

## 7-Day Standard High-Protein Meal Plan with Macros

Note: This plan is meant to serve as a guideline. Feel free to switch out meals based on your preferences, availability, or dietary needs. The goal is to keep protein intake high, meals realistic, and your journey sustainable.

### Day 1

Breakfast: Egg whites + spinach + 1 slice Ezekiel toast

Mid-Morning Snack: Protein shake + handful of almonds

Lunch: Grilled chicken + roasted broccoli + sweet potato

Afternoon Snack: Almonds + boiled egg

Dinner: Baked cod + green beans + cauliflower mash

Evening Snack: Cottage cheese

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*

### Day 2

Breakfast: Scrambled eggs + 1 slice Ezekiel toast + sautéed peppers

Mid-Morning Snack: Greek yogurt + blueberries

Lunch: Ground turkey + zucchini noodles + marinara

Afternoon Snack: Protein shake + spinach

Dinner: Grilled chicken + spinach salad + olive oil dressing

Evening Snack: Boiled egg + cherry tomatoes

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*

### Day 3

Breakfast: Scrambled eggs + sautéed zucchini + avocado

Mid-Morning Snack: Hard-boiled eggs + baby carrots

Lunch: Tuna salad + mixed greens + quinoa

Afternoon Snack: Rice cakes + hummus + turkey slices

Dinner: Turkey burger (no bun) + sautéed mushrooms + zucchini

Evening Snack: Turkey slices + avocado

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*

### Day 4

Breakfast: Greek yogurt + berries + chia seeds

Mid-Morning Snack: Cottage cheese + pineapple chunks

Lunch: Shrimp stir-fry + brown rice + mixed veggies

Afternoon Snack: Greek yogurt + berries

Dinner: Zucchini noodles + grilled chicken + pesto drizzle

Evening Snack: Cottage cheese + fresh berries

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*

## **Day 5**

Breakfast: Turkey bacon + egg muffins + 1/2 grapefruit

Mid-Morning Snack: Boiled eggs + 1/2 avocado

Lunch: Baked salmon + asparagus + avocado

Afternoon Snack: Cottage cheese + cucumber slices

Dinner: Grilled shrimp + roasted brussels sprouts

Evening Snack: Boiled egg + mini cucumbers

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*

## **Day 6**

Breakfast: Boiled eggs + whole grain toast + cucumber slices

Mid-Morning Snack: Celery + 2 tbsp peanut butter

Lunch: Chicken sausage + sautéed kale + butternut squash

Afternoon Snack: Low-fat cheese stick + apple

Dinner: Beef stir fry + bok choy + tamari

Evening Snack: Celery + almond butter

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*

## **Day 7**

Breakfast: Egg muffins + 1/2 avocado + cucumber slices

Mid-Morning Snack: Chia pudding made with almond milk + berries

Lunch: Grilled chicken + arugula salad + sweet potato cubes

Afternoon Snack: Greek yogurt + handful of walnuts

Dinner: Baked halibut + roasted zucchini + side salad

Evening Snack: Boiled egg + cucumber slices

*Daily Total: 1600 Calories, 150g Protein, 120g Carbs, 55g Fat*