

7-DAY HIGH PROTEIN MEAL PLAN

Your complete weekly blueprint for building muscle, losing fat, and feeling great

~170g Avg. Protein	~1,900 Avg. Calories	5 Meals/Day Meal Frequency	7 Days Full Plan
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This 7-day meal plan is designed to keep your daily protein intake around 170g while providing balanced macronutrients to support muscle growth, recovery, and sustained energy. Each day features 5 eating occasions — breakfast, two snacks, lunch, and dinner — to keep muscle protein synthesis elevated throughout the day. All meals are straightforward to prepare, with most taking under 30 minutes.

How to Use This Plan

- *Adjust portion sizes up or down based on your personal calorie targets.*
- *Drink at least 2–3 litres of water daily — protein metabolism requires adequate hydration.*
- *Feel free to swap same-category meals between days (e.g., swap Monday lunch for Wednesday lunch).*
- *Prep proteins and grains in bulk on Sunday to make weekday meals fast and effortless.*

Weekly Overview

Day	Theme	Breakfast	Lunch	Dinner	Protein	Cals
Mon	Strong Start	Scrambled Eggs & Smoked Salmon	Grilled Chicken Quinoa Bowl	Beef & Broccoli Stir-Fry	178g	1920
Tue	Lean & Clean	Cottage Cheese Protein Pancakes	Tuna & White Bean Salad	Lemon Herb Baked Chicken Thighs	172g	1880
Wed	Mid-Week Power	Egg White Omelette with Feta	Turkey & Avocado Wrap	Salmon & Edamame Rice Bowl	180g	1960
Thu	Fuel & Recover	Overnight Oats with Protein	Lentil & Chicken Soup	Turkey & Black Bean Stuffed Peppers	175g	1900
Fri	Finish Strong	Smoked Salmon Bagel	Grilled Chicken Caesar Salad	Pan-Seared Turkey Meatballs	168g	1870
Sat	Weekend Warrior	Protein French Toast	Shrimp Tacos	BBQ Grilled Sirloin & Salad	182g	2000
Sun	Rest & Replenish	Veggie Egg Bake	Chicken & Chickpea Buddha Bowl	Slow-Cooked Turkey Chili	170g	1850

Weekly Nutrition Summary

TOTAL PROTEIN	TOTAL CALORIES	TOTAL CARBS	TOTAL FAT
1225g	13,380	1021g	402g
for the week	for the week	for the week	for the week

Daily Protein Breakdown

Mon	Tue	Wed	Thu	Fri	Sat	Sun
178g	172g	180g	175g	168g	182g	170g
1920 cal	1880 cal	1960 cal	1900 cal	1870 cal	2000 cal	1850 cal

MONDAY

Strong Start

178g
Protein

1920
Calories

148g
Carbs

58g
Fat

BREAKFAST

Scrambled Eggs & Smoked Salmon

4 large eggs scrambled with 80g smoked salmon, wilted spinach, 1 slice whole grain toast

42g P | 390 cal | 18g C | 18g F

MORNING SNACK

Greek Yogurt & Almonds

200g non-fat Greek yogurt with 20g almonds and a drizzle of honey

22g P | 230 cal | 14g C | 8g F

LUNCH

Grilled Chicken Quinoa Bowl

180g grilled chicken breast, 3/4 cup quinoa, roasted peppers, cucumber, lemon dressing

52g P | 480 cal | 38g C | 11g F

AFTERNOON SNACK

Cottage Cheese & Berries

150g low-fat cottage cheese with 1/2 cup mixed berries and a sprinkle of chia seeds

18g P | 180 cal | 16g C | 3g F

DINNER

Beef & Broccoli Stir-Fry

150g lean sirloin, 2 cups broccoli, brown rice, sesame-soy glaze

44g P | 640 cal | 62g C | 18g F

TUESDAY

Lean & Clean

172g
Protein

1880
Calories

140g
Carbs

55g
Fat

BREAKFAST

Cottage Cheese Protein Pancakes

Stack of 4 pancakes made with cottage cheese, oats, and eggs. Topped with fresh berries

32g P | 340 cal | 30g C | 9g F

MORNING SNACK

Hard-Boiled Eggs & Apple

3 hard-boiled eggs with 1 medium apple and a small handful of walnuts

20g P | 280 cal | 22g C | 14g F

LUNCH

Tuna & White Bean Salad

2 cans tuna, cannellini beans, cherry tomatoes, capers, red onion, red wine vinaigrette

