



7-DAY HIGH-PROTEIN BREAKFAST MEAL PLAN

Start every day with 30g+ protein. Macro-verified recipes for the whole week!

7 Macro-Verified Recipes • 230g Total Protein

WHAT'S INSIDE

Day 1	Freezer Breakfast Burritos	40g protein
Day 2	Fluffy Protein Pancakes	32g protein
Day 3	Sheet Pan Breakfast Bake Squares	28g protein
Day 4	Volume Greek-Style Protein Bowl	32g protein
Day 5	5-Jar Chia Protein Pudding	25g protein
Day 6	Cottage Cheese Protein Scramble	35g protein
Day 7	Savory Oats with Turkey & Spinach	38g protein

Combined Shopping List

Pro Tips for Meal Prep

Freezer Breakfast Burritos (40g Protein)

40g

Prep: 30 min Cook: 15 min Total: 45 min Yield: 12 burritos Difficulty: Easy

420

CALORIES

40g

PROTEIN

32g

CARBS

16g

FAT

INGREDIENTS

- 12 large flour tortillas (10-inch)
- 680g (1.5 lbs) lean turkey sausage
- 720ml (24 oz) liquid egg whites
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 medium onion, diced
- 170g (6 oz) reduced-fat Mexican cheese blend
- 5g cumin
- 5g chili powder
- 3g garlic powder
- Salt and pepper to taste

INSTRUCTIONS

- Cook the Sausage**
In a large skillet over medium-high heat, cook turkey sausage until browned and crumbled, about 8-10 minutes. Season with cumin, chili powder, and garlic powder. Transfer to a large bowl.
- Sauté Vegetables**
In the same skillet, add peppers and onion. Sauté until softened, about 5 minutes. Add to the bowl with sausage.
- Scramble Egg Whites**
Wipe skillet clean, spray with cooking spray. Add egg whites and scramble over medium heat until just set. Season with salt and pepper. Add to bowl.
- Combine Filling**
Add shredded cheese to the bowl. Toss everything together until well combined. Let cool for 10 minutes.
- Assemble Burritos**
Place about 3/4 cup filling in center of each tortilla. Fold in sides, then roll tightly from bottom to top. Place seam-side down.
- Wrap and Store**
Let cool completely. Wrap each burrito tightly in foil. For freezing, place wrapped burritos in freezer bags and label with date.

Fluffy Protein Pancakes

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32g

Prep: 10 min Cook: 15 min Total: 25 min Yield: 2 servings (8 pancakes) Difficulty: Easy

360

CALORIES

32g

PROTEIN

35g

CARBS

8g

FAT

INGREDIENTS

115g (1/2 cup) low-fat cottage cheese

2 large eggs

60g (2 scoops) vanilla whey protein powder

60g oat flour

5g baking powder

60ml milk

5g vanilla extract

Sugar-free maple syrup for serving

Fresh berries for topping

INSTRUCTIONS

1

Blend

Add cottage cheese, eggs, protein powder, oat flour, baking powder, milk, and vanilla to a blender. Blend until smooth.

2

Rest

Let batter rest 5 minutes while you heat a non-stick pan or griddle over medium heat.

3

Cook

Pour 60ml batter per pancake onto the pan. Cook until bubbles form on surface and edges look set, about 2-3 minutes.

4

Flip

Flip carefully and cook another 1-2 minutes until golden brown.

5

Serve

Stack pancakes, top with sugar-free syrup and fresh berries.

