

1600 Calorie Protein-Forward Meal Plan

Breakfasts (~300–350 cals, 25–30g protein each)

1. Egg White & Turkey Scramble - 1 cup egg whites, 2 oz lean ground turkey, spinach & peppers, 1 slice Ezekiel bread (~310 cals | 32P / 18C / 6F)
2. Protein Yogurt Bowl - 1 cup nonfat Greek yogurt, 1 scoop whey protein, ¼ cup blueberries (~280 cals | 40P / 15C / 1F)
3. Cottage Cheese & Berry Bowl - 1 cup low-fat cottage cheese, ½ cup strawberries, 1 tbsp chia seeds (~290 cals | 32P / 16C / 4F)
4. Protein Smoothie (Green Power) - 1 scoop whey, 1 cup almond milk, 1 cup spinach, ½ frozen banana, 1 tbsp flax (~330 cals | 32P / 25C / 7F)

Snacks (~150–200 cals, 15–20g protein each)

1. 2 boiled eggs + 1 cheese stick (~180 cals | 18P / 2C / 10F)
2. 1 scoop whey + water (~120 cals | 24P / 3C / 1F)
3. 3 oz turkey breast slices + cucumber spears (~140 cals | 20P / 3C / 3F)
4. 1 cup edamame (shelled) (~190 cals | 18P / 14C / 7F)

Lunches (~350–400 cals, 30–35g protein)

1. Grilled Chicken Salad - 4 oz chicken, 2 cups greens, cucumber, tomato, 1 tbsp olive oil & balsamic (~360 cals | 35P / 10C / 16F)
2. Tuna & Greek Yogurt Wrap - 1 can tuna, 2 tbsp Greek yogurt, low-carb wrap, lettuce (~350 cals | 38P / 20C / 8F)
3. Turkey & Veggie Bowl - 4 oz lean ground turkey, 1 cup zucchini + peppers, ½ cup cauliflower rice (~340 cals | 34P / 12C / 11F)
4. Egg White & Feta Scramble - 1 cup egg whites, 1 oz feta, 1 slice whole-grain toast (~370 cals | 33P / 20C / 9F)

Dinners (~400–450 cals, 35–40g protein)

1. Grilled Salmon & Greens - 4 oz salmon, 1 cup broccoli, ½ avocado (~420 cals | 36P / 14C / 22F)
2. Chicken Stir Fry (Low Carb) - 4 oz chicken, 1 cup veggies, ½ cup cauliflower rice, 1 tbsp soy sauce (~390 cals | 38P / 15C / 8F)
3. Shrimp & Zucchini Noodles - 5 oz shrimp, 2 cups zoodles, ½ cup marinara (~410 cals | 37P / 18C / 10F)
4. Beef & Veggie Bowl - 4 oz lean ground beef (93%), 1 cup green beans + mushrooms, ½ cup cauliflower rice (~430 cals | 35P / 15C / 18F)

