small amount of batter into the skillet, swirling to coat the bottom evenly. Cook 1–2 minutes until set, then flip and cook 1 minute more.
4. Repeat with the remaining batter to make crepes.
5. Fill each crepe with chopped spinach and crumbled feta. Season with salt and pepper.
6. Fold or roll crepes and serve warm.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

290      18 g      27 g                      12 g 3 g

## ***9. Pumpkin Spice Protein Pancakes***

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 4 pancakes

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1/2 cup canned pumpkin puree
- 1/2 cup rolled oats
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon ground cinnamon
- 1 tablespoon maple syrup or honey (optional)
- Cooking spray or coconut oil (for skillet)
- Greek yogurt or extra maple syrup, for topping

### **Directions:**

1. Combine cottage cheese, eggs, pumpkin puree, oats, baking powder, pumpkin pie spice, cinnamon, and maple syrup in a blender.
2. Blend until batter is smooth and thick.
3. Heat a nonstick skillet over medium heat and coat lightly with cooking spray or coconut oil.
4. Pour small rounds of batter into the skillet. Cook for 2–3 minutes, until bubbles appear on the surface.
5. Flip and cook another 1–2 minutes until golden and cooked through.
6. Serve warm, topped with Greek yogurt or a drizzle of maple syrup.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

280      20 g      34 g                      7 g 5 g

## ***10. Chocolate Chip Cottage Cheese Waffles***

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 4 waffles

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1 cup rolled oats or oat flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional)
- 1/3 cup dark chocolate chips
- Cooking spray or coconut oil (for waffle iron)
- Extra chocolate chips, for topping (optional)

### **Directions:**

1. In a blender, combine cottage cheese, eggs, oats, baking powder, vanilla, and honey until a smooth batter forms.
2. Preheat waffle iron and lightly grease with cooking spray or coconut oil.
3. Pour batter into waffle iron and sprinkle chocolate chips evenly over the batter.
4. Cook until waffles are golden brown and crisp on the edges.
5. Serve warm with extra chocolate chips on top, if desired.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

300      19 g      36 g                      9 g 5 g

# Bowls, Parfaits & Overnight Oats

## *11. Creamy Berry Protein Parfait*

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1/2 cup Greek yogurt (plain, unsweetened)
- 1 cup mixed fresh berries (strawberries, blueberries, raspberries)
- 2 tablespoons granola
- 1 tablespoon chia seeds
- 1 teaspoon honey or maple syrup (optional)
- Mint leaves, for garnish

### **Directions:**

1. In a small bowl, mix cottage cheese with Greek yogurt until creamy.
2. In serving glasses or jars, layer a spoonful of the cottage cheese mixture, followed by fresh berries and a sprinkle of granola.
3. Repeat the layers until all ingredients are used.
4. Top with chia seeds, honey (if using), and garnish with mint leaves.
5. Serve immediately or refrigerate for up to 2 hours before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

230      18 g      28 g                      6 g 4 g

## ***12. Mango Chia Cottage Cheese Bowl***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

1. 1 cup low-fat cottage cheese
2. 1 ripe mango, peeled and diced
3. 2 tablespoons chia seeds
4. 1/2 cup unsweetened almond milk (or milk of choice)
5. 1 teaspoon honey or agave syrup (optional)
6. 2 tablespoons shredded coconut
7. Fresh mint leaves, for garnish

### **Directions:**

1. In a small bowl, combine chia seeds with almond milk. Stir well and let sit for 5–10 minutes until slightly thickened.
2. In serving bowls, layer cottage cheese, mango chunks, and chia mixture.
3. Top with shredded coconut, honey (if using), and garnish with mint leaves.
4. Serve immediately or refrigerate for 1 hour for a chilled version.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

240      17 g      30 g                      7 g 5 g

### ***13. Chocolate Banana Overnight Oats***

**Prep Time:** 10 minutes (plus overnight chilling)

**Cook Time:** 0 minutes

**Total Time:** 8 hours 10 minutes

**Servings:** 2

**Ingredients:**

- 1 cup rolled oats
- 1 cup unsweetened almond milk (or milk of choice)
- 1/2 cup low-fat cottage cheese
- 1 medium banana, mashed
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon chia seeds
- 1 teaspoon honey or maple syrup (optional)
- Dark chocolate shavings or banana slices, for garnish

**Directions:**

1. In a mixing bowl, combine oats, almond milk, cottage cheese, mashed banana, cocoa powder, chia seeds, and honey (if using).
2. Stir until all ingredients are well mixed.
3. Divide the mixture into two jars or containers with lids.
4. Refrigerate overnight (at least 8 hours).
5. In the morning, stir well and garnish with dark chocolate shavings or banana slices before serving.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

320      18 g      48 g                      7 g 9 g

## ***14. Peanut Butter Crunch Breakfast Bowl***

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 tablespoons natural peanut butter
- 1/2 cup granola
- 1/2 banana, sliced
- 1 tablespoon chia seeds
- 1 teaspoon honey or maple syrup (optional)
- Fresh berries, for topping

### **Directions:**

1. Divide cottage cheese between two bowls.
2. Top each with a spoonful of peanut butter, granola, banana slices, and chia seeds.
3. Drizzle with honey or maple syrup (if using).
4. Add fresh berries on top.
5. Serve immediately for a crunchy, protein-packed breakfast bowl.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

340      20 g      32 g                      14 g 6 g

## ***15. Strawberry Almond Bliss Jar***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1/2 cup Greek yogurt (plain, unsweetened)
- 1 cup fresh strawberries, sliced
- 2 tablespoons sliced almonds
- 1 tablespoon chia seeds
- 1 teaspoon honey or maple syrup (optional)
- Granola, for topping
- 

### **Directions:**

1. In serving jars, layer cottage cheese and Greek yogurt at the bottom.
2. Add a layer of fresh strawberries, then sprinkle with sliced almonds and chia seeds.
3. Repeat layers until jars are filled.
4. Drizzle with honey or maple syrup (if using).
5. Top with granola just before serving for crunch.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

260      15 g      28 g                      9 g 4 g

# Egg & Savory Breakfasts

## 16. Protein-Packed Veggie Omelet

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 1/2 cup low-fat cottage cheese
- 4 large egg whites
- 2 whole eggs
- 1/2 cup chopped bell peppers (red, yellow, or green)
- 1/4 cup chopped onion
- 1/2 cup chopped spinach
- 1/4 cup diced tomatoes
- 1 teaspoon olive oil
- Salt and black pepper, to taste
- Fresh herbs (parsley or chives), for garnish

### Directions:

1. In a mixing bowl, whisk together egg whites, whole eggs, salt, and pepper.
2. Heat olive oil in a nonstick skillet over medium heat.
3. Add bell peppers, onion, spinach, and tomatoes. Sauté for 2–3 minutes until softened.
4. Pour the egg mixture into the skillet and cook until the edges begin to set.
5. Spoon cottage cheese evenly over one half of the omelet, fold it in half, and cook for another 1–2 minutes.
6. Slide onto a plate, garnish with fresh herbs, and serve warm.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

220      20 g      7 g                      12 g 2 g

## ***17. Cottage Cheese Breakfast Burrito***

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 2

### **Ingredients:**

- 1/2 cup low-fat cottage cheese
- 4 large eggs
- 1/4 cup diced bell peppers
- 1/4 cup diced onion
- 1/2 cup chopped spinach
- 2 whole wheat tortillas
- 1 tablespoon olive oil
- Salt and black pepper, to taste
- Salsa or hot sauce, for serving

### **Directions:**

1. In a bowl, whisk eggs with salt and pepper.
2. Heat olive oil in a skillet over medium heat. Add bell peppers, onion, and spinach. Cook for 2–3 minutes until softened.
3. Pour eggs into the skillet and scramble until just set.
4. Warm tortillas in a dry skillet or microwave.
5. Fill each tortilla with scrambled eggs and cottage cheese.
6. Roll into burritos and serve with salsa or hot sauce.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

340      25 g      30 g                      14 g 7 g

## ***18. Cheesy Egg Muffins with Cottage Cheese***

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 6 muffins

### **Ingredients:**

- 1/2 cup low-fat cottage cheese
- 6 large eggs
- 1/2 cup shredded low-fat cheddar cheese
- 1/4 cup diced bell peppers
- 1/4 cup chopped spinach
- 1/4 cup diced onion
- Salt and black pepper, to taste
- Cooking spray, for muffin tin

### **Directions:**

1. Preheat oven to 350°F (175°C) and lightly coat a muffin tin with cooking spray.
2. In a mixing bowl, whisk eggs with cottage cheese until well combined.
3. Stir in cheddar cheese, bell peppers, spinach, onion, salt, and pepper.
4. Pour mixture evenly into muffin cups, filling each about 3/4 full.
5. Bake for 18–20 minutes, or until muffins are set and lightly golden on top.
6. Allow to cool slightly before removing from the tin. Serve warm.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

210      18 g      6 g                      12 g 2 g

## ***19. Smoked Salmon & Dill Breakfast Toast***

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

### **Ingredients:**

- 1/2 cup low-fat cottage cheese
- 4 slices whole-grain bread, toasted
- 4 ounces smoked salmon
- 1 tablespoon fresh dill, chopped
- 1 teaspoon lemon juice
- Freshly ground black pepper, to taste
- Lemon wedges, for garnish

### **Directions:**

1. In a small bowl, mix cottage cheese with lemon juice and black pepper.
2. Spread the cottage cheese mixture evenly over toasted bread slices.
3. Top each toast with smoked salmon.
4. Sprinkle with fresh dill.
5. Serve immediately with lemon wedges on the side.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

280      22 g      24 g                      10 g 4 g

## ***20. Savory Breakfast Skillet with Turkey Sausage***

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Servings:** 2

### **Ingredients:**

- 1/2 cup low-fat cottage cheese
- 4 ounces turkey sausage, sliced
- 1/2 cup diced bell peppers
- 1/2 cup diced zucchini
- 1/4 cup diced onion
- 1 cup baby spinach
- 2 teaspoons olive oil
- Salt and black pepper, to taste
- Fresh parsley, for garnish

### **Directions:**

1. Heat olive oil in a large skillet over medium heat.
2. Add turkey sausage slices and cook until lightly browned, about 3–4 minutes.
3. Stir in bell peppers, zucchini, and onion. Cook for another 5 minutes until vegetables are tender.
4. Add spinach and cook until wilted.
5. Remove skillet from heat and stir in cottage cheese until slightly creamy.
6. Season with salt and pepper, garnish with parsley, and serve warm.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

