

HIGH PROTEIN MAC & CHEESE

INGREDIENTS

- 150g high-protein pasta
- 200g cooked lean ground chicken or beef
- 200g low-fat cottage cheese, blended until smooth
- 80g shredded low-fat cheese
- 100ml skim milk
- 1 tsp Dijon mustard (optional)
- ½ tsp garlic powder
- ½ tsp onion powder
- Salt and pepper, to taste
- 1 tsp olive oil (for cooking the meat)
- 1 tbsp nutritional yeast (optional, for extra cheesy flavor)

DIRECTIONS

- **Cook the Pasta:** Cook 150g of high-protein pasta according to package directions. Drain and set aside.
- **Cook the Meat:** in a pan, heat 1 tsp olive oil. Add 200g lean ground chicken or beef. Season with salt, pepper, garlic powder. Cook until browned and fully cooked through. Set aside.
- **Make the Cheese Sauce:** Blend 200g low-fat cottage cheese until smooth. In a saucepan, combine: Blended cottage cheese, 100ml skim milk, ½ tsp garlic powder, ½ tsp onion powder, 1 tsp Dijon mustard (optional), 1 tbsp nutritional yeast (optional), Salt and pepper to taste. Stir over low heat. Add 80g shredded low-fat cheese and stir until melted and creamy.
- **Combine All:** Mix in cooked pasta and meat into the cheese sauce. Stir until everything is evenly coated and hot.
- **Optional Finish:** Pour into a baking dish, top with a little extra cheese, and broil for 3–5 minutes for a crispy top.



Macros

Calories: 590 kcal
Protein: 58g
Carbohydrates: 42g
Fat: 20g
Makes two servings

This high-protein mac and cheese is a creamy, satisfying twist on a classic—made with lean ground meat, cottage cheese, and high-protein pasta for over 50g of protein per serving, it's a satisfying and muscle-friendly meal that doesn't skimp on flavor. Whether you're meal prepping for the week or need a quick, hearty dinner, this upgraded classic hits the spot without the heavy calories or guilt.