

1800 Calorie High-Protein Meal Plan

This plan includes 3 breakfast, 3 lunch, 3 dinner, and 3 snack options. Each meal is structured to prioritize protein while keeping carbs and fats moderate.

Breakfasts

Egg White Scramble with Spinach & Turkey Bacon

Ingredients: 6 egg whites, 1 cup fresh spinach, 2 slices turkey bacon, 1 tsp olive oil, Salt, pepper

Instructions: Cook turkey bacon until crisp. Sauté spinach in olive oil. Add egg whites and scramble. Mix in chopped turkey bacon.

Macros: 390 kcal | Protein: 42g | Carbs: 22g | Fat: 12g

High-Protein Greek Yogurt with Blueberries & Flax

Ingredients: 1 cup nonfat Greek yogurt, ½ cup blueberries, 1 tbsp flaxseed, 1 scoop protein powder

Instructions: Mix protein powder into yogurt. Top with blueberries and flaxseed.

Macros: 400 kcal | Protein: 38g | Carbs: 28g | Fat: 14g

Protein Pancakes with Strawberries

Ingredients: ½ cup oats, 1 scoop protein powder, 2 egg whites, ¼ cup almond milk, ½ tsp baking powder, ½ cup strawberries

Instructions: Blend oats, protein, eggs, milk, and baking powder. Cook on skillet until golden. Top with strawberries.

Macros: 395 kcal | Protein: 40g | Carbs: 32g | Fat: 9g

Lunches

Grilled Chicken Breast with Zucchini Noodles & Pesto

Ingredients: 5 oz chicken breast, 2 cups zucchini noodles, 1 tbsp pesto, 1 tsp olive oil

Instructions: Grill chicken until done. Sauté zucchini noodles in olive oil. Toss with pesto and top with chicken.

Macros: 440 kcal | Protein: 45g | Carbs: 20g | Fat: 16g

Turkey Burger Lettuce Wrap with Side Salad

Ingredients: 5 oz turkey patty, 2 lettuce leaves, 2 tomato slices, 2 onion slices, 1 tsp mustard, 2 cups mixed greens, 1 tbsp vinaigrette

Instructions: Cook turkey burger. Wrap in lettuce with toppings. Serve with side salad.

Macros: 430 kcal | Protein: 42g | Carbs: 25g | Fat: 15g

Seared Tuna Steak with Roasted Cauliflower

Ingredients: 5 oz tuna steak, 2 cups cauliflower, 1 tbsp olive oil, Seasonings

Instructions: Roast cauliflower at 400°F for 20 mins. Sear tuna 2–3 mins per side. Plate with cauliflower.

Macros: 450 kcal | Protein: 46g | Carbs: 21g | Fat: 17g

Dinners

Grilled Sirloin with Green Beans & Mashed Cauliflower

Ingredients: 6 oz sirloin steak, 1 cup green beans, 1½ cups cauliflower, 1 tsp butter

Instructions: Grill steak. Steam beans. Boil cauliflower, mash with butter.

Macros: 475 kcal | Protein: 48g | Carbs: 26g | Fat: 18g

Baked Lemon Herb Cod with Steamed Asparagus

Ingredients: 6 oz cod, 1 tbsp lemon juice, 1 tsp olive oil, Parsley, garlic, 1 cup asparagus

Instructions: Season cod, bake at 375°F for 15 mins. Steam asparagus and serve.

Macros: 455 kcal | Protein: 47g | Carbs: 24g | Fat: 15g

Chicken Stir-Fry with Broccoli & Bell Peppers

Ingredients: 5 oz chicken breast, 1 cup broccoli, 1 cup bell peppers, 1 tbsp soy sauce, 1 tsp sesame oil

Instructions: Stir-fry chicken in sesame oil. Add veggies and cook tender. Finish with soy sauce.

Macros: 465 kcal | Protein: 44g | Carbs: 29g | Fat: 16g

Snacks

Cottage Cheese with Strawberries

Ingredients: 1 cup cottage cheese, ½ cup strawberries

Instructions: Mix and enjoy chilled.

Macros: 210 kcal | Protein: 28g | Carbs: 14g | Fat: 4g

Beef Jerky with Cucumber Slices

Ingredients: 2 oz beef jerky, 1 cup cucumber slices

Instructions: Pair jerky with cucumbers.

Macros: 225 kcal | Protein: 30g | Carbs: 10g | Fat: 7g

Protein Shake with Almond Milk & Chia Seeds

Ingredients: 1 scoop protein powder, 1 cup almond milk, 1 tsp chia seeds, ½ cup berries (optional)

Instructions: Blend until smooth.

Macros: 240 kcal | Protein: 32g | Carbs: 12g | Fat: 6g