

THE GOOD PLATE

@COLBY.MULLINSS · @CAROLINEQUINNLIFTS

THE GOOD PLATE

Get In Shape Without Giving Up
The Food You Love

50+ HIGH-PROTEIN RECIPES

Breakfast · Lunch · Dinner · Snacks · Desserts

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WELCOME

Eat What You Love. Look How You Want.

This cookbook exists because the diet industry has been lying to you.

Every time you've tried to get in shape, someone told you to cut out the food you love. Chicken and broccoli. Salads with no dressing. And every time, it worked for a few weeks, and then it didn't — because no one can sustain a diet built around food they hate.

We've coached over 1,600 people through body transformations. The ones who get results and keep them are the ones who never stopped enjoying what they eat.

This cookbook is built on one idea: your favorite foods don't have to go. Pizza, burgers, pancakes, mac & cheese, brownies — every single one of them can be rebuilt to be high in protein, low in calories, and genuinely delicious.

— Colby & Caroline

HOW TO USE THIS COOKBOOK

Every recipe includes a full macro breakdown — calories, protein, carbs, and fat. Most meals hit 35–55g of protein and stay under 500 calories. All ingredients are available at any grocery store. Most recipes take under 25 minutes. New recipes are added every month with your subscription.

Stock These, Cook Anything

Protein Powder

Vanilla and chocolate. The backbone of half the recipes in this book.

Non-Fat Greek Yogurt

Replaces mayo, sour cream, and heavy cream. 15–20g protein per cup.

Low-Fat Cottage Cheese

Blended smooth, it becomes an undetectable high-protein sauce base.

High-Protein Pasta (Banza)

Same texture as regular pasta, 3x the protein.

Egg Whites

The highest protein-per-calorie food you can buy. Use to bulk up any egg dish.

Oat Flour

Just blended rolled oats. Use in place of all-purpose flour. More fiber, more protein.

96% Lean Ground Beef / 99% Lean Ground Turkey

Keeps the flavor, cuts the fat.

Self-Rising Flour

Used in the protein pizza dough. The leavening is built in — don't substitute.

TABLE OF CONTENTS

What's Inside

BREAKFAST

- Protein Pancakes
- Protein Waffles
- High-Protein French Toast
- Egg White Breakfast Burrito
- Greek Yogurt Parfait
- Protein Overnight Oats
- Cottage Cheese Scrambled Eggs
- Protein Smoothie Bowl

LUNCH

- High-Protein Smash Burger
- Chicken Caesar Wrap
- Tuna Avocado Rice Bowl
- High-Protein Turkey Club
- Protein Quesadilla
- Lean Ground Turkey Bowl
- Shrimp Lettuce Tacos

DINNER

- High-Protein Mac & Cheese
- Protein Pizza
- Chicken Alfredo
- Lean Beef Tacos
- High-Protein Fried Rice
- Turkey Meatball Sub
- Salmon & Roasted Veggie Bowl

SNACKS

- Protein Bark
- Cottage Cheese Power Dip
- PB Protein Rice Cakes
- Edamame & Sea Salt

DESSERTS

- Protein Brownies
- Protein Nice Cream
- Protein Chocolate Mousse
- Protein Peanut Butter Cookies

THE GOOD PLATE

BREAKFAST

Start your day with 35–42g of protein



BREAKFAST · 15 MIN · MAKES 6 PANCAKES

Protein Pancakes

Fluffy, satisfying pancakes with nearly 42g of protein. Tastes like a cheat meal — isn't.

