

# High-Protein *MAPLE BEEF* EGG BAKE

High-protein 9x13 pan version — 45g protein per square. Doubled veg, browned and pressed dry.

325F

OVEN TEMP

40-45

MINUTES

4

SQUARES

5 Days

FRIDGE LIFE

## INGREDIENTS

Makes one 9x13 pan · 4 squares

### PROTEIN BASE

- 10 large eggs
- 4 egg whites (or 2/3 cup carton)
- 1.3 cups cottage cheese, 2%
- 10 oz ground beef, 90/10

### VEG

- 5 oz baby spinach (one container)
- 2 bell peppers, diced small
- 1 yellow onion, diced small

### FLAVOR

- 2 tbsp pure maple syrup
- 3 tbsp nutritional yeast
- 0.8 tsp garlic powder
- 1 tsp salt (split — half in beef)
- 0.3 tsp black pepper

## PER SQUARE

1/4 of the pan · run line by line

**45g**  
PROTEIN

**439**  
CALORIES

**18g**  
FAT

**20g**  
CARBS

### IF YOURS DIFFERS

- 4% or full-fat cottage cheese:** add ~25 cal and 3g fat per square. Nonfat drops it about the same the other way.
- Drain the beef hard:** closer to 400 cal and 16g fat per square.

### FITTING IT INTO YOUR DAY

45g protein per square is real, and at 439 cal it fits your morning better than first called — you can keep the half slice of sourdough and still land under 500.

### DIAL THE CALORIES DOWN

Protein holds or climbs in every version — fat is the lever.

| VERSION                                   | CAL | PROTEIN | FAT |
|-------------------------------------------|-----|---------|-----|
| Current                                   | 439 | 45g     | 18g |
| A — 5 eggs + 14 whites                    | 392 | 47g     | 12g |
| B — A + 96/4 beef + nonfat cottage cheese | 358 | 48g     | 8g  |
| C — B without the maple                   | 345 | 48g     | 8g  |

# THE BUILD

## 1 PREHEAT AND LINE THE PAN

Preheat to 325F. Line a 9x13 with parchment, letting it hang over two sides so you can lift the whole slab out and cut it on a board.

## 2 MAKE THE MAPLE BEEF

Brown the beef over medium-high, breaking it up. Season with half the salt and all the pepper. Drain the fat, return to the pan, add the maple syrup and cook 1-2 minutes until it glazes and smells like breakfast sausage. Set aside.

## 3 BROWN THE VEGGIES

Same pan, medium-high. Brown the onion and bell peppers until they take on color and the edges caramelize, 6-7 minutes. Add the spinach in batches and cook until fully wilted and the pan looks dry.

## 4 PRESS THE VEG DRY

Turn the cooked veg onto a plate lined with paper towels. Press down firmly with more towels and squeeze out the moisture. This is the step that makes or breaks the texture — wet veg means a wet bake.

## 5 BLEND THE BASE

Blend the cottage cheese until completely smooth, about 30 seconds. Add the eggs, egg whites, nutritional yeast, garlic powder, and the remaining salt. Blend another 20 seconds until frothy and uniform.

## 6 LOAD THE PAN

Scatter the maple beef and the pressed veg evenly across the pan. Pour the egg mixture over the top and give the pan a gentle shake to settle everything.

## 7 BAKE

Bake 40-45 minutes at 325F until the center is just set with barely a wobble. Add 5 minutes for a glass pan. Check the middle, not the edges — a knife an inch from center should come out clean.

## 8 COOL, CUT, STORE

Cool 10 minutes, lift out by the parchment, cut into 4 squares. Store in the fridge 5 days, or freeze half.

### WHERE THE PROTEIN CAME FROM

|                              |     |
|------------------------------|-----|
| Beef 8 → 10 oz               | +6g |
| Cottage cheese 1 → 1.25 cups | +2g |
| 4 egg whites added           | +4g |
| Nutritional yeast            | +2g |

### TROUBLESHOOT & SCALE

**Watery?** The veg wasn't pressed dry enough.

**Rubbery?** The oven ran hot. 325F is the whole trick with cottage cheese.

**Full week:** double it — two 9x13 pans, 8 squares. Freeze half.