

■ 1800 Calorie High-Protein Performance Meal Plan

High-protein, strength-focused fuel for muscle recovery, energy, and metabolic performance.

Approx. 1800 cal | 170g Protein | 140g Carbs | 55g Fat

Breakfast Options (400–450 cal)

Egg & Turkey Scramble: 3 egg whites + 2 whole eggs, 2 oz turkey breast, spinach, peppers, 1 tsp olive oil — 420 cal | 38g P | 15g C | 20g F

Protein Oat Bowl: ½ cup oats cooked in water, 1 scoop whey protein, 1 tbsp almond butter, cinnamon — 430 cal | 40g P | 35g C | 14g F

Greek Yogurt Parfait: 1 cup nonfat Greek yogurt, ½ scoop whey protein, ¼ cup granola, ½ cup berries — 410 cal | 38g P | 35g C | 8g F

Protein Smoothie: 1 scoop whey protein, ½ banana, 1 tbsp peanut butter, 1 cup almond milk, ice — 440 cal | 42g P | 28g C | 14g F

Egg White Omelet & Toast: 4 egg whites + 1 whole egg, 1 slice sprouted toast, 1 tsp butter — 420 cal | 36g P | 25g C | 12g F

Lunch Options (400–450 cal)

Chicken Power Bowl: 4 oz grilled chicken breast, ½ cup quinoa, spinach, 1 tsp olive oil — 440 cal | 38g P | 35g C | 13g F

Tuna Avocado Wrap: 4 oz tuna (in water), 1 tbsp light mayo, ¼ avocado, low-carb wrap — 430 cal | 40g P | 25g C | 14g F

Turkey & Rice Bowl: 4 oz ground turkey, ½ cup brown rice, steamed broccoli — 440 cal | 39g P | 30g C | 12g F

Shrimp Stir Fry: 5 oz shrimp, 1 cup veggies, ½ cup jasmine rice, coconut aminos — 450 cal | 42g P | 32g C | 10g F

Egg Salad Plate: 2 boiled eggs + 3 whites, 1 slice whole-grain toast, cucumber, tomato — 420 cal | 38g P | 30g C | 10g F

Dinner Options (450–500 cal)

Grilled Salmon & Veggies: 4 oz salmon, ½ cup roasted potatoes, asparagus, 1 tsp olive oil — 480 cal | 40g P | 32g C | 18g F

Steak & Quinoa Bowl: 4 oz lean steak, ½ cup quinoa, zucchini, olive oil drizzle — 490 cal | 42g P | 35g C | 17g F

Chicken & Broccoli Stir Fry: 5 oz chicken breast, 1 cup broccoli, ½ cup rice, sesame oil — 460 cal | 43g P | 38g C | 12g F

Ground Turkey Tacos: 4 oz lean ground turkey, 2 corn tortillas, lettuce, tomato, salsa — 470 cal | 40g P | 40g C | 14g F

White Fish & Veggie Bowl: 5 oz cod, ½ cup sweet potato mash, green beans — 450 cal | 37g P | 30g C | 15g F

Snack Options (150–200 cal)

Greek Yogurt & Honey: $\frac{3}{4}$ cup Greek yogurt, 1 tsp honey — 180 cal | 20g P | 12g C | 5g F

Protein Bar: 1 bar (20g protein) — 190 cal | 20g P | 22g C | 5g F

Turkey Jerky & Almonds: 1 oz turkey jerky + 10 almonds — 170 cal | 18g P | 6g C | 9g F

Whey Shake: 1 scoop whey isolate + water — 160 cal | 24g P | 2g C | 2g F

Cottage Cheese & Pineapple: $\frac{1}{2}$ cup low-fat cottage cheese, $\frac{1}{4}$ cup pineapple chunks — 160 cal | 17g P | 12g C | 5g F

Approximate Daily Summary

Calories: 1800

Protein: 165–175g

Carbs: 130–150g

Fat: 50–60g