

Perfect! Here's your full **Telugu-Style High Protein Meal Plan** formatted for easy copying into Word, Google Docs, or Notes so you can save or print as a PDF:

🍽️ High Protein Telugu-Style Meal Plan (Toronto Friendly)

📊 Daily Target Macros:

- **Calories**: ~2140 kcal

- **Protein**: 215g

- **Fat**: 95g

- **Carbs**: 107g

🍳 **Breakfast Options (30–40g protein)**

A1:

- 2 slices Rudolph's multigrain bread

- 3 boiled eggs

- 100g Greek yogurt

(Macros: ~35g P / 25g C / 18g F)

****A2:****

- 30g oats

- 1 scoop whey protein

- Handful of berries

(Macros: ~32g P / 28g C / 10g F)

****A3:****

- 150g cottage cheese

- 1 date

- 6 cashews

(Macros: ~30g P / 12g C / 15g F)

****A4:****

- 3 whole eggs + 2 egg whites

- Spinach sautéed in 1 tsp ghee

(Macros: ~38g P / 4g C / 20g F)

☒ ****Lunch Options (40–45g protein)****

****L1:****

- Chicken curry (150–180g)

- 100g rice

- Sautéed spinach

(Macros: ~42g P / 28g C / 15g F)

****L2:****

- Costco rotisserie chicken (150g)

- Frozen broccoli (steamed)

- Avocado slices

(Macros: ~45g P / 10g C / 22g F)

****L3:****

- Paneer curry (100g paneer)

- 1 small roti

- Cucumber salad

(Macros: ~35g P / 20g C / 18g F)

****L4:****

- Prawns curry (180g)

- ½ cup brown rice

- Green beans

(Macros: ~40g P / 25g C / 10g F)

☒ **Snack Options (20–30g protein)**

****S1:****

- 1 scoop whey protein + 1 tbsp peanut butter

(Macros: ~30g P / 4g C / 12g F)

****S2:****

- 150g Greek yogurt

- 5 almonds

(Macros: ~22g P / 6g C / 8g F)

****S3:****

- 2 boiled eggs

- Hummus (1 tbsp) + cucumber slices

(Macros: ~20g P / 3g C / 15g F)

****S4:****

- 150g cottage cheese

- 1 date

- Cinnamon

(Macros: ~25g P / 8g C / 5g F)

****S5:****

- Quest / Pure Protein Bar

(Macros: ~20g P / 5g C / 10g F)

☒ **Dinner Options (40–45g protein)**

****D1:****

- Fish fry (tilapia/salmon, 150g)

- Stir-fry veggies

- 1 roti

(Macros: ~42g P / 20g C / 18g F)

****D2:****

- Egg masala (3 eggs in curry)
- Spinach sautéed in ghee

(Macros: ~35g P / 4g C / 20g F)

****D3:****

- Paneer bhurji (100g paneer)
- Frozen mixed veggies

(Macros: ~32g P / 12g C / 15g F)

****D4:****

- Grilled tofu (200g)
- Broccoli + 1 tsp ghee

(Macros: ~30g P / 10g C / 18g F)

☒ **Late Night Options (10–25g protein)**

N1:

- 1 scoop casein protein in almond milk

(Macros: ~25g P / 2g C / 2g F)

N2:

- Plain Greek yogurt + ½ tsp chia seeds

(Macros: ~20g P / 4g C / 5g F)

N3:

- 1 boiled egg

- 5 almonds

(Macros: ~12g P / 1g C / 8g F)

☒ **Batch Cooking & Prep Tips (Twice a Week)**

- ****Sunday:****

Cook chicken curry + fish fry

Boil 10 eggs

Portion Greek yogurt & cottage cheese

- ****Wednesday:****

Cook prawns curry + egg masala

Prep paneer for bhurji or masala

- ****Keep Ready:****

Frozen veggies

MTR dal/paneer packs

Rotisserie chicken

Ready brown rice/quinoa packs

You can now paste this into a Word/Google Doc and ****export as PDF****. Want me to email you a Word version or build a Google Sheet for tracking too?