380

CALORIES

42g

PROTEIN

38g

CARBS

8g

FAT

INGREDIENTS

- 1 cup oat flour
- 2 scoops vanilla protein powder
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 2 large eggs
- 3/4 cup egg whites
- 1/2 cup non-fat Greek yogurt
- 1/2 cup almond milk
- 1 tsp vanilla extract
- Non-stick spray

INSTRUCTIONS

1. Mix oat flour, protein powder, baking powder, and cinnamon in a bowl.
2. Whisk eggs, egg whites, Greek yogurt, almond milk, and vanilla separately.
3. Fold wet into dry until just combined — don't overmix.
4. Heat non-stick pan over medium-low, spray with non-stick spray.
5. Pour 1/4 cup batter per pancake. Cook 2–3 min until bubbles form, flip, cook 1 min more.
6. Top with fresh berries and a drizzle of honey or sugar-free syrup.



BREAKFAST · 20 MIN · MAKES 4 WAFFLES

Protein Waffles

Crispy on the outside, soft on the inside. 40g of protein and they taste like a Sunday brunch.

420

CALORIES

40g

PROTEIN

42g

CARBS

10g

FAT

INGREDIENTS

- 1 cup oat flour
- 2 scoops vanilla protein powder
- 1 tsp baking powder
- 1/4 tsp salt
- 2 large eggs
- 1 cup egg whites
- 1/2 cup non-fat Greek yogurt
- 1/2 cup unsweetened almond milk
- 1 tbsp coconut oil, melted
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat waffle iron and spray with non-stick spray.
2. Combine oat flour, protein powder, baking powder, and salt.
3. Whisk eggs, egg whites, yogurt, almond milk, coconut oil, and vanilla.
4. Pour wet into dry and stir until smooth.
5. Pour batter into waffle iron, cook until golden and crispy (4–5 min).
6. Serve with fresh strawberries, Greek yogurt, and sugar-free syrup.



BREAKFAST · 15 MIN · SERVES 2

High-Protein French Toast

Thick-cut French toast that hits 38g of protein per serving. The custard egg mixture is the secret.

410

CALORIES

38g

PROTEIN

44g

CARBS

9g

FAT

INGREDIENTS

- 4 slices Dave's Killer Bread (thick-cut whole grain)
- 4 whole eggs
- 1/2 cup egg whites
- 1/4 cup almond milk
- 1 scoop vanilla protein powder
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp sweetener
- Non-stick spray

INSTRUCTIONS

1. Whisk eggs, egg whites, almond milk, protein powder, cinnamon, vanilla, and sweetener.
2. Dip each bread slice in custard, soaking 30 seconds per side.
3. Heat non-stick pan over medium, spray generously.
4. Cook slices 2–3 min per side until golden brown.
5. Serve with fresh berries and a drizzle of maple or sugar-free syrup.



BREAKFAST · 15 MIN · SERVES 1

Egg White Breakfast Burrito

A lean, filling breakfast burrito you can meal prep in batches.

380

CALORIES

35g

PROTEIN

38g

CARBS

11g

FAT

INGREDIENTS

- 1 large whole-wheat tortilla
- 1 whole egg + 4 egg whites
- 1/4 cup black beans, rinsed
- 2 tbsp salsa
- 1 oz reduced-fat cheese
- 1/4 avocado, sliced
- Salt, pepper, hot sauce

INSTRUCTIONS

1. Scramble egg and egg whites in a non-stick pan until fluffy.
2. Warm tortilla in the pan for 30 seconds each side.
3. Layer eggs, black beans, cheese, avocado, and salsa down center.
4. Fold sides in, roll tightly. Slice in half and serve with hot sauce.



BREAKFAST · 5 MIN · NO COOK · SERVES 1

Greek Yogurt Parfait

Zero cooking, maximum protein. Layer it the night before for a grab-and-go breakfast.

350

CALORIES

36g

PROTEIN

40g

CARBS

5g

FAT

INGREDIENTS

- 1.5 cups non-fat Greek yogurt
- 1/2 cup mixed berries
- 1/4 cup low-sugar granola
- 1 tbsp honey
- 1 scoop vanilla protein powder (optional)
- 1 tbsp chia seeds

INSTRUCTIONS

1. If using protein powder, stir into Greek yogurt until smooth.
2. Layer in a jar or bowl: yogurt, berries, granola.
3. Repeat layers. Top with honey and chia seeds.
4. Eat immediately or refrigerate overnight.



