



Recipe Collection

Every recipe from your Instagram “cooking” collection, pulled into one practical kitchen reference.

61

Protein-centric

Macro-tracked meals, high-protein swaps and fitness-friendly builds.

27

Regular recipes

Comfort food, desserts, drinks and snacks.

Organized for quick scanning. Original Instagram source linked on every recipe.

61

SECTION

Protein-centric

High-protein builds using protein powder, Greek yogurt, cottage cheese, lean proteins and macro-tracked meal prep.



01

100g-Protein Cheesecake with Strawberry Compote

Creamy baked cheesecake with a graham crust and strawberry compote — 100g of protein in the whole cake.

INGREDIENTS Crust: 60g graham crackers, sugar-free syrup; batter: 100g fat-free cream cheese, 100g low-fat cottage cheese, 15g sugar-free cheesecake pudding mix, 30g vanilla protein powder, salt, 2 eggs, egg whites, monk fruit, 300g nonfat Greek yogurt; compote: 2 cups frozen strawberries, lemon, monk fruit, cornstarch, vanilla

METHOD Blend crust and press into a 6-inch springform; par-bake; blend batter until smooth and pour over crust; bake at 325F for 40-50 minutes; cool; simmer strawberries with lemon, sweetener and cornstarch for compote.

MACROS 100g protein (whole cheesecake)

Saved from Instagram [@sorayamai_](#)

02

22-Calorie High-Protein M&M Cookies

Tiny but mighty copycat Chips Ahoy-style cookies with M&Ms at just 22 calories each.

INGREDIENTS 1 egg, 49g light butter, erythritol brown sugar, vanilla, 25g flour, 20g vanilla casein protein powder, erythritol, baking soda, salt, 24g M&Ms (makes 18)

METHOD Mix wet ingredients; mix dry ingredients; combine and fold in M&Ms; portion and bake.

MACROS 22 cal | 2g protein | 2g net carbs | 1g fat (per cookie); 390 cal | 28g protein (whole batch)

Saved from Instagram [@nickkaz.fit](#)

03

3 High-Protein Cottage Cheese Recipes

Three macro-friendly cottage cheese builds — donut bites, chocolate cheesecake and creamy udon.

INGREDIENTS Cottage cheese-based; full ingredient lists on the creator's page

Saved from Instagram [@itzpmartin](#)

04

3-Ingredient No Bake Creme Brulee

Silky no-bake creme brulee with a torched sugar top and 77g of protein per batch.

INGREDIENTS 4 eggs, 120ml milk, 2 scoops vanilla protein powder, 15g sugar for topping

METHOD Scramble eggs; blend with milk and protein powder; chill; add a thin layer of sugar and torch until caramelized.

MACROS 656 cal | 77g protein | 29g carbs | 25g fat

Saved from Instagram [@hosseinfitness_](#)

05

5-Calorie Sheet Pan Cosmic Brownies

A whole sheet pan of 88 cosmic brownies at 5 calories each with rainbow candy topping.

INGREDIENTS 35g flour, 25g cocoa, 1 scoop protein powder, baking soda, 72g sugar substitute, 170g Greek yogurt, 120ml almond milk, 1 egg; frosting: confectioners sugar substitute, almond milk, black cocoa; candy topping

METHOD Mix wet and dry ingredients separately, combine until smooth; spread in a lined sheet pan; bake at 350F; frost and top with candy chips.

MACROS 5 cal | 0.75g protein | 0.5g net carbs | 0g fat (per brownie, makes 88)

Saved from Instagram [@nickkaz.fit](#)

06

5-Day 1900-Calorie 160g-Protein Meal Prep

A full week of simple prep: mini pancakes and eggs, crock-pot honey-garlic chicken thighs with rice, bulgogi and protein snacks.

INGREDIENTS Mini pancakes, eggs, strawberries, protein shake, chicken thighs (soy sauce, honey, ginger, garlic), rice, green onions, avocado toast, Costco bulgogi, Chobani protein snack

METHOD Batch-cook breakfast components; slow-cook seasoned chicken thighs; portion rice, veggies and snacks into 5 days of meals.

MACROS 1913 cal | 160g protein | 185g carbs | 56g fat (per day)

Saved from Instagram [@andrew_kevorkian](#)

07

7-Calorie High-Protein Blondie Bars

Chewy chocolate chip blondie bars from a sheet pan at 7 calories each.

INGREDIENTS 113g Greek yogurt, 1 egg, 48ml egg white, vanilla, 60g flour, 1 scoop vanilla protein powder, 30g oat flour, 96g sugar substitute, baking soda, salt, 21g chocolate chips (makes 88)

METHOD Mix wet and dry ingredients separately, combine into a thick batter; refrigerate 15 minutes; spread in pan and bake at 350F.

MACROS 7 cal | 0.75g protein | 0.75g net carbs | 0.15g fat (per blondie, makes 88)

Saved from Instagram [@nickkaz.fit](#)

08

7-Calorie Oreo Frosted Sheet Pan Brownies

Sheet-pan brownies with a thick yogurt frosting and crushed Oreo thins at 7 calories each.

INGREDIENTS 30g flour, 15g black cocoa, 4g oat flour, 1 scoop whey protein, baking soda, 48g sugar substitute, 85g Greek yogurt, 1 egg; frosting: 170g Greek yogurt, confectioners sugar substitute, sugar-free vanilla pudding mix; 6 crushed Oreo thins

METHOD Mix wet and dry ingredients separately, combine until smooth; spread on a lined sheet pan; bake at 350F for 10-12 minutes; frost and top with crushed Oreos.

MACROS 7 cal | 0.75g protein | 0.75g net carbs | 0.125g fat (per brownie, makes 88)

Saved from Instagram [@nickkaz.fit](#)

09

Bang Bang Chicken Tenders

Crispy air-fried chicken tenders with a sweet-spicy bang bang yogurt sauce.

INGREDIENTS 300g chicken tenders, 1 egg, 30g flour, 50g cornflakes, garlic/onion powder, salt, pepper, cooking oil spray; sauce: 100g 0% Greek yogurt, sweet chili sauce, sriracha, honey

METHOD Season tenders; dredge in flour, egg, then crushed cornflakes; air fry at 200C for 15 minutes; mix bang bang sauce and serve for dipping.