320      27 g      14 g                      16 g 5 g

## Part III – Energizing Snacks & Light Bites

### ***21. 3-Ingredient Cottage Cheese Chocolate Mousse***

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

**Ingredients:**

- 1 cup low-fat cottage cheese
- 2 tablespoons unsweetened cocoa powder
- 1-2 tablespoons honey or maple syrup

**Directions:**

1. Place cottage cheese, cocoa powder, and honey (or maple syrup) in a blender or food processor.
2. Blend until completely smooth and creamy.
3. Spoon into serving dishes and chill for 30 minutes before serving, if desired.
4. Enjoy as a quick, protein-rich dessert or snack.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

140      11 g      14 g                      4 g 2 g

## ***22. Honey Almond Protein Energy Balls***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 12 balls

### **Ingredients:**

- 1 cup rolled oats
- 1/2 cup low-fat cottage cheese
- 1/3 cup almond butter
- 1/4 cup honey
- 1/4 cup chopped almonds
- 1/4 cup ground flaxseed or chia seeds
- 1 teaspoon vanilla extract

### **Directions:**

1. In a food processor, blend oats until finely ground.
2. Add cottage cheese, almond butter, honey, flaxseed (or chia seeds), and vanilla extract.
3. Pulse until the mixture forms a sticky dough.
4. Stir in chopped almonds.
5. Scoop out portions and roll into bite-sized balls.
6. Refrigerate for at least 30 minutes before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

123      4.2 g    13 g                      6.6 g 2.4 g

## ***23. No-Bake Cottage Cheese Protein Bars***

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes (plus chilling time)

**Servings:** 8 bars

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 cups rolled oats
- 1/2 cup natural peanut butter or almond butter
- 1/3 cup honey or maple syrup
- 1/4 cup protein powder (vanilla or chocolate)
- 1/4 cup dark chocolate chips (optional)

### **Directions:**

1. In a food processor, blend cottage cheese until smooth.
2. In a large bowl, combine oats, peanut butter, honey, and protein powder.
3. Mix in the blended cottage cheese until a thick dough forms.
4. Fold in chocolate chips if desired.
5. Press mixture firmly into a parchment-lined 8x8-inch baking dish.
6. Refrigerate for at least 2 hours, then slice into bars and serve.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

210      10 g      25 g                      8 g 4 g

## Savory Bites & Dips

### *24. Garlic Herb Cottage Cheese Dip*

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 6

#### **Ingredients:**

- 1 1/2 cups low-fat cottage cheese
- 2 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 tablespoon chives, chopped
- 1 tablespoon lemon juice
- Salt and black pepper to taste

#### **Directions:**

1. Place cottage cheese in a food processor and blend until smooth.
2. Add garlic, parsley, dill, chives, and lemon juice.
3. Blend again until herbs are evenly incorporated.
4. Season with salt and black pepper to taste.
5. Transfer to a serving bowl and chill for 30 minutes before serving.
6. Serve with fresh vegetables, crackers, or breadsticks.

#### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

120      11 g      5 g                      5 g 1 g

## ***25. Spicy Cottage Cheese Salsa***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 4

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1 medium tomato, finely diced
- 1/2 red onion, finely chopped
- 1 small jalapeño, minced (remove seeds for less heat)
- 1/4 cup fresh cilantro, chopped
- 1 tbsp lime juice
- 1/2 tsp cumin
- Salt and black pepper, to taste

### **Directions:**

1. In a medium bowl, combine cottage cheese, tomato, onion, jalapeño, and cilantro.
2. Add lime juice, cumin, salt, and pepper.
3. Stir gently until well mixed.
4. Adjust seasoning to taste.
5. Serve chilled with veggies, whole-grain chips, or as a topping for tacos.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

80      6 g      6 g                      3 g 2 g

## ***26. Protein-Packed Hummus with Cottage Cheese***

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 6

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tablespoons tahini
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- Salt and black pepper to taste
- Paprika and olive oil for garnish

### **Directions:**

1. In a food processor, combine chickpeas, cottage cheese, tahini, and garlic.
2. Add lemon juice, olive oil, cumin, salt, and black pepper.
3. Blend until a smooth and creamy, scraping down the sides as needed.
4. Adjust consistency with 1–2 tablespoons of water if too thick.
5. Transfer to a serving bowl.
6. Drizzle with olive oil, sprinkle with paprika, and serve with pita or vegetables.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

180      9 g      16 g                      9 g 4 g

## 27. Mediterranean Cottage Cheese Spread

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 6

- **Ingredients:**

- 1 1/2 cups low-fat cottage cheese
- 1/2 cup roasted red peppers, chopped
- 1/4 cup Kalamata olives, pitted and chopped
- 2 tablespoons sun-dried tomatoes, chopped
- 2 tablespoons fresh basil, chopped
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Salt and black pepper to taste

**Directions:**

1. In a mixing bowl, combine cottage cheese, roasted red peppers, olives, and sun-dried tomatoes.
2. Add basil, olive oil, lemon juice, salt, and black pepper.
3. Mix gently until all ingredients are well combined.
4. For a creamier texture, pulse in a food processor for a few seconds.
5. Chill for 30 minutes before serving.
6. Serve with whole-grain bread, crackers, or fresh vegetables.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

140      11 g      7 g                      7 g 2 g

## ***28. Creamy Avocado Cottage Cheese Toast***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1 ripe avocado, peeled and mashed
- 2 slices whole-grain bread, toasted
- 1 teaspoon lemon juice
- 1 tablespoon fresh chives, chopped
- Salt and black pepper to taste
- Red pepper flakes (optional, for garnish)

### **Directions:**

1. Mash avocado in a small bowl and mix with lemon juice, salt, and black pepper.
2. Spread cottage cheese evenly over toasted bread slices.
3. Top with mashed avocado mixture.
4. Sprinkle with chopped chives and red pepper flakes, if desired.
5. Slice in half and serve immediately.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

250      13 g      28 g                      10 g 6 g

# On-the-Go Snack Packs

## 29. Cottage Cheese Fruit Cup Snack Pack

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 2 cups low-fat cottage cheese
- 1 cup strawberries, hulled and sliced
- 1 cup blueberries
- 1 cup pineapple chunks
- 2 kiwis, peeled and diced
- 2 tablespoons honey or agave (optional)
- Fresh mint leaves for garnish

### Directions:

1. Divide cottage cheese evenly into 4 small cups or bowls.
2. Top each cup with strawberries, blueberries, pineapple, and kiwi.
3. Drizzle with honey or agave, if desired.
4. Garnish with fresh mint leaves.
5. Serve immediately or cover and refrigerate for later.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

160      13 g      22 g                      3 g 3 g

### ***30. Veggie Sticks with Cottage Cheese Ranch Dip***

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 4

#### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 tablespoons Greek yogurt
- 1 teaspoon lemon juice
- 1 teaspoon dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and black pepper to taste
- Assorted veggie sticks (carrots, celery, bell peppers, cucumber)

#### **Directions:**

1. Blend cottage cheese, Greek yogurt, lemon juice, dill, garlic powder, and onion powder until smooth.
2. Season with salt and black pepper to taste.
3. Transfer to a small serving bowl.
4. Arrange assorted veggie sticks on a platter around the dip.
5. Serve immediately or refrigerate until ready to enjoy.

#### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

90      9 g      4 g                      3 g 0 g

### ***31. High-Protein Trail Mix Yogurt Cup***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

#### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1/2 cup plain Greek yogurt
- 1/4 cup mixed nuts (almonds, walnuts, cashews)
- 2 tablespoons dried cranberries or raisins
- 1 tablespoon pumpkin seeds
- 1 teaspoon chia seeds
- 1 teaspoon honey (optional)

#### **Directions:**

1. In a small bowl, combine cottage cheese and Greek yogurt until smooth.
2. Divide the mixture evenly into 2 cups or jars.
3. Top each with mixed nuts, dried cranberries, pumpkin seeds, and chia seeds.
4. Drizzle with honey if desired.
5. Serve immediately or refrigerate for a quick grab-and-go snack.

#### **Nutrition Facts (per serving):**

**Calories Protein Carbohydrates Fat Fiber**

310      22 g      28 g                      14 g 5 g

## ***32. Savory Protein Crackers with Cheese Spread***

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Total Time:** 35 minutes

**Servings:** 6

### **Ingredients:**

- 1 cup oat flour
- 1/2 cup almond flour
- 1/2 cup low-fat cottage cheese
- 1 egg
- 1 teaspoon baking powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and black pepper to taste
- For the spread: 1/2 cup cottage cheese, 1 tablespoon fresh herbs (parsley, dill, or chives), pinch of salt

### **Directions:**

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix oat flour, almond flour, baking powder, garlic powder, onion powder, salt, and pepper.
3. Add cottage cheese and egg. Mix until a dough forms.
4. Roll out the dough thinly and cut into cracker shapes.
5. Place on the baking sheet and bake for 12–15 minutes or until golden and crisp.
6. Meanwhile, blend cottage cheese with fresh herbs and salt until creamy to make the spread.
7. Serve crackers warm or cooled with the cheese spread.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

210      15 g      20 g                      9 g 4 g

### ***33. Bento Box: Cottage Cheese, Nuts & Berries***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 1

**Ingredients:**

- 1/2 cup low-fat cottage cheese
- 1/4 cup mixed nuts (almonds, walnuts, cashews)
- 1/2 cup fresh berries (strawberries, blueberries, or raspberries)
- 1 tablespoon pumpkin seeds or sunflower seeds
- Optional: drizzle of honey or maple syrup

**Directions:**

1. Spoon cottage cheese into a bento box compartment.
2. Add mixed nuts into a separate section of the box.
3. Add fresh berries to another compartment.
4. Sprinkle seeds over the cottage cheese or nuts.
5. Drizzle with honey or maple syrup if desired.
6. Seal and refrigerate until ready to eat.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

300    17 g    28 g                    15 g 6 g

## Part IV – Satisfying Main Dishes

### Protein-Packed Salads

#### *34. Greek Power Bowl with Cottage Cheese*

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 2

#### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1 cup cooked quinoa (cooled)
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup Kalamata olives, sliced
- 1/4 cup red onion, thinly sliced
- 2 tablespoons feta cheese, crumbled
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- Salt and black pepper to taste
- Fresh parsley or dill for garnish

#### **Directions:**

1. In a medium bowl, whisk together olive oil, lemon juice, salt, and pepper.
2. Add quinoa, cherry tomatoes, cucumber, olives, and red onion. Toss until combined.
3. Divide the mixture evenly into 2 bowls.
4. Top each with cottage cheese and sprinkle with feta cheese.
5. Garnish with fresh parsley or dill.
6. Serve immediately as a fresh and protein-rich meal.

#### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

310      18 g      32 g                      14 g 6 g

### ***35. Quinoa, Spinach & Cottage Cheese Salad***

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes (for quinoa)

**Total Time:** 30 minutes

**Servings:** 2

**Ingredients:**

- 1 cup cooked quinoa (cooled)
- 2 cups fresh spinach leaves
- 1/2 cup low-fat cottage cheese
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red bell pepper, diced
- 1/4 cup cucumber, diced
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar or lemon juice
- Salt and black pepper to taste

**Directions:**

1. Cook quinoa according to package instructions, then let cool.
2. In a large bowl, whisk together olive oil, balsamic vinegar or lemon juice, salt, and pepper.
3. Add spinach, cherry tomatoes, bell pepper, and cucumber to the bowl.
4. Stir in the cooked quinoa until evenly mixed.
5. Top with cottage cheese before serving.
6. Serve chilled or at room temperature as a refreshing, protein-rich salad.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

270      11      22                      15 4

## ***36. Chicken Caesar Salad with Protein Dressing***

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Total Time:** 35 minutes

**Servings:** 2

### **Ingredients:**

- 2 grilled chicken breasts, sliced
- 4 cups chopped romaine lettuce
- 1/2 cup low-fat cottage cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup whole-grain croutons
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- Salt and black pepper to taste

### **Directions:**

1. Grill chicken breasts until fully cooked, then slice them thinly.
2. In a small blender or food processor, combine cottage cheese, olive oil, lemon juice, mustard, garlic, salt, and pepper.
3. Blend until a smooth to create a creamy protein-rich Caesar dressing.
4. Place romaine lettuce into a large salad bowl.
5. Add grilled chicken slices, Parmesan cheese, and croutons on top.
6. Drizzle with the protein dressing, toss gently, and serve immediately.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

410      38      18                      21 3

## ***37. Southwest Black Bean & Cottage Cheese Salad***

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1 cup canned black beans, rinsed and drained
- 1 cup corn kernels (fresh or frozen, thawed)
- 1 red bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1 avocado, diced
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and black pepper to taste
- Fresh cilantro for garnish

### **Directions:**

1. In a large mixing bowl, combine black beans, corn, red bell pepper, and onion.
2. Add avocado and cottage cheese to the bowl.
3. In a small bowl, whisk together lime juice, olive oil, chili powder, cumin, salt, and pepper.
4. Pour the dressing over the salad mixture and toss gently to combine.
5. Garnish with fresh cilantro leaves.
6. Serve immediately or chill for 30 minutes before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

350      17      32                      17 9

## ***38. Zesty Shrimp & Avocado Salad***

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Total Time:** 30 minutes

**Servings:** 2

### **Ingredients:**

- 8 oz shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 2 cups mixed salad greens
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil (for dressing)
- Salt and black pepper to taste
- 2 tablespoons low-fat cottage cheese (optional, for topping)

### **Directions:**

1. Heat olive oil in a skillet over medium heat.
2. Season shrimp with chili powder, paprika, salt, and pepper.
3. Cook shrimp for 2–3 minutes per side until pink and fully cooked, then set aside.
4. In a large bowl, combine avocado, cherry tomatoes, red onion, and salad greens.
5. Whisk lime juice with olive oil, then drizzle over the salad.
6. Top with cooked shrimp and cottage cheese (if using), toss lightly, and serve.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

330      27      12                      20 6

### ***39. Creamy Broccoli Protein Soup***

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 4

**Ingredients:**

- 4 cups broccoli florets
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive oil
- 4 cups low-sodium vegetable broth
- 1 cup low-fat cottage cheese
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon dried thyme
- Salt and black pepper to taste

**Directions:**

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic, sauté for 3–4 minutes until softened.
3. Add broccoli florets and vegetable broth, bring to a boil.
4. Reduce the heat and simmer for 10–12 minutes until broccoli is tender.
5. Transfer soup to a blender, add cottage cheese and Parmesan, then blend until smooth and creamy.
6. Return to the pot, season with thyme, salt, and pepper, then warm through before serving.

**Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

180      14      11                      8    3

## ***40. Spicy Tomato & Lentil Cottage Cheese Soup***

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Servings:** 4

### **Ingredients:**

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon chili flakes (or to taste)
- 1 cup dried red lentils, rinsed
- 4 cups low-sodium vegetable broth
- 1 can (14 oz) diced tomatoes
- 1/2 cup low-fat cottage cheese
- Salt and black pepper to taste
- Fresh cilantro or parsley for garnish

### **Directions:**

1. Heat olive oil in a large pot over medium heat.
2. Add onion and garlic, sauté until softened (about 4 minutes).
3. Stir in cumin, smoked paprika, and chili flakes, and cook for 1 minute.
4. Add lentils, broth, and diced tomatoes, then bring to a boil.
5. Reduce the heat and simmer for 20–25 minutes until the lentils are soft.
6. Stir in cottage cheese, season with salt and pepper, and blend partially for a creamy texture (optional).
7. Serve hot, garnished with fresh cilantro or parsley.

### **Nutrition Facts (per serving):**

<i>Calories</i>	<i>Protein</i>	<i>Carbohydrates</i>	<i>Fat</i>	<i>Fiber</i>
220	15	32	5	9

## ***41. Chicken & Vegetable Protein Stew***

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Total Time:** 55 minutes

**Servings:** 6

### **Ingredients:**

- 1 tbsp olive oil
- 1 onion & 2 garlic cloves, chopped
- 2 carrots & 2 celery stalks, chopped
- 1 red bell pepper, chopped
- 1 lb chicken breast, cubed
- 4 cups chicken broth
- 1 cup green beans, chopped
- 1 zucchini, diced
- 1 cup low-fat cottage cheese
- Paprika, oregano, salt & pepper
- Fresh parsley for garnish

### **Directions:**

1. Heat oil in a large pot, sauté onion and garlic for 3 minutes.
2. Add carrots, celery, and bell pepper, and cook 5 for minutes.
3. Stir in chicken with paprika, oregano, salt & pepper, cook until browned.
4. Pour in broth, bring to a boil, reduce the heat, and simmer 20 minutes.
5. Add green beans and zucchini, cook until tender.
6. Stir in cottage cheese, adjust seasoning, and serve with parsley.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

230      24      12                      8    3

## ***42. Mushroom & Barley Cottage Cheese Soup***

**Prep Time:** 15 minutes

**Cook Time:** 35 minutes

**Total Time:** 50 minutes

**Servings:** 6

### **Ingredients:**

- 1 tbsp olive oil
- 1 onion & 2 garlic cloves, chopped
- 2 carrots, diced
- 8 oz mushrooms, sliced
- 1/2 cup pearl barley, rinsed
- 6 cups vegetable broth
- 1 cup low-fat cottage cheese
- 1 tsp thyme
- Salt & pepper to taste
- Fresh parsley for garnish

### **Directions:**

1. Heat olive oil in a pot, sauté onion, garlic, and carrots for 5 minutes.
2. Add mushrooms, cook until softened.
3. Stir in barley, thyme, salt & pepper, mix well.
4. Pour in vegetable broth, bring to a boil, reduce the heat, and simmer 30 minutes until barley is tender.
5. Stir in cottage cheese until creamy, adjust seasoning.
6. Serve hot, garnished with fresh parsley.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

190      11      27                      5    5

### ***43. Butternut Squash Cream Soup with Cottage Cheese***

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Servings:** 6

#### **Ingredients:**

- 1 tbsp olive oil
- 1 onion & 2 garlic cloves, chopped
- 1 butternut squash (about 2 lbs), peeled & cubed
- 2 carrots, diced
- 5 cups vegetable broth
- 1 tsp nutmeg
- 1 tsp cinnamon
- Salt & pepper to taste
- 2 cups low-fat cottage cheese
- Fresh parsley or pumpkin seeds for garnish

#### **Directions:**

1. Heat olive oil in a pot, sauté onion and garlic 3 minutes.
2. Add squash and carrots, cook 5 minutes.
3. Pour in broth, season with nutmeg, cinnamon, salt & pepper.
4. Bring to a boil, reduce the heat, and simmer 25 minutes until squash is soft.
5. Blend soup until creamy, stir in 2 cups cottage cheese.
6. Serve hot, garnished with parsley or pumpkin seeds.

#### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

200    17    26                    6    5

# Casseroles & Bakes

## *44. Cheesy Chicken & Broccoli Protein Bake*

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Servings:** 6

### **Ingredients:**

- 1 tbsp olive oil
- 1 onion & 2 garlic cloves, chopped
- 2 cups broccoli florets
- 2 cups cooked chicken breast, cubed
- 1 cup cooked brown rice or quinoa
- 1 cup low-fat cottage cheese
- 1/2 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1/2 cup low-fat milk
- 1 tsp paprika
- Salt & pepper to taste

### **Directions:**

1. Preheat oven to 375°F (190°C). Grease a baking dish.
2. Heat oil in a pan, sauté onion and garlic until fragrant.
3. Add broccoli, cook 3–4 minutes, then stir in chicken and rice.
4. In a bowl, mix cottage cheese, milk, paprika, salt & pepper.
5. Combine everything, transfer to a dish, and top with mozzarella & Parmesan.
6. Bake 25–30 minutes until golden and bubbly. Serve hot.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

280      25      15                      12 2

## ***45. Cottage Cheese Lasagna with Whole Wheat Pasta***

**Prep Time:** 20 minutes

**Cook Time:** 40 minutes

**Total Time:** 1 hour

**Servings:** 8

### **Ingredients:**

- 9 whole wheat lasagna noodles, cooked
- 2 cups low-fat cottage cheese
- 1 cup shredded mozzarella
- 1/2 cup grated Parmesan
- 1 egg, lightly beaten
- 3 cups marinara sauce
- 1 lb lean ground turkey or beef, cooked & drained
- 2 cups spinach leaves
- 1 tsp Italian seasoning
- Salt & pepper to taste

### **Directions:**

1. Preheat oven to 375°F (190°C). Grease a 9x13-inch baking dish.
2. Mix cottage cheese, egg, Italian seasoning, salt & pepper.
3. Spread a thin layer of marinara in the dish, place 3 noodles over.
4. Top with half the cottage cheese mix, spinach, turkey, mozzarella, and sauce.
5. Repeat layers, finishing with noodles, sauce, mozzarella, and Parmesan.
6. Cover with foil, bake 30 minutes. Remove foil, bake 10 more minutes until golden. Rest 10 minutes before slicing.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

