SIMPLE, HIGH-PROTEIN MEAL PREP

The PCOS Meal Prep Reset

14 Days of Simple, High-Protein Meal Prep

Two weeks of simple, satisfying meals built around protein, fiber, and smart carbs. Prep twice a week, stop guessing what to eat, and enjoy food that keeps you full.



INSIDE

The recipes

Breakfasts

01 Spinach & Feta Egg Muffins

02 Berry Protein Overnight Oats

03 Turkey & Sweet Potato Breakfast Hash

04 Savory Cottage Cheese Toast

05 Cottage Cheese Protein Pancakes

06 Veggie Cottage Cheese Scramble

Lunches

07 Greek Chicken & Crispy Chickpea Bowls

08 Chicken, Lentil & Veggie Soup

09 Turkey & Hummus Protein Box

10 Turkey Taco Bowls

11 Tuna & White Bean Salad

12 Greek Yogurt Chicken Salad Wraps

Dinners

13 Turkey Meatballs in Marinara with Zucchini

14 Air Fryer Salmon with Broccoli & Quinoa

15 Sheet Pan Chicken Fajitas with Black Beans

16 Beef & Broccoli Stir-Fry

17 Turkey-Stuffed Bell Peppers

18 Sheet Pan Lemon Herb Chicken with Green Beans & Potatoes

19 Air Fryer Shrimp Tacos with Lime Slaw

20 Peanut Tofu & Veggie Stir-Fry

Snacks

21 Everything Cottage Cheese Dip

22 No-Bake Peanut Butter Protein Bites

23 Cinnamon Berry Yogurt Bowl

24 Simple Snack Combos (no recipe needed)

Welcome + How to Use This Plan



"Prep once, and the easy choice is already ready. I'll see you in the kitchen."

Maya, your host at Maya's Kitchen. Maya is an AI-generated character.

Welcome. If you're tired of guessing what to eat, starting a new diet every Monday, or standing in front of the fridge at 8 p.m. with no plan, this is for you.

Who this is for

Women with PCOS who want realistic meals that taste good, keep them full, and don't require cutting out entire food groups. No complicated rules. Just a clear plan for two weeks.

How the 14-day system works

- **Two prep sessions a week.** A main prep day before each week (about 2–2½ hours) and a short midweek prep (under an hour).
- **Cook once, eat it two or three times.** Batch-cooked dishes come back every other day or so. Nothing repeats more than 2 days in a row.
- **Your freezer does the work.** A few servings go into the freezer and return later in the plan. You'll finish with four bonus meals already frozen.
- **Week 2 is all new.** New breakfasts, lunches, and dinners, so the second week feels fresh.
- **Grocery lists are done for you.** One list per week, organized by store section.

Simple guidelines

1. **Protein at every meal.** Most meals in this plan have 25–45g of protein. Protein helps meals feel more satisfying.
2. **Fiber and color.** Vegetables, beans, lentils, berries, and whole grains show up every day.
3. **Smart carbs, always paired.** Carbs aren't off-limits. In this plan they come with protein, fiber, and healthy fat, in reasonable portions.
4. **No extremes.** No calorie counting, no skipping meals, no "good" and "bad" foods. If you're hungrier, eat a little more. If a portion is too big, save it.
5. **Swap freely.** Don't like salmon? Use chicken. Most recipes include easy swaps.

Nutrition numbers: Protein and fiber amounts are approximate and vary by brand.

Allergen note: Recipes include eggs, dairy, fish, shellfish, soy, peanuts, tree nuts, and wheat. Check labels and use the swaps for your needs.

This plan is for general cooking and education only. It is not medical or nutritional advice and is not intended to diagnose, treat, or manage any condition. Talk with your doctor or a registered dietitian about your individual needs.

The 14-Day Meal Plan Overview

Every day follows the same simple structure: Breakfast, Lunch, Dinner, and one Optional Snack. No dish appears more than 2 days in a row, and no main dish shows up more than twice in any 4-day stretch. Week 2 brings all-new breakfasts, lunches, and dinners, plus one freezer lunch saved from Week 1.

	Week 1 (Days 1–7)	Week 2 (Days 8–14)
Breakfast	Egg muffins, overnight oats, cottage cheese toast	Turkey sweet potato hash, protein pancakes, veggie scramble
Lunch	Greek chicken bowls, chicken lentil soup, turkey hummus protein box, fajita bowl	Turkey taco bowls, chicken salad wraps, tuna and white bean salad, fajita bowl from the freezer
Dinner	Turkey meatballs, salmon, sheet pan fajitas, beef and broccoli	Lemon herb chicken, peanut tofu stir-fry, stuffed peppers, shrimp tacos
Snack	Cottage cheese dip, hard-boiled eggs, protein bites, apple + peanut butter	Yogurt bowls, protein bites, edamame, string cheese + almonds
Prep days	Main prep before Day 1; mini prep on Day 2 evening	Main prep on Day 7; mini prep on Day 10 evening

Meals marked (L) are leftovers. Meals marked (F) come from your freezer.

Full 14-Day Meal Plan

Week 1

Day	Breakfast	Lunch	Dinner	Optional Snack
Day 1	Spinach & Feta Egg Muffins	Greek Chicken & Crispy Chickpea Bowl	Turkey Meatballs in Marinara with Zucchini	Everything Cottage Cheese Dip + veggies
Day 2	Berry Protein Overnight Oats	Greek Chicken Bowl (L)	Air Fryer Salmon with Broccoli & Quinoa	2 Hard-Boiled Eggs
Day 3	Egg Muffins (L)	Chicken, Lentil & Veggie Soup	Turkey Meatballs (L)	2 Peanut Butter Protein Bites
Day 4	Overnight Oats (L)	Turkey & Hummus Protein Box	Sheet Pan Chicken Fajitas with Black Beans	Cottage Cheese Dip + veggies (L)
Day 5	Savory Cottage Cheese Toast	Chicken Lentil Soup (L)	Beef & Broccoli Stir-Fry	2 Hard-Boiled Eggs
Day 6	Egg Muffins (F)	Chicken Fajita Bowl (L)	Turkey Meatballs (F)	2 Protein Bites
Day 7	Savory Cottage Cheese Toast	Chicken Lentil Soup (F)	Beef & Broccoli (L)	Apple + 1½ tbsp peanut butter