BREAKFAST · 5 MIN PREP · OVERNIGHT · SERVES 1

Protein Overnight Oats

Prep in 5 minutes the night before. Wake up to a ready-made, protein-packed breakfast.

430

CALORIES

38g

PROTEIN

52g

CARBS

10g

FAT

INGREDIENTS

- 1/2 cup rolled oats
- 1 scoop chocolate or vanilla protein powder
- 1 cup unsweetened almond milk
- 1/2 cup non-fat Greek yogurt
- 1 tbsp chia seeds
- 1 tbsp peanut butter
- 1/2 banana, sliced
- 1 tsp honey

INSTRUCTIONS

1. Combine oats, protein powder, almond milk, Greek yogurt, and chia seeds in a jar.
2. Stir well, seal, and refrigerate overnight (min 4 hours).
3. In the morning, top with peanut butter, banana, and honey.
4. Eat cold or microwave 1 minute if you prefer warm oats.



BREAKFAST · 10 MIN · SERVES 1

Cottage Cheese Scrambled Eggs

Cottage cheese melts into the eggs creating the creamiest scramble you've ever had. 42g protein.

320

CALORIES

42g

PROTEIN

6g

CARBS

10g

FAT

INGREDIENTS

- 2 whole eggs
- 4 egg whites
- 1/2 cup low-fat cottage cheese
- Salt, pepper, garlic powder
- 1 tbsp chives, chopped
- Non-stick spray
- Optional: hot sauce

INSTRUCTIONS

1. Whisk eggs, egg whites, and cottage cheese together until combined.
2. Heat non-stick pan over medium-low heat, spray lightly.
3. Pour in egg mixture, season with salt, pepper, and garlic powder.
4. Stir gently with a spatula, pulling from edges to center.
5. Remove from heat when just set — they finish cooking off heat.
6. Top with fresh chives and hot sauce.



BREAKFAST · 5 MIN · NO COOK · SERVES 1

Protein Smoothie Bowl

Thick, creamy, and loaded with 35g of protein. Looks incredible, tastes even better.

360

CALORIES

35g

PROTEIN

58g

CARBS

4g

FAT

INGREDIENTS

- 1 frozen banana
- 1 cup frozen mixed berries
- 1 scoop vanilla protein powder
- 1/2 cup non-fat Greek yogurt
- 1/4 cup almond milk (add slowly — keep thick)
- Toppings: granola, banana, berries, honey, coconut flakes

INSTRUCTIONS

1. Blend banana, frozen berries, protein powder, Greek yogurt, and almond milk.
2. Add almond milk slowly — keep it thick enough to eat with a spoon.
3. Pour into a bowl and top with granola, fresh fruit, and honey.
4. Eat immediately before it melts.

THE GOOD PLATE

LUNCH

Midday meals that keep you full and on track



LUNCH · 20 MIN · SERVES 2

High-Protein Smash Burger

Crispy, caramelized edges. 84g of protein between two people. The burger you thought you had to give up.

520

CALORIES

84g

PROTEIN

30g

CARBS

12g

FAT

INGREDIENTS

- 1 lb 96% lean ground beef
- 4 slices reduced-fat American cheese
- 2 brioche burger buns
- 4 tbsp non-fat Greek yogurt (sauce base)
- 1 tbsp ketchup
- 1 tsp mustard
- 1 tsp pickle juice
- Romaine, tomato, onion, pickles
- Salt, pepper, garlic powder

INSTRUCTIONS

1. Mix Greek yogurt, ketchup, mustard, and pickle juice for sauce. Refrigerate.
2. Divide beef into 4 balls (4 oz each). Season with salt, pepper, garlic powder.
3. Heat cast iron over high until smoking. Add ball of beef.
4. Smash flat with spatula, press hard 10 seconds. Cook 2 min.
5. Flip, add cheese, cook 1 min. Double-stack the patties.
6. Toast buns, build with sauce, lettuce, tomato, onion, pickles.