MACROS 477 cal | 50g protein | 58g carbs | 5g fat (per 3 fillets)

Saved from Instagram [@thefitnesschef_](#)

10

Beef and Protein Pasta Meal Prep

Ten hearty meal-prep portions of beef, peppers and protein pasta in a blended cottage-cheese sauce.

INGREDIENTS 3 bell peppers, 2 onions, 3 lb 96/4 beef, 20 slices beef bacon, 8 servings protein pasta; sauce: 880g low-fat cottage cheese, honey, fat-free mozzarella, cream cheese, Pecorino Romano, 300ml protein milk, pepper (makes 10)

METHOD Saute peppers and onions; brown beef; cook beef bacon and add its grease back; boil protein pasta; blend sauce ingredients; combine everything and portion into 10 meals.

MACROS 600 cal | 67g protein | 45g carbs | 18g fat (per meal)

Saved from Instagram [@cookingforgains_](#)

11

Beef and Rice Meal Replacement

Meal-plan testimonial post about a beef-and-rice meal replacement — no recipe details in caption.

Recipe details are in the original saved post.

Saved from Instagram [@tommybrown_](#)

12

Beef Lasagna Rolls

Viral beef lasagna rolls in high-protein wraps with solid macros and big flavor.

INGREDIENTS 400g extra-lean ground beef, tomato paste, tomato passata, 60g 1% cottage cheese, salt, garlic powder, oregano; 5 high-protein wraps, 150g low-fat mozzarella

METHOD Season and cook beef 6 minutes; assemble rolls with wrap, sauce, filling and cheese; air fry at 200C/400F for 10 minutes until golden.

MACROS 375 cal | 42g protein | 13g carbs | 15g fat (per roll)

Saved from Instagram [@mattwest_roadtoaesthetics](#)

13

Black Bean Protein Brownies

Fudgy flourless brownies built on black beans, banana and chocolate protein powder.

INGREDIENTS 1 can black beans, 2 eggs, 2 bananas, 60g maple syrup, 15g cocoa, 60g chocolate protein powder, baking powder, salt (makes 9)

METHOD Mix everything well with a fork; pour into a brownie tin; bake at 180C/355F for 15 minutes.

MACROS 97 cal | 7g protein | 12g carbs | 2g fat | 3g fiber (per brownie)

Saved from Instagram [@mattwest_roadtoaesthetics](#)

14

Blueberry Waffles with Greek Yogurt Cheesecake Topping

GLP-1-friendly Kodiak blueberry waffles topped with a Greek yogurt cheesecake cream.

INGREDIENTS 2 Kodiak blueberry waffles, 1/4 cup 0% Fage Greek yogurt, 1/2 tsp honey, 1/2 tsp vanilla, 1/2 tsp sugar-free cheesecake pudding powder, 1 tbsp zero-sugar Cool Whip, blueberries

METHOD Toast waffles; mix yogurt with honey, vanilla and pudding powder; fold in Cool Whip; top waffles with the cream and blueberries.

MACROS ~320 cal | 18g protein

Saved from Instagram [@angelia_glogirlglp1](#)

15

Cheddar Bacon Ranch Loaded Fries

Fast-food-style cheddar bacon ranch fries rebuilt macro-friendly — 59g protein.

INGREDIENTS 2 russet potatoes, 4 slices center-cut bacon, 56g fat-free cheddar, 2 slices thin cheddar, garlic-parmesan seasoning, salt; protein ranch: 340g nonfat Greek yogurt, 50ml fat-free Fairlife milk, ranch seasoning, garlic parm, garlic/onion powder, pepper

METHOD Air-fry seasoned potato fries; cook bacon; mix protein ranch; load fries with bacon, cheddar and ranch.

MACROS 682 cal | 59g protein | 82g carbs | 15g fat

Saved from Instagram [@tastyshreds](#)

16

Crockpot Buffalo Chicken Pasta

Creamy, spicy buffalo chicken pasta made in the crockpot with Greek yogurt and reduced-fat cheeses.

INGREDIENTS 2.5 lb chicken breast, 10oz pasta, 2 cups chicken bone broth, 1.5 cups buffalo sauce, 1 cup Fairlife milk, 1 cup Greek yogurt, reduced-fat cream cheese, 2 cups reduced-fat cheddar, ranch seasoning, garlic powder, paprika

METHOD Slow-cook chicken with broth, buffalo sauce and seasonings on LOW 4 hours; shred; stir in cream cheese, milk and yogurt until smooth; add dry pasta and cook 30-40 minutes; stir in shredded cheese.

MACROS 691 cal | 79g protein | 47g carbs | 21g fat

Saved from Instagram [@allenxspeigner](#)

17

Fudgy High-Protein Chocolate Cheesecake

Fudgy, creamy high-protein chocolate cheesecake — full recipe via comment/Substack from the creator.

Recipe details are in the original saved post.

Saved from Instagram [@thechefoutwest](#)

18

Giant Protein Reese's Peanut Butter Cup

A giant freezer-set peanut butter cup with a chocolate shell — 51g protein in the whole bowl.

INGREDIENTS 60g Greek yogurt, 1 scoop vanilla protein powder, 32g peanut butter powder, 14g Lily's chocolate chips

METHOD Mix yogurt, protein powder and peanut butter powder until smooth; melt chocolate chips and spread over the top; freeze 20 minutes.

MACROS 342 cal | 51.4g protein | 18.8g carbs | 9g fat

Saved from Instagram [@torinredpath](#)

19

High-Protein Blueberry Matcha Latte

Morning matcha latte with a blueberry twist and 30g of protein.

INGREDIENTS Matcha powder, frozen blueberries, 1 tsp honey, 1 scoop (25g) vanilla protein shake, ice, water

METHOD Whisk matcha with water (or stir); blend or layer with blueberries, honey, protein shake and ice.

MACROS 30g protein

Saved from Instagram [@ezefitt](#)

20

High-Protein Buffalo Chicken Hot Pockets

Freezer-friendly hot pockets with buffalo chicken and melty cheese in a Greek yogurt dough.