Week 2

Day	Breakfast	Lunch	Dinner	Optional Snack
Day 8	Turkey & Sweet Potato Breakfast Hash	Turkey Taco Bowl	Sheet Pan Lemon Herb Chicken with Green Beans & Potatoes	Cinnamon Berry Yogurt Bowl
Day 9	Cottage Cheese Protein Pancakes	Turkey Taco Bowl (L)	Peanut Tofu & Veggie Stir-Fry	2 Protein Bites (F)
Day 10	Breakfast Hash (L)	Chicken Fajita Bowl (F)	Lemon Herb Chicken (L)	Sea Salt Edamame
Day 11	Protein Pancakes (L)	Greek Yogurt Chicken Salad Wrap	Peanut Tofu Stir-Fry (L)	Cinnamon Berry Yogurt Bowl
Day 12	Breakfast Hash (F)	Tuna & White Bean Salad	Turkey-Stuffed Bell Peppers	String cheese + 15 almonds
Day 13	Veggie Cottage Cheese Scramble	Chicken Salad Wrap (L)	Air Fryer Shrimp Tacos with Lime Slaw	2 Protein Bites (F)
Day 14	Protein Pancakes (F)	Tuna & White Bean Salad (L)	Stuffed Peppers (L)	Cinnamon Berry Yogurt Bowl

Freezer bonus: After Day 14 you'll have 4 meals ready in the freezer: 1 serving each of turkey meatballs, chicken lentil soup, chicken fajitas, and breakfast hash.

Recipes

23 recipes: 6 breakfasts, 6 lunches, 8 dinners, and 3 snacks, plus simple snack combos. Protein and fiber are approximate per serving.

BREAKFASTS



Spinach & Feta Egg Muffins

Prep 10 min | Cook 20 min | Servings 3 (2 muffins each) | Per serving ~16g protein

INGREDIENTS

- 5 large eggs
- ¼ cup liquid egg whites
- ¼ cup 2% cottage cheese
- 1 cup baby spinach, chopped
- ¼ red bell pepper, finely diced
- 2 green onions, sliced
- 3 tbsp crumbled feta
- ¼ tsp garlic powder
- ¼ tsp salt, pinch of black pepper
- Cooking spray

INSTRUCTIONS

1. Heat oven to 350°F. Spray 6 cups of a muffin tin well, or use silicone liners.
2. Whisk the eggs, egg whites, cottage cheese, garlic powder, salt, and pepper.
3. Divide the spinach, bell pepper, green onions, and feta among the 6 cups.
4. Pour the egg mixture over the vegetables, filling each cup about ¾ full.
5. Bake 18–20 minutes, until the centers are set. Cool 5 minutes before removing.

Notes: Refrigerate up to 4 days or freeze up to 3 months. Freeze 1 serving on Prep Day for Day 6. Reheat 30–45 seconds from the fridge or 60–90 seconds from frozen. Pair with fruit for a fuller breakfast.



Berry Protein Overnight Oats

Prep 5 min | Cook none (chills overnight) | Servings 1 jar | Per serving ~26g protein, ~10g fiber

INGREDIENTS

Per jar

- ½ cup old-fashioned rolled oats
- ¾ cup plain 2% Greek yogurt
- ¼ cup unsweetened milk of choice
- 1 tbsp chia seeds
- ½ cup berries (frozen is fine)
- ½ tsp cinnamon
- Pinch of salt
- 1 tsp maple syrup (optional)

INSTRUCTIONS

1. In a jar or container, stir together the oats, yogurt, milk, chia, cinnamon, salt, and maple syrup.
2. Top with berries, cover, and refrigerate at least 6 hours.
3. Stir and eat cold. Add a splash of milk if it's too thick.

Notes: Make 2 jars on Prep Day. Keeps 4 days in the fridge. For more protein, stir in a scoop of protein powder and an extra 2 tbsp of milk.



Turkey & Sweet Potato Breakfast Hash

Prep 15 min | Cook 25 min | Servings 4 | Per serving (with 1 egg) ~29g protein, ~4g fiber

INGREDIENTS

- 1 lb 93% lean ground turkey
- 2 medium sweet potatoes (about 1 lb), cut in ½-inch cubes
- 1 red bell pepper, diced
- ½ yellow onion, diced
- 2 cups baby spinach
- 1 tbsp olive oil, divided
- 1 tsp dried sage
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ¾ tsp salt, ¼ tsp black pepper
- ¼ tsp red pepper flakes (optional)
- 4 eggs (1 per serving, cooked fresh each morning)

INSTRUCTIONS

1. Toss the sweet potatoes with 2 tsp oil and a pinch of salt. Air fry at 400°F for 15–18 minutes, shaking halfway, until tender and browned. (Or roast at 425°F for 25 minutes.)
2. Meanwhile, heat the remaining oil in a large skillet over medium-high. Cook the onion and bell pepper 4 minutes.
3. Add the turkey, sage, paprika, garlic powder, salt, pepper, and pepper flakes. Cook, breaking it up, until no longer pink, 7–8 minutes.
4. Stir in the spinach until wilted, then fold in the sweet potatoes.
5. Divide into 4 containers.

Notes: Refrigerate up to 4 days or freeze up to 3 months. Freeze 2 servings on Prep Day: one for Day 12 and one bonus meal. Each morning, reheat a portion 90 seconds and top with a fried, scrambled, or microwave-poached egg.



Savory Cottage Cheese Toast

Prep 5 min | Cook 3 min | Servings 1 | Per serving ~29g protein, ~7g fiber

INGREDIENTS

- 2 slices high-fiber whole-grain bread
- ¾ cup 2% cottage cheese
- 1 Roma tomato, sliced
- ¼ cucumber, thinly sliced
- ½ tsp everything bagel seasoning
- Black pepper
- 2 oz smoked salmon (optional, adds about 11g protein)

INSTRUCTIONS

1. Toast the bread.
2. Spread each slice with cottage cheese.
3. Top with tomato, cucumber, and smoked salmon if using.
4. Finish with everything bagel seasoning and black pepper.

Notes: Look for bread with at least 4g fiber per slice.



