

1800 Calorie High-Protein Meal Plan

(Standard | Busy-Friendly | Batch-Cook Approved)

■ Target Macros (approximate):

- Protein: 150–165g
- Carbs: 150–170g
- Fat: 50–60g

Breakfast Options (pick 1 per day)

Egg & Turkey Sausage Power Wrap

2 scrambled eggs + 2 egg whites, 2 turkey sausage links, 1 whole wheat tortilla, 1 tbsp salsa

Macros: 32g protein | 25g carbs | 14g fat | ~360 cal

Overnight Protein Oats

½ cup rolled oats, 1 scoop vanilla whey protein, ½ cup almond milk, 1 tbsp chia seeds, ½ cup berries

Macros: 31g protein | 37g carbs | 9g fat | ~340 cal

Greek Yogurt Crunch

1 cup nonfat Greek yogurt, ½ scoop protein powder (stir in), 1 tbsp almond butter, ¼ cup granola

Macros: 34g protein | 29g carbs | 10g fat | ~350 cal

Lunch Options (pick 1 per day)

Chicken & Corn Bowl

4 oz grilled chicken breast, 1 cup roasted corn, ½ cup black beans, 2 tbsp salsa

Macros: 36g protein | 35g carbs | 7g fat | ~340 cal

Chicken Salad Bowl

4 oz grilled chicken breast, 2 cups mixed greens, ½ avocado, 1 tbsp olive oil + lemon, ¼ cup feta

Macros: 34g protein | 15g carbs | 16g fat | ~360 cal

Chicken Fajita Wraps

4 oz grilled chicken breast, ½ cup sautéed peppers/onions, 1 whole wheat tortilla, 1 tbsp shredded cheese

Macros: 35g protein | 28g carbs | 9g fat | ~330 cal

Dinner Options (pick 1 per day)

Salmon & Sweet Potato

5 oz baked salmon, 1 medium sweet potato, 1 cup steamed broccoli

Macros: 40g protein | 28g carbs | 12g fat | ~380 cal

Lean Beef Stir-Fry

5 oz lean ground beef (93/7), 1 cup stir-fry veggies, ½ cup jasmine rice, 1 tbsp low-sodium soy sauce

Macros: 38g protein | 32g carbs | 13g fat | ~390 cal

Turkey Zucchini Pasta

5 oz ground turkey, 1 cup spiralized zucchini, ½ cup marinara, 1 tbsp parmesan
Macros: 37g protein | 20g carbs | 11g fat | ~330 cal

Snack Options (pick 2 per day)

Cottage Cheese & Fruit

1 cup low-fat cottage cheese, ½ cup pineapple chunks
Macros: 28g protein | 18g carbs | 3g fat | ~220 cal

Protein Smoothie To-Go

1 scoop whey protein, 1 cup unsweetened almond milk, ½ frozen banana, 1 tbsp peanut butter, ice + blend
Macros: 32g protein | 20g carbs | 8g fat | ~260 cal

Turkey & Cheese Roll-Ups

3 slices deli turkey breast, 1 slice reduced-fat cheese, 1 tbsp mustard
Macros: 23g protein | 2g carbs | 4g fat | ~140 cal

■ **Coach's Note:** Stick to simple seasonings (salt, pepper, garlic, chili powder, Italian herbs) and rotate flavors so even the “same” chicken feels like a new meal every day.