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Weekly Protein-Powered Meal Plan

Key principles:

- Every meal includes **20–30g of protein**
- Uses **anti-inflammatory, fiber-rich ingredients**
- Prep time: **<20 minutes per meal**
- Can batch-cook key ingredients (protein, grains, roasted veg)

OMNIVORE VERSION (Day 1 Example)

Meal	Recipe	Protein Estimate
Breakfast	Protein Smoothie: 1 scoop whey, 1 tbsp chia, ½ banana, almond milk, cinnamon	25g
Snack	2 boiled eggs + cucumber slices	12g
Lunch	Grilled chicken salad: 100g grilled chicken, avocado, greens, tahini drizzle	30g
Snack	Greek yogurt (150g) + mixed berries	15g
Dinner	Stir-fry: 100g beef strips, broccoli, carrots, tamari + ½ cup brown rice	30g

VEGETARIAN VERSION (Day 1 Example)

Meal	Recipe	Protein Estimate
Breakfast	Plant Protein Smoothie: 1 scoop pea/hemp protein, chia, almond milk, berries	25g
Snack	Boiled edamame pods (1 cup) + sea salt	17g
Lunch	Lentil & quinoa salad with tahini, lemon, cucumber, roasted veg	25g
Snack	Cottage cheese (low-fat, ½ cup) + apple slices	15g
Dinner	Halloumi + roasted veggies + ½ cup cooked millet + green dressing	28g

Weekly Rotation Template (Both Versions Available)

Day	Breakfast	Lunch	Dinner
Mon	Protein smoothie	Chicken salad / Lentil salad	Salmon & greens / Tofu & broccoli stir-fry
Tue	Greek yogurt bowl + seeds	Beef mince tacos / Black bean tacos	Chicken skewers / Paneer bowl
Wed	Scrambled eggs + rye toast	Tuna niçoise / Chickpea & quinoa bowl	Baked mackerel / Sweet potato + halloumi
Thu	Chia protein pot	Turkey lettuce wraps / Lentil soup	Chicken fajitas / Tofu peanut stir-fry
Fri	Savoury oats (eggs, spinach, feta)	Falafel wrap / Egg salad	Lamb kebabs / Tempeh bowl
Sat	Smoothie bowl w/ toppings	Protein sandwich / Veggie burger	Grilled fish / Lentil daal
Sun	Cottage cheese & fruit	Leftovers or roast	Meal prep bowls / Vegetarian curry

Tips to Keep It Easy

- **Batch prep proteins:** Cook chicken, tofu, quinoa, or lentils in advance.
- **Keep sauces handy:** Tahini-lemon, green goddess, or tamari-ginger dressings.
- **Snack smart:** Hard-boiled eggs, hummus, protein balls, or yogurt pots.
- **Double up dinners:** Save leftovers for lunch.