Cottage Cheese Protein Pancakes

Prep 5 min | Cook 15 min | Servings 3 (4 pancakes each) | Per serving (with toppings) ~24g protein, ~6g fiber

INGREDIENTS

- 1 cup 2% cottage cheese
- 4 large eggs
- 1 cup old-fashioned rolled oats
- 1 tsp baking powder
- 1 tsp vanilla extract
- ½ tsp cinnamon
- Pinch of salt
- Cooking spray
- To serve, per serving: ½ cup berries and 1 tbsp natural peanut butter

INSTRUCTIONS

1. Blend the cottage cheese, eggs, oats, baking powder, vanilla, cinnamon, and salt until smooth. Let the batter rest 5 minutes to thicken.
2. Heat a nonstick skillet over medium and spray lightly.
3. Pour ¼ cup batter per pancake. Cook 2–3 minutes, until bubbles form and the edges look set. Flip and cook 1–2 minutes more.
4. Cool, then stack 4 pancakes per container with parchment between.

Notes: Refrigerate up to 4 days or freeze up to 2 months. Freeze 1 serving for Day 14. Reheat 45–60 seconds in the microwave or in a toaster. Add berries and peanut butter when you eat.



Veggie Cottage Cheese Scramble

Prep 3 min | Cook 6 min | Servings 1 | Per serving ~30g protein, ~5g fiber

INGREDIENTS

- 2 large eggs
- ¼ cup liquid egg whites
- ¼ cup 2% cottage cheese
- 1 cup baby spinach
- ¼ cup diced bell pepper or halved cherry tomatoes
- 1 tsp olive oil
- Pinch of salt, black pepper
- 1 slice high-fiber whole-grain bread, toasted

INSTRUCTIONS

1. Whisk the eggs, egg whites, salt, and pepper.
2. Heat oil in a nonstick skillet over medium. Cook the bell pepper 2 minutes, then add the spinach until wilted, about 30 seconds.
3. Lower the heat to medium-low. Pour in the eggs and stir gently until almost set, about 2 minutes.
4. Remove from the heat and fold in the cottage cheese. Serve with toast.

Notes: Best made fresh. Use any leftover vegetables you have.

LUNCHES



Greek Chicken & Crispy Chickpea Bowls

Prep 15 min | Cook 30 min | Servings 2 | Per serving ~58g protein, ~12g fiber

INGREDIENTS

Chicken

- 12 oz boneless, skinless chicken breast, cut in 1-inch cubes
- 1½ tsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp salt, ¼ tsp black pepper
- Juice of ½ lemon

Crispy chickpeas

- 1 can (15 oz) chickpeas, drained, rinsed, and patted very dry
- 1 tsp olive oil
- ½ tsp cumin, pinch of salt

Bowl

- 1 cup cooked quinoa (from Prep Day)
- ½ English cucumber, diced
- 1 cup cherry tomatoes, halved
- 2 tbsp thinly sliced red onion

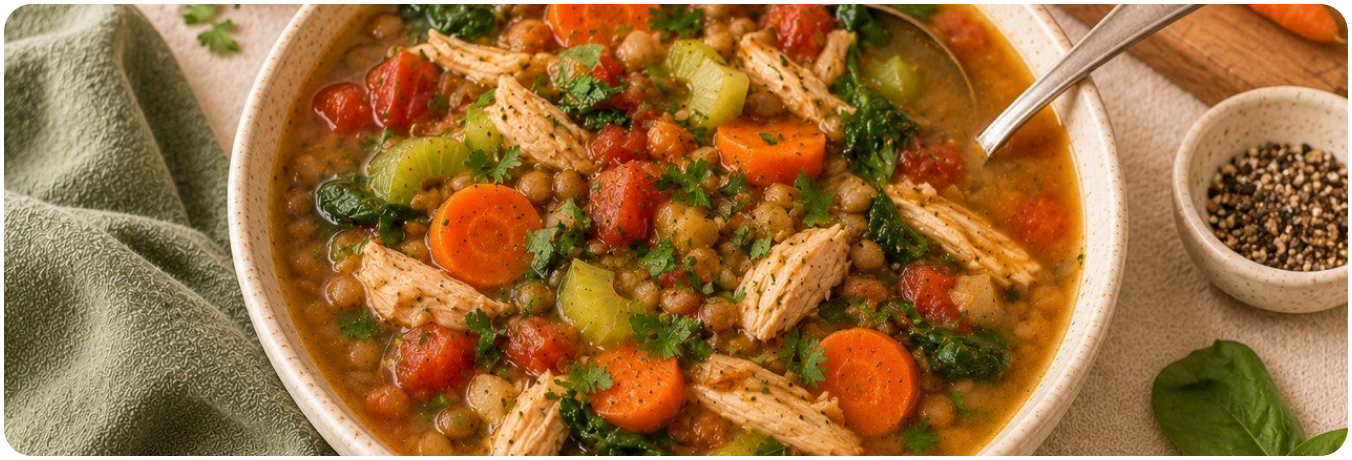
Greek yogurt sauce

- ½ cup plain 2% Greek yogurt
- ¼ English cucumber, grated and squeezed dry
- 1 small garlic clove, grated
- Juice of ½ lemon
- 1 tsp dried dill, pinch of salt

INSTRUCTIONS

1. Toss the chickpeas with oil, cumin, and salt. Air fry at 390°F for 12–15 minutes, shaking twice, until crunchy.
2. Toss the chicken with oil, oregano, garlic powder, paprika, salt, pepper, and lemon juice.
3. Air fry at 380°F for 12–15 minutes, shaking halfway, until the chicken reaches 165°F inside.
4. Stir together the sauce ingredients.
5. Divide into 2 containers: ½ cup quinoa, half the chicken, cucumber, tomatoes, and onion. Pack sauce and chickpeas separately.

> **Notes:** Refrigerate up to 4 days. Eat cold or reheat the chicken and quinoa only. Add chickpeas just before eating so they stay crunchy.



Chicken, Lentil & Veggie Soup

Prep 15 min | Cook 40 min | Servings 4 | Per serving ~38g protein, ~7g fiber

INGREDIENTS

- 1 lb boneless, skinless chicken breasts (whole)
- 1 cup dry green or brown lentils, rinsed
- 1 tbsp olive oil
- 1 yellow onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 can (14.5 oz) diced tomatoes
- 4 cups low-sodium chicken broth + 1 cup water
- 1 tsp cumin
- 1 tsp dried thyme
- ½ tsp smoked paprika
- 1 tsp salt, ¼ tsp black pepper
- 3 cups baby spinach
- Juice of ½ lemon

INSTRUCTIONS

1. Heat oil in a large pot over medium. Cook the onion, carrots, and celery 6 minutes.
2. Add garlic, cumin, thyme, and paprika. Stir 1 minute.
3. Add the lentils, tomatoes, broth, water, salt, and pepper. Nestle the whole chicken breasts in the pot.
4. Bring to a boil, cover, and simmer 25–30 minutes, until the lentils are tender and the chicken reaches 165°F.
5. Remove the chicken, shred with two forks, and return it to the pot.
6. Stir in the spinach and lemon juice. Season to taste.