LUNCH · 20 MIN · SERVES 1

Chicken Caesar Wrap

All the flavor of a Caesar salad, wrapped up with 45g of protein.

410

CALORIES

45g

PROTEIN

28g

CARBS

11g

FAT

INGREDIENTS

- 6 oz grilled chicken breast, sliced
- 1 large low-carb wrap
- 2 cups romaine, chopped
- 2 tbsp light Caesar dressing
- 2 tbsp parmesan, shaved
- Lemon juice, black pepper

INSTRUCTIONS

1. Season chicken with salt, pepper, garlic powder. Grill or pan-sear.
2. Slice chicken and let rest.
3. Toss romaine with Caesar dressing, parmesan, and a squeeze of lemon.
4. Lay wrap flat, pile salad down center, top with sliced chicken.
5. Fold sides in, roll tightly, slice in half.



LUNCH · 10 MIN · SERVES 1

Tuna Avocado Rice Bowl

No cooking needed. 5 minutes, 40g of protein, and it actually feels like real food.

390

CALORIES

40g

PROTEIN

38g

CARBS

12g

FAT

INGREDIENTS

- 1 can (5 oz) albacore tuna in water, drained
- 1/2 cup brown rice, cooked
- 1/2 avocado, diced
- 1/4 cup cucumber, diced
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil
- 1 tsp sriracha
- 1 tbsp green onion
- Sesame seeds

INSTRUCTIONS

1. Cook rice (or use microwavable pouches for speed).
2. Drain tuna and mix with soy sauce, sesame oil, and sriracha.
3. Build bowl: rice base, tuna, avocado, cucumber.
4. Top with green onion and sesame seeds.



LUNCH · 10 MIN · NO COOK · SERVES 1

High-Protein Turkey Club

The classic club, rebuilt. 48g of protein with half the calories of the diner version.

430

CALORIES

48g

PROTEIN

36g

CARBS

9g

FAT

INGREDIENTS

- 3 slices whole grain bread, toasted
- 5 oz deli turkey breast
- 2 slices turkey bacon
- 1 oz reduced-fat Swiss cheese
- Romaine, tomato, red onion
- 2 tbsp non-fat Greek yogurt (mayo swap)
- 1 tsp Dijon mustard
- Salt, pepper

INSTRUCTIONS

1. Cook turkey bacon until crispy in a non-stick pan.
2. Toast all three slices of bread.
3. Mix Greek yogurt and Dijon for the spread.
4. Layer: bread, spread, turkey, cheese, bacon, lettuce, tomato, bread.
5. Add second layer, top with final bread slice. Cut diagonally.



LUNCH · 15 MIN · SERVES 1

Protein Quesadilla

Crispy, cheesy, and 50g of protein. The version you can eat every week without guilt.

440

CALORIES

50g

PROTEIN

32g

CARBS

12g

FAT

INGREDIENTS

- 2 large low-carb tortillas
- 5 oz grilled chicken breast, shredded
- 1.5 oz reduced-fat Mexican cheese blend
- 1/4 cup black beans
- 2 tbsp salsa
- 1/4 avocado
- Non-fat Greek yogurt (sour cream swap)
- Non-stick spray, salt, cumin, paprika

INSTRUCTIONS

1. Season chicken with cumin, paprika, and salt. Cook and shred.
2. Spray pan over medium heat. Lay one tortilla flat.
3. Add cheese, chicken, and black beans to one half. Fold over.
4. Cook 2–3 min until golden, flip, cook 2 min more.
5. Slice into wedges, serve with salsa, avocado, and Greek yogurt.



LUNCH · 25 MIN · SERVES 2

Lean Ground Turkey Bowl

Meal prep this on Sunday and eat well all week. 44g of protein, massive flavor.