INGREDIENTS 500g chicken breast (garlic/onion powder, smoked paprika, cayenne, salt, pepper); dough: 400g flour, 410g 0% Greek yogurt; buffalo sauce: 130ml hot sauce, 30g light butter, apple cider vinegar, brown sugar alternative, honey, cornstarch; 20g low-fat cheese per pocket (makes 8)

METHOD Cook seasoned chicken and toss in buffalo sauce; mix flour and yogurt into dough; fill with chicken and cheese; pan-cook covered 3-4 minutes per side.

MACROS 345 cal | 31g protein | 40g carbs | 6g fat (per hot pocket)

Saved from Instagram [@panaceapalm](#)

21

High-Protein Cheesy Beef Breakfast Rolls

Freezer-friendly breakfast rolls with taco beef, egg and double cheese — 41g protein each.

INGREDIENTS 800g lean beef mince (smoked paprika, garlic/onion powder, cayenne, cumin, oregano, salt, pepper), 10 eggs, 2 slices light cheese + 25g grated low-fat cheese per roll, 10 low-cal tortillas (makes 10)

METHOD Brown seasoned taco beef; scramble eggs; fill tortillas with beef, egg and cheese; roll; wrap in foil and freeze; reheat in microwave then crisp in pan/air fryer.

MACROS 382 cal | 41g protein | 9g carbs | 19g fat (per roll)

Saved from Instagram @panaceapalm

22

High-Protein Cheesy Garlic Chicken Rolls

Freezer-friendly garlic chicken rolls with creamy cottage-cheese garlic sauce — 37g protein each.

INGREDIENTS 650g chicken breast (garlic/onion powder, smoked paprika, cayenne, salt, pepper); garlic sauce: 200g 0% cottage cheese, 60g Greek yogurt, 50g light mayo, garlic paste, lemon, honey; 80g mozzarella + 80g cheddar, 8 protein tortillas (makes 8)

METHOD Season and cook diced chicken; blend garlic sauce; fill protein tortillas with chicken, sauce and cheese; roll; wrap in foil and freeze; reheat and crisp.

MACROS 335 cal | 37g protein | 28g carbs | 7g fat (per roll)

Saved from Instagram @panaceapalm

23

High-Protein Chicken Burritos

Meal-prep chicken burritos with spicy chipotle sauce — 40g protein each, makes 7.

INGREDIENTS 3 lb chicken breast (salt, pepper, paprika, garlic/chili powder, oregano, cumin); spicy chipotle sauce: 90g light mayo, lime, chili seasoning; 7 low-cal wraps, reduced-fat cheese, lettuce, tomato

METHOD Season and cook chicken breast; mix chipotle sauce; assemble burritos with chicken, cheese, lettuce and tomato; wrap for meal prep.

MACROS 350 cal | 40g protein | 30g carbs | 11.5g fat (per burrito)

Saved from Instagram [@cookingforgains_](#)

24

High-Protein Chicken Nuggets

Better-than-McDonald's chicken nuggets with 97g protein for the whole batch — no oil needed.

INGREDIENTS 100g grated parmesan, 450g ground chicken, 1 egg, garlic powder, onion powder, salt, paprika

METHOD Blend everything lightly (don't over-blend); shape into nuggets, chilling if too soft; air fry at 400F/200C for 10 minutes.

MACROS 785 cal | 97g protein | 4g carbs | 40g fat (whole batch)

Saved from Instagram [@thefitummah](#)

25

High-Protein Chocolate Cake

Rich chocolate layer cake with a protein frosting that packs 42g of protein per slice.

INGREDIENTS 8 eggs, 4 cups nonfat milk powder, 2 cups nonfat Greek yogurt, baking powder, 1 cup dark cocoa powder, salt, sweetener; frosting: 150g Greek yogurt, 2.5 scoops casein protein powder

METHOD Mix cake batter; bake at 160C for 50 minutes; cool; mix frosting ingredients and spread over cake.

MACROS 390 cal | 42g protein | 45g carbs | 6g fat (per slice, makes 8)

Saved from Instagram [@christopherkaiyu](#)

26

High-Protein Chocolate Donut Holes

Air-fried chocolate donut holes with a sweet glaze at only 17 calories and 2g protein each.

INGREDIENTS 1/2 cup flour, 1 scoop chocolate whey protein powder, 3.5 tbsp cocoa powder, sweetener, 1/2 cup 0% Greek yogurt; glaze: zero-cal powdered sugar, splash of milk

METHOD Blend dry ingredients, pulse in Greek yogurt to form dough; roll into balls (makes ~26); air fry at 350F for 5 minutes; cool and coat in glaze.

MACROS 17 cal | 2g protein | 2g carbs | 0g fat (per donut hole)

Saved from Instagram [@alixdonauer](#)

27

High-Protein Cottage Cheese Naan

Thin, fluffy lower-calorie naans made with just flour and blended cottage cheese — perfect for meal prep.

INGREDIENTS 550g self-rising flour, 620g blended low-fat cottage cheese, 2 tbsp salt, 3 tbsp garlic paste (makes 24)

METHOD Mix flour, cottage cheese, salt and garlic paste into a dough; roll very thin (3.5-4 inch rounds); cook in a hot pan until puffed and golden.

MACROS 97 cal | 5g protein | 17g carbs | 1g fat (per naan)

Saved from Instagram [@noahperlofit](#)

28

High-Protein Crispy Buffalo Chicken Tacos

Crispy pan-toasted tacos with buffalo chicken, low-fat cheese and a herby Greek yogurt green sauce.

INGREDIENTS 650g chicken thighs (onion/garlic powder, paprika, salt, pepper, 100ml buffalo sauce); green sauce: 190g 0% Greek yogurt, 45g light mayo, cilantro, honey, lemon, garlic; 8 mini tortillas, 160g low-fat cheese (makes 8)

METHOD Season and cook buffalo chicken; blend green sauce; fill tortillas with chicken and cheese; toast in a pan with cooking spray until crispy.

MACROS 252 cal | 22g protein | 13g carbs | 12g fat (per taco)

Saved from Instagram [@panaceapalm](#)

29

High-Protein Egg White Breakfast Bowl

A flexible low-carb egg white bowl template with chorizo, feta and veggies — 47.5g protein.

INGREDIENTS 200ml egg whites, 200g canned tomatoes, spinach, 1/2 brown onion, 1/4 red capsicum, 2 eggs, 25g crumbed chorizo, 25g reduced-fat feta, salt, pepper

METHOD Combine everything in a large oven-safe bowl; bake at 180C/350F for ~50 minutes.