Notes: Refrigerate up to 4 days or freeze up to 2–3 months. Freeze 2 servings right away: one for Day 7 and one bonus meal. Thaw overnight in the fridge and reheat until steaming. Add water if it thickens.



Turkey & Hummus Protein Box

Prep 5 min | Cook none | Servings 1 | Per serving ~32g protein, ~7g fiber

INGREDIENTS

- 4 oz low-sodium sliced turkey breast
- 1 string cheese
- ¼ cup hummus
- 1 cup sliced veggies (cucumber, bell pepper, cherry tomatoes)
- 6 whole-grain crackers (look for at least 3g fiber per serving)

INSTRUCTIONS

1. Roll up the turkey slices.
2. Pack the turkey, string cheese, hummus, veggies, and crackers in a divided container.

Notes: Assemble the morning you eat it, or the night before. Use veggies left over from the Greek bowls and cottage cheese dip. Swap: 2 hard-boiled eggs for the string cheese.



Turkey Taco Bowls

Prep 10 min | Cook 15 min | Servings 2 | Per serving ~40g protein, ~11g fiber

INGREDIENTS

Taco seasoning (makes extra for the stuffed peppers)

- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ¾ tsp salt

Bowls

- 10 oz 93% lean ground turkey
- 1 tsp olive oil
- ¼ yellow onion, diced
- ¼ cup water
- ½ can (15 oz) black beans, drained and rinsed (save the other half for the stuffed peppers)
- 1 cup cooked brown rice
- 2 cups chopped romaine
- ½ cup cherry tomatoes, halved
- ¼ cup salsa
- ¼ cup plain 2% Greek yogurt
- ½ avocado (¼ per bowl, added the day you eat it)
- ½ lime, cut in wedges

INSTRUCTIONS

1. Mix the taco seasoning. Set aside 2 tsp in a small container for the stuffed peppers.
2. Heat oil in a skillet over medium-high. Cook the onion 3 minutes.
3. Add the turkey and cook, breaking it up, until no longer pink, 7–8 minutes.
4. Stir in the remaining seasoning and the water. Simmer 2 minutes.
5. Stir in the black beans until warmed through.
6. Divide into 2 containers with ½ cup rice each. Pack the romaine, tomatoes, salsa, and yogurt separately.

> **Notes:** Refrigerate up to 4 days. Reheat the turkey and rice, then add cold toppings, avocado, and lime. Refrigerate the saved beans for Day 10.



Tuna & White Bean Salad

Prep 10 min | Cook none | Servings 2 | Per serving ~39g protein, ~10g fiber

INGREDIENTS

- 2 cans (5 oz each) tuna in water, drained
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 celery stalk, diced
- ¼ red onion, finely diced
- ½ English cucumber, diced
- 2 tbsp chopped fresh parsley (or 1 tsp dried)
- 2 tbsp olive oil
- Juice of 1 lemon
- 1 tsp Dijon mustard
- ¼ tsp salt, black pepper to taste
- 2 cups chopped romaine, for serving

INSTRUCTIONS

1. Whisk the olive oil, lemon juice, Dijon, salt, and pepper in a large bowl.
2. Add the tuna, beans, celery, onion, cucumber, and parsley. Toss gently.
3. Divide into 2 containers. Pack the romaine separately.

Notes: Refrigerate up to 4 days. For the crispest salad, keep the cucumber separate and add it when you eat. Serve over romaine, or with a slice of whole-grain toast or whole-grain crackers.



Greek Yogurt Chicken Salad Wraps

Prep 10 min | Cook none | Servings 2 | Per serving ~40g protein, ~9g fiber

INGREDIENTS

- 1 can (12.5 oz) chicken breast in water, drained (or 2 cups shredded cooked chicken)
- ⅓ cup plain 2% Greek yogurt
- 1 celery stalk, diced
- ½ cup red grapes, halved (or ½ apple, diced)
- 2 tbsp chopped walnuts
- 1 tsp Dijon mustard
- 1 tsp lemon juice
- ½ tsp dried dill
- ¼ tsp salt, black pepper to taste
- 2 high-fiber whole-wheat tortillas (8-inch)
- 1 cup baby spinach

INSTRUCTIONS

1. Flake the chicken into a bowl.
2. Stir in the yogurt, celery, grapes, walnuts, Dijon, lemon juice, dill, salt, and pepper.
3. Divide into 2 containers. Keep the tortillas and spinach separate.
4. To serve, fill a tortilla with spinach and half the chicken salad, then roll it up.

Notes: Refrigerate the chicken salad up to 4 days. Assemble the wrap the day you eat it so it doesn't get soggy. Look for tortillas with at least 5g fiber each. Lower-carb option: serve in lettuce cups.



Turkey Meatballs in Marinara with Zucchini

Prep 15 min | Cook 25 min | Servings 4 | Per serving ~42g protein, ~4g fiber

INGREDIENTS

- 1½ lb 93% lean ground turkey
- 1 large egg
- ½ cup old-fashioned or quick oats
- ⅓ cup grated Parmesan
- 2 garlic cloves, minced
- 1½ tsp Italian seasoning
- ¾ tsp salt, ¼ tsp black pepper
- 1 jar (24 oz) marinara, no sugar added
- 4 medium zucchini, spiralized or sliced into half-moons
- 1 tsp olive oil

INSTRUCTIONS

1. Heat oven to 400°F. Line a baking sheet with parchment.
2. Mix the turkey, egg, oats, Parmesan, garlic, Italian seasoning, salt, and pepper with your hands until just combined.
3. Roll into about 20 meatballs (1½ inches) and place on the sheet.
4. Bake 18–20 minutes, until they reach 165°F inside.
5. Warm the marinara in a large pot and add the meatballs. Simmer 5 minutes.
6. Store the zucchini raw. When serving, sauté a portion in oil for 3–4 minutes, then top with meatballs and sauce.