42g P | 360 cal | 26g C | 10g F

AFTERNOON SNACK

Protein Shake & Rice Cake

1 scoop whey protein with 300ml skim milk, 2 rice cakes with peanut butter

34g P | 320 cal | 28g C | 8g F

DINNER

Lemon Herb Baked Chicken Thighs

2 skinless chicken thighs (260g), roasted sweet potato, steamed green beans, lemon-herb marinade

44g P | 580 cal | 34g C | 14g F

WEDNESDAY

Mid-Week Power

180g
Protein

1960
Calories

155g
Carbs

60g
Fat

BREAKFAST

Egg White Omelette with Feta

6 egg whites, 1 whole egg, 30g feta, spinach, bell pepper, Greek yogurt dollop

38g P | 280 cal | 10g C | 8g F

MORNING SNACK

Edamame & String Cheese

1 cup shelled edamame (steamed, lightly salted), 2 mozzarella string cheese sticks

24g P | 270 cal | 16g C | 10g F

LUNCH

Turkey & Avocado Wrap

120g sliced turkey breast, 1/2 avocado, lettuce, tomato, mustard in a whole wheat wrap

40g P | 460 cal | 38g C | 16g F

AFTERNOON SNACK

Greek Yogurt Parfait

180g Greek yogurt layered with 30g granola and 1/2 cup blueberries

20g P | 270 cal | 34g C | 6g F

DINNER

Salmon & Edamame Rice Bowl

150g salmon fillet, edamame, brown rice, avocado, sesame-ginger glaze, sesame seeds

58g P | 680 cal | 57g C | 20g F

THURSDAY

Fuel & Recover

175g
Protein

1900
Calories

142g
Carbs

57g
Fat

BREAKFAST

Overnight Oats with Protein

1/2 cup oats, 1 scoop vanilla protein powder, 200ml almond milk, chia seeds, sliced banana

36g P | 400 cal | 50g C | 8g F

MORNING SNACK

Tuna Rice Cakes

1 can tuna in water with a squeeze of lemon on 3 rice cakes with cucumber slices

24g P | 210 cal | 20g C | 2g F

LUNCH

Lentil & Chicken Soup

Large bowl of red lentil soup with diced chicken breast, carrots, cumin, spinach, lemon

38g P | 420 cal | 40g C | 9g F

AFTERNOON SNACK

Boiled Eggs & Veggie Sticks

2 boiled eggs with carrot sticks, celery, and 2 tbsp hummus

16g P | 200 cal | 12g C | 10g F

DINNER

Turkey & Black Bean Stuffed Peppers

2 stuffed bell peppers with lean ground turkey, black beans, rice, diced tomatoes, cheddar

61g P | 670 cal | 20g C | 28g F

FRIDAY

Finish Strong

168g
Protein

1870
Calories

136g
Carbs

56g
Fat

BREAKFAST

Smoked Salmon Bagel

Whole grain bagel, 100g smoked salmon, 2 tbsp light cream cheese, capers, red onion, dill

34g P | 420 cal | 46g C | 12g F

MORNING SNACK

Protein Smoothie

1 scoop whey protein, 1 cup frozen mixed berries, 200ml Greek yogurt, 1 tbsp almond butter

36g P | 340 cal | 28g C | 10g F

LUNCH

Grilled Chicken Caesar Salad

180g grilled chicken breast, romaine, 2 tbsp light Caesar dressing, parmesan, whole grain croutons

46g P | 450 cal | 22g C | 16g F

AFTERNOON SNACK

Cottage Cheese & Pineapple

150g cottage cheese with 1/2 cup fresh pineapple chunks — sweet, creamy, and protein-rich

18g P | 180 cal | 20g C | 2g F

DINNER

Pan-Seared Turkey Meatballs

6 lean turkey meatballs in marinara sauce over zucchini noodles, topped with parmesan

34g P | 480 cal | 20g C | 16g F

SATURDAY

Weekend Warrior

182g
Protein

2000
Calories

162g
Carbs

62g
Fat

BREAKFAST

Protein French Toast

3 slices thick-cut bread dipped in egg + protein powder mix, topped with Greek yogurt and berries

