

Welcome!

Fuel your body and support your wellness goals with this high-protein recipe pack. Filled with easy, delicious options for breakfast, lunch, snack, and dinner, this guide will help maintain muscle mass, support hormonal health, and keep energy levels steady throughout the day. Protein is crucial during this stage of life to support metabolism, reduce cravings, and promote overall vitality. Let these recipes help you feel stronger, more energized, and ready to take on whatever comes your way. Happy cooking!

Daria Ventura

Daria Ventura Nutrition



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Cottage Cheese with Blueberries and Hemp Seeds

Serves 2

Prep: 5 mins. | Total: 5 mins.

Ingredients

- 2 cups cottage cheese, whole-milk
- 1/2 cup blueberries
- 1/4 cup hemp seeds

Per serving:

272 calories

10g carbohydrates

16g total fat

26g protein



Make

1. Add cottage cheese to serving cups and top with blueberries and hemp seeds.
2. Other topping options: raspberries, strawberries, walnuts, almonds, ground flaxseed, and pumpkin seeds.

Chocolate Fudge Shake with Collagen

Serves 2

Prep: 10 mins. | Total: 4 hours.

Ingredients

- 1 cup unsweetened coconut milk, canned
- 1 cup zucchini, chopped and frozen
- 1/4 cup unsweetened cocoa powder
- 2 medjool dates, pitted and chopped
- 2 Tbsp almond butter
- Pinch of salt
- 1/2 cup water, more as needed
- 3 scoops unflavored and unsweetened collagen powder

Per serving:

475 calories

32g carbohydrates

6g fiber

35g total fat

22g protein



Prep

1. Chop and freeze zucchini.

Make

1. Add all ingredients to a blender and process until smooth and creamy. Add more water as needed.

Chicken Sausage Kale Skillet

Serves 2

Prep: 10 mins. | Total: 15 mins.

Ingredients

- 12 oz sausage, uncured and unsweetened (gluten-free)
- 8 oz kale, spines removed and chopped

Per serving:

599 calories

7g carbohydrates

5g fiber

53g total fat

23g protein

Prep

1. Remove spines from kale and chop leaves.
2. Slice sausage.
3. Preheat heavy skillet.

Make

1. Add sausage to skillet and brown on all sides.
2. Stir in kale and remove from heat. Cover to allow kale to wilt.



Chicken Salad Collard Wraps

Serves 2

Prep: 15 mins. | Total: 20 mins.

Ingredients

- 2 cups chicken breast, pre-cooked
- 4 collard green leaves, trimmed
- 2 scallions, chopped
- 2 Tbsp parsley, chopped
- 1/3 cup raw walnuts, chopped
- Salt, to taste
- Freshly ground black pepper, to taste
- 1/2 avocado, sliced
- 1/4 cup mayonnaise, unsweetened

Per serving:

638 calories

9g carbohydrates

5g fiber

52g total fat

40g protein



Prep

1. Shred the cooked chicken and place it in a large bowl.
2. Remove stems of collards. Place each leaf on a flat surface and, using a sharp knife or vegetable peeler, shave off some of the spines to make it more flexible. Blanch in very hot water to soften and set aside.
3. Chop scallions, parsley, and walnuts. Slice avocado.

Make

1. To the chicken, add chopped ingredients and mayonnaise and toss well. Season with salt and pepper to taste.
2. Place collard leaf vertically on a flat surface with the stem side toward you.
3. Place 1/4 of the mixture on the front third of one of the collard leaves, add avocado, and roll to create a wrap. Repeat with remaining collard leaves.
4. Other vehicles for this salad include endive spears and romaine lettuce leaves. Of course, you can enjoy it as a sandwich or on top of a pile of greens.

Turkey Herb Burgers

Serves 4

Prep: 10 mins. | Total: 15 mins.

Ingredients

- 1 1/2 lb ground turkey, lean
- 1/4 cup fresh basil, finely chopped
- 1/4 cup fresh mint, finely chopped
- 1/4 cup chives, finely chopped
- 1 tsp dried sage

Per serving:

256 calories

1g carbohydrates

1g fiber

13g total fat

34g protein



Prep

1. In a large bowl, combine the turkey, basil, mint, chives, and sage.
2. Add salt and pepper to taste.
3. Mix gently and form into 4 patties.
4. Preheat grill or griddle pan to medium-high.

Make

1. Grill and brown the burgers for about 6 minutes on each side, or until cooked through.

Spinach and Tomato Sheet Pan Frittata

Serves 2

Prep: 10 mins. | Total: 25 mins.