MACROS 416 cal | 47.5g protein | 11g carbs | 20.3g fat

Saved from Instagram [@jessespt](#)

30

High-Protein Fudgy Brownies

The self-proclaimed best protein brownies on the internet — over 100g protein per batch.

INGREDIENTS 80g flour, 20g cocoa, 65g chocolate protein powder, sweetener, salt, 150ml egg whites, 2 eggs, 100g cottage cheese, 20g applesauce, 20ml maple syrup, vanilla (makes 9)

METHOD Mix dry ingredients; blend wet ingredients 10 seconds; fold wet into dry; bake in a lined tray at 180C/350F for 12-15 minutes; cool completely to set.

MACROS 99 cal | 11g protein | 8g carbs | 2g fat (per brownie)

Saved from Instagram [@mattwest_roadtoaesthetics](#)

31

High-Protein Greek Yogurt Pizza

Crispy homemade pizza on a two-ingredient Greek yogurt dough loaded with turkey pepperoni.

INGREDIENTS 420g flour, 420g non-fat Greek yogurt, low-fat mozzarella, tomato paste, turkey pepperoni, oregano

METHOD Mix flour and yogurt into a dough ball; divide and roll into pizza shapes; top with tomato paste, oregano, mozzarella and pepperoni; bake at 450F for 10-20 minutes.

Saved from Instagram [@george.papadatos_](#)

32

High-Protein Honey BBQ Chicken Mac and Cheese

Creamy honey BBQ chicken mac and cheese meal prep — 59g protein per serving.

INGREDIENTS 700g chicken breast (salt, onion powder, smoked paprika, garlic powder, olive oil), 25g honey, 85g sugar-free BBQ sauce, 320g macaroni, 340ml fat-free evaporated milk, 80g light cream cheese, chicken stock powder, 100g light cheddar (makes 4)

METHOD Season and cook chicken; toss with honey and BBQ sauce; cook macaroni; stir evaporated milk, cream cheese and cheddar into a sauce; combine.

MACROS 587 cal | 59g protein | 67.5g carbs | 9g fat (per serving)

Saved from Instagram [@_aussiefitness](#)

33

High-Protein Loaded Nacho Fries

Crispy homemade fries loaded with taco beef, velveeta cheese sauce and yogurt ranch — ready in 30 minutes.

INGREDIENTS 2 russet potatoes, salt, avocado oil spray; 16oz 93% lean ground beef, taco seasoning, 1/2 cup Fairlife milk, 1/2 cup broth, 3 Velveeta singles; yogurt ranch

METHOD Cut potatoes into thin fries and crisp; brown beef with taco seasoning; whisk milk, broth and Velveeta into a cheese sauce; load fries with beef, cheese sauce and ranch.

MACROS ~458 cal | 41g protein | 32g carbs | 19g fat (per serving, makes 3)

Saved from Instagram [@ice.karimcooks](#)

34

High-Protein Meal Prep Taquitos

Childhood-style crispy taquitos with seasoned chicken and melty cheese at 83 calories each.

INGREDIENTS 800g chicken breast (salt, pepper, paprika, cumin, garlic powder, cayenne), 250g low-fat Mexican cheese blend, low-carb tortillas (makes 27-32)

METHOD Season and cook chicken; shred; fill tortillas with chicken and cheese; roll and bake/air-fry until crispy.

MACROS ~83 cal | ~11g protein | ~3g carbs | ~3g fat (per taquito)

Saved from Instagram [@noahperlofit](#)

35

High-Protein Oreo Nutella Spread

Thick, stretchy chocolate-hazelnut spread with crushed Oreos at 38 calories a tablespoon.

INGREDIENTS 34g raw hazelnuts, 95ml almond milk, 2 scoops chocolate protein powder, 8g cocoa, sugar substitute, salt, xanthan gum (optional); 1 crushed Oreo

METHOD Roast hazelnuts at 350F for 8-10 minutes and rub skins off; blend hazelnuts alone until smooth and runny; add remaining base ingredients and blend ultra smooth; chill 30-45 minutes; fold in crushed Oreo.

MACROS 38 cal | 4.5g protein | 1.5g net carbs | 2g fat (per tbsp, makes 13)

Saved from Instagram [@nickkaz.fit](#)

36

High-Protein Overnight Oats

Creamy overnight oats with banana and berries that taste like dessert and pack 40g of protein.

INGREDIENTS 80g rolled oats, 100g Greek yogurt, 120g unsweetened almond milk, cinnamon, banana, blueberries, strawberries

METHOD Weigh oats, yogurt, almond milk and cinnamon into a container; mix; top with fruit; seal and refrigerate overnight.

MACROS 610 cal | 40.7g protein | 95.4g carbs | 10.2g fat

Saved from Instagram [@deechlifts](#)

37

High-Protein Pancakes

Cheap, easy, restaurant-tasting pancakes built for late-night cravings — 78g protein per batch.

INGREDIENTS Protein powder-based pancake mix (full ingredient list in the video); can be made without protein powder

MACROS 880 cal | 78g protein | 70g carbs | 32g fat

Saved from Instagram [@omsheizzy](#)

38

High-Protein Smash Burger Tacos

Crispy smash burger tacos with pickles, lettuce and light burger sauce — 26g protein each.

INGREDIENTS 90g lean ground beef per taco, salt, pepper, smoked paprika, light burger cheese, lettuce, onion, pickles, mini tortilla; burger sauce: light ketchup, lighter-than-light mayo, mustard, water (serves 4)

METHOD Smash seasoned beef onto mini tortillas and cook; top with cheese, lettuce, onion, pickles and burger sauce.

MACROS 265 cal | 26g protein | 18g carbs | 8g fat (per taco)

Saved from Instagram [@panaceapalm](#)

39

High-Protein Vanilla Egg Custard

Dessert-tasting vanilla custard that hides four eggs and 74g of protein.

INGREDIENTS 4 eggs, 1/2 cup almond milk, 2 scoops vanilla protein powder

METHOD Cook eggs on a griddle; blend with almond milk and protein powder until thick; pour into a container and refrigerate 4+ hours; eat chilled with a spoon.