38g P | 450 cal | 48g C | 12g F

MORNING SNACK

Mixed Nuts & Jerky

30g mixed nuts with 40g lean beef or turkey jerky — great for on-the-go fueling

22g P | 290 cal | 10g C | 16g F

LUNCH

Shrimp Tacos

200g sautéed shrimp in corn tortillas with avocado, shredded cabbage, lime, and Greek yogurt slaw

46g P | 540 cal | 54g C | 18g F

AFTERNOON SNACK

Edamame Hummus & Pita

1/2 cup edamame hummus with sliced whole wheat pita and raw vegetable sticks

18g P | 250 cal | 28g C | 8g F

DINNER

BBQ Grilled Sirloin & Salad

200g lean sirloin steak, large green salad with chickpeas, roasted corn, feta, and lemon vinaigrette

58g P | 470 cal | 22g C | 8g F

SUNDAY

Rest & Replenish

170g
Protein

1850
Calories

138g
Carbs

54g
Fat

BREAKFAST

Veggie Egg Bake

4 eggs baked with cherry tomatoes, spinach, mushrooms, and goat cheese in a ramekin

32g P | 320 cal | 12g C | 18g F

MORNING SNACK

Banana & Nut Butter Protein Shake

1 scoop chocolate protein powder, 1 banana, 1 tbsp peanut butter, 300ml almond milk

32g P | 350 cal | 38g C | 10g F

LUNCH

Chicken & Chickpea Buddha Bowl

150g roasted chicken, chickpeas, roasted sweet potato, kale, tahini dressing, pomegranate seeds

46g P | 560 cal | 58g C | 14g F

AFTERNOON SNACK

Greek Yogurt with Protein Granola

200g Greek yogurt, 30g high-protein granola, 1 tsp honey, sliced strawberries

22g P | 260 cal | 28g C | 4g F

DINNER

Slow-Cooked Turkey Chili

Large bowl of turkey and kidney bean chili with jalapeño, bell peppers, cumin, topped with Greek yogurt

38g P | 360 cal | 2g C | 8g F

Weekly Shopping List

Stock up on these items at the start of the week to make meal prep smooth and efficient.

Proteins

- Chicken breasts — 1.5kg
- Chicken thighs (skinless) — 500g
- Lean ground turkey — 500g
- Lean sirloin steak — 500g
- Salmon fillets — 4 x 150g
- Smoked salmon — 200g
- Canned tuna in water — 6 cans
- Large eggs — 2 dozen
- Shrimp — 200g
- Whey protein powder — 1 tub

Dairy & Refrigerated

- Non-fat Greek yogurt — 1.5kg tub
- Low-fat cottage cheese — 500g
- Reduced-fat feta cheese — 150g
- Mozzarella string cheese — 1 pack
- Light cream cheese — 1 tub
- Reduced-fat cheddar — 200g
- Skim milk — 1 litre
- Almond milk — 1 litre

Grains & Legumes

- Quinoa — 500g
- Brown rice — 1kg
- Rolled oats — 500g
- Whole grain bread — 1 loaf
- Whole wheat wraps — 1 pack
- Whole grain bagels — 4
- Rice cakes — 1 pack
- Red lentils — 400g
- Canned black beans — 2 cans
- Canned cannellini beans — 2 cans
- Canned chickpeas — 1 can
- Canned kidney beans — 1 can

Fruits & Vegetables

- Baby spinach — 300g bag
- Kale — 200g
- Broccoli — 1 large head
- Bell peppers (mixed) — 8
- Cherry tomatoes — 500g
- Cucumber — 2
- Avocados — 4
- Zucchini — 2
- Mushrooms — 250g
- Sweet potato — 3
- Edamame (frozen) — 500g bag
- Mixed frozen berries — 500g
- Bananas — 4
- Lemons — 6

Pantry & Spices

- Extra virgin olive oil
- Sesame oil
- Low-sodium soy sauce
- Oyster sauce
- Dijon mustard
- Red wine vinegar
- Rice vinegar
- Honey
- Cumin, paprika, turmeric, chili powder
- Garlic powder, smoked paprika
- Sesame seeds
- Chia seeds
- Almonds and mixed nuts — 200g
- Peanut butter / almond butter
- Canned diced tomatoes — 3 cans
- Low-sodium chicken & beef broth — 2 litres each
- Capers — 1 small jar
- Beef or turkey jerky — 120g