460

CALORIES

44g

PROTEIN

46g

CARBS

10g

FAT

INGREDIENTS

- 1 lb 99% lean ground turkey
- 1 cup jasmine rice, cooked
- 1/2 cup frozen edamame
- 1 cup broccoli florets
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 tbsp honey
- 2 cloves garlic, minced
- 1 tsp fresh ginger
- Sriracha, sesame seeds, green onion

INSTRUCTIONS

1. Cook rice. Steam broccoli and edamame.
2. Brown ground turkey in a large pan over medium-high, breaking it up.
3. Add garlic and ginger, cook 1 min until fragrant.
4. Mix soy sauce, sesame oil, and honey. Pour over turkey and toss.
5. Build bowls: rice, turkey, broccoli, edamame.
6. Top with sriracha, sesame seeds, and green onion.



LUNCH · 15 MIN · SERVES 1

Shrimp Lettuce Tacos

Light, refreshing, and loaded with 38g of protein. Swap tortillas for lettuce — save 200 calories.

300

CALORIES

38g

PROTEIN

20g

CARBS

8g

FAT

INGREDIENTS

- 6 oz large shrimp, peeled and deveined
- 4–5 large butter lettuce leaves
- 1/4 avocado, diced
- 1/4 cup mango salsa
- 2 tbsp non-fat Greek yogurt
- 1 tsp lime juice
- 1 tsp chipotle seasoning
- Salt, garlic powder, cilantro

INSTRUCTIONS

1. Season shrimp with chipotle seasoning, salt, and garlic powder.
2. Cook shrimp in a hot non-stick pan 1–2 min per side.
3. Mix Greek yogurt with lime juice for crema.
4. Fill lettuce cups with shrimp, avocado, and mango salsa.
5. Drizzle crema, top with cilantro.

THE GOOD PLATE

DINNER

Comfort food, completely rebuilt



DINNER · 20 MIN · SERVES 2

High-Protein Mac & Cheese

43g of protein per serving. The cottage cheese sauce is the move — creamy, rich, undetectable.

480	43g	52g	10g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- 8 oz high-protein pasta (Banza)
- 1 cup low-fat cottage cheese
- 1 cup reduced-fat shredded cheddar
- 1/4 cup non-fat Greek yogurt
- 1/2 cup pasta water, reserved
- 1 tsp garlic powder
- 1/2 tsp mustard powder
- Salt, pepper, smoked paprika

INSTRUCTIONS

1. Cook pasta al dente. Reserve 1/2 cup pasta water before draining.
2. Blend cottage cheese until completely smooth.
3. In pasta pot over low heat, combine blended cottage cheese, Greek yogurt, and cheddar.
4. Add garlic powder, mustard powder, salt, pepper, and paprika.
5. Add drained pasta and splash of pasta water. Toss until coated and creamy.
6. Serve immediately with a pinch of smoked paprika on top.



DINNER · 25 MIN · SERVES 2

Protein Pizza

Real pizza with 55g of protein. Greek yogurt dough, massive flavor, zero guilt.

460

CALORIES

55g

PROTEIN

40g

CARBS

10g

FAT

INGREDIENTS

- 1 cup self-rising flour
- 1 cup non-fat Greek yogurt
- 1/2 cup low-sodium marinara
- 1 cup part-skim mozzarella, shredded
- 3 oz turkey pepperoni
- 1 cup fresh spinach
- 1/4 tsp red pepper flakes
- Garlic powder, dried oregano, salt

INSTRUCTIONS

1. Preheat oven to 425°F. Mix flour and Greek yogurt until dough forms.
2. Knead on floured surface 2 min. Roll out thin on parchment.
3. Bake dough on a sheet pan 8 min until just set.
4. Top with marinara, mozzarella, pepperoni, and spinach.
5. Bake 10–12 min more until cheese is golden and bubbly.
6. Finish with red pepper flakes and oregano. Slice and serve.



DINNER · 25 MIN · SERVES 2

Chicken Alfredo

Creamy Alfredo made with cottage cheese instead of heavy cream. 48g protein, half the calories.

