

## 7-day high protein meal plan

### Day 1:

**Breakfast:** Scrambled eggs with spinach and feta cheese, whole-grain toast

**Snack:** Greek yogurt with honey and almonds

**Lunch:** Grilled chicken breast with quinoa and roasted vegetables

**Snack:** Cottage cheese with pineapple chunks

**Dinner:** Baked salmon with sweet potato and steamed broccoli

### Day 2:

**Breakfast:** Protein smoothie (blend whey protein, banana, almond milk, and a spoon of peanut butter)

**Snack:** Hard-boiled eggs with cherry tomatoes

**Lunch:** Lentil soup with a side of mixed greens

**Snack:** Protein bar and a handful of mixed nuts

**Dinner:** Turkey chili with kidney beans and brown rice

### Day 3:

**Breakfast:** Omelet with tomatoes, onions, and bell peppers

**Snack:** Cottage cheese with sliced strawberries

**Lunch:** Grilled shrimp salad with quinoa and avocado

**Snack:** Protein-rich edamame

**Dinner:** Baked chicken thighs with wild rice and asparagus

### Day 4:

**Breakfast:** Greek yogurt parfait with granola and mixed berries

**Snack:** Protein smoothie (blend protein powder, kale, banana, and almond milk)

**Lunch:** Tuna salad with chickpeas, cucumber, and whole-grain crackers

**Snack:** Hard-boiled eggs with a sprinkle of black pepper

**Dinner:** Beef stir-fry with broccoli, bell peppers, and brown rice

### Day 5:

**Breakfast:** Quinoa breakfast bowl with mixed nuts and dried fruits

**Snack:** Cottage cheese with peach slices

**Lunch:** Grilled chicken Caesar salad with whole-grain croutons

**Snack:** Protein bar and an apple

**Dinner:** Baked cod with quinoa and roasted Brussels sprouts

### Day 6:

**Breakfast:** Protein pancakes with Greek yogurt and fresh berries

**Snack:** Almond butter on whole-grain rice cakes

**Lunch:** Lentil and vegetable stir-fry with tofu

**Snack:** Hard-boiled eggs with hot sauce

**Dinner:** Grilled steak with sweet potato wedges and green beans

### Day 7:

**Breakfast:** Scrambled eggs with smoked salmon and whole-grain toast

**Snack:** Cottage cheese with sliced kiwi

**Lunch:** Turkey and avocado wrap with whole-grain tortilla

**Snack:** Protein smoothie (blend protein powder, mango, and coconut water)

**Dinner:** Baked chicken breast with quinoa and steamed asparagus

Adjust portion sizes and ingredients based on your preferences and nutritional needs. Additionally, remember to stay hydrated throughout the day and consider consulting with a nutrition professional for personalized advice.