320      27      28                      11 5

## ***46. Tuna & Spinach Protein Casserole***

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

**Servings:** 6

### **Ingredients:**

- 2 cups cooked whole wheat pasta
- 2 cans of tuna in water, drained
- 2 cups fresh spinach, chopped
- 1 cup low-fat cottage cheese
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 cup low-fat milk
- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- Salt & pepper to taste

### **Directions:**

1. Preheat oven to 375°F (190°C). Grease a casserole dish.
2. Cook pasta according to package instructions, drain.
3. Heat olive oil in a pan, sauté onion and garlic until soft.
4. Add spinach, cook 2 minutes, then stir in tuna.
5. Mix pasta, cottage cheese, milk, and tuna-spinach mixture. Season well.
6. Transfer to dish, sprinkle with mozzarella & Parmesan, bake 20–25 minutes until golden.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

290      28      22                      10 3

## ***47. Eggplant Parmesan with Cottage Cheese***

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Total Time:** 55 minutes

**Servings:** 4

### **Ingredients:**

- 2 medium eggplants, sliced into 1/2-inch rounds
- 1 1/2 cups marinara sauce
- 1 cup low-fat cottage cheese
- 3/4 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1 egg, lightly beaten
- 3/4 cup whole wheat breadcrumbs
- 1 tsp Italian seasoning
- Olive oil spray
- Salt & pepper to taste

### **Directions:**

1. Preheat oven to 375°F (190°C). Lightly grease a baking dish.
2. Sprinkle eggplant slices with salt, let sit 10 minutes, then pat dry.
3. Dip slices in beaten egg, coat with breadcrumbs mixed with Italian seasoning.
4. Bake slices on a tray sprayed with olive oil until golden, about 15 minutes per side.
5. Layer eggplant, cottage cheese, marinara, and mozzarella in the dish; repeat layers.
6. Top with Parmesan, bake 20 minutes until bubbly and golden. Rest before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

280      22      23                      12 7

## ***48. Creamy Cottage Cheese Alfredo Pasta***

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Servings:** 4

### **Ingredients:**

- 8 oz (225 g) lentil or chickpea pasta
- 2 cups low-fat cottage cheese
- 1/2 cup low-fat milk
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp cornstarch (optional, for extra creaminess)
- Salt & pepper to taste
- Fresh parsley, chopped (for garnish)

### **Directions:**

1. Cook pasta according to package directions until al dente. Drain and set aside.
2. In a blender, combine cottage cheese, milk, Parmesan, and cornstarch. Blend until smooth.
3. Heat olive oil in a pan over medium heat. Sauté garlic for 1 minute.
4. Pour blended sauce into the pan, cook 3–4 minutes until slightly thickened. Season with salt and pepper.
5. Toss pasta with the sauce until evenly coated.
6. Serve warm, garnished with parsley and extra Parmesan if desired.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

330      23      35                      11 7

## ***49. Zucchini Noodles with Pesto Cottage Cheese Sauce***

**Prep Time:** 15 minutes

**Cook Time:** 10 minutes

**Total Time:** 25 minutes

**Servings:** 4

### **Ingredients:**

- 4 medium zucchinis, spiralized into noodles
- 2 cups low-fat cottage cheese
- 1/2 cup plain Greek yogurt (2%)
- 1/2 cup fresh basil leaves
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 2 tbsp pine nuts (or walnuts)
- Salt & pepper to taste
- Cherry tomatoes, halved (for garnish)

### **Directions:**

1. Spiralize zucchinis into noodles and set aside.
2. In a blender, combine cottage cheese, Greek yogurt, basil, Parmesan, olive oil, garlic, and pine nuts. Blend until smooth.
3. Season pesto sauce with salt and pepper to taste.
4. Heat a large skillet over medium heat, add zucchini noodles, and sauté 2–3 minutes until slightly tender.
5. Toss noodles with the cottage cheese pesto until evenly coated.
6. Serve warm, topped with cherry tomatoes and extra Parmesan if desired.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

240      20      12                      15 4

## ***50. Spaghetti Squash Cottage Cheese Primavera***

**Prep Time:** 15 minutes

**Cook Time:** 40 minutes

**Total Time:** 55 minutes

**Servings:** 4

### **Ingredients:**

- 2 medium spaghetti squash
- 2 cups low-fat cottage cheese
- 3/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 small zucchini, sliced
- 1 cup cherry tomatoes, halved
- 2 garlic cloves, minced
- Salt & pepper to taste
- Fresh basil leaves, for garnish

### **Directions:**

1. Preheat oven to 400°F (200°C). Cut squash in half lengthwise, scoop out seeds, and place cut side down on a baking sheet.
2. Roast squash for 35–40 minutes until tender. Let cool slightly, then scrape flesh into strands with a fork.
3. Meanwhile, heat olive oil in a skillet over medium heat. Sauté garlic, bell peppers, and zucchini until softened.
4. Add cherry tomatoes and cook 2–3 minutes more. Season with salt and pepper.
5. In a large bowl, combine roasted spaghetti squash strands with cottage cheese and Parmesan. Mix gently.
6. Top with sautéed vegetables, garnish with fresh basil, and serve warm.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

260      21      25                      11 6

## ***51. Lemon Garlic Shrimp Pasta with Cottage Cheese***

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Total Time:** 30 minutes

**Servings:** 4

### **Ingredients:**

- 8 oz whole wheat spaghetti (or pasta of choice)
- 1 lb large shrimp, peeled and deveined
- 1 cup low-fat cottage cheese
- 1/4 cup grated Parmesan cheese
- 2 tbsp olive oil
- 3 garlic cloves, minced
- Juice and zest of 1 lemon
- 1/4 cup chopped fresh parsley
- Salt & pepper to taste
- Red pepper flakes (optional, for heat)

### **Directions:**

1. Cook pasta according to package instructions until al dente. Reserve 1/2 cup of pasta water, then drain.
2. Meanwhile, heat olive oil in a skillet over medium heat. Add garlic and cook until fragrant, about 1 minute.
3. Add shrimp, season with salt, pepper, and optional red pepper flakes. Cook 2–3 minutes per side until pink and opaque.
4. In a blender, combine cottage cheese, Parmesan, lemon juice, and zest. Blend until creamy.
5. Toss cooked pasta with shrimp and sauce, adding reserved pasta water as needed for creaminess.
6. Top with fresh parsley and serve immediately.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

360      32      37                      10 6

# Pizza & Rolls

## *52. Cottage Cheese Margherita Pizza*

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Total Time:** 35 minutes

**Servings:** 4

### **Ingredients:**

- 1 prepared whole wheat pizza crust (10–12 inch)
- 2 cups low-fat cottage cheese
- 1 cup shredded part-skim mozzarella cheese
- 2 medium tomatoes, thinly sliced
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1/4 cup fresh basil leaves
- Salt & pepper to taste
- Balsamic glaze for drizzling (optional)

### **Directions:**

1. Preheat oven to 425°F (220°C). Place pizza crust on a baking sheet or pizza stone.
2. In a small skillet, heat olive oil and sauté garlic for 1–2 minutes until fragrant.
3. Spread cottage cheese evenly over the crust, then sprinkle with mozzarella.
4. Arrange tomato slices on top and drizzle with garlic-infused olive oil.
5. Bake 12–15 minutes until the cheese is melted and crust is crisp.
6. Top with fresh basil leaves and an optional drizzle of balsamic glaze before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

340      22      31                      14 4

## ***53. Protein-Packed Veggie Pizza with Cottage Cheese Crust***

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Total Time:** 45 minutes

**Servings:** 5

### **Ingredients:**

- 2 cups low-fat cottage cheese
- 1 1/4 cups rolled oats
- 2 large eggs
- 1/2 tsp garlic powder
- 1/2 tsp dried oregano
- 1 cup shredded mozzarella cheese (divided)
- 1/2 cup pizza sauce
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1/2 red onion, thinly sliced
- 1/2 cup mushrooms, sliced
- Fresh basil leaves
- Salt & pepper to taste

### **Directions:**

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
2. Blend cottage cheese, oats, eggs, garlic, oregano, and half the mozzarella until smooth.
3. Spread into a round crust on the sheet and bake 20–25 minutes until golden.
4. Top with pizza sauce, vegetables, and remaining cheese.
5. Bake 10 minutes more until veggies are tender and cheese melts.
6. Season, garnish with basil, slice, and serve warm.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

300    23    24                    12 4

## 54. BBQ Chicken Cottage Cheese Pizza

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Total Time:** 45 minutes

**Servings:** 5

### **Ingredients:**

- 2 cups low-fat cottage cheese
- 1 1/4 cups rolled oats
- 2 large eggs
- 1 cup shredded mozzarella (divided)
- Salt, pepper, garlic powder, smoked paprika
- 3/4 cup BBQ sauce (divided)
- 1 1/2 cups cooked chicken breast, shredded
- 1/2 red onion
- 1/2 cup corn kernels
- Fresh cilantro leaves

### **Directions:**

1. Preheat oven to 400°F (200°C) and line a baking sheet.
2. Blend cottage cheese, oats, eggs, spices, and half the mozzarella until smooth.
3. Spread into a crust, bake 20–25 minutes until golden.
4. Spread BBQ sauce on the crust, top with chicken, onion, corn, and cheese.
5. Bake 10 minutes until cheese melts. Garnish with cilantro, slice, and serve.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

340      28      27                      13 3

## ***55. Spinach & Feta Cottage Cheese Flatbread***

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Total Time:** 35 minutes

**Servings:** 3

### **Ingredients:**

- 1 1/2 cups low-fat cottage cheese
- 1/2 cup whole wheat flour + 1/4 cup oat flour
- 1 1/2 tbsp olive oil (divided)
- 1 large egg
- 2/3 cup baby spinach, chopped
- 1/2 cup crumbled feta cheese
- 1/2 tsp dried oregano
- Salt & pepper to taste

### **Directions:**

1. Preheat oven to 375°F (190°C). Lightly oil a baking tray.
2. Mix cottage cheese, flour, 1 tbsp oil, and egg into a soft dough.
3. Roll out into a flatbread shape, and transfer to a tray.
4. Top with spinach, feta, oregano, and a drizzle of oil.
5. Bake 18–20 minutes until golden. Slice and serve warm.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

280      20      20                      14 4

## 56. High-Protein Cottage Cheese Dinner Rolls

**Prep Time:** 20 minutes (+1 hr rising)

**Cook Time:** 20 minutes

**Total Time:** 1 hr 40 minutes

**Servings:** 2

### Ingredients:

- 1 cup whole wheat flour
- $\frac{3}{4}$  cup low-fat cottage cheese
- $\frac{1}{4}$  cup oat flour
- 1 tbsp olive oil
- $\frac{1}{2}$  tsp honey
- 1 tsp instant yeast
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  cup warm water (as needed)