510

CALORIES

48g

PROTEIN

50g

CARBS

12g

FAT

INGREDIENTS

- 8 oz high-protein fettuccine (Banza)
- 8 oz chicken breast
- 1 cup low-fat cottage cheese, blended smooth
- 1/2 cup parmesan, grated
- 2 cloves garlic, minced
- 1/2 cup non-fat milk
- 1 tbsp olive oil
- Salt, pepper, fresh parsley, red pepper flakes

INSTRUCTIONS

1. Cook pasta, reserve 1/2 cup pasta water. Drain.
2. Season chicken with salt, pepper, garlic powder. Pan-sear until cooked, slice.
3. In same pan, sauté garlic in olive oil for 30 seconds.
4. Add blended cottage cheese, parmesan, and milk. Whisk smooth.
5. Add pasta and a splash of pasta water. Toss to coat.
6. Top with sliced chicken, parsley, and red pepper flakes.



DINNER · 20 MIN · SERVES 2

Lean Beef Tacos

Street taco vibes with 50g of protein. The seasoning blend is everything — don't skip any of it.

480

CALORIES

50g

PROTEIN

38g

CARBS

12g

FAT

INGREDIENTS

- 1 lb 96% lean ground beef
- 8 small corn tortillas
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp cayenne
- Salt
- 1/2 cup pico de gallo
- 1/4 avocado, diced
- Non-fat Greek yogurt (crema)
- Lime, cilantro

INSTRUCTIONS

1. Brown beef over medium-high, breaking into small pieces.
2. Drain any fat. Add all spices and 2 tbsp water. Toss until coated.
3. Simmer 3 min until spices bloom and beef is glossy.
4. Warm tortillas directly on burner or in a dry pan.
5. Fill with seasoned beef, pico, avocado, and crema.
6. Squeeze lime juice over everything. Top with cilantro.



DINNER · 25 MIN · SERVES 2

High-Protein Fried Rice

Takeout-style fried rice with double the protein and half the sodium. Use day-old rice for best results.

460

CALORIES

44g

PROTEIN

48g

CARBS

10g

FAT

INGREDIENTS

- 2 cups cooked jasmine rice (day-old preferred)
- 6 oz chicken breast, diced small
- 3 whole eggs + 3 egg whites
- 1 cup frozen mixed vegetables
- 3 tbsp low-sodium soy sauce
- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tsp fresh ginger
- 2 green onions, sliced
- Sesame seeds, sriracha

INSTRUCTIONS

1. Cook chicken in a wok or large pan over high heat. Set aside.
2. In same pan, scramble eggs and egg whites. Push to side.
3. Add garlic and ginger — cook 30 seconds.
4. Add rice, break apart, stir-fry 3 min until slightly crispy.
5. Add frozen veg, chicken, soy sauce, and sesame oil. Toss everything.
6. Serve topped with green onion, sesame seeds, and sriracha.



DINNER · 30 MIN · SERVES 2

Turkey Meatball Sub

Juicy turkey meatballs, marinara, and melted cheese on a toasted roll. 52g of protein.

500

CALORIES

52g

PROTEIN

44g

CARBS

10g

FAT

INGREDIENTS

- 1 lb 99% lean ground turkey
- 1/4 cup oat flour
- 1 egg
- 2 tbsp parmesan
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- Salt, pepper, red pepper flakes
- 1 cup low-sodium marinara
- 2 hoagie rolls
- 1/2 cup part-skim mozzarella

INSTRUCTIONS

1. Mix turkey, oat flour, egg, parmesan, garlic, Italian seasoning, salt, and pepper.
2. Form into 12–14 meatballs. Bake at 400°F for 18 min.
3. Heat marinara in a pan, add cooked meatballs, simmer 5 min.
4. Toast hoagie rolls cut-side down in a pan.
5. Fill rolls with meatballs and sauce, top with mozzarella.
6. Broil 2 min until cheese is melted and golden.