Notes: Refrigerate up to 4 days. Meatballs in sauce freeze up to 3 months. Freeze 2 servings on Prep Day: one for Day 6 and one bonus meal. Cook zucchini fresh each time so it doesn't get watery. For a heartier plate, add ½ cup cooked chickpea or lentil pasta.



Air Fryer Salmon with Broccoli & Quinoa

Prep 5 min | Cook 12 min | Servings 1 (easily doubled) | Per serving ~42g protein, ~7g fiber

INGREDIENTS

- 1 salmon fillet (6 oz)
- 1½ cups broccoli florets
- 1 tsp olive oil, divided
- ¼ tsp garlic powder
- ¼ tsp smoked paprika
- Salt and black pepper
- 1 lemon wedge
- ½ cup cooked quinoa (from Prep Day)
- 2 tbsp plain Greek yogurt + pinch of dill (optional sauce)

INSTRUCTIONS

1. Toss the broccoli with ½ tsp oil and a pinch of salt. Air fry at 390°F for 4 minutes.
2. Rub the salmon with the remaining oil, garlic powder, paprika, salt, and pepper.
3. Push the broccoli to the side, add the salmon, and air fry 8–10 minutes more, until the salmon flakes easily and reaches 145°F.
4. Warm the quinoa. Serve everything with lemon and the yogurt-dill sauce.

Notes: Best eaten fresh. Swap: chicken breast (air fry 380°F, 15–18 minutes, to 165°F) or shrimp.



Sheet Pan Chicken Fajitas with Black Beans

Prep 15 min | Cook 25 min | Servings 4 | Per serving ~55g protein, ~11g fiber

INGREDIENTS

- 1½ lb boneless, skinless chicken breast, sliced into thin strips
- 3 bell peppers (mixed colors), sliced
- 1 large yellow onion, sliced
- 1½ tbsp olive oil
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp dried oregano
- 1 tsp salt
- 1 lime
- 1 can (15 oz) black beans, drained and rinsed
- 8 small corn tortillas
- 1 cup plain 2% Greek yogurt (as sour cream)
- Salsa and cilantro, for serving

INSTRUCTIONS

1. Heat oven to 425°F. Line a large sheet pan with parchment.
2. Toss the chicken, peppers, and onion with oil and all the spices. Spread in a single layer. Use two pans if crowded.
3. Roast 20–25 minutes, stirring once, until the chicken reaches 165°F.
4. Squeeze lime over the pan. Warm the black beans in a small pot or microwave.
5. Serve each portion with 2 warm tortillas, beans, ¼ cup yogurt, and salsa.

Notes: Refrigerate up to 4 days. Chicken, vegetables, and beans freeze up to 3 months. Freeze 2 servings: one for the Day 10 lunch and one bonus meal. For a fajita bowl lunch, serve the chicken, peppers, and beans over romaine or with tortillas. Lower-carb option: serve over romaine or cauliflower rice instead of tortillas.



Beef & Broccoli Stir-Fry

Prep 10 min | Cook 12 min | Servings 2 | Per serving ~45g protein, ~7g fiber

INGREDIENTS

- 12 oz flank steak or sirloin, sliced thin against the grain
- 4 cups broccoli florets
- 1 tbsp avocado oil, divided
- 1½ cups cooked brown rice
- Sliced green onion and sesame seeds (optional)

Sauce

- 3 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 1 tsp honey
- 2 garlic cloves, minced
- 1 tsp grated fresh ginger
- 1 tsp cornstarch
- 3 tbsp water

INSTRUCTIONS

1. Whisk the sauce ingredients in a small bowl.
2. Heat ½ tbsp oil in a large skillet over high. Sear the beef in one layer, 1–2 minutes per side. Remove to a plate.
3. Add the remaining oil and broccoli. Add 2 tbsp water, cover, and steam 3 minutes until bright green.
4. Return the beef, pour in the sauce, and toss 1–2 minutes until glossy.
5. Serve over ¾ cup brown rice per serving.

Notes: Refrigerate up to 3 days. Reheat 90 seconds, stirring halfway. Swap: chicken breast or shrimp.



Turkey-Stuffed Bell Peppers

Prep 15 min | Cook 35 min | Servings 2 (2 pepper halves each) | Per serving ~46g protein, ~9g fiber

INGREDIENTS

- 2 large bell peppers, halved and seeded
- 12 oz 93% lean ground turkey
- 1 tsp olive oil
- 2 tsp taco seasoning (saved from the Turkey Taco Bowls)
- ½ can black beans (saved from the Turkey Taco Bowls)
- ½ cup cooked brown rice
- ½ cup salsa
- ½ cup shredded Mexican-blend cheese

INSTRUCTIONS

1. Heat oven to 375°F. Place pepper halves cut-side up in a baking dish.
2. Heat oil in a skillet over medium-high. Cook the turkey with the taco seasoning until no longer pink, 7–8 minutes.
3. Stir in the beans, rice, and salsa.
4. Fill the peppers. Add 2 tbsp water to the dish and cover with foil.
5. Bake 25–30 minutes, until the peppers are tender. Uncover, top with cheese, and bake 5 minutes more.

Notes: Make the filling and stuff the peppers during the Day 10 mini prep. Refrigerate them unbaked and bake on Day 12. Refrigerate cooked peppers up to 4 days. Reheat 2 minutes in the microwave or 15 minutes at 350°F.



Sheet Pan Lemon Herb Chicken with Green Beans & Potatoes

Prep 10 min | Cook 35 min | Servings 2 | Per serving ~48g protein, ~6g fiber

INGREDIENTS

- 1 lb boneless, skinless chicken thighs
- ½ lb baby potatoes, halved
- 3 cups green beans, trimmed (about 12 oz)
- ½ red onion, cut in wedges
- 1½ tbsp olive oil, divided
- 1 lemon, zested and juiced
- 3 garlic cloves, minced
- 1 tsp dried oregano
- ½ tsp dried thyme
- ¾ tsp salt, ¼ tsp black pepper
- 2 tbsp crumbled feta (optional)

INSTRUCTIONS

1. Heat oven to 425°F. Line a large sheet pan with parchment.
2. Toss the potatoes with ½ tbsp oil and a pinch of salt. Roast 10 minutes.
3. In a large bowl, mix the remaining oil, lemon zest, half the lemon juice, garlic, oregano, thyme, salt, and pepper. Add the chicken, green beans, and onion and toss to coat.
4. Add everything to the pan with the potatoes in a single layer. Roast 20–25 minutes, until the chicken reaches 165°F and the potatoes are tender.
5. Squeeze the remaining lemon juice over the pan and top with feta if using.

