



# 1600 <sup>Kcal</sup> 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.**



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### 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**

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### 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**

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## 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

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