



1600 Kcal High Protein

7 Day Meal Guide



Day 1

Breakfast: Protein Yoghurt Bowl

Greek yoghurt
Protein powder
Berries
≈ 35g protein

Lunch: Chicken & Rice Bowl

Chicken breast
Rice
Vegetables
≈ 35g protein

Dinner: Beef Chilli

Lean beef mince
Kidney beans
Rice
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 2

Breakfast: Protein Oats

Oats
Protein powder
Milk
≈ 35g protein

Lunch: Turkey Wrap

Turkey breast
High-protein wrap
Salad
≈ 35g protein

Dinner: Chicken Stir Fry

Chicken breast
Mixed vegetables
Noodles
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

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.



1600 Kcal High Protein

7 Day Meal Guide



Day 3

Breakfast: Scrambled Eggs on Toast

Eggs
Egg whites
Wholemeal toast
≈ 35g protein

Lunch: Chicken Caesar Salad

Chicken breast
Salad leaves
Light dressing
≈ 35g protein

Dinner: Lean Beef Pasta

Lean beef mince
Lentil or high-protein pasta
Tomato sauce
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 4

Breakfast: Protein Smoothie

Protein powder
Milk
Frozen berries
≈ 35g protein

Lunch: Chicken & Quinoa Salad

Chicken breast
Quinoa
Vegetables
≈ 35g protein

Dinner: Turkey Meatballs & Rice

Turkey mince
Rice
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

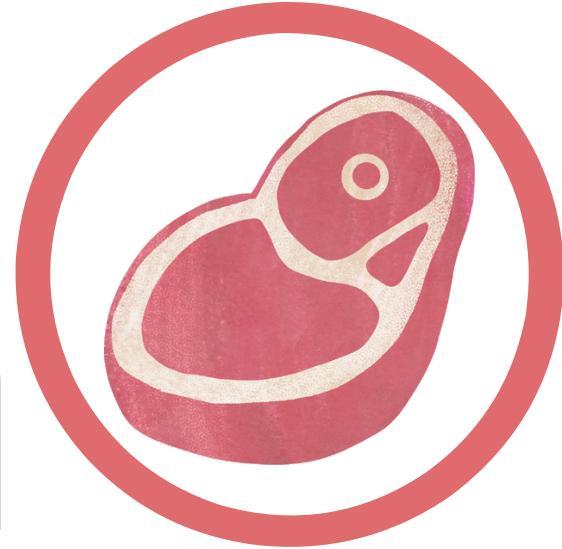
Portion sizes for carbohydrates, vegetables and fats are intentionally flexible. Use portions that suit your appetite, activity level and routine, while keeping protein as the main focus at each meal.

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



1600 Kcal High Protein

7 Day Meal Guide



Day 5

Breakfast: Skyr, Granola & Seeds

Skyr yoghurt
Granola
Seeds
≈ 35g protein

Lunch: Steak & Potatoes

Lean steak
Potatoes
Vegetables
≈ 40g protein

Dinner: Chicken Curry

Chicken breast
Curry sauce
Rice
≈ 35g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 6

Breakfast: Protein Pancakes

Protein powder
Eggs
Yoghurt topping
≈ 35g protein

Lunch: Turkey & Cheese Toastie

Turkey
Cheese
Wholemeal bread
≈ 35g protein

Dinner: Beef & Veg Stir Fry

Lean beef
Vegetables
Rice
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

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.



1600 Kcal High Protein



7 Day Meal Guide

Day 7

Breakfast: Protein Porridge

Oats
Protein powder
≈ 35g protein

Lunch: Chicken Pasta Salad

Chicken breast
Pasta
Vegetables
≈ 35g protein

Dinner: Roast Chicken Dinner

Chicken
Potatoes
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

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
Lean beef mince (5%)
Lean steak
Turkey mince

Grains & Carbohydrates

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

Fruit & Vegetables

Mixed berries (fresh or frozen)
Leafy greens
Bell peppers
Courgette
Broccoli
Tomatoes
Onion
Garlic
Mixed vegetables
Salad vegetables
Fats, Extras & Flavour
Olive oil
Light mayonnaise
Curry sauce or paste
Tomato-based pasta sauce
Herbs & spices

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.