MACROS 74g protein (per batch)

Saved from Instagram [@jacobhoweird](#)

40

High-Protein Vietnamese Spring Rolls

Fresh, crunchy spring rolls with a low-calorie peanut sauce — 61g protein including sauce.

INGREDIENTS Cooked protein of choice, rice paper sheets, vermicelli or konjac noodles, carrots, cucumber, bell pepper, lettuce, mint/cilantro/Thai basil; peanut sauce: 13g powdered peanut butter, 30g hoisin, 15ml soy sauce, 5g sriracha, water, lime

METHOD Cook protein; julienne veggies and prep noodles; whisk peanut sauce; soak rice paper in warm water; fill, fold and roll tight like a burrito.

MACROS 680 cal | 61g protein (including sauce)

Saved from Instagram [@alexshabanfit](#)

41

Honey BBQ Chicken Sliders

Crispy cornflake-crusted chicken sliders with honey BBQ sauce — 20g protein each.

INGREDIENTS 4x 75g chicken breast pieces (salt, pepper, garlic/onion powder, paprika), 1/4 cup egg whites, 1 cup cornflakes, 4 low-cal slider buns, pickles; honey BBQ sauce: low-cal BBQ sauce, honey, hot sauce

METHOD Season chicken, dip in egg whites and coat in cornflakes; cook until crispy; toss in honey BBQ sauce; assemble sliders with pickles.

MACROS 182 cal | 20g protein (per slider)

Saved from Instagram [@nutritionfromkay](#)

42

Honey Chipotle Chicken Quesadillas

Freezer-friendly quesadillas with honey-chipotle chicken, melty mozzarella and a chipotle cottage-cheese sauce.

INGREDIENTS 40oz chicken breast, garlic salt, black pepper, 7oz chipotle peppers, lime, honey, 6 cups fat-free mozzarella, chives, 10 low-cal tortillas; sauce: 2 cups 0% cottage cheese, light mayo, chipotles, lime, garlic salt, honey, fat-free milk (makes 10)

METHOD Season and cook chicken with chipotles, lime and honey; blend chipotle sauce; assemble quesadillas with chicken, cheese and sauce; cook until crispy; freeze in foil up to 3 months.

MACROS 400 cal | 60g protein | 26g carbs | 6g fat (per quesadilla)

Saved from Instagram [@fairfiteats](#)

43

Lazy Sheet Pan Fajitas

The simplest sheet-pan fajita meal prep — 171g protein for the whole tray and impossible to screw up.

INGREDIENTS 32oz chicken thighs, 3 bell peppers, 2 jalapenos, 1/2 red onion, lime, 60g reduced-fat Mexican cheese, taco seasoning, 15g honey (makes 4)

METHOD Diced chicken and veggies; season aggressively with taco seasoning and honey; roast at 425F for 25-30 minutes, broil 5 minutes; top with cheese and lime juice.

MACROS 327 cal | 43g protein | 11g carbs | 11g fat (per serving)

Saved from Instagram [@salaarfit](#)

44

Low-Calorie Bacon Jam Burger

A 20-minute bacon jam smash burger under 400 calories with nearly 40g of protein.

INGREDIENTS 16oz 96% lean ground beef, low-cal bun, thin cheddar, 8 slices center-cut bacon, white onion, sugar-free syrup, Worcestershire, burger seasoning, lite butter, brown sugar substitute (makes 4)

METHOD Render diced bacon and onion with butter; add Worcestershire, syrup, sugar substitute and salt for the jam; smash 4oz beef patties and sear 1.5-2 min per side; assemble with cheese and bacon jam.

MACROS 395 cal | 38g protein | 31g carbs | 13g fat (per serving)

Saved from Instagram [@salaarfit](#)

45

Low-Calorie High-Protein Mayo

Creamy mayo made from egg whites with 18g protein per jar — a fraction of the calories of regular mayo.

INGREDIENTS 5 hard-boiled egg whites, 1 tbsp olive oil, 1/2 tbsp Worcestershire sauce, 2.5 tbsp vinegar or pickle juice, salt, pepper

METHOD Boil eggs 12 minutes, cool in ice water and peel; pop out yolks; blend whites with olive oil, Worcestershire, vinegar, salt and pepper until smooth.

MACROS 242 cal | 18g protein | 13g carbs | 14g fat (per jar)

Saved from Instagram [@benmoore_coach](#)

46

Macro-Friendly Cottage Cheese Pasta

Budget-friendly, macro-friendly cottage cheese pasta — full recipe via the creator's page.

Recipe details are in the original saved post.

Saved from Instagram [@zachcoen](#)

47

Microwave Protein Lava Cake

Goey microwave lava cake with 40g of protein — ready in 90 seconds.

INGREDIENTS 1 egg, 75g fat-free Greek yogurt, 5g sweetener, 18g cocoa powder, 25g protein powder, 10g semi-sweet chocolate chips (melted)

METHOD Mix all ingredients in a microwave-safe dish; microwave 60-90 seconds for lava consistency (3 minutes for brownie); top as desired.

MACROS 260 cal | 40g protein | 17g carbs | 8g fat

Saved from Instagram [@hosseinfitness_](#)

48

Oreo Protein Dirt

High-volume Oreo protein dirt that slaps — sweet-tooth friendly and cutting-approved.

MACROS 350 cal | 35g protein

Recipe details are in the original saved post.

Saved from Instagram [@archieparkinnn](#)

49

Overnight Protein Cookie Dough

Edible chocolate chip and peanut butter cookie doughs that thicken overnight — 33g protein per batch.

INGREDIENTS 1 scoop vanilla protein powder, 30g oat flour, baking soda, vanilla, salt, 30g Greek yogurt, 50g water, 12g mini chocolate chips (choc chip version); PB2 and PB drizzle for peanut butter version

METHOD Mix all ingredients until cake-batter consistency; refrigerate 3-4 hours until it thickens into cookie dough.

MACROS 328 cal | 33g protein | 32g carbs | 9g fat | 3g fiber

Saved from Instagram [@angelarummans](#)

50

Protein Berry Baked Pancake

Easy meal-prep berry baked pancake — great for fat loss or a practical weekly breakfast.

INGREDIENTS 2 eggs, 200g 0% Greek yogurt, 50g self-raising flour, 1 tsp honey, 1 tsp cinnamon, 100g frozen berries, 3g baking powder, 1 tsp vanilla

METHOD Mix everything together; bake at 200C/360F for 30 minutes.

