

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:)



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



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



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



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



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



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
- 1tbsp honey

Supper

Beef and Sweet Potato Bowl

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



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

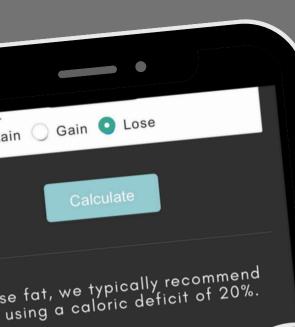
Mixed Nuts

• 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



Stay on track with MyFitSuite

Start 7 Day Free Trial

2263 calories

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

226g Protein

226g Carbs

50g Fat

Change Macro Ratio

Send to Meal