DINNER · 30 MIN · SERVES 1

Salmon & Roasted Veggie Bowl

Omega-3 rich, restaurant-level flavor, and 45g of protein. The lemon-herb salmon is the star.

490

CALORIES

45g

PROTEIN

36g

CARBS

18g

FAT

INGREDIENTS

- 6 oz salmon fillet
- 1/2 cup quinoa, cooked
- 1 cup broccoli florets
- 1/2 cup cherry tomatoes
- 1/4 red onion, sliced
- 2 tbsp olive oil
- 1 lemon
- 2 cloves garlic, minced
- 1 tsp dried dill
- Salt, pepper, smoked paprika

INSTRUCTIONS

1. Preheat oven to 425°F. Toss broccoli, tomatoes, and onion with 1 tbsp olive oil, salt, pepper.
2. Roast vegetables 20 min until caramelized.
3. Season salmon with garlic, dill, paprika, salt, and squeeze of lemon.
4. Sear salmon in an oven-safe pan 3 min per side, then bake 5 min until flaky.
5. Build bowl: quinoa base, roasted veg, salmon on top.
6. Drizzle remaining lemon juice and olive oil over everything.

THE GOOD PLATE

SNACKS

High-protein bites between meals



SNACK · 10 MIN + 1 HR FREEZE · MAKES 8 PIECES

Protein Bark

Frozen chocolate bark with 15g of protein per piece. Keeps in the freezer for weeks.

120

CALORIES

15g

PROTEIN

12g

CARBS

3g

FAT

INGREDIENTS

- 2 cups non-fat Greek yogurt
- 2 scoops chocolate protein powder
- 2 tbsp cocoa powder
- 2 tbsp honey
- 1/4 cup dark chocolate chips
- 1/4 cup mixed berries
- 2 tbsp granola

INSTRUCTIONS

1. Mix Greek yogurt, protein powder, cocoa, and honey until smooth.
2. Spread evenly on parchment-lined baking sheet (1/2 inch thick).
3. Sprinkle chocolate chips, berries, and granola on top.
4. Freeze at least 1 hour until solid.
5. Break into pieces and store in a freezer bag.



SNACK · 5 MIN · NO COOK · SERVES 2

Cottage Cheese Power Dip

High-protein dip that pairs with anything. 20g of protein per serving.

110

CALORIES

20g

PROTEIN

6g

CARBS

2g

FAT

INGREDIENTS

- 1 cup low-fat cottage cheese
- 2 tbsp everything bagel seasoning
- 1 tsp lemon juice
- 1 tsp chives
- Salt and pepper
- Serve with: celery, cucumber, bell peppers, rice cakes

INSTRUCTIONS

1. Blend cottage cheese until smooth and creamy.
2. Stir in everything bagel seasoning, lemon juice, and chives.
3. Season with salt and pepper.
4. Serve with vegetables or rice cakes for dipping.



SNACK · 3 MIN · NO COOK · SERVES 1

PB Protein Rice Cakes

The perfect 3-minute snack. Satisfying, sweet-salty, and 22g of protein.

180

CALORIES

22g

PROTEIN

28g

CARBS

3g

FAT

INGREDIENTS

- 3 plain rice cakes
- 2 tbsp PB2 mixed with water
- 1/2 scoop vanilla protein powder (mixed into PB2)
- 1/2 banana, sliced
- Drizzle of honey
- Pinch of cinnamon

INSTRUCTIONS

1. Mix PB2, protein powder, and enough water to make a spreadable paste.
2. Spread peanut butter mixture on each rice cake.
3. Top with banana slices.
4. Drizzle honey and dust with cinnamon.



SNACK · 5 MIN · SERVES 1

Edamame & Sea Salt

The simplest snack in this book. 17g of protein, minimal prep, maximum satiety.