Notes: Refrigerate up to 4 days. Reheat 2 minutes in the microwave or 10 minutes at 375°F. Swap: chicken breast works too; start checking it at 18 minutes.



Air Fryer Shrimp Tacos with Lime Slaw

Prep 10 min | Cook 8 min | Servings 1 (easily doubled) | Per serving ~43g protein, ~9g fiber

INGREDIENTS

- 6 oz raw shrimp, peeled and deveined (thawed if frozen)
- 1 tsp olive oil
- ½ tsp chili powder
- ¼ tsp cumin
- ¼ tsp garlic powder
- Pinch of salt
- 3 small corn tortillas
- ¼ avocado, sliced

Lime slaw

- 1 cup coleslaw mix
- 2 tbsp plain Greek yogurt
- Juice of ½ lime
- Pinch of salt
- Chopped cilantro (optional)

INSTRUCTIONS

1. Pat the shrimp dry. Toss with oil, chili powder, cumin, garlic powder, and salt.
2. Air fry at 400°F for 6–8 minutes, shaking halfway, until pink and opaque.
3. Stir together the slaw ingredients.
4. Warm the tortillas in a dry skillet or microwave.
5. Fill the tortillas with shrimp, slaw, and avocado.

Notes: Best eaten fresh. Use the coleslaw mix saved from the Peanut Tofu Stir-Fry.



Peanut Tofu & Veggie Stir-Fry

Prep 15 min | Cook 20 min | Servings 2 | Per serving ~40g protein, ~10g fiber

INGREDIENTS

- 1 block (14 oz) extra-firm tofu, pressed and cut in 1-inch cubes
- 1 tbsp cornstarch
- Cooking spray
- 1 tsp avocado oil
- 1 red bell pepper, sliced
- 3 cups coleslaw mix (or broccoli florets)
- 1 cup frozen shelled edamame
- 1½ cups cooked brown rice
- Sliced green onion (optional)

Peanut sauce

- 2 tbsp natural peanut butter
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp honey
- 1 tsp sriracha (optional)
- 1 garlic clove, grated
- 1 tsp grated fresh ginger
- 2–3 tbsp warm water

INSTRUCTIONS

1. Toss the tofu with cornstarch and spray lightly. Air fry at 400°F for 15 minutes, shaking twice, until crisp.
2. Whisk the sauce until smooth, adding water to thin.
3. Heat oil in a large skillet over medium-high. Cook the bell pepper 3 minutes.
4. Add the coleslaw mix and edamame. Cook 3–4 minutes until the edamame is hot.
5. Add the tofu and sauce. Toss to coat.
6. Serve over ¾ cup brown rice per serving.

Notes: Refrigerate up to 4 days. The tofu softens after reheating but still tastes great. Save 1 cup of the coleslaw mix for the Day 13 shrimp tacos. Swap: chicken breast for the tofu.

SNACKS



Everything Cottage Cheese Dip

Prep 5 min | Cook none | Servings 2 | Per serving ~15g protein

INGREDIENTS

- 1 cup 2% cottage cheese
- 2 tbsp plain Greek yogurt
- 1 tsp everything bagel seasoning
- ½ tsp garlic powder
- ½ tsp dried dill
- 1 tsp lemon juice
- 2 cups sliced veggies for dipping (carrots, cucumber, bell pepper)

INSTRUCTIONS

1. Blend the cottage cheese, yogurt, and lemon juice in a blender or with an immersion blender until smooth.
2. Stir in the everything seasoning, garlic powder, and dill.
3. Divide into 2 small containers. Serve each with 1 cup of veggies.

Notes: Refrigerate up to 4 days. No blender? Stir it as-is for a chunkier dip.



No-Bake Peanut Butter Protein Bites

Prep 10 min | Cook none (chill 20 min) | Servings 4 (2 bites each) | Per serving ~11g protein, ~3g fiber

INGREDIENTS

- ½ cup old-fashioned rolled oats
- ¼ cup natural peanut butter
- 2 tbsp ground flaxseed
- 1 scoop (about 30g) vanilla protein powder
- 1 tbsp honey
- 2 tbsp mini dark chocolate chips
- 1–2 tbsp milk, as needed

INSTRUCTIONS

1. Stir all ingredients except the milk in a bowl.
2. Add milk 1 tbsp at a time until the mixture holds together when pressed.
3. Roll into 8 balls. Chill 20 minutes.

Notes: Refrigerate up to 1 week or freeze up to 3 months. Freeze 4 bites on Prep Day for Week 2. Thaw 10 minutes before eating. No protein powder? Use 3 tbsp powdered peanut butter plus 1 extra tbsp milk (about 8g protein per serving).



Cinnamon Berry Yogurt Bowl

Prep 3 min | Cook none | Servings 1 | Per serving ~21g protein, ~6g fiber

INGREDIENTS

- ¾ cup plain 2% Greek yogurt
- ½ cup berries (thaw frozen berries overnight)
- 1 tbsp chia seeds or ground flaxseed
- 1 tbsp chopped walnuts
- ¼ tsp cinnamon
- 1 tsp honey (optional)

INSTRUCTIONS

1. Spoon the yogurt into a bowl.
2. Top with berries, chia or flax, walnuts, and cinnamon. Drizzle with honey if using.

Notes: Make it fresh. It takes 3 minutes.



Simple Snack Combos (no recipe needed)

- **2 hard-boiled eggs:** about 13g protein. On Prep Day, lower 4 eggs into boiling water, cook 11–12 minutes, then cool in ice water for 10 minutes. Refrigerate unpeeled up to 1 week. Sprinkle with everything bagel seasoning.
- **Apple + 1½ tbsp natural peanut butter:** about 6g protein, 5g fiber
- **Sea salt edamame:** 1 cup frozen shelled edamame, microwaved 2–3 minutes with a pinch of salt. About 17g protein, 8g fiber.
- **1 string cheese + 15 almonds:** about 10g protein

Grocery Lists

Quantities cover one person for the full week, including snacks. Items marked "also Week 2" carry over, so don't buy them again.

