



High-Protein Meal Plan

150G+ DAILY · 7-DAY TEMPLATE

Target (g/day) _____

Body Weight _____

| DAY | BREAKFAST ~35G | LUNCH ~45G | DINNER ~45G | SNACKS ~30G | TOTAL P |
|-----|----------------|------------|-------------|-------------|---------|
| Mon | MEAL | MEAL | MEAL | AM / PM | |
| Tue | MEAL | MEAL | MEAL | AM / PM | |
| Wed | MEAL | MEAL | MEAL | AM / PM | |
| Thu | MEAL | MEAL | MEAL | AM / PM | |
| Fri | MEAL | MEAL | MEAL | AM / PM | |
| Sat | MEAL | MEAL | MEAL | AM / PM | |
| Sun | MEAL | MEAL | MEAL | AM / PM | |

PROTEIN SWAP GUIDE (PER ~30G SERVING)

- Chicken breast (4 oz)
- Greek yogurt (1 cup)
- Salmon fillet (4 oz)
- Cottage cheese (1 cup)
- Ground turkey (4 oz)
- Eggs (4 large)
- Tofu, firm (6 oz)
- Whey protein (1 scoop)

AVG. PROTEIN/DAY

AVG. CALORIES/DAY

PROTEIN % OF CALS