



1800 ^{Kcal} High Protein

7 Day Meal Guide

Day 1

Breakfast: Protein French Toast

Eggs
Egg whites
Wholemeal bread
≈ 35g protein

Lunch: Chicken Burrito Bowl

Chicken breast
Rice
Beans
Vegetables
≈ 40g protein

Dinner: Turkey Bolognese

Turkey mince
Pasta
Tomato sauce
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

✓ **Total ≈ 145g**

Day 2

Breakfast: Skyr & Nut Butter Bowl

Skyr yoghurt
Nut butter
Berries
≈ 35g protein

Lunch: Steak Salad

Lean steak
Potatoes
Salad
≈ 40g protein

Dinner: Chicken Teriyaki

Chicken breast
Rice
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

✓ **Total ≈ 145g**

Portion sizes for carbohydrates, vegetables and fats are intentionally flexible. Use portions that suit your appetite, activity level and routine, while keeping protein as the main focus at each meal.

If you're unsure, start with one cupped hand of carbs, plenty of veg, and adjust over time.



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Day 3

Breakfast: Protein Bagel

Protein bagel
Cream cheese
Smoked turkey
≈ 35g protein

Lunch: Chicken Pasta Bake

Chicken
Pasta
Light cheese
≈ 40g protein

Dinner: Beef Fajitas

Lean beef
Wraps
Peppers & onions
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

✓ **Total ≈ 145g**

Day 4

Breakfast: Protein Smoothie Bowl

Protein powder
Greek yoghurt
Fruit
≈ 35g protein

Lunch: Turkey & Avocado Wrap

Turkey
Wrap
Salad
≈ 35g protein

Dinner: Roast Chicken & Couscous

Chicken
Couscous
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

✓ **Total ≈ 140g**

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Day 5

Breakfast: Eggs, Toast & Avocado

Eggs
Egg whites
Wholemeal toast
≈ 35g protein

Lunch: Beef Rice Bowl

Lean beef mince
Rice
Vegetables
≈ 40g protein

Dinner: Chicken Korma (light)

Chicken
Curry sauce
Rice
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

✓ **Total ≈ 145g**

Day 6

Breakfast: Protein Pancake Stack

Protein powder
Eggs
Yoghurt
≈ 35g protein

Lunch: Chicken Caesar Wrap

Chicken
Wrap
Salad
≈ 35g protein

Dinner: Beef Burgers & Potatoes

Lean beef burgers
Potatoes
Salad
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

✓ **Total ≈ 140g**

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Day 7

Breakfast: Protein Overnight Oats

Oats
Protein powder
Milk
≈ 35g protein

Lunch: Turkey Rice Bowl

Turkey mince
Rice
Vegetables
≈ 40g protein

Dinner: Chicken Pad Thai (lighter)

Chicken
Noodles
Veg
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

✓ **Total ≈ 145g**

Shopping List

Protein & Dairy

Eggs
Egg whites
Greek yoghurt or Skyr
Protein yoghurt
Protein powder
Cheese (reduced fat if preferred)

Meat

Chicken breast
Turkey breast or turkey slices
Lean beef mince
Lean steak
Turkey mince
Turkey bacon (if used in breakfast)

Grains & Carbohydrates

Oats
Rice
Pasta (regular, lentil, or high-protein)
Wholemeal bread
High-protein wraps
Potatoes
Sweet potatoes

Fruit & Vegetables

Mixed berries (fresh or frozen)
Leafy greens
Bell peppers
Courgette
Broccoli
Tomatoes
Onion
Garlic
Mixed stir-fry vegetables
Salad vegetables

Fats, Extras & Flavour

Olive oil
Nut butter
Hummus
Light mayonnaise
Curry sauce or paste
Tomato-based pasta sauce
Pesto
Herbs & spices

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