Week 1 (Days 1–7)

Produce

- ☐ Baby spinach, 1 container (5 oz)
- ☐ Bell peppers, 4 (at least 1 red)
- ☐ Green onions, 1 bunch (also Week 2)
- ☐ English cucumbers, 2
- ☐ Cherry tomatoes, 1 pint
- ☐ Roma tomatoes, 2
- ☐ Red onion, 1 (also Week 2)
- ☐ Yellow onions, 2
- ☐ Garlic, 1 head (also Week 2)
- ☐ Fresh ginger, 1 small piece (also Week 2)
- ☐ Lemons, 2
- ☐ Lime, 1
- ☐ Carrots, 1 lb
- ☐ Celery, 1 bunch (also Week 2)
- ☐ Broccoli florets, about 5½ cups (2 large crowns or two 12 oz bags)
- ☐ Zucchini, 4 medium
- ☐ Apple, 1
- ☐ Cilantro, 1 bunch (optional)

Meat & Seafood

- ☐ Boneless, skinless chicken breast, 3¼ lb
- ☐ 93% lean ground turkey, 1½ lb
- ☐ Low-sodium sliced turkey breast, 4 oz
- ☐ Salmon fillet, 6 oz
- ☐ Flank steak or sirloin, 12 oz
- ☐ Smoked salmon, 4 oz (optional)

Dairy & Eggs

- ☐ Large eggs, 12
- ☐ Liquid egg whites, 1 small carton (also Week 2)
- ☐ 2% cottage cheese, 1 tub (24 oz)
- ☐ Plain 2% Greek yogurt, 1 tub (32 oz)
- ☐ Crumbled feta, 1 small container (4 oz) (also Week 2)

- ☐ Grated Parmesan, 1 small container
- ☐ String cheese, 1 small pack (also Week 2)
- ☐ Hummus, 1 small tub
- ☐ Unsweetened milk of choice, 1 small carton

Frozen

- ☐ Mixed berries, 1 bag (16 oz)

Grains, Beans & Canned

- ☐ Quinoa, ½ cup dry
- ☐ Microwavable brown rice, 1 pouch (about 2 cups cooked)
- ☐ Old-fashioned rolled oats, 1 canister (18 oz) (also Week 2)
- ☐ Dry green or brown lentils, 1 bag (need 1 cup)
- ☐ Chickpeas, 1 can (15 oz)
- ☐ Black beans, 1 can (15 oz)
- ☐ Diced tomatoes, 1 can (14.5 oz)
- ☐ Low-sodium chicken broth, 1 carton (32 oz)
- ☐ Marinara sauce, no sugar added, 1 jar (24 oz)
- ☐ High-fiber whole-grain bread, 1 loaf (also Week 2; freeze what you won't use soon)
- ☐ Whole-grain crackers, 1 box
- ☐ Small corn tortillas, 1 pack (also Week 2)
- ☐ Salsa, 1 jar (16 oz) (also Week 2)

Pantry

- ☐ Natural peanut butter (also Week 2)
- ☐ Ground flaxseed
- ☐ Chia seeds (also Week 2)
- ☐ Vanilla protein powder (1 scoop needed)
- ☐ Mini dark chocolate chips
- ☐ Honey (also Week 2)
- ☐ Maple syrup (optional)
- ☐ Low-sodium soy sauce (also Week 2)
- ☐ Rice vinegar (also Week 2)
- ☐ Toasted sesame oil
- ☐ Cornstarch (also Week 2)
- ☐ Olive oil
- ☐ Avocado oil
- ☐ Cooking spray
- ☐ Sesame seeds (optional)

Spices

- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Smoked paprika

- ☐ Ground cumin
- ☐ Chili powder
- ☐ Dried thyme
- ☐ Dried dill
- ☐ Italian seasoning
- ☐ Ground cinnamon
- ☐ Everything bagel seasoning
- ☐ Salt and black pepper

Week 2 (Days 8–14)

Check first: Your freezer should hold 2 servings of chicken fajitas, 1 serving of turkey meatballs, 1 serving of lentil soup, and 4 protein bites. Check that you still have the Week 1 carry-over items above.

Produce

- ☐ Sweet potatoes, 2 medium
- ☐ Bell peppers, 4 (2 large for stuffing, 2 red)
- ☐ Yellow onion, 1
- ☐ Baby spinach, 1 container (5 oz)
- ☐ Romaine hearts, 2
- ☐ Cherry tomatoes, 1 pint
- ☐ Avocado, 1
- ☐ Lime, 1
- ☐ Lemons, 2
- ☐ English cucumber, 1
- ☐ Fresh parsley, 1 small bunch (or use dried)
- ☐ Coleslaw mix, 1 bag (14 oz)
- ☐ Green beans, 12 oz
- ☐ Baby potatoes, ½ lb
- ☐ Red grapes, 1 small bunch (or 1 apple)

Meat, Seafood & Tofu

- ☐ 93% lean ground turkey, about 2½ lb
- ☐ Boneless, skinless chicken thighs, 1 lb
- ☐ Raw shrimp, peeled and deveined, 6 oz (frozen is fine)
- ☐ Extra-firm tofu, 1 block (14 oz)

Dairy & Eggs

- ☐ Large eggs, 12
- ☐ 2% cottage cheese, 1 tub (16 oz)
- ☐ Plain 2% Greek yogurt, 1 tub (32 oz)
- ☐ Shredded Mexican-blend cheese, 1 small bag (need ½ cup)

Frozen

- ☐ Mixed berries, 1 bag (16 oz)

- ☐ Shelled edamame, 1 bag (12 oz)

Grains, Beans & Canned

- ☐ Black beans, 1 can (15 oz)
- ☐ Cannellini beans, 1 can (15 oz)
- ☐ Tuna in water, 2 cans (5 oz each)
- ☐ Canned chicken breast in water, 1 can (12.5 oz)
- ☐ Microwavable brown rice, 2 pouches (about 4 cups cooked)
- ☐ High-fiber whole-wheat tortillas (8-inch), 1 pack

Pantry & Spices

- ☐ Baking powder
- ☐ Vanilla extract
- ☐ Walnuts, small bag
- ☐ Almonds, small bag
- ☐ Dijon mustard
- ☐ Dried sage
- ☐ Onion powder
- ☐ Sriracha (optional)
- ☐ Red pepper flakes (optional)

Meal Prep Instructions

Each week has one main prep day (about 2–2½ hours) and one short midweek prep. On other days you'll cook one quick fresh meal or just reheat.

