

RECIPE

Berry-Chia Cottage Cheese Bowl

SERVES: 1

A HIGH-PROTEIN, FIBER-RICH START that supports satiety, stable energy, and gut health—without feeling overly heavy.

INGREDIENTS

- $\frac{3}{4}$ cup whole milk cottage cheese
- 1 tbsp chia seeds
- $\frac{1}{2}$ cup sliced strawberries
- 1 tbsp almond butter



INSTRUCTIONS

- 1 SPOON** cottage cheese into a bowl.
- 2 TOP** with chia seeds and strawberries.
- 3 DRIZZLE** with almond butter.

NUTRITIONAL INFO PER SERVING

CALORIES

343

PROTEIN

27g

FIBER

7g