### Directions:

1. Mix warm water, honey, and yeast; let sit 5 min.
2. Add cottage cheese, oil, salt, and flours. Knead 6–8 minutes until smooth.
3. Cover and let the dough rise 1 hr until doubled.
4. Shape into small rolls, place on a baking sheet.
5. Bake at 375°F (190°C) for 18–20 minutes until golden.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

250      16      27                      8    5

## ***57. Garlic Herb Cottage Cheese Breadsticks***

**Prep Time:** 15 minutes (+45 minutes rising)

**Cook Time:** 15 minutes

**Total Time:** 1 hour 15 minutes

**Servings:** 3

### **Ingredients:**

- 1 cup all-purpose flour + ¼ cup oat flour
- 1 cup low-fat cottage cheese
- 1 tbsp olive oil
- 1 tsp honey
- 1 tsp instant yeast
- 1/2 tsp garlic powder
- 1/2 tsp dried Italian herbs
- 1/4 tsp salt
- 1/3 cup warm water (as needed)

### **Directions:**

1. Mix yeast, honey, and warm water; rest 5 min.
2. Add cottage cheese, oil, salt, garlic powder, herbs, and flour. Knead until smooth.
3. Cover and let rise 45 minutes until doubled.
4. Shape into breadsticks, place on a tray, and brush lightly with oil.
5. Bake at 375°F (190°C) for 14–16 minutes until golden.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

260      16      28                      9    3

# Meat, Poultry & Seafood with Cottage Cheese Sauces

## *58. Grilled Chicken with Herbed Cottage Cheese Topping*

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Total Time:** 35 minutes

**Servings:** 3

### **Ingredients:**

- 3 small chicken breasts
- 1/2 cup low-fat cottage cheese
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tsp lemon zest
- 1/2 tbsp olive oil
- Salt and pepper, to taste

### **Directions:**

1. Season chicken breasts with salt, pepper, and olive oil.
2. Grill chicken over medium heat for 6–7 minutes per side until fully cooked.
3. In a small bowl, mix cottage cheese, parsley, dill, and lemon zest.
4. Top grilled chicken with the herbed cottage cheese mixture.
5. Serve warm with salad or steamed vegetables.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

240      32      2                      11 0

## ***59. Turkey Meatballs in Creamy Protein Sauce***

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

**Total Time:** 40 minutes

**Servings:** 2

### **Ingredients:**

- 200 g ground turkey
- 1/4 cup breadcrumbs
- 1 egg white
- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1/2 cup low-fat cottage cheese
- 1/4 cup low-sodium chicken broth
- 1/2 tsp Dijon mustard
- 1/2 tbsp olive oil

### **Directions:**

1. Mix turkey, breadcrumbs, egg white, garlic powder, salt, and pepper; form small meatballs.
2. Heat olive oil in a pan, cook meatballs 8–10 minutes until golden and cooked through.
3. In a blender, mix cottage cheese, broth, and mustard until smooth.
4. Pour sauce over meatballs, simmer 3–4 minutes until slightly thickened.
5. Serve warm with vegetables, rice, or pasta.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

280      28      9                      14 0

## ***60. Baked Salmon with Lemon Cottage Cheese Glaze***

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 2

### **Ingredients:**

- 2 salmon fillets (about 150 g each)
- 1/3 cup low-fat cottage cheese
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 small garlic clove, minced
- 1 tsp olive oil
- Fresh dill, chopped
- Salt and black pepper, to taste

### **Directions:**

1. Preheat oven to 375°F (190°C).
2. Season salmon fillets with salt, pepper, and olive oil. Place on a baking sheet lined with parchment paper.
3. In a blender, mix cottage cheese, lemon juice, zest, and garlic until smooth.
4. Spread the cottage cheese glaze over the salmon fillets.
5. Bake for 18–20 minutes, until salmon flakes easily with a fork.
6. Garnish with fresh dill and serve with vegetables or grains.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

310      33      2                      18 0

## ***61. Beef Stroganoff with Cottage Cheese Cream***

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

**Servings:** 3

### **Ingredients:**

- 300 g lean beef strips
- 1 tbsp olive oil
- 1 onion, sliced
- 1 cup mushrooms, sliced
- 1 garlic clove, minced
- 1/2 cup low-fat cottage cheese
- 1/4 cup beef broth
- 1 tsp Dijon mustard
- 1 tsp paprika
- Salt & black pepper
- Fresh parsley

### **Directions:**

1. Heat oil in a skillet and brown beef, then set aside.
2. Sauté onion, garlic & mushrooms until soft.
3. Blend cottage cheese, broth, mustard & paprika until smooth.
4. Return beef, add sauce, simmer 10 minutes.
5. Season, garnish with parsley, and serve with pasta or rice.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

290      29      6                      17 1

## ***62. Cajun Tilapia with Spicy Protein Dip***

**Prep Time:** 10 minutes

**Cook Time:** 12 minutes

**Total Time:** 22 minutes

**Servings:** 2

### **Ingredients:**

- 2 tilapia fillets (150 g each)
- 1 tbsp olive oil
- 1 tsp Cajun seasoning
- 1/2 tsp paprika
- Salt & pepper, to taste
- 1/2 cup low-fat cottage cheese
- 1 tbsp Greek yogurt
- 1 tsp hot sauce
- 1 tsp lemon juice
- Fresh parsley (garnish)

### **Directions:**

1. Rub tilapia with oil, Cajun seasoning, paprika, salt & pepper.
2. Heat skillet, cook fish 4–5 minutes per side until golden and flaky.
3. Blend cottage cheese, yogurt, hot sauce & lemon juice into the dip.
4. Serve tilapia with spicy dip, garnish with parsley.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

260      31      2                      13 0

## 63. Classic Baked Protein Cheesecake

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

**Total Time:** 1 hour

**Servings:** 6

### Ingredients:

- 2 1/2 cups low-fat cottage cheese
- 1 cup Greek yogurt (non-fat)
- 2 eggs
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 3 tbsp cornstarch or + 2 tbsp oat flour
- 1/2 cup oat flour or ground oats
- 1 tbsp lemon juice
- Fresh berries (for garnish)

### Directions:

1. Preheat oven to 170°C (340°F). Grease or line a 7-inch springform pan.
2. Blend cottage cheese, yogurt, eggs, honey, vanilla, cornstarch, oat flour, and lemon juice until smooth.
3. Pour batter into prepared pan and smooth the top.
4. Bake 40–45 minutes until the center is just set. Let cool in oven with door slightly open.
5. Chill at least 2 hours before serving. Garnish with fresh berries.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

240      24      25                      6   2

## ***64. No-Bake Chocolate Peanut Butter Cheesecake***

**Prep Time:** 20 minutes

**Cook Time:** 0 minutes (chill time 3 hrs)

**Total Time:** 3 hrs 20 minutes

**Servings:** 6

### **Ingredients:**

- 2 1/2 cups low-fat cottage cheese
- 1/2 cup natural peanut butter
- 1/4 cup cocoa powder
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1/2 tbsp Greek yogurt (non-fat)
- 1/4 cup dark chocolate chips (melted)
- 1 cup crushed oat biscuits or graham crackers
- 2 tbsp coconut oil (melted)
- Shaved chocolate or peanuts (for garnish)

### **Directions:**

1. Mix crushed biscuits with melted coconut oil. Press firmly into the bottom of a springform pan to form a crust.
2. Blend cottage cheese, peanut butter, cocoa, honey, vanilla, yogurt, and melted chocolate until creamy.
3. Spread filling evenly over crust. Smooth top.
4. Refrigerate at least 3 hours or until firm.
5. Garnish with shaved chocolate or peanuts before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

320      21      28                      16 3

## ***65. Lemon Blueberry Protein Cheesecake Bars***

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Total Time:** 55 minutes

**Servings:** 6

### **Ingredients:**

- 2 1/4 cups low-fat cottage cheese
- 3/4 cup Greek yogurt (non-fat)
- 2 eggs
- 1/4 cup honey or maple syrup
- 1 tsp vanilla extract
- 3 tbsp cornstarch
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 cup fresh blueberries
- 1 cup crushed oat biscuits or graham crackers
- 2 tbsp melted butter or coconut oil

### **Directions:**

1. Preheat oven to 175°C (350°F). Line an 8×8-inch baking dish with parchment paper.
2. Mix crushed biscuits with melted butter or oil. Press firmly into the dish to form a crust.
3. Blend cottage cheese, yogurt, eggs, honey, vanilla, cornstarch, lemon zest, and juice until smooth.
4. Pour mixture over crust. Sprinkle blueberries evenly on top.
5. Bake 30–35 minutes until the center is just set. Let cool completely.
6. Chill for 2 hours, slice into bars, and serve.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

250      21 g      26 g                      8 g 2 g

## 66. Apple Cinnamon Protein Pie

**Prep Time:** 25 minutes

**Cook Time:** 40 minutes

**Total Time:** 1 hr 5 minutes

**Servings:** 6

### Ingredients:

- 2 cups low-fat cottage cheese
- 3 eggs
- 1/2 cup Greek yogurt
- 3 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 1 tbsp cornstarch
- 1 tsp ground cinnamon
- 1/4 tsp nutmeg
- 2 medium apples, peeled and thinly sliced
- 1 prepared whole-wheat pie crust
- 1 tbsp lemon juice
- 1 tbsp rolled oats (for topping)

### Directions:

1. Preheat oven to 175°C (350°F). Place pie crust in a 9-inch pie dish.
2. Toss sliced apples with lemon juice, cinnamon, and nutmeg. Arrange in the crust.
3. Blend cottage cheese, eggs, yogurt, honey, vanilla, and cornstarch until smooth.
4. Pour mixture evenly over apples.
5. Sprinkle with rolled oats for a light, crunchy topping.
6. Bake 40 minutes or until set. Cool slightly before slicing.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

220      15 g      26 g                      7 g 3 g

## ***67. Mini Strawberry Cottage Cheese Tarts***

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Total Time:** 35 minutes

**Servings:** 6

### **Ingredients:**

- 1 ½ cups low-fat cottage cheese
- 1/2 cup Greek yogurt (non-fat)
- 2 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 1 whole egg + egg white
- 2 tbsp cornstarch
- 6 mini tart shells (pre-baked)
- 1 cup fresh strawberries, sliced
- 1 tbsp sugar (optional, for strawberries)

### **Directions:**

1. Preheat oven to 175°C (350°F).
2. Blend cottage cheese, yogurt, honey, vanilla, egg, and cornstarch until smooth.
3. Spoon mixture evenly into mini tart shells.
4. Bake 12–15 minutes until filling is just set. Cool completely.
5. Top each tart with sliced strawberries. Sprinkle lightly with sugar if desired.
6. Chill for 30 minutes before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

