

UPGRADED HEALTH

The High-Protein Snack & Sweet Treat Collection

12 small recipes for an afternoon snack or something sweet.

Additional recipes to use with your 30-day plan. Each full recipe makes two portions and includes an estimated protein amount.

Inside your guide

Complete ingredient lists and instructions

Practical storage and substitution notes

A recipe index and a two-recipe shopping worksheet

A companion to The 30-Day High-Protein Meal Plan for Women Over 40.

By Upgraded Health

How to use this collection

Choose a recipe and replace one of the corresponding meals or snacks in your main calendar. Prepare one full recipe for two people, or save half safely for later. These ingredients are not included in the main grocery lists; add them when you make a swap.

One serving is half the full recipe, including frozen bark and freezer pops. The number of individual pieces is not the serving count. These are optional snacks or desserts, not automatic additions to every day. Freezer and chill times are separate from active preparation.

Protein and portions

Protein figures use the same approximate ingredient inputs as the main guide. They are not a full nutrient analysis or an individual target. If your brands or portions differ, recalculate. Recipes and timings have not been kitchen-tested.

Food safety

Keep perishables at 40°F or below. Refrigerate within 2 hours, or 1 hour above 90°F. Use cooked leftovers within 3-4 days, sooner if a label requires it. For best texture, make assembled fruit cups, wraps and salads for the next 1-2 days. Reheat leftovers to 165°F; pack chilled foods with two cold sources. [1-3]

Allergens

Check labels for milk, eggs, fish, shellfish, soy, wheat, peanuts, tree nuts and sesame where relevant. Egg-free recipes also require egg-free packaged bread or other components if avoiding egg ingredients.

Choose a recipe

Snacks & sweet treats

- T01 Chocolate Cherry Cheesecake Cups | ~25 g | p. 4
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- T03 Cinnamon Ricotta Yogurt Cups | ~21 g | p. 6
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Chocolate Cherry Cheesecake Cups

T01 / MAKES 2 SERVINGS / 7 MIN

Estimated protein: 25 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain cottage cheese
100 g (3.5 oz) Plain Greek yogurt (about 10 g protein per 100 g)
12 g Unsweetened cocoa powder
150 g (5.3 oz) Pitted cherries
15 g Honey

Make it

Start. Blend cottage cheese, yogurt, cocoa and honey until creamy.

Finish. Divide into two cups and top with pitted cherries.

Prep & serving note

A soft spoon dessert, not a baked cheesecake. Keep refrigerated.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~36 g/batch, plain greek yogurt ~10 g/batch, unsweetened cocoa powder ~2 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peanut Yogurt Freezer Bark

T02 / MAKES 2 SERVINGS / 10 MIN ACTIVE + 3 HOURS FREEZING

Estimated protein: 22 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Plain Greek yogurt (about 10 g protein per 100 g)

30 g (1.1 oz) Peanut butter

100 g (3.5 oz) Mixed berries

20 g Dark chocolate chips

Make it

Start. Stir peanut butter into yogurt and spread about 1/2 inch thick on a small parchment-lined tray.

Next. Scatter berries and chocolate over the top. Freeze at least 3 hours until firm.

Finish. Break into pieces and divide the full batch into two snack portions.

Prep & serving note

Store frozen and eat soon after removing it; it melts quickly.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~35 g/batch, peanut butter ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Cinnamon Ricotta Yogurt Cups

T03 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 21 g per serving. One serving is half the complete recipe.

Ingredients

200 g (7.1 oz) Part-skim ricotta

200 g (7.1 oz) Plain Greek yogurt (about 10 g protein per 100 g)

1 g (about 0.5 tsp) Ground cinnamon

15 g Honey

150 g (5.3 oz) Pear, cored

Make it

Start. Stir ricotta, yogurt, cinnamon and honey together.

Finish. Divide into two bowls and serve with diced pear.

Prep & serving note

Use part-skim ricotta for the estimate. Do not replace all the yogurt with ricotta without recalculating.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: part-skim ricotta ~22 g/batch, plain greek yogurt ~20 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Double-Chocolate Yogurt

T04 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 19 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Plain Greek yogurt (about 10 g protein per 100 g)

12 g Unsweetened cocoa powder

3 ml Vanilla extract

15 g Dark chocolate chips

10 g Honey

Make it

Start. Whisk cocoa, vanilla and honey into yogurt until smooth.

Finish. Top with chocolate chips and divide into two cups.

Prep & serving note

This treat uses cocoa and dark chocolate for flavor; no coffee is added.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~35 g/batch, unsweetened cocoa powder ~2 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lemon Cottage Cheese Berry Dip

T05 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 22 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Plain cottage cheese

15 ml (1 tbsp) Lemon juice

15 g Honey

200 g (7.1 oz) Mixed berries

Make it

Start. Blend cottage cheese, lemon juice and honey until smooth.

Finish. Divide into two bowls and serve with berries for dipping or spooning.

Prep & serving note

Use less lemon juice for a thicker dip; optional adjustments change the measured recipe slightly.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~42 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Savory Tofu-Hummus Dip

T06 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 21 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)

150 g (5.3 oz) Prepared hummus

20 ml Lemon juice

1 g (about 0.5 tsp) Smoked paprika

200 g (7.1 oz) Carrots, trimmed

Make it

Start. Blend tofu suitable for ready-to-eat use with hummus, lemon juice and paprika.

Finish. Cut carrots into sticks and serve with two equal dip portions.