MACROS 500 cal | 37g protein | 63g carbs | 10g fat | 6g fiber

Saved from Instagram [@mattwest_roadtoaesthetics](#)

51

Protein Brownie

Fudgy, brownie-sundae-certified protein brownie with 40g protein per batch.

INGREDIENTS 5g oil, 5g egg whites, 70g Greek yogurt, 50g applesauce, 120ml skim milk, 25g blended oats, 10g cocoa, 30g chocolate casein protein, stevia, sugar-free chocolate fudge pudding mix

METHOD Mix wet and dry ingredients separately, then combine (pudding mix last); bake covered in a 6x6 pan at 400F for 35 minutes, then uncovered briefly for a crisp top; cool to set.

MACROS 380 cal | 40g protein | 43g carbs | 9g fat | 6g fiber

Saved from Instagram [@imperiafitness.co](#)

52

Protein Cloud Cake

Light-as-air cloud cake with a blended cottage cheese icing.

INGREDIENTS Cake: 350g egg whites, 10g lemon juice, 25g vanilla protein powder, 7g corn starch; icing: 70g blended cottage cheese, 25g vanilla protein powder, 25g sugar-free maple syrup

Saved from Instagram [@lifeoftice](#)

53

Protein Oreo McFlurry

Ninja Creami Oreo McFlurry dupe with 23g of protein and Pinterest-level looks.

INGREDIENTS 400ml Fairlife skim milk, 2 tbsp heavy cream, 1 tsp vanilla, 1/4 tsp salt, 1/4 tsp xanthan gum, 2-3 Oreo Thins, monk fruit sweetener

METHOD Blend all ingredients except Oreos; freeze solid 16+ hours; spin on Lite Ice Cream, respin 1-2 times; add crushed Oreos on mix-in cycle.

MACROS 240 cal | 23g protein | 24g carbs | 8g fat

Saved from Instagram [@j.newtrition](#)

54

Protein Root Beer Float

A 30g-protein root beer float that crushes late-night sweet cravings.

INGREDIENTS A&W zero sugar root beer, Nurri ultra-filtered vanilla protein milk shake, ice

METHOD Pour the protein shake over ice; top with zero-sugar root beer.

MACROS 30g protein

Saved from Instagram [@zachcoen](#)

55

Protein Root Beer Float

Classic-tasting root beer float built on vanilla protein powder and low-carb ice cream.

INGREDIENTS 1 scoop vanilla protein powder, 1 cup Breyers low-carb ice cream, sugar-free A&W root beer

METHOD Blend or layer protein powder with ice cream; top with sugar-free root beer.

Saved from Instagram [@rileysstupidrecipes](#)

56

Ripped Reese's Chocolate Peanut Butter Smoothie Bowl

Five-ingredient chocolate peanut butter smoothie bowl packing 120g of protein.

INGREDIENTS 1 cup frozen banana, 1.5 cups Greek yogurt, 4 tbsp peanut butter powder, 2 scoops chocolate protein powder, 1/2 cup Fairlife milk

METHOD Blend all five ingredients until thick and smooth.

MACROS 900 cal | 120g protein

Saved from Instagram [@thejosephabell](#)

57

Salmon, Sweet Potato, Asparagus and Avocado Board

A nutrient-dense board of wild salmon, roasted sweet potato, asparagus and avocado hitting 49g of protein.

INGREDIENTS 170g salmon, 300g sweet potato, 100g asparagus, 100g avocado, seasoning

METHOD Season and cook the salmon; roast diced sweet potatoes; cook asparagus; slice avocado; arrange on a board.

MACROS 633 cal | 48.9g protein | 56.2g net carbs | 19.8g fat | 17.5g fiber

Saved from Instagram [@tjdoranx](#)

58

Sheet Pan Creamy Garlic Cheesy Chicken and Potatoes

Minimal-cleanup sheet-pan meal prep with juicy chicken, crispy potatoes and a creamy garlic sauce.

INGREDIENTS 800g chicken breast + 800g chicken thighs (salt, Italian herbs, garlic/onion powder, paprika, olive oil), 1600g potatoes, red onion; sauce: 400-450ml milk, 250g light garlic-herb cream cheese, 120g mozzarella, parsley, parmesan (makes 8)

METHOD Season and roast cubed potatoes and onion at 200C/400F for 20-22 minutes; spread seasoned chicken over potatoes and bake through; stir in creamy sauce and cheese.

MACROS 536 cal | 52g protein | 44g carbs | 17g fat (per serving)

Saved from Instagram [@jalalsamfit](#)

59

Sheet Pan Crispy Cheesy Chicken Tacos

Game-changing sheet-pan tacos with juicy marinated chicken, fresh pico and spicy yogurt sauce.

INGREDIENTS 700g chicken thighs + 700g chicken breast (salt, smoked paprika, garlic/onion powder, oregano, parsley, cumin, olive oil), 15 low-carb mini wraps; pico: tomatoes, red/white onion, bell peppers, coriander, lime; sauce: yogurt, light mayo, Cholula, smoked paprika (makes 15+)

METHOD Cube and season chicken; bake on a sheet pan; mix pico and spicy yogurt sauce; assemble tacos with chicken, pico and sauce.

MACROS 281 cal | 25g protein | 17g carbs | 12g fat (per taco)

Saved from Instagram [@jalalsamfit](#)

60

Strawberry Mango Protein Smoothie

Thick, creamy smoothie with 90g of protein for about \$3.50 a serving.

INGREDIENTS 1/2 cup frozen strawberries, 1/2 cup frozen mango, 1/2 cup frozen banana, 1.5 cups nonfat Greek yogurt, splash of Fairlife milk, 2 scoops vanilla protein powder

METHOD Blend everything until smooth and enjoy.

MACROS 650 cal | 90g protein

Saved from Instagram [@thejosephabell](#)

61

Street Corn Sweet Potato Bowl

Meal-prep sweet potato bowls piled with seasoned ground beef and a creamy street-corn topping.

INGREDIENTS 4 sweet potatoes, 1.5 lb 93/7 ground beef (chili powder, garlic powder, cumin), 2 cups corn, 150g Greek yogurt, 60g light mayo, 60g cotija, red onion, jalapeno, lime juice, cilantro, chili powder, Tajin (makes 4 meals)

METHOD Bake sweet potatoes at 425F for 45 minutes; brown seasoned beef; mix the street corn topping; assemble bowls.