170      13 g      19 g                      5 g 2 g

# Mousses, Puddings & Ice Cream

## *68. Chocolate Protein Pudding Cups*

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes (plus chilling)

**Servings:** 4

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1/2 cup unsweetened cocoa powder
- 1/4 cup protein powder (vanilla or chocolate)
- 3 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 1/2 cup unsweetened almond milk (or skim milk)
- Dark chocolate shavings or cocoa powder (for garnish)

### **Directions:**

1. Place cottage cheese, cocoa powder, protein powder, honey, vanilla, and almond milk into a blender.
2. Blend until completely smooth and creamy.
3. Spoon mixture into serving cups.
4. Chill for at least 1 hour before serving.
5. Garnish with dark chocolate shavings or a dusting of cocoa powder.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

175      14 g      21 g                      4 g 5 g

## 69. Matcha Green Tea Protein Mousse

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes (plus chilling)

**Servings:** 4

### Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup Greek yogurt (non-fat, high protein)
- 2 tsp matcha green tea powder
- 2 tbsp protein powder (vanilla, unflavored, or plant-based)
- 2 tbsp honey or maple syrup (adjust to taste)
- 1 tsp vanilla extract
- 1/2 cup unsweetened almond milk (or skim milk)
- Fresh berries or mint leaves (for garnish)

### Directions:

1. Place cottage cheese, Greek yogurt, protein powder, matcha, honey, vanilla, and almond milk into a blender.
2. Blend until smooth and creamy.
3. Divide the mixture into 4 serving cups.
4. Chill in the refrigerator for at least 1–2 hours to allow the mousse to set.
5. Top with fresh berries or garnish with mint before serving.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

160      14 g      18 g                      3 g 2 g

## ***70. Salted Caramel Cottage Cheese Ice Cream***

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes (plus freezing)

**Servings:** 2

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 tbsp protein powder (vanilla or caramel flavor)
- 3 tbsp sugar-free caramel sauce (or regular if preferred)
- 1 tsp vanilla extract
- 1/4 tsp sea salt (plus a pinch for garnish)
- 1/4 cup unsweetened almond milk (or skim milk)
- Optional toppings: crushed nuts, extra caramel drizzle

### **Directions:**

1. Blend cottage cheese, protein powder, caramel sauce, vanilla extract, salt, and almond milk until smooth.
2. Pour mixture into a shallow container and freeze for 2–3 hours, stirring every 30 minutes for a creamy texture.
3. Scoop into bowls, sprinkle with a pinch of sea salt, and drizzle with extra caramel if desired.
4. Serve immediately for a soft-serve texture or freeze longer for a firmer ice cream.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

131 20.6 g 7.5 g 2.0 g 0.1 g

## ***71. Berry Swirl Frozen Yogurt***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes (plus freezing)

**Servings:** 4

### **Ingredients:**

- 2 cups non-fat Greek yogurt
- 1 cup low-fat cottage cheese
- 1 cup mixed berries (blueberries, raspberries, or strawberries)
- 2 tbsp honey or agave syrup
- 1 tsp vanilla extract
- Optional garnish: extra berries or mint leaves

### **Directions:**

1. Blend cottage cheese, Greek yogurt, honey, and vanilla until smooth.
2. In a small saucepan or blender, puree half of the berries to make a swirl sauce.
3. Fold the berry puree gently into the yogurt mixture to create a swirl effect.
4. Transfer mixture to a freezer-safe container and freeze for at least 2–3 hours, stirring occasionally for creaminess.
5. Scoop into bowls and top with the remaining fresh berries or garnish with mint.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

143 12.2 g 18.0 g 0.6 g 1.2 g

# Cookies, Muffins & Baked Goods

## *72. Double Chocolate Protein Cookies*

**Prep Time:** 10 minutes

**Cook Time:** 12 minutes

**Total Time:** 22 minutes

**Servings:** 6

### **Ingredients:**

- 1/2 cup low-fat cottage cheese
- 1/4 cup cocoa powder
- 1/2 cup chocolate protein powder
- 1/3 cup oat flour
- 2 tbsp almond butter
- 1/4 cup dark chocolate chips
- 2 tbsp honey or maple syrup
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- Pinch of salt

### **Directions:**

1. Preheat oven to 350°F (175°C) and line a baking tray with parchment.
2. Blend cottage cheese, almond butter, honey, and vanilla until smooth.
3. In another bowl, mix cocoa powder, protein powder, oat flour, baking powder, and salt.
4. Combine wet and dry mixtures; fold in chocolate chips.
5. Scoop small portions of dough onto the baking tray.
6. Bake for 10–12 minutes until edges are firm but centers are soft. Cool before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

165 11.7 g 18.2 g 6.2 g 2.8 g

## ***73. Banana Walnut Protein Muffins***

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 6

### **Ingredients:**

- 2 ripe bananas, mashed
- 1/2 cup low-fat cottage cheese
- 1/2 cup vanilla protein powder
- 3/4 cup whole wheat flour
- 1/4 cup chopped walnuts
- 2 tbsp honey or maple syrup
- 1 egg
- 1 tsp baking powder, 1/2 tsp baking soda
- 1/2 tsp cinnamon, pinch of salt

### **Directions:**

1. Preheat oven to 350°F (175°C) and line a muffin tin.
2. Mash bananas in a bowl; mix with cottage cheese, egg, and honey.
3. Add protein powder, flour, baking powder, soda, cinnamon, and salt.
4. Stir until just combined, then fold in walnuts.
5. Divide batter evenly among 6 muffin cups.
6. Bake 18–20 minutes or until the toothpick comes out clean. Cool slightly before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

199 13.2 g 27.5 g 5.1 g 2.8 g

## ***74. Carrot Cake Protein Cupcakes***

**Prep Time:** 12 minutes

**Cook Time:** 20 minutes

**Total Time:** 32 minutes

**Servings:** 6

### **Ingredients:**

- 1 cup grated carrots
- 1/2 cup low-fat cottage cheese
- 1/2 cup vanilla protein powder
- 1/2 cup whole wheat flour
- 1/4 cup almond flour
- 2 tbsp honey or maple syrup
- 1 egg
- 1 tsp baking powder, 1/2 tsp baking soda
- 1/2 tsp cinnamon, 1/4 tsp nutmeg, pinch of salt
- 2 tbsp chopped walnuts or raisins (optional)

### **Directions:**

1. Preheat oven to 350°F (175°C) and line a muffin tin.
2. Mix grated carrots, cottage cheese, egg, and honey in a bowl.
3. Stir in protein powder, flours, baking powder, soda, and spices.
4. Fold in walnuts or raisins if using.
5. Divide batter evenly into muffin cups.
6. Bake 18–20 minutes until toothpick comes out clean. Cool before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

165 12.9 g 17.4 g 5.6 g 2.1 g

## ***75. Cinnamon Roll Protein Muffins***

**Prep Time:** 10 minutes

**Cook Time:** 18 minutes

**Total Time:** 28 minutes

**Servings:** 4

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 1/2 cup vanilla protein powder
- 3/4 cup oat flour
- 1 egg
- 2 tbsp honey or maple syrup
- 1 tsp baking powder, 1/2 tsp baking soda
- 1 tsp cinnamon, pinch of nutmeg
- 1 tbsp coconut oil (melted)
- 2 tbsp chopped pecans or walnuts (optional)

### **Directions:**

1. Preheat oven to 350°F (175°C) and line a muffin tin.
2. Blend cottage cheese, egg, honey, and coconut oil until smooth.
3. Stir in protein powder, oat flour, baking powder, soda, and spices.
4. Mix until just combined, then fold in nuts if using.
5. Spoon batter into 4 muffin cups, filling 3/4 full.
6. Bake 16–18 minutes or until golden. Cool slightly before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

268 21.6 g 25.9 g 9.8 g 2.6 g

## Part VI – Meal Prep & Lifestyle Tips (20 recipes)

### 30-Minute or Less Recipes

#### *76. Quick Cottage Cheese Veggie Wraps*

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

**Ingredients:**

- 2 whole-grain tortillas or wraps
- 1/2 cup low-fat cottage cheese
- 1/2 cup shredded carrots
- 1/2 cup cucumber slices
- 1/4 cup bell pepper strips
- 1/4 cup baby spinach or lettuce
- 1 tsp Dijon mustard or hummus (optional)
- Salt & black pepper to taste

**Directions:**

1. Spread cottage cheese evenly over tortillas.
2. Layer carrots, cucumber, bell pepper, and spinach.
3. Add Dijon mustard or hummus if desired.
4. Season lightly with salt and pepper.
5. Roll up tortillas tightly and slice in half.
6. Serve immediately or wrap for on-the-go.

**Nutrition Facts (per serving):**

*Calories Protein Carbohydrates Fat Fiber*

187 11.9 g 29.3 g 2.7 g 4.8 g

## ***77. Fast Turkey & Cottage Cheese Lettuce Boats***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

- 6 large romaine or butter lettuce leaves
- 1/2 cup low-fat cottage cheese
- 4 oz (115 g) sliced cooked turkey breast
- 1/4 cup diced tomatoes
- 2 tbsp diced cucumber
- 1 tsp olive oil
- Salt & black pepper to taste
- Fresh herbs (parsley or dill) for garnish

### **Directions:**

1. Lay lettuce leaves flat on a plate or tray.
2. Divide turkey slices evenly among leaves.
3. Top each with cottage cheese, tomatoes, and cucumber.
4. Drizzle with olive oil.
5. Season with salt, pepper, and garnish with herbs.
6. Serve immediately as a light, high-protein meal or snack.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

131 20.8 g 3.7 g 3.4 g 0.8 g

## ***78. Spicy Protein Stir-Fry with Rice***

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup cooked brown rice (or quinoa)
- 1/2 cup low-fat cottage cheese
- 1 cup mixed vegetables (bell peppers, broccoli, carrots)
- 4 oz (115 g) chicken breast or tofu, diced
- 1 tbsp soy sauce or tamari
- 1 tsp sesame oil or olive oil
- 1 clove garlic, minced
- 1/2 tsp chili flakes or sriracha (adjust to taste)
- Salt & pepper to taste
- Fresh cilantro or green onions for garnish

### **Directions:**

1. Heat oil in a large skillet or wok over medium-high heat.
2. Add garlic and chicken (or tofu); cook until lightly browned.
3. Stir in mixed vegetables and sauté for 5–6 minutes.
4. Add cooked rice, soy sauce, and chili flakes; stir well.
5. Mix in cottage cheese until creamy and heated through.
6. Season with salt, pepper, and garnish with cilantro or green onions before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