Prep & serving note

Check tofu preparation instructions and hummus allergens; sesame is common.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~30 g/batch, prepared hummus ~11 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Edamame & Pumpkin Seed Snack Cups

T07 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 17 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Frozen shelled edamame

20 g Pumpkin seeds

15 ml (1 tbsp) Lemon juice

Make it

Start. Cook edamame as labeled and drain.

Finish. Toss with lemon juice, divide into two cups and top with pumpkin seeds.

Prep & serving note

Cook edamame before packing; chill promptly if saving for later.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: frozen shelled edamame ~28 g/batch, pumpkin seeds ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Mini Cottage Cheese Pizza Toasts

T08 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 24 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Plain cottage cheese
80 g (2.8 oz) Whole-grain bread
60 g (2.1 oz) Canned crushed tomatoes
40 g (1.4 oz) Part-skim mozzarella, shredded
1 g (about 1 tsp) Dried oregano

Make it

Start. Toast bread. Spread with crushed tomatoes, cottage cheese and oregano; top with mozzarella.

Next. Broil on a tray for 2-4 minutes until cheese is melted, watching continuously.

Finish. Divide into two snack portions.

Prep & serving note

Use a broiler-safe tray and keep the bread away from the heating element. Serve warm.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~30 g/batch, part-skim mozzarella, shredded ~10 g/batch, whole-grain bread ~7 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tuna-Yogurt Cucumber Boats

T09 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 16 g per serving. One serving is half the complete recipe.

Ingredients

1 cans Light tuna in water, 5 oz can (20 g protein; drain)
100 g (3.5 oz) Plain Greek yogurt (about 10 g protein per 100 g)
250 g (8.8 oz) Cucumber
10 ml (2 tsp) Lemon juice
5 g Fresh parsley or dill

Make it

Start. Mix drained tuna with yogurt, lemon juice and chopped herbs.

Next. Halve cucumber lengthwise and scoop out a shallow channel. Fill with tuna mixture and cut into portions.

Finish. Divide into two snack servings.

Prep & serving note

One can makes two snacks, not two full lunches.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: light tuna in water, 5 oz can ~20 g/batch, plain greek yogurt ~10 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chocolate Banana Cottage Freeze

T10 / MAKES 2 SERVINGS / 8 MIN ACTIVE + 60-90 MIN FREEZING

Estimated protein: 22 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain cottage cheese

180 g (6.3 oz) Banana, peeled

10 g Unsweetened cocoa powder

20 g Peanut butter

Make it

Start. Blend cottage cheese, banana, cocoa and peanut butter until smooth.

Finish. Divide into two shallow containers and freeze 60-90 minutes, stirring once, for a soft frozen dessert.

Prep & serving note

If frozen solid, let soften briefly before eating; texture differs from churned ice cream.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~36 g/batch, peanut butter ~5 g/batch, unsweetened cocoa powder ~2 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peach Yogurt Crumble Cups

T11 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 22 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Plain Greek yogurt (about 10 g protein per 100 g)

180 g (6.3 oz) Peach, pitted

25 g (0.9 oz) Rolled oats, dry

15 g Almonds

1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Toast oats and chopped almonds in a dry skillet for 3-4 minutes, stirring. Cool briefly.

Next. Divide yogurt and diced peaches into two cups.

Finish. Top with oat mixture and cinnamon.

Prep & serving note

The crumble topping softens during storage, so keep it separate until eating.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~35 g/batch, rolled oats, dry ~3 g/batch, almonds ~3 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Vanilla Mango Cottage Pops

T12 / MAKES 2 SERVINGS / 8 MIN ACTIVE + 4 HOURS FREEZING

Estimated protein: 24 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Plain cottage cheese

200 g (7.1 oz) Mango flesh

100 ml Milk

5 ml (1 tsp) Vanilla extract

Make it

Start. Blend all ingredients until smooth.

Next. Pour into freezer-pop molds or freezer-safe containers. Freeze at least 4 hours until solid.

Finish. Divide the complete batch into two portions, regardless of how many molds it fills.

Prep & serving note

Protein is calculated per half batch, not per individual pop. Label your portions.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~42 g/batch, milk ~3 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Try two recipes this week

Start with T01 Chocolate Cherry Cheesecake Cups and T02 Peanut Yogurt Freezer Bark. Together they make four portions. The list below includes one full batch of each recipe.

Ingredient	Total for both recipes
Plain cottage cheese	300 g (10.6 oz)
Plain Greek yogurt (about 10 g protein per 100 g)	450 g (15.9 oz)
Unsweetened cocoa powder	12 g
Pitted cherries	150 g (5.3 oz)
Honey	15 g
Peanut butter	30 g (1.1 oz)
Mixed berries	100 g (3.5 oz)
Dark chocolate chips	20 g

Make your own swap

Original recipe: _____

New recipe and code: _____

Remove from grocery list: _____

Add to grocery list: _____

Prep, chill or thaw reminder: _____

References & recipe notes

[1] FoodSafety.gov: Safe Minimum Internal Temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

[2] USDA FSIS: Leftovers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

[3] USDA FSIS: Keeping Bag Lunches Safe

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe>

Food and nutrition references

USDA FoodData Central: a resource for checking ingredient composition

<https://fdc.nal.usda.gov/>

Example product label: FAGE plain Greek yogurt

<https://usa.fage/products/yogurt/fage-total-0>

Example product label: StarKist light tuna in water

<https://starkist.com/product/chunk-light-tuna-in-water-can/>

The figures in this program are approximate planning inputs, not a verified nutrient analysis of specific purchased products. The full input table is in the main guide. Compare your labels and adjust as needed.