Ingredients

- 1 cup sun-dried tomatoes, drained and chopped
- 2 cups spinach, chopped
- 1/4 tsp garlic powder
- 1/2 tsp dried oregano
- Cooking oil spray
- 6 eggs, large
- 1/2 cup feta cheese, crumbled (optional)
- Salt and freshly ground black pepper, to taste

Per serving:

393 calories

19g carbohydrates

4g fiber

23g total fat

29g protein

Prep

1. Drain, rinse, and chop sun-dried tomatoes.
2. Wash and chop spinach.
3. Preheat oven to 425°F.
4. Line sheet pan with parchment paper and lightly coat with cooking oil spray.

Make

1. Place the sun-dried tomatoes and spinach on the pan and then sprinkle with garlic, oregano, salt, and pepper. (You can also use an Italian herb blend.)
2. In a small bowl, whisk together the eggs. Pour the eggs over the vegetable mixture in the pan. Top with feta cheese, if desired.
3. Bake for 10 to 15 minutes, or until eggs are set.
4. Season with salt and pepper to taste.



Dijon Salmon with Spinach

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 1 1/2 lb salmon, cut into filets
- 2 Tbsp Dijon mustard
- 2 garlic cloves, crushed
- 1 1/2 Tbsp extra-virgin olive oil
- 1/2 lemon, juiced
- 1 Tbsp maple syrup
- 1/4 cup scallions, chopped
- Parchment paper
- 6 cups spinach
- 1 lemon, juiced
- 2 Tbsp extra-virgin olive oil

Per serving:

388 calories

8g carbohydrates

23g total fat

35g protein



Prep

1. De-bone salmon filets.
2. Preheat the oven to 400°F.
3. Crush garlic, juice lemon, and chop scallions.
4. Line baking sheet with parchment paper.

Make

1. Arrange filets on baking sheet.
2. Stir together mustard, garlic, oil, lemon juice, and maple syrup. Stir in scallions.
3. Spoon mixture over filets and bake for about 12 to 15 minutes until cooked through. (Cooking time will depend on thickness of filets.)
4. Toss spinach with lemon juice, olive oil and salt. Place on plate.
5. Serve salmon over spinach.

Quick Bolognese with Spaghetti Squash

Serves 4

Prep: 30 mins. | Total: 45 mins.

Ingredients

- 2 lb spaghetti squash
- 4 scallions, chopped
- 3 garlic cloves, minced or pressed
- 1 lb ground beef, lean
- 3 oz pancetta
- 1 tsp dried oregano
- 1 cup chopped tomatoes, canned
- 1 cup mozzarella cheese, crumbled
- Salt, to taste
- Freshly ground black pepper, to taste

Per serving:

697 calories

10g carbohydrates

2g fiber

55g total fat

38g protein



Prep

1. Preheat oven to 400°F. Cut the spaghetti squash in half lengthwise and remove the seeds. Drizzle with olive oil, season with salt and pepper, and place the halves cut-side down on a baking sheet. Roast for about 30 to 40 minutes until tender. Use a fork to scrape out the spaghetti-like strands.

Make

1. In a heavy skillet, sauté the pancetta and beef until cooked through. Remove the mixture with a slotted spoon and set aside.
2. In the same pan, sauté scallions, garlic, and oregano until fragrant. Add the beef mixture back to the pan with tomatoes and simmer for 15 minutes.
3. Season with salt and pepper, to taste.
4. Place 1 cup of spaghetti squash on each plate, top with sauce, cheese, and fresh herbs (like basil) if desired.

High-Protein Rosemary Focaccia

Serves 10

Prep: 10 mins. | Total: 30 mins.

Ingredients

- 3 cup mozzarella cheese, shredded
- 5 oz cream cheese
- 2 cups almond flour
- 1 Tbsp baking powder
- 1 tsp garlic powder
- 3 eggs
- 2 tsp dried rosemary
- 1 tsp salt

Per serving:

297 calories

7g carbohydrates

3g fiber

25g total fat

15g protein



Prep

1. Preheat oven to 425°F and line a baking sheet with parchment paper.

Make

1. Add mozzarella and cream cheese to a large glass Pyrex measuring cup or glass bowl. Microwave for 90 seconds, stir well, then microwave again for another minute if necessary to completely melt.
2. In a large bowl, whisk together almond flour, baking powder, and garlic powder until no lumps appear.
3. Add eggs to bowl for a stand mixer, then add dry ingredients followed by melted cheese mixture. Using a dough hook, process on medium until the mixture comes together in a ball. You could also use a food processor with a dough blade or mix by hand until ingredients combine.
4. Place dough ball in the center of the parchment-lined baking sheet. With wet fingertips, press dough into a flat rectangle until it reaches 1/4-inch thickness.
5. Drizzle with olive oil and sprinkle with rosemary and salt.
6. Bake for about 10 to 12 minutes, checking frequently, until edges brown.
7. Remove to a cooling rack and let stand for a few minutes before cutting.
8. Wrap and freeze. Reheat in a toaster oven when ready to enjoy.