High Protein Mozzarella Sticks

These crispy high protein mozzarella sticks are made by wrapping mozzarella cheese sticks in seasoned ground chicken, coating them in grated parmesan, and air frying until golden. They're simple, filling, and great for building muscle or keeping on hand as an easy high protein snack.

Ingredients

12 oz ground chicken
4 mozzarella sticks
1 cup grated parmesan
Salt, to taste
Black pepper, to taste
Garlic powder, to taste
Everything bagel seasoning, to taste

Step by Step Instructions

1. Prep your ingredients
   Lay out the ground chicken, mozzarella sticks, grated parmesan, and seasonings so everything is ready to go.
2. Season the parmesan coating
   Add the grated parmesan to a bowl or plate. Mix in salt, pepper, garlic powder, and everything bagel seasoning. Stir until evenly combined.
3. Divide the ground chicken
   Split the 12 oz of ground chicken into 4 equal portions so each mozzarella stick gets wrapped evenly.
4. Wrap the mozzarella sticks
   Take one portion of ground chicken and flatten it slightly in your hands. Place a mozzarella stick in the middle, then wrap the chicken around it until the cheese stick is fully covered. Repeat for all 4.
5. Coat in parmesan
   Roll each chicken-wrapped mozzarella stick in the parmesan seasoning mixture until fully coated on all sides.
6. Preheat the air fryer
   Set your air fryer to 400°F and let it heat for a couple of minutes if needed.
7. Air fry
   Place the coated mozzarella sticks in the air fryer basket in a single layer. Air fry at 400°F for 12 minutes, or until the chicken is fully cooked and the outside is golden and crispy.
8. Let them cool slightly
   Remove them from the air fryer and let them sit for a few minutes before eating. This helps the cheese set a bit so it does not explode out everywhere.

9. Serve or store
   Eat right away, or store them in the fridge for quick protein during the week.

Meal Prep Option
Tripled Recipe
Makes 12 mozzarella sticks

Ingredients

36 oz ground chicken
12 mozzarella sticks
3 cups grated parmesan
Salt, to taste
Black pepper, to taste
Garlic powder, to taste
Everything bagel seasoning, to taste

Meal Prep Instructions

1. Prepare a large bowl or plate with the parmesan and seasonings mixed together.
2. Divide the 36 oz of ground chicken into 12 equal portions.
3. Wrap each mozzarella stick fully with one portion of ground chicken.
4. Roll each one in the parmesan mixture until coated all over.
5. Air fry in batches at 400°F for 12 minutes, making sure not to overcrowd the basket.
6. Let them cool fully before storing.

Storage Tips

Store in airtight containers in the fridge for up to 4 days.

For meal prep, you can store 3 mozzarella sticks per container if you want 4 grab-and-go servings.

Reheating

Air fryer: 350°F for 3 to 5 minutes
Microwave: 30 to 45 seconds, though the coating will be less crispy

Macro Breakdown

Each Mozzarella Stick:

Calories: 298
Protein: 31.5g Carbs: 1g Fat: 13.8g

Final Summary

These are perfect if you want something that actually tastes good but still helps you hit your protein. Easy to make, easy to store, and way smarter than pretending bland food is the only way to eat healthy.

If you want, I can also turn this into a cleaner recipe card version with a better title and more polished formatting for your audience.

Quick Note: Losing weight & building muscle can be tough to stay consistent with on your own. That's where a coach helps. I build my clients custom meal plans that keep them in a deficit with foods they enjoy, custom workouts based on their goals and schedule, and provide weekly accountability through texts and check in calls.

If you want to explore coaching with me, fill out this form and I'll reach out to see if it's a good fit.

https://www.dkprofitness.com/1-1-coaching