MACROS 569 cal | 47g protein | 44g carbs | 22g fat

Saved from Instagram [@adamwolffitness](#)

27

SECTION

Regular recipes

Comfort food, desserts, drinks and snacks without protein or macro framing.



01

2-Ingredient Watermelon Sorbet

Sweet, refreshing watermelon sorbet with just frozen watermelon and honey.

INGREDIENTS 1 lb frozen watermelon, 2 tbsp honey

METHOD Blend frozen watermelon with honey in a food processor until smooth.

Saved from Instagram [@thechefoutwest](#)

02

4-Ingredient Strawberry Banana Pancakes

Simple strawberry banana pancakes — full recipe via the creator's page.

Recipe details are in the original saved post.

Saved from Instagram [@timthetankofficial](#)

03

Baked Cookie Dough Oats

Warm, cozy baked oats that taste like cookie dough with melty chocolate chips.

INGREDIENTS 1/2 banana, 1/2 cup rolled oats, 1 egg, 1/4 tsp baking powder, 1/4 cup milk, 1 tbsp dark chocolate chips

METHOD Blend banana, oats, egg, baking powder and milk until smooth; pour into a container; sprinkle chocolate chips on top; bake at 180C for 20-25 minutes until golden.

Saved from Instagram [@j.newtrition](#)

04

Banana Bread Tiramisu

Decadent tiramisu that swaps sponge fingers for homemade banana bread soaked in coffee.

INGREDIENTS Banana bread: flour, spelt flour, baking soda, baking powder, egg, coconut sugar, bananas, yogurt, vanilla, oil, salt; coffee soak; cream: vegan whipped cream, cream cheese, sugar, maple syrup; cocoa powder

METHOD Bake the banana bread at 180C for 55 mins and cool; whip cream with maple syrup and sugar; whisk in cream cheese; brew and cool coffee; slice bread 1cm thick, dunk in coffee and layer with cream; dust with cocoa.

Saved from Instagram [@eatsbyellaa](#)

05

Banana Cream Latte

Creamy banana-milk latte inspired by the 1970s Korean banana milk classic.

INGREDIENTS Coffee, 1 banana, milk, vanilla extract, pinch of salt, maple syrup or coconut cream (optional), cinnamon

METHOD Brew coffee; blend banana with milk, vanilla, salt and optional sweetener until smooth; pour over coffee and top with foam.

Saved from Instagram [@jimmyeveryday](#)

06

Burrata Vodka Pasta

Spicy, indulgent vodka pasta crowned with creamy burrata — perfect for date night.

INGREDIENTS 1 tbsp olive oil, 3 garlic cloves, 1/4 white onion, red pepper flakes, 1 cup tomato paste, 1 cup heavy cream, 200g penne, pasta water, parmesan, parsley, 45ml vodka, 1 burrata, chili garlic crisps

METHOD Saute garlic, onion and chili flakes in olive oil; add tomato paste and vodka; stir in cream; toss with penne and pasta water; top with burrata, parmesan and chili crisps.

Saved from Instagram [@mrinalmarwaha](#)

07

Butter Chicken Tacos

Crispy tacos stuffed with creamy butter chicken and melty mozzarella.

INGREDIENTS 250g chicken breast/thigh (salt, chili powder, cumin, ginger-garlic paste); sauce: butter, onion, cashews, tomato, chili powder, sugar, cream, kasuri methi; taco shells, mozzarella, oil

METHOD Marinate and cook chicken; simmer onion, cashews and tomato in butter, blend smooth; finish sauce with butter, chili powder and cream; crisp tacos in oil with mozzarella and butter chicken.

Saved from Instagram [@noor.baqtiaar](#)

08

Chicken Alfredo Garlic Bread

The viral indulgent chicken alfredo garlic bread — seasoned seared chicken, creamy alfredo and cheese baked on garlic bread.

INGREDIENTS Chicken breast, seasonings, garlic butter, Alfredo sauce, cheese, bread

METHOD Season and sear chicken; make creamy Alfredo sauce; assemble garlic bread with chicken, sauce and cheese; bake until bubbly.

Saved from Instagram [@eatingwithdani_](#)

09

Chicken Bacon Ranch Chicken Breast

Easy healthy-meal-prep chicken bacon ranch — full recipe via the creator's page.

Recipe details are in the original saved post.

Saved from Instagram [@dorrienmack](#)

10

Christmas Cookie Bars

Crinkly, gooey festive cookie bars loaded with Christmas M&Ms, sprinkles and chocolate chunks.

INGREDIENTS Butter, brown sugar, granulated sugar, eggs, vanilla, salt, flour, chocolate chunks, Christmas M&Ms, sprinkles

METHOD Mix dough; fold in chocolate chunks, M&Ms and sprinkles; bake into bars (full recipe on creator's site).

Saved from Instagram [@erinscozykitchen](#)

11

Cookies and Cream Chocolate Chip Cookies

Thick bakery-style cookies studded with chocolate chunks, Hershey's cookies-and-cream pieces and Oreo topping.

INGREDIENTS 227g butter, 210g brown sugar, 200g white sugar, 2 eggs, vanilla, 360g flour, baking soda, cornstarch, baking powder, salt, chocolate chips/chunks, Hershey's cookies-and-cream bar, Oreos

METHOD Cream butter and sugars; add eggs and vanilla; mix in dry ingredients; fold in chocolate and cookies-and-cream chunks; scoop ~170g dough mounds; freeze 30 minutes; bake at 375F for 10-12 minutes; top with Oreos.

Saved from Instagram [@heitzeats](#)

12

Crab Rangoon Quesadilla

Crispy golden quesadilla stuffed with creamy crab rangoon filling, inspired by the viral San Diego burrito.

INGREDIENTS Imitation crab, Philadelphia whipped garlic & herb cream cheese, scallions, red bell pepper, tortilla, sweet chili sauce

METHOD Chop crab, bell pepper and scallions; fold with whipped cream cheese; fill a tortilla and cook until golden and crisp; serve with sweet chili sauce.

