



# 7 Day High Protein Meal Plan

A high-protein diet can help you reach your goals. This meal plan is designed to provide balanced nutrition, support your fitness efforts, and give a variety of options! Enjoy :)



# 7 Day High Protein Meal Plan

## Breakfast

Greek Yogurt Parfait

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup mixed berries
- 1 tbsp honey

## Snack

Apple with Peanut Butter

- 1 apple
- 2 tbsp peanut butter

## Lunch

Chicken Caesar Salad

- 4 oz grilled chicken breast
- 2 cups romaine lettuce
- 1/4 cup croutons
- 2 tbsp Caesar dressing

## Snack

Protein Smoothie

- 1 scoop protein powder
- 1 cup almond milk
- 1 banana
- 1 tbsp almond butter

## Supper

Baked Salmon with Quinoa and Veggies

- 5 oz baked salmon
- 1 cup cooked quinoa
- 1 cup steamed broccoli

# Day 1



# 7 Day High Protein Meal Plan

## Breakfast

Veggie Omelette

- 3 eggs
- 1/2 cup diced bell peppers
- 1/4 cup diced onions
- 1 oz feta cheese
- 1 slice whole-grain toast

## Snack

Cottage Cheese and Pineapple

- 1 cup cottage cheese
- 1/2 cup pineapple chunks

## Lunch

Turkey Wrap

- 4 oz sliced turkey breast
- 1 whole wheat tortilla
- 1 tbsp mayo
- 1 cup spinach

## Snack

Almonds and Berries

- 1/4 cup almonds
- 1/2 cup mixed berries

## Supper

Grilled Chicken with Sweet Potato and Asparagus

- 6 oz grilled chicken breast
- 1 medium sweet potato
- 1 cup roasted asparagus

# Day 2



# 7 Day High Protein Meal Plan

## Breakfast

Protein Pancakes

- 1 scoop protein powder
- 1/2 cup oats
- 2 egg whites
- 1/2 cup Greek yogurt

## Snack

Protein Bar

- 1 high-protein bar

## Lunch

Quinoa and Black Bean Bowl

- 1 cup cooked quinoa
- 1/2 cup black beans
- 1/2 cup corn
- 1/4 cup salsa

## Snack

Hard-Boiled Eggs

- 2 hard-boiled eggs

## Supper

Beef Stir-Fry

- 5 oz lean beef strips
- 2 cups mixed vegetables
- 1 cup brown rice
- 2 tbsp soy sauce

# Day 3



# 7 Day High Protein Meal Plan

## Breakfast

Smoothie Bowl

- 1 scoop protein powder
- 1 cup mixed frozen berries
- 1/2 banana
- 1/2 cup almond milk
- 1/4 cup granola

## Snack

Greek Yogurt and Nuts

- 1 cup Greek yogurt
- 1/4 cup mixed nuts

## Lunch

Tuna Salad

- 1 can tuna
- 2 tbsp mayo
- 1 cup mixed greens
- 1 slice whole-grain bread

## Snack

Hummus and Veggies

- 1/2 cup hummus
- 1 cup carrot sticks

## Supper

Baked Chicken with Brown Rice and Green Beans

- 6 oz baked chicken breast
- 1 cup cooked brown rice
- 1 cup steamed green beans

# Day 4



# 7 Day High Protein Meal Plan

## Breakfast

Avocado Toast with Eggs

- 2 slices whole-grain toast
- 1/2 avocado
- 2 poached eggs

## Snack

Protein Shake

- 1 scoop protein powder
- 1 cup almond milk

## Lunch

Chicken and Veggie Wrap

- 4 oz grilled chicken breast
- 1 whole wheat tortilla
- 1/2 cup bell peppers
- 1/2 cup cucumbers
- 2 tbsp tzatziki sauce

## Snack

String Cheese and Apple Slices

- 2 string cheese sticks
- 1 apple

## Supper

Shrimp and Broccoli Stir-Fry

- 6 oz shrimp
- 2 cups broccoli
- 1 cup cooked quinoa
- 2 tbsp teriyaki sauce

# Day 5



# 7 Day High Protein Meal Plan

## Breakfast

Oatmeal with Protein Powder

- 1/2 cup oats
- 1 scoop protein powder
- 1 tbsp almond butter
- 1/2 banana

## Snack

Turkey Roll-Ups

- 4 slices turkey breast
- 1 slice cheese

## Lunch

Grilled Salmon Salad

- 4 oz grilled salmon
- 2 cups mixed greens
- 1/2 avocado
- 2 tbsp vinaigrette

## Snack

Greek Yogurt with Honey

- 1 cup Greek yogurt
- 1 tbsp honey

## Supper

Beef and Sweet Potato Bowl

- 5 oz lean ground beef
- 1 medium sweet potato
- 1 cup steamed broccoli

# Day 6



# 7 Day High Protein Meal Plan

## Breakfast

### Breakfast Burrito

- 2 scrambled eggs
- 1/2 cup black beans
- 1/4 cup salsa
- 1 whole wheat tortilla

## Snack

### Greek Yogurt Parfait

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 1 tbsp honey

## Lunch

### Turkey and Avocado Salad

- 4 oz turkey breast
- 1/2 avocado
- 2 cups mixed greens
- 2 tbsp ranch dressing

## Snack

### Mixed Nuts

- 1/4 cup mixed nuts

## Supper

### Chicken Fajitas

- 6 oz chicken breast
- 1/2 cup bell peppers
- 1/2 cup onions
- 2 whole wheat tortillas

# Day 7



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Calculate

se fat, we typically recommend  
using a caloric deficit of 20%.

**2263**  
calories

e is your macronutrient bre  
40% carbs, 40% protein, a  
fat. Remember, Protein a  
carbohydrates have 4 calor  
m, and Fat has 9 calories

226g Protein

226g Carbs

50g Fat

Change Macro Ratio

Send to Meal T

## Meal Tracking

Zoe Pineau ▼  
Monday, June 24, 2024 ▼  
150 ▼

Calories

1103

Remain

Protein

91

Remain

Carbs

122

Remain

Fat

27

Remain

Meal 1 ...

Egg whites (Naturegg)

2 cup

Cal: 273

P: 61

C: 6

F:

Cal: 273

P: 61

C: 6

F: 0

Meal 2 ...

Greek Yogurt 0% M.F. (Liberte)

301.2 g

Cal: 172

P: 29

C: 10

F:

Frozen Strawberries

1 cup, thawed

Cal: 77

P: 1

C: 20

F:

Blueberries

5 oz