295 28.7 g 30.4 g 5.8 g 3.4 g

## ***79. 15-Minute Shrimp & Spinach Skillet***

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Servings:** 2

### **Ingredients:**

- 8 oz (225 g) shrimp, peeled and deveined
- 2 cups fresh spinach
- 1/2 cup low-fat cottage cheese
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1/4 tsp red pepper flakes
- Juice of 1/2 lemon
- Salt & black pepper to taste
- Fresh parsley for garnish

### **Directions:**

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and red pepper flakes, sauté for 1 minute.
3. Add shrimp, cook 2–3 minutes per side until pink and opaque.
4. Stir in spinach and cook until wilted, about 2 minutes.
5. Remove from heat and mix in cottage cheese and lemon juice.
6. Season with salt, pepper, and garnish with parsley before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

206 26.3 g 5.7 g 9.2 g 0.9 g

## ***80. Speedy Cottage Cheese Egg Scramble***

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

- 4 large eggs
- 1/2 cup low-fat cottage cheese
- 1/4 cup chopped spinach or kale
- 2 tbsp diced bell pepper
- 1 tbsp olive oil or butter
- Salt & black pepper to taste
- Chopped chives or parsley for garnish

### **Directions:**

1. Whisk eggs in a bowl and season with salt and pepper.
2. Heat oil in a nonstick skillet over medium heat.
3. Add bell pepper and spinach, sauté for 1–2 minutes.
4. Pour in eggs and stir gently as they begin to set.
5. Add cottage cheese and continue stirring until creamy and fully cooked.
6. Garnish with fresh chives or parsley before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

245 19.2 g 3.4 g 17.5 g 0.3 g

# Batch Cooking & Freezer-Friendly Ideas

## *81. Make-Ahead Breakfast Burritos*

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 2

### **Ingredients:**

- 2 whole wheat tortillas
- 3 eggs
- 1/4 cup low-fat cottage cheese
- 1/4 cup shredded cheddar
- 1/2 cup mixed diced veggies (onion, bell pepper)
- 1/2 tbsp olive oil
- Salt & pepper

### **Directions:**

1. Scramble eggs with salt and pepper until nearly set.
2. Stir in cottage cheese; cook briefly until creamy.
3. In the same pan, sauté diced veggies in olive oil until soft.
4. Combine eggs, veggies, and cheese. Divide evenly between tortillas.
5. Roll burritos, wrap in foil, and refrigerate or freeze. Reheat before serving.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

343 20.5 g 26.8 g 17.9 g 3.8 g

## 82. Frozen Cottage Cheese Berry Pops

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes (plus freezing time)

**Total Time:** 4 hours 10 minutes

**Servings:** 6

### Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup Greek yogurt (plain, unsweetened)
- 1 1/2 cups mixed berries (blueberries, strawberries, raspberries)
- 2 tablespoons honey or agave syrup
- 1 teaspoon vanilla extract

### Directions:

1. Place cottage cheese, Greek yogurt, honey, and vanilla extract in a blender. Blend until smooth.
2. Fold in half of the mixed berries, leaving some whole for texture.
3. Pour the mixture into popsicle molds, filling them about 3/4 full.
4. Add the remaining whole berries into each mold for bursts of flavor.
5. Insert sticks and freeze for at least 4 hours or until fully set.
6. Unmold and enjoy as a refreshing high-protein frozen snack.

### Nutrition Facts (per serving):

**Calories Protein Carbs Fat Fiber**

90      6 g      14 g    2 g 2 g

## ***83. Batch-Baked Protein Waffles***

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 4

### **Ingredients:**

- 2 cups rolled oats (blended into flour)
- 1 cup low-fat cottage cheese
- 4 large eggs
- 1/2 cup unsweetened almond milk (or milk of choice)
- 2 tbsp honey or maple syrup
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- Pinch of salt
- Cooking spray or light oil, for waffle iron

### **Directions:**

1. Preheat the waffle iron and lightly grease it with cooking spray.
2. Blend oats into flour, then combine with baking powder, cinnamon, and salt.
3. In another bowl, blend cottage cheese, eggs, milk, honey, and vanilla until smooth.
4. Mix wet and dry ingredients until batter is thick but pourable.
5. Pour batter into waffle iron and cook until golden brown and crisp.
6. Repeat with the remaining batter, then serve warm with toppings of a choice.

### **Nutrition Facts (per serving):**

**Calories Protein Carbs Fat Fiber**

280    20 g    32 g    8 g    5 g

## ***84. Large-Batch Turkey Cottage Cheese Chili***

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Total Time:** 40 minutes

**Servings:** 4

### **Ingredients:**

- 1 lb (450 g) lean ground turkey
- 1 cup low-fat cottage cheese
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (15 oz) diced tomatoes
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tsp chili powder
- Salt and black pepper, to taste

### **Directions:**

1. Heat a large pot over medium heat and sauté the onion and garlic until fragrant.
2. Add ground turkey and cook until no longer pink.
3. Stir in diced tomatoes, black beans, and chili powder. Season with salt and pepper.
4. Reduce the heat and simmer for 15–20 minutes, stirring occasionally.
5. Stir in cottage cheese just before serving for a creamy protein boost.
6. Serve warm, garnished with fresh herbs if desired.

### **Nutrition Facts (per serving):**

***Calories Protein Carbs Fat Fiber***

280    28 g    18 g    8 g    5 g

## ***85. Freezer-Friendly Cottage Cheese Muffins***

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

**Servings:** 4

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 large eggs
- 1/2 cup rolled oats (ground into flour)
- 1/2 cup grated zucchini (squeezed dry)
- 1/4 cup shredded carrots
- 1/4 cup shredded cheddar cheese (optional)
- 1/2 tsp baking powder
- 1/4 tsp garlic powder
- Salt and pepper to taste
- Cooking spray or muffin liners

### **Directions:**

1. Preheat oven to 375°F (190°C) and grease or line a muffin tin.
2. Blend cottage cheese and eggs until smooth.
3. In a separate bowl, mix oat flour, baking powder, garlic powder, salt, and pepper.
4. Combine wet and dry mixtures, then fold in zucchini, carrots, and cheddar (if using).
5. Spoon batter evenly into muffin cups.
6. Bake 18–20 minutes until golden and firm. Cool before serving or freezing.

### **Nutrition Facts (per serving):**

**Calories Protein Carbs Fat Fiber**

190    14 g    16 g    7 g    3 g

# 7-Day High-Protein Meal Plan Recipes

## *86. Meal-Prep Cottage Cheese Salad Jars*

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 4

### **Ingredients:**

- 2 cups low-fat cottage cheese
- 2 cups cooked quinoa
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1 cup shredded carrots
- 1/2 cup chickpeas (cooked or canned, rinsed)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

### **Directions:**

1. In a small bowl, whisk olive oil, lemon juice, salt, and pepper for dressing.
2. In four mason jars, layer ingredients starting with quinoa, then chickpeas, cucumbers, carrots, and tomatoes.
3. Add cottage cheese on top and drizzle with dressing.
4. Seal jars tightly and refrigerate until ready to eat.
5. Shake gently before serving or pour into a bowl.

### **Nutrition Facts (per serving):**

**Calories Protein Carbs Fat Fiber**

280      20 g      28 g      9 g      5 g

## ***87. Protein-Packed Overnight Oats for the Week***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 4

### **Ingredients:**

- 1 cup low-fat cottage cheese
- 2 cups rolled oats
- 2 cups unsweetened almond milk (or milk of choice)
- 2 tablespoons chia seeds
- 2 tablespoons honey or maple syrup
- 1 cup mixed berries (fresh or frozen)
- 1 teaspoon vanilla extract
- Pinch of cinnamon

### **Directions:**

1. In a large bowl, combine oats, almond milk, chia seeds, honey, vanilla, and cinnamon.
2. Stir in cottage cheese until well combined.
3. Divide the mixture evenly into 4 jars or containers.
4. Top each jar with mixed berries.
5. Cover and refrigerate overnight.
6. In the morning, stir and enjoy cold or warm slightly if preferred.

### **Nutrition Facts (per serving):**

***Calories Protein Carbs Fat Fiber***

280     18 g     38 g     7 g     6 g

## 88. Rotisserie Chicken Protein Lunch Boxes

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 2 cups shredded rotisserie chicken (skin removed)
- 1 cup low-fat cottage cheese
- 2 cups cooked quinoa or brown rice
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 cup baby spinach or mixed greens
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and pepper to taste

### Directions:

1. In a bowl, whisk together olive oil, lemon juice, salt, and pepper.
2. Prepare 4 lunch containers and divide quinoa or rice evenly.
3. Top each with shredded chicken, cottage cheese, cucumber, tomatoes, and greens.
4. Drizzle with dressing before sealing containers.
5. Refrigerate until ready to eat.
6. Enjoy cold for a balanced high-protein lunch.

### Nutrition Facts (per serving):

**Calories Protein Carbs Fat Fiber**

350      32 g      28 g      12 g 5 g

## **89. Cottage Cheese Stuffed Bell Peppers**

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Servings:** 4

### **Ingredients:**

- 4 large bell peppers, halved and seeds removed
- 1 cup low-fat cottage cheese
- 1 cup cooked quinoa or brown rice
- 1/2 cup black beans, rinsed and drained
- 1/2 cup corn kernels
- 1/2 cup diced tomatoes
- 1/2 cup shredded reduced-fat cheese
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste

### **Directions:**

1. Preheat oven to 375°F (190°C).
2. Mix quinoa or rice, black beans, corn, diced tomatoes, and spices in a bowl.
3. Stir in cottage cheese until combined.
4. Fill each pepper half with the mixture and place in a baking dish.
5. Top with shredded cheese.
6. Bake for 30 minutes until peppers are tender and cheese is melted.

### **Nutrition Facts (per serving):**

***Calories Protein Carbs Fat Fiber***

280     18 g     32 g     9 g     7 g

## 90. High-Protein Veggie Soup for the Week

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

**Servings:** 6

### Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 1 zucchini, diced
- 1 cup broccoli florets
- 1 cup green beans, chopped
- 1 can (14 oz) diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 cup low-fat cottage cheese
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste

### Directions:

1. Heat olive oil in a large pot over medium heat. Sauté onion and garlic for 2–3 minutes.
2. Add carrots and celery, cooking for another 5 minutes.
3. Stir in zucchini, broccoli, green beans, and diced tomatoes.
4. Pour in vegetable broth and season with oregano, basil, salt, and pepper.
5. Bring to a boil, reduce the heat, and simmer for 20 minutes until the vegetables are tender.
6. Stir in cottage cheese until melted and creamy. Adjust seasoning if needed.

