



Meal Prep Monday

Cottage Cheese Protein Pancakes ● Grilled Chicken Salad with Artichoke Hearts

Coconut Braised Collard Greens ● Fiery Garlic Chicken & Broccoli

Rosemary & Lemon Pork Chops



Grocery List

cottage cheese

eggs

vanilla extract

coconut sugar

flour (regular or gluten-free)

boneless, skinless chicken breast

mixed baby greens

goat cheese crumbled

artichoke hearts quartered

fresh raspberries

chopped walnuts

balsamic vinaigrette

collard greens

can coconut milk - full fat

red pepper flakes

chicken thighs

broccoli florets

olive oil

chopped shallots

garlic

balsamic vinegar

hot sauce

chopped rosemary

pork chops

asparagus

lemon juice

soy sauce

rice vinegar

bay leaf

Cottage Cheese Protein Pancakes

1 heaped cup cottage cheese
3 eggs
1 tsp. of vanilla extract
1 tbsp. of coconut sugar
3 heaped tbsp. flour (regular or gluten-free)

1. Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.
2. Whisk the egg whites and sugars into a stiff foam and add to the cheese mixture, gently combine the ingredients.
3. Heat a dry, non-stick pan and fry the pancakes (~2 tbsps. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another 2 mins.

Grilled Chicken Salad with Artichoke Hearts

6 ounces cooked boneless, skinless chicken breast; sliced
3 cups mixed baby greens
2/3 ounce goat cheese crumbled
2 in artichoke hearts quartered, water
1/2 cup fresh raspberries
1 tablespoon chopped walnuts
1 serving of balsamic vinaigrette

1. Make a base with a bed of greens.
2. Add chicken, raspberries, and artichoke hearts.
3. Top with goat cheese, walnuts and the dressing. Serve immediately and enjoy!

Fierce Garlic Chicken & Broccoli

2 chicken thighs
1/4 cup chopped broccoli florets
1 teaspoon olive oil
1 tablespoons chopped shallots
1 clove garlic, minced
1 tablespoon balsamic vinegar
1 teaspoon hot sauce

1. Preheat oven to 400 degrees F. Toss the chicken and broccoli with the olive oil, shallots, garlic, vinegar and hot sauce. Lay on a parchment lined sheet pan and bake for 20-25 minutes until chicken is cooked through and broccoli is tender.

Coconut Braised Vegan Collard Greens

1 bunch collard greens, rinsed
clean in bowl
1 13.5 oz can coconut milk -
full fat
1 tablespoon soy sauce - sub
tamari to make gluten free
1 tablespoon rice vinegar
1 bay leaf
1 pinch red pepper flakes

1. Preheat the oven to 400°F and prepare a baking tray lined with baking paper.
2. In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.
3. Bake the fritters for 12 mins, then turn them over and bake for a further 12 mins on the other side until golden.
4. Serve hot or cold. These fritters can be refrigerated in an air-tight container for up to 2-3 days.

Rosemary & Lemon Porkchops

2 tablespoons olive oil
1 clove garlic, minced
1 tablespoons chopped rosemary
1 pork chop
1/2 cup chopped asparagus
1 tablespoon lemon juice
Salt and pepper

1. Heat the olive oil in a large skillet. Add the garlic and rosemary and cook for 1 min. Add the pork chop and sear until browned on both sides. Add the asparagus to the pan and continue cooking until pork chops are done and asparagus is crisp tender.
2. Add the lemon juice, season with salt and pepper and serve.