150

CALORIES

17g

PROTEIN

12g

CARBS

5g

FAT

INGREDIENTS

- 1.5 cups frozen edamame in pods
- 1/2 tsp sea salt or everything bagel seasoning
- Optional: drizzle of sesame oil + soy sauce

INSTRUCTIONS

1. Microwave edamame 4–5 min according to package directions.
2. Drain and pat dry.
3. Sprinkle with sea salt (and seasoning if using).
4. Optional: toss with a tiny drizzle of sesame oil and soy sauce.

THE GOOD PLATE

DESSERTS

Because you never have to give up dessert



DESSERT · 25 MIN · MAKES 12 BROWNIES

Protein Brownies

Fudgy, dense, and chocolatey. 18g of protein per brownie. You will not believe these are healthy.

145

CALORIES

18g

PROTEIN

16g

CARBS

5g

FAT

INGREDIENTS

- 1 can (15 oz) black beans, rinsed and drained
- 3 scoops chocolate protein powder
- 3 tbsp cocoa powder
- 3 large eggs
- 1/3 cup honey or maple syrup
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup dark chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°F. Grease an 8x8 baking pan.
2. Blend black beans in a food processor until completely smooth.
3. Mix in protein powder, cocoa, eggs, honey, vanilla, baking powder, and salt.
4. Fold in chocolate chips. Pour into pan.
5. Bake 20–22 min until a toothpick comes out with moist crumbs.
6. Cool completely before cutting — they firm up as they cool.



DESSERT · 5 MIN · SERVES 2

Protein Nice Cream

Creamy, scoopable 'ice cream' made from frozen bananas and protein powder. 20g protein.

210	20g	38g	3g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS

- 3 frozen bananas, sliced
- 1 scoop chocolate or vanilla protein powder
- 2 tbsp cocoa powder (for chocolate version)
- 1/4 cup almond milk
- Optional mix-ins: peanut butter, berries, dark chocolate chips

INSTRUCTIONS

1. Freeze banana slices at least 4 hours.
2. Blend frozen bananas, protein powder, and almond milk.
3. Add cocoa for chocolate version. Blend until completely smooth and creamy.
4. Eat immediately as soft serve, or freeze 1 hour for scoopable texture.
5. Top with your favorite mix-ins.



DESSERT · 10 MIN + 30 MIN CHILL · SERVES 2

Protein Chocolate Mousse

Light, airy chocolate mousse with 25g of protein per serving. Tastes like a 5-star dessert.

180

CALORIES

25g

PROTEIN

22g

CARBS

3g

FAT

INGREDIENTS

- 1 cup non-fat Greek yogurt
- 1 scoop chocolate protein powder
- 2 tbsp cocoa powder
- 2 tbsp honey
- 1/4 cup whipped topping
- 1 tsp vanilla extract
- Toppings: berries, dark chocolate shavings, mint

INSTRUCTIONS

1. Mix Greek yogurt, protein powder, cocoa, honey, and vanilla until smooth.
2. Fold in whipped topping gently — keep it light and airy.
3. Spoon into glasses or ramekins.
4. Refrigerate 30 min to set.
5. Top with berries, chocolate shavings, or fresh mint before serving.



DESSERT · 20 MIN · MAKES 12 COOKIES

Protein Peanut Butter Cookies

3 ingredients. 12 cookies. 8g of protein each. The easiest dessert in this cookbook.

140

CALORIES

8g

PROTEIN

8g

CARBS

9g

FAT

INGREDIENTS

- 1 cup natural peanut butter (no sugar added)
- 2 scoops vanilla protein powder
- 2 large eggs
- 2 tbsp honey
- 1/2 tsp vanilla extract
- Pinch of salt
- Optional: dark chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°F. Line baking sheet with parchment.
2. Mix peanut butter, protein powder, eggs, honey, vanilla, and salt until combined.
3. Roll into 12 balls, place on baking sheet.
4. Flatten each with a fork in a crosshatch pattern (or press in a chocolate chip).
5. Bake 10–12 min — they will look underdone but firm up as they cool.
6. Cool completely on the pan for 15 min before eating.