7-Day High-Protein Meal Plan

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Simple meals • Easy prep • Budget-friendly • Vegetarian options

Goal: Aim to consume approximately 90–120 grams of protein each day, depending on portions and snacks. A practical target is about 25–30 grams of protein at each main meal.

Day	Breakfast	Lunch	Dinner	Snack
1	Greek yogurt with berries, walnuts, and chia seeds	Chicken-avocado wrap with vegetables	Sheet-pan chicken, roasted broccoli, and potatoes	Cottage cheese + fruit
2	2 eggs + egg whites, whole-grain toast, fruit	Leftover chicken grain bowl with greens and hummus	Turkey taco bowls with black beans, brown rice, salsa, and avocado	Greek yogurt
3	Overnight oats with Greek yogurt, milk, chia, and peanut butter	Tuna salad on whole-grain toast with vegetable soup	Baked salmon, green beans, and quinoa	Apple + peanut butter
4	Cottage cheese bowl with berries and pumpkin seeds	Turkey-and-cheese roll-ups, hummus, vegetables, and crackers	Slow-cooker chicken salsa bowls with beans and rice	2 hard-boiled eggs
5	Egg-and-black-bean breakfast tacos	Leftover chicken salsa bowl	Turkey or lean beef burgers, sweet potatoes, and salad	Greek yogurt + nuts
6	Greek yogurt overnight oats	Chickpea-and-tuna Mediterranean salad	Easy chicken stir-fry with frozen vegetables and brown rice	Cottage cheese + berries
7	Vegetable omelet with cheese and whole-grain toast	Leftover stir-fry or chicken wrap	High-protein pasta with turkey meat sauce and side salad	Roasted edamame or Greek yogurt

Easy Prep Ideas

- Bake or grill 2–3 pounds of chicken at the beginning of the week for wraps, bowls, salads, tacos, and stir-fries.
- Cook a large batch of brown rice or quinoa and roast a sheet pan of vegetables for quick mix-and-match meals.
- Hard-boil 6–8 eggs for breakfasts and snacks.
- Portion low-fat Greek yogurt, low-fat cottage cheese, nuts, berries, and chopped vegetables into grab-and-go servings.
- Use a rotisserie chicken, frozen vegetables, frozen berries, microwaveable brown rice, canned beans, and bagged salad when you need faster prep.

Grocery List

Protein: chicken breasts, lean ground turkey, salmon or canned salmon, canned tuna, eggs, Greek yogurt, cottage cheese, shredded or sliced cheese, canned black beans, canned chickpeas, edamame, hummus, and high-protein lentil or chickpea pasta.

Produce: berries, apples, bananas or other seasonal fruit, avocados, broccoli, green beans, bell peppers, onions, spinach or mixed greens, tomatoes, carrots, sweet potatoes, white or red potatoes, frozen stir-fry vegetables, salsa, lemons or limes.

Grains & Starches: old-fashioned oats, whole-grain bread, whole-grain tortillas, brown rice, quinoa, whole-grain crackers.

Pantry: peanut butter (reduced fat or PB2), walnuts or almonds, pumpkin seeds, chia seeds, olive oil, avocado oil, canned tomatoes or pasta sauce, taco seasoning, garlic, Italian seasoning, salt, and pepper.

Budget-Friendly Swaps

- Replace fresh salmon with canned salmon, tuna, chicken thighs, or eggs.
- Use beans or lentils for part of the meat in tacos, chili, pasta sauce, and grain bowls.
- Buy large tubs of Greek yogurt instead of individual containers.
- Choose frozen berries and vegetables when they cost less than fresh.
- Use store-brand oats, brown rice, canned beans, and seasonal produce.
- Swap quinoa for brown rice, barley, or potatoes when cost is the priority.

Vegetarian Protein Options

Almost every meal can be made vegetarian by replacing chicken, turkey, tuna, or salmon with tofu, tempeh, lentils, beans, edamame, eggs, cottage cheese, or Greek yogurt-based sauces.

- Taco bowls: use lentils + black beans in place of turkey.
- Stir-fry: use baked tofu + edamame in place of chicken.
- Wraps: use chickpeas, hummus, eggs, or marinated tofu.
- Pasta: use lentil or chickpea pasta with marinara and Parmesan.
- High-protein combinations: tofu + edamame; beans + Greek yogurt; eggs + cottage cheese; lentil pasta + Parmesan.

Simple guideline: Aim for roughly 25–30 grams of protein at breakfast, lunch, and dinner, rather than trying to get most of your protein at dinner.