### Nutrition Facts (per serving):

Calories Protein Carbs Fat Fiber

180 14 g 20 g 6 g 5 g

# Customization & Dietary Swaps

## *91. Gluten-Free Protein Pancakes*

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup gluten-free rolled oats
- 1/2 cup low-fat cottage cheese
- 2 large eggs
- 1 tablespoon honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon cinnamon
- Cooking spray or coconut oil (for greasing pan)

### **Directions:**

1. Blend oats, cottage cheese, eggs, honey, vanilla, baking powder, and cinnamon until smooth.
2. Heat a nonstick skillet over medium heat and lightly grease it with cooking spray or coconut oil.
3. Pour batter onto the skillet to form small pancakes.
4. Cook 2–3 minutes on each side, until golden and set.
5. Serve warm with fruit, yogurt, or nut butter.

### **Nutrition Facts (per serving):**

**Calories Protein Carbohydrates Fat Fiber**

230      17 g      28 g                      6 g 4 g

## 92. Low-Carb Zoodle Alfredo

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 medium zucchinis, spiralized into noodles
- 1/2 cup low-fat cottage cheese
- 2 tablespoons grated Parmesan cheese
- 1/2 cup unsweetened almond milk (or skim milk)
- 1 clove garlic, minced
- 1 teaspoon olive oil
- Salt and black pepper, to taste
- Fresh parsley, chopped (for garnish)

### Directions:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté until fragrant.
2. In a blender, combine cottage cheese, Parmesan, and almond milk. Blend until smooth and creamy.
3. Pour the sauce into the skillet with garlic and warm gently. Season with salt and pepper.
4. Add the spiralized zucchini noodles and toss for 2–3 minutes until just tender but not mushy.
5. Divide into bowls, garnish with fresh parsley, and serve immediately.

### Nutrition Facts (per serving):

Calories Protein Carbs Fat Fiber

210    18 g    12 g    9 g    3 g

### ***93. Vegan-Style Cottage Cheese Tofu Spread***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

#### **Ingredients:**

- 1/2 cup low-fat cottage cheese
- 1/2 block firm tofu, drained and pressed
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 garlic clove, minced
- 1 tablespoon nutritional yeast
- Salt and pepper to taste
- Fresh herbs (parsley, dill, or chives) for garnish

#### **Directions:**

1. Crumble the tofu into a blender or food processor.
2. Add cottage cheese, olive oil, lemon juice, garlic, and nutritional yeast.
3. Blend until smooth and creamy, scraping down the sides as needed.
4. Season with salt and pepper to taste.
5. Transfer to a serving bowl and garnish with fresh herbs.
6. Serve as a spread for bread, crackers, or as a dip for vegetables.

#### **Nutrition Facts (per serving):**

Calories Protein Carbs Fat Fiber

160    13 g    6 g    9 g 2 g

## 94. Dairy-Free Creamy Cashew “Cottage Cheese” Dip

**Prep Time:** 10 minutes (plus soaking time)

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### Ingredients:

- 1 cup raw cashews (soaked 4–6 hours, drained)
- ½ cup unsweetened almond milk (or water)
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- Salt and pepper, to taste

### Directions:

1. Place soaked cashews, almond milk, nutritional yeast, lemon juice, and garlic into a blender.
2. Blend on high until smooth and creamy, scraping sides if needed.
3. Season with salt and pepper to taste.
4. Chill for at least 30 minutes before serving for the best flavor.

### Nutrition Facts (per serving):

**Calories Protein Carbs Fat Fiber**

180      7 g      12 g    12 g 3 g

## ***95. Paleo-Friendly Cottage Cheese Breakfast Bowl***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup dairy-free cottage cheese (or almond-based alternative)
- 1 medium apple, chopped
- 1/4 cup fresh blueberries
- 2 tablespoons unsweetened shredded coconut
- 2 tablespoons chopped walnuts, or pecans
- 1 teaspoon ground cinnamon
- 1 teaspoon honey or maple syrup (optional)

### **Directions:**

1. Divide the dairy-free cottage cheese between two serving bowls.
2. Top with chopped apple and fresh blueberries.
3. Sprinkle with shredded coconut, walnuts or pecans.
4. Dust with ground cinnamon for flavor and aroma.
5. Drizzle with honey or maple syrup, if desired.
6. Serve immediately as a wholesome, paleo-friendly breakfast.

### **Nutrition Facts (per serving):**

Calories	Protein	Carbs	Fiber	Fat
220	12 g	20 g	5 g	11 g

## Part VII – Bonus Recipes & Quick Fixes (5 recipes)

### 96. Cottage Cheese & Peanut Butter Protein Dip

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

#### Ingredients:

- 1 cup low-fat cottage cheese
- 2 tablespoons natural peanut butter
- 1 teaspoon honey or maple syrup (optional)
- 1/2 teaspoon cinnamon
- A splash of almond milk (if a thinner consistency is desired)
- Apple slices, celery sticks, or crackers (for serving)

#### Directions:

1. Place cottage cheese, peanut butter, honey, and cinnamon in a blender or food processor.
2. Blend until smooth and creamy. Add a splash of almond milk if needed.
3. Transfer to a serving bowl.
4. Serve with apple slices, celery sticks, or crackers.

#### Nutrition Facts (per serving):

**Calories Protein Carbs Fat Fiber**

180      13 g      10 g      9 g      2 g

## 97. Quick Berry & Nut Protein Bowl

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes

**Servings:** 2

### Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup mixed fresh berries (blueberries, strawberries, raspberries)
- 2 tablespoons chopped walnuts or almonds
- 1 teaspoon chia seeds
- 1 teaspoon honey or maple syrup (optional)

### Directions:

1. Spoon the cottage cheese into two serving bowls.
2. Top each bowl with fresh berries.
3. Sprinkle chopped walnuts or almonds over the top.
4. Add chia seeds and drizzle with honey or maple syrup if desired.
5. Serve immediately for a quick and nutritious snack or light meal.

### Nutrition Facts (per serving):

Calories Protein Carbohydrates Fat Fiber

190    15 g    14 g            7 g 3 g

## 98. Savory Cottage Cheese & Egg Breakfast Pizza

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Servings:** 2

### Ingredients:

- 1 small whole wheat pizza crust (about 8–9 inches)
- 1/2 cup low-fat cottage cheese
- 2 large eggs, lightly beaten
- 1/4 cup shredded mozzarella cheese
- 1/4 cup cherry tomatoes, halved
- 1/4 cup fresh spinach leaves
- 1/2 teaspoon olive oil
- Salt and pepper, to taste
- Fresh basil, for garnish

### Directions:

1. Preheat oven to 375°F (190°C).
2. Brush pizza crust lightly with olive oil and place on a baking sheet.
3. Spread cottage cheese evenly over the crust.
4. Top with spinach, cherry tomatoes, and mozzarella cheese.
5. Pour the beaten eggs gently over the toppings, allowing them to spread evenly.
6. Bake for 12–15 minutes until eggs are set and cheese is melted.
7. Season with salt and pepper, garnish with fresh basil, and slice to serve.

### Nutrition Facts (per serving):

**Calories Protein Carbohydrates Fat Fiber**

290      21 g      24 g                      12 g 3 g

## 99. Spicy Roasted Chickpea Protein Snack

**Prep Time:** 5 minutes

**Cook Time:** 25 minutes

**Total Time:** 30 minutes

**Servings:** 2

### **Ingredients:**

- 1 cup canned chickpeas, drained and rinsed
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper (optional, for extra heat)
- Salt and black pepper to taste
- 2 tablespoons low-fat cottage cheese (for dipping)

### **Directions:**

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Pat chickpeas dry with a paper towel to ensure crispiness.
3. Toss chickpeas with olive oil, paprika, garlic powder, cayenne, salt, and pepper.
4. Spread evenly on the baking sheet.
5. Roast for 20–25 minutes, shaking the pan halfway through, until golden and crunchy.
6. Let cool slightly, then serve with cottage cheese dip.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

180      10 g      22 g                      6 g 6 g

## ***100. Dark Chocolate Cottage Cheese Bark***

**Prep Time:** 10 minutes

**Cook Time:** 0 minutes

**Total Time:** 10 minutes (plus chilling)

**Servings:** 6

### **Ingredients:**

- 1 ½ cups dark chocolate (70% cocoa), melted
- ½ cup low-fat cottage cheese, blended until smooth
- 1 tablespoon honey or maple syrup (optional)
- ¼ cup chopped nuts (almonds, walnuts, or pistachios)
- ¼ cup dried cranberries or cherries
- Pinch of sea salt flakes

### **Directions:**

1. Line a baking sheet with parchment paper.
2. Melt the dark chocolate in a microwave-safe bowl or double boiler until smooth.
3. Blend cottage cheese until creamy, then whisk into melted chocolate with honey if using.
4. Spread the mixture evenly over the prepared baking sheet.
5. Sprinkle with chopped nuts, dried fruit, and sea salt.
6. Chill in the refrigerator for 1–2 hours until firm. Break into pieces and serve.

### **Nutrition Facts (per serving):**

***Calories Protein Carbohydrates Fat Fiber***

180      6 g      16 g              11 g 2 g

## Shopping List

- Milk & Dairy: Low-fat cottage cheese, Greek yogurt, cream cheese, milk, parmesan, mozzarella, cheddar, feta, ricotta, butter
- Greens & Herbs: Dill, parsley, basil, cilantro, chives, mint
- Nuts & Seeds: Almonds, walnuts, cashews, pumpkin seeds, sunflower seeds, chia seeds, flaxseed
- Baking & Extras: Cocoa powder, protein powder, dark chocolate, baking powder, baking soda, vanilla extract
- Protein: Chicken breast, turkey, salmon, tilapia, tuna, shrimp, beef, eggs, tofu
- Fruits: Bananas, apples, berries (blueberries, strawberries, raspberries), mango, pineapple, kiwi, lemon, lime, avocado
- Pantry Essentials: Olive oil, coconut oil, honey, maple syrup, tahini, peanut butter, almond butter, tomato paste
- Vegetables: Spinach, kale, broccoli, cauliflower, zucchini, cucumber, bell peppers, onion, garlic, tomatoes, carrots, mushrooms
- Grains: Oats, quinoa, brown rice, whole wheat pasta, whole-grain bread, spaghetti squash, tortillas, flatbreads
- Spices & Seasonings: Salt, pepper, paprika, cumin, cinnamon, chili powder, turmeric, oregano, garlic powder, onion powder