Week 1

Prep Day (the day before Day 1) — about 2½ hours

1. Heat oven to 350°F. Make the **Spinach & Feta Egg Muffins** (6 muffins) and bake.
2. While they bake, cook **½ cup dry quinoa** with 1 cup water (simmer covered 15 minutes, rest 5). This makes about 1½ cups: 1 for the Greek bowls and ½ for the Day 2 salmon.
3. Boil **4 eggs** for hard-boiled snacks. Cool them in ice water.
4. Air fry the **crispy chickpeas**, then the **Greek chicken**.
5. Raise the oven to 400°F. Bake the **Turkey Meatballs**, then simmer them in marinara.
6. Make the **Greek yogurt sauce** and the **Everything Cottage Cheese Dip**.
7. Spiralize or slice the **zucchini** and store it raw.
8. Mix and roll the **Peanut Butter Protein Bites**.
9. Mix **2 jars of Berry Protein Overnight Oats** for Days 2 and 4.
10. Chop the bowl veggies and pack **2 Greek Chicken Bowls**.
11. Cool everything, then freeze: **1 serving of egg muffins** (for Day 6), **2 servings of meatballs in sauce** (Day 6 + bonus), and **4 protein bites** (Week 2).

Midweek mini prep (Day 2 evening) — about 50 minutes, mostly hands-off

- Make the **Chicken, Lentil & Veggie Soup** while you cook the salmon. Refrigerate 2 servings (Days 3 and 5) and freeze 2 (Day 7 + bonus).

Fresh cooking nights

- **Day 2:** Air Fryer Salmon (about 15 minutes)
- **Day 4:** Turkey & Hummus Protein Box for lunch (5 minutes to assemble) and Sheet Pan Chicken Fajitas for dinner (about 40 minutes). Refrigerate 1 serving for the Day 6 lunch and freeze 2 (Day 10 lunch + bonus).
- **Day 5:** Beef & Broccoli Stir-Fry (about 20 minutes)
- **Days 5 and 7:** Savory Cottage Cheese Toast (5 minutes)

Week 2

Prep Day (Day 7) — about 2 hours

1. Microwave **1 brown rice pouch**. Use 1 cup for the taco bowls and refrigerate ½ cup for the stuffed peppers.
2. Make the **Turkey & Sweet Potato Breakfast Hash** (don't cook the eggs yet). Refrigerate 2 servings (Days 8 and 10) and freeze 2 (Day 12 + bonus).
3. Make the **Cottage Cheese Protein Pancakes**. Refrigerate 2 servings (Days 9 and 11) and freeze 1 (Day 14).

4. Mix the taco seasoning and make **2 Turkey Taco Bowls**. Refrigerate the saved 2 tsp of seasoning and ½ can of black beans for the peppers.

Midweek mini prep (Day 10 evening) — about 40 minutes

- Make the **Greek Yogurt Chicken Salad** (2 servings).
- Make the **Tuna & White Bean Salad** (2 servings).
- Cook the filling and stuff the **Turkey-Stuffed Bell Peppers**. Refrigerate them unbaked.

Fresh cooking nights

- **Day 8:** Sheet Pan Lemon Herb Chicken (about 45 minutes, mostly in the oven). Save 1 serving for Day 10.
- **Day 9:** Peanut Tofu & Veggie Stir-Fry (about 35 minutes; microwave the second rice pouch). Save 1 serving for Day 11.
- **Day 12:** Bake the stuffed peppers (35 minutes, hands-off). Save 1 serving for Day 14.
- **Day 13:** Veggie Cottage Cheese Scramble for breakfast (10 minutes) and Air Fryer Shrimp Tacos for dinner (about 18 minutes)

Freezer Thaw Schedule

Move from freezer to fridge	For
Day 5 evening: 1 serving egg muffins + 1 serving meatballs	Day 6 breakfast and dinner
Day 6 evening: 1 serving lentil soup	Day 7 lunch
Day 9 evening: 1 serving chicken fajitas	Day 10 lunch
Day 11 evening: 1 serving breakfast hash	Day 12 breakfast
Day 13 evening: 1 serving protein pancakes	Day 14 breakfast
Protein bites: grab 2 from the freezer	Days 9 and 13 (thaw 10 minutes)

Storage & Reheating

Food	Fridge	Freezer	Reheat
Egg muffins	3–4 days	2–3 months	Microwave 30–45 sec (60–90 sec from frozen)
Protein pancakes	3–4 days	2 months	Microwave 45–60 sec or toaster
Cooked chicken, turkey, beef, tofu	3–4 days	2–6 months (not tofu)	Microwave until steaming, about 165°F
Soup	3–4 days	2–3 months	Stovetop or microwave until steaming; add water if thick
Cooked rice and quinoa	3–4 days	2–3 months	Microwave with 1 tbsp water, covered
Overnight oats, dips, yogurt sauce	3–4 days	Don't freeze	Eat cold
Chicken salad, tuna salad	3–4 days	Don't freeze	Eat cold
Hard-boiled eggs (unpeeled)	1 week	Don't freeze	Eat cold

Simple rules

- Cool cooked food within 2 hours before refrigerating. Spread it in shallow containers to cool faster.
- Thaw frozen meals in the fridge overnight, not on the counter.
- Keep sauces, crunchy toppings, and salad greens in separate containers until you eat.
- Label containers with the name and date. Masking tape and a marker work fine.
- When in doubt, throw it out.

You Did It

Fourteen days of real meals, planned and prepped. That's not a diet. That's a system you can keep using.

Some days won't go to plan, and that's fine. Skip a meal prep, eat out, swap a recipe. Just come back to the next meal on the list. Consistency matters more than perfection.

Your core approach, in four lines:

1. Protein at every meal.
2. Fiber and color on every plate.
3. Smart carbs, always paired.
4. Prep ahead so the easy choice is already in your fridge.

Repeat any week you loved, mix your favorite recipes into a new rotation, and keep the freezer stocked.

You've got this.

This plan is for general cooking and education only. It is not medical or nutritional advice. Talk with your doctor or a registered dietitian about your individual needs.

© 2026 Maya's Kitchen. All rights reserved. This guide is for your personal use. Please don't share, resell, or post it publicly. Questions? hello.mayaskitchen@gmail.com