Saved from Instagram [@alicespaperplates](#)

13

Creamy Garlic Chili Oil Udon Noodles

Slurp-worthy udon in a creamy, spicy garlic-chili-hoisin sauce finished with parmesan.

INGREDIENTS 400g udon noodles, butter, oil, 4 garlic cloves, 1/2 yellow onion, green onion, parsley, 1 cup heavy cream, chicken bouillon, 2 tbsp chili oil, hoisin, soy sauce, rice vinegar, sugar, 1/3 cup parmesan, sesame seeds

METHOD Boil udon; saute onion in butter and oil, add garlic; stir in chili oil, hoisin, vinegar, sugar, soy sauce and cream; add bouillon and parmesan until thickened; toss with noodles; garnish with green onion and sesame.

Saved from Instagram [@iramsfoodstory](#)

14

Creme Brulee Donut

Fluffy donut filled with creme diplomat and finished with a crackly caramelized sugar top.

INGREDIENTS Creme patissiere: 3 eggs, 75g sugar, 38g flour, vanilla paste, 365ml whole milk; whipped cream; donuts; sugar for caramel

METHOD Make creme patissiere: whisk eggs, sugar, flour and vanilla; temper with warm milk; cook until thickened; chill; fold with whipped cream 1.5:1; fill cooled donuts via piping bag; dip tops in melted caramelized sugar.

Saved from Instagram [@tom.smallwood](#)

15

Crispy Rice Salmon

Addictive crispy rice salmon — full recipe via the creator's page.

Recipe details are in the original saved post.

Saved from Instagram [@wannabechefmatt](#)

16

Fortnite Shield Potion Cocktail

A vivid blue gaming-themed cocktail — the 'big pot' shield potion in a mason jar.

INGREDIENTS 1oz tequila, 1oz white rum, 1oz gin, 1oz lemon juice, 1 bar spoon coconut cream, 8oz blueberry soda, 1oz blueberry schnapps

METHOD Add all ingredients to a mason jar over ice; stir gently.

Saved from Instagram [@thesincitybartender](#)

17

Grape Sorbet with Lime and Tajin

Refreshing 3-ingredient frozen grape sorbet with a zesty lime-Tajin kick.

INGREDIENTS 2.5 cups green grapes, 1 lime, Tajin

METHOD Freeze grapes overnight; blend in a food processor, scraping sides as needed; scoop and top with lime juice and Tajin.

Saved from Instagram [@superfoodsguy](#)

18

Kool-Aid Pineapple Spears

Viral sweet-tart pineapple spears soaked in colorful Kool-Aid for a fun, shareable snack.

INGREDIENTS 2 jars pineapple spears, cherry Kool-Aid, blue raspberry lemonade Kool-Aid, sugar, lemon juice

METHOD Drain pineapple juice from jars; mix Kool-Aid, sugar and lemon juice; pour back over spears; refrigerate 4-5 hours.

Saved from Instagram [@shhhhimeating1](#)

19

Korean Fried Chicken Sandwich

Ultra-crispy gochujang-glazed fried chicken sandwich with slaw and pickles on brioche.

INGREDIENTS Chicken thighs, milk, gochujang, seasonings, flour; slaw: cabbage, carrots, green onions, mayo; gochujang glaze: garlic, honey; brioche buns, pickles, sesame seeds, scallions

METHOD Marinate chicken in milk, gochujang and seasonings; dredge in flour and deep-fry until golden; simmer gochujang, garlic and honey into a glaze and toss chicken; toast brioche; layer slaw, chicken and pickles.

Saved from Instagram [@thenaughtyfork](#)

20

Low-Calorie Egg White Garlic Cheesy Bread

Cheesy garlic bread made lighter with egg whites — full recipe via comment on the creator's page.

Recipe details are in the original saved post.

Saved from Instagram [@sagephoenix_](#)

21

One-Pan Blackened Chicken Alfredo

Creamy one-pan blackened chicken alfredo with bowtie pasta, white wine and parmesan.

INGREDIENTS 1 large chicken breast (smoked paprika, garlic/onion powder, cayenne, oregano, thyme), 1 tbsp butter, shallot, garlic, 1/2 cup white wine, 2.5 cups chicken broth, 8oz farfalle, 1/4-1/2 cup heavy cream, 1 cup parmesan, lemon juice, parsley

METHOD Season and sear chicken; saute shallot, garlic and spices in butter; deglaze with wine; add broth and pasta and cook; stir in cream and parmesan; finish with lemon and parsley.

Saved from Instagram [@heresyourbite](#)

22

Steak and Pasta

Steak and pasta night — full recipe via the creator's bio link.

Recipe details are in the original saved post.

Saved from Instagram [@blakemenardcooks](#)

23

Strawberry Shortcake Pancake Pasta

Playful strawberry shortcake pancake pasta — full recipe via DM from the creator.

Recipe details are in the original saved post.

Saved from Instagram [@thejoshelkin](#)

24

Thai Iced Tea

Creamy, sweet Thai iced tea made at home for a fraction of the restaurant price.

INGREDIENTS ChaTraMue Thai tea mix, water, evaporated milk, sweetened condensed milk, ice

METHOD Steep tea leaves in water for several hours; strain through a fine mesh sieve; whisk in evaporated milk and sweetened condensed milk until creamy orange; pour over crushed ice.

Saved from Instagram [@golden.gully](#)

25

Tiramisu French Toast

Indulgent French toast layered with coffee creme anglaise and whipped cream, tiramisu-style.

INGREDIENTS Creme anglaise: 3 egg yolks, 1/4 cup sugar, instant coffee, 1/2 cup almond milk, vanilla; French toast: thick brioche/challah, 2 eggs, 1/3 cup milk, vanilla, sugar, butter; whipped cream

METHOD Make coffee creme anglaise by tempering yolks with steaming coffee-milk and thickening on the stove; soak brioche in egg custard and pan-fry golden; layer with creme anglaise and whipped cream.

Saved from Instagram [@pov.reid](#)

26

Untitled Healthy Dinner

A saved healthy dinner post with minimal caption — revisit the link for details.

Recipe details are in the original saved post.

Saved from Instagram [@healthicaaa](#)

27

Untitled Summer Recipe

A saved summer recipe post with minimal caption — revisit the link for details.

Recipe details are in the original saved post.

Saved from Instagram [@hunterdavisfitness](#)