



HIGH PROTEIN CHICKEN PARMESAN

INGREDIENTS

- 12 ounce - chicken breast
- $\frac{1}{2}$ cup - low fat cottage cheese
- $\frac{1}{4}$ cup - parmigiano reggiano
- $\frac{3}{4}$ tablespoon - sugar-free tomato sauce

INSTRUCTIONS

1. flatten chicken breasts and add some garlic + your choice of seasonings
2. bake at 425f for 15 mins
3. while its baking blend your cottage cheese
4. top with tomato sauce, cottage cheese and parmesan
5. broil for a few minutes or until cheese gets a bit brown



HIGH PROTEIN COTTAGE CHEESE BREADSTICKS

INGREDIENTS

1 c cottage cheese

1 egg

1/2 c shredded mozzarella (shred your own, iyk)

1/4 tsp italian seasoning

generous pinch of sea salt

sauce for dipping

INSTRUCTIONS

1. preheat oven to 375
2. combine ingredients + mix well
3. pour onto parchment lined baking sheet, spreading into a thin, even layer
4. bake for about 32-35 minutes, until top is browned
5. remove from oven + cut into approx 14 breadsticks
6. dip in your favorite sauce