



2000 ^{Kcal} High Protein

7 Day Meal Guide

Day 1

Breakfast: Protein Breakfast Wrap

Eggs
Egg whites
Turkey bacon
Wrap
≈ 40g protein

Lunch: Chicken Pesto Pasta

Chicken breast
Pasta
Pesto
Vegetables
≈ 45g protein

Dinner: Steak & Sweet Potato

Lean steak
Sweet potato
Vegetables
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

Day 2

Breakfast: Protein Granola Bowl

Greek yoghurt
Protein powder
Granola
≈ 40g protein

Lunch: Beef Burrito Bowl

Lean beef mince
Rice
Beans
Vegetables
≈ 45g protein

Dinner: Chicken Satay Stir Fry

Chicken breast
Noodles
Vegetables
≈ 45g protein

Snacks

Protein shake
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

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 & Eggs

Protein bagel
Eggs
Light spread
≈ 40g protein

Lunch: Turkey Club Sandwich

Turkey breast
Wholemeal bread
Cheese
Salad
≈ 45g protein

Dinner: Beef Ragu

Lean beef
Pasta
Tomato sauce
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
≈ 30g protein

✓ **Total ≈ 160g**

Day 4

Breakfast: Protein Smoothie (Large)

Protein powder
Milk
Banana
Peanut butter
≈ 40g protein

Lunch: Chicken Shawarma Bowl

Chicken
Rice
Hummus
Vegetables
≈ 45g protein

Dinner: Roast Chicken & Roast

Potatoes
Chicken
Potatoes
Vegetables
≈ 45g protein

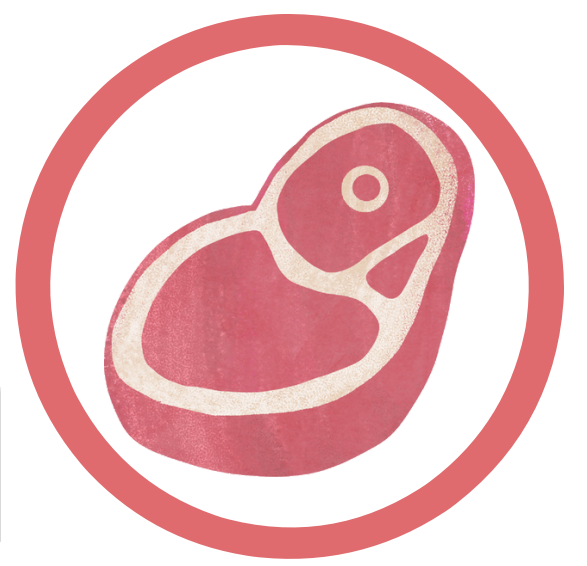
Snacks

Protein yoghurt
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

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Day 5

Breakfast: Eggs, Toast & Sausage

Eggs
Chicken sausages
Wholemeal toast
≈ 40g protein

Lunch: Tuna Melt Toastie

Tuna
Cheese
Wholemeal bread
≈ 45g protein

Dinner: Chicken Fajita Rice Bowl

Chicken
Rice
Peppers & onions
≈ 45g protein

Snacks

Protein bar
Protein yoghurt
≈ 30g protein

✓ **Total ≈ 160g**

Day 6

Breakfast: Protein Pancakes with

Fruit
Protein powder
Eggs
Yoghurt
≈ 40g protein

Lunch: Steak Rice Bowl

Lean steak
Rice
Vegetables
≈ 45g protein

Dinner: Turkey Lasagne (lighter)

Turkey mince
Pasta sheets
Cheese
≈ 45g protein

Snacks

Protein shake
Fruit
≈ 30g protein

✓ **Total ≈ 160g**

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7 Day Meal Guide

Day 7

Breakfast: Overnight Protein Oats

(Large)

Oats

Protein powder

Milk

≈ 40g protein

Lunch: Chicken & Avocado Wrap

Chicken

Wrap

Avocado

Salad

≈ 45g protein

Dinner: Beef & Potato Pie (lighter)

Lean beef

Potatoes

Vegetables

≈ 45g protein

Snacks

Protein yoghurt

Protein bar

≈ 30g protein

✓ **Total ≈ 160g**

Shopping List

Protein & Dairy

Eggs

Egg whites

Greek yoghurt or Skyr

Protein yoghurt

Protein powder

Cheese

Chicken sausages (or similar)

Meat

Chicken breast

Turkey breast or turkey slices

Lean beef mince

Lean steak

Turkey mince

Turkey bacon

Grains & Carbohydrates

Oats

Rice

Pasta

Wholemeal bread

Protein bagels

Wraps

Potatoes

Sweet potatoes

Noodles

Fruit & Vegetables

Bananas

Mixed berries (fresh or frozen)

Leafy greens

Bell peppers

Courgette

Broccoli

Tomatoes

Onion

Garlic

Mixed vegetables

Salad vegetables

Fats, Extras & Flavour

Olive oil

Nut butter

Pesto

Hummus

Light mayonnaise

Curry sauce or paste

Tomato-based pasta sauce

Herbs & spices

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