Sheet Pan Breakfast Bake Squares

28g

Prep: 15 min Cook: 35 min Total: 50 min Yield: 12 squares Difficulty: Easy

220

CALORIES

28g

PROTEIN

8g

CARBS

14g

FAT

INGREDIENTS

- 454g (1 lb) turkey breakfast sausage
- 12 large eggs
- 240ml (1 cup) unsweetened almond milk
- 200g baby spinach
- 1 red bell pepper, diced
- 150g mushrooms, sliced
- 1 medium onion, diced
- 115g (1 cup) shredded cheddar cheese
- 3g garlic powder
- Salt and pepper to taste

INSTRUCTIONS

- Prep Pan**
Preheat oven to 375F. Line a 9×13 baking pan with parchment paper and spray with cooking spray.
- Cook Sausage and Veggies**
In a large skillet, cook turkey sausage until browned. Add pepper, onion, and mushrooms. Cook 5 minutes. Add spinach and cook until wilted.
- Make Egg Mixture**
Whisk eggs, almond milk, garlic powder, salt, and pepper in a large bowl.
- Assemble**
Spread sausage mixture evenly in prepared pan. Pour egg mixture over top. Sprinkle with cheese.
- Bake**
Bake 35-40 minutes until eggs are set and top is golden. Let cool 10 minutes before cutting into 12 squares.

Volume Greek-Style Protein Bowl (Dairy-Free)

32g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 1 serving Difficulty: Beginner

260

CALORIES

32g

PROTEIN

28g

CARBS

6g

FAT

INGREDIENTS

250g coconut or soy yogurt (high-protein variety)

30g (1 scoop) vanilla plant protein powder

150g fresh strawberries, sliced

100g fresh blueberries

50g cucumber, diced

30g pumpkin seeds

15g chia seeds

Mint leaves for garnish

Drizzle of honey or maple syrup (optional)

INSTRUCTIONS

1

Mix Base

In a large bowl, stir protein powder into yogurt until smooth and creamy.

2

Add Volume

Top with strawberries, blueberries, and cucumber for maximum volume with minimal calories.

3

Add Crunch

Sprinkle with pumpkin seeds and chia seeds.

4

Garnish

Add fresh mint and a light drizzle of honey if desired.

5-Jar Chia Protein Pudding

25g

Prep: 10 min Cook: 0 min Total: 10 min Yield: 5 jars Difficulty: Beginner

280

CALORIES

25g

PROTEIN

22g

CARBS

12g

FAT

INGREDIENTS

- 150g chia seeds
- 150g (5 scoops) vanilla whey protein powder
- 1L unsweetened almond milk
- 60ml maple syrup or honey
- 5g vanilla extract
- Pinch of salt
- Toppings: berries, sliced almonds, coconut flakes

INSTRUCTIONS

- Mix Base**
In a large bowl or pitcher, whisk together almond milk, protein powder, maple syrup, vanilla, and salt until protein is dissolved.
- Add Chia Seeds**
Stir in chia seeds and whisk well to prevent clumping.
- Divide**
Pour mixture evenly into 5 mason jars or containers (about 280 each).
- Refrigerate**
Cover and refrigerate for at least 4 hours or overnight. Chia seeds will absorb liquid and create pudding texture.
- Serve**
Stir before eating. Top with fresh berries, nuts, or coconut flakes.

Cottage Cheese Protein Scramble

35g

Prep: 5 min Cook: 10 min Total: 15 min Yield: 1 serving Difficulty: Beginner

280

CALORIES

35g

PROTEIN

8g

CARBS

14g

FAT

INGREDIENTS

- 3 large eggs
- 120ml (1/2 cup) liquid egg whites
- 115g (1/2 cup) low-fat cottage cheese
- 15g butter
- Fresh chives, chopped
- Salt and pepper to taste

INSTRUCTIONS

- 1 Blend**
Add eggs, egg whites, and cottage cheese to a blender. Blend smooth.
- 2 Heat Pan**
Melt butter in a non-stick pan over medium-low heat.
- 3 Cook Slowly**
Pour in egg mixture. Let sit for 30 seconds, then gently push from edges to center with a spatula.
- 4 Fold**
Continue folding gently every 30 seconds. Remove from heat when eggs are still slightly wet - they'll continue cooking.
- 5 Serve**
Season with salt and pepper, top with fresh chives. Serve immediately.

Savory Oats with Turkey & Spinach

38g

Prep: 10 min Cook: 20 min Total: 30 min Yield: 2 servings Difficulty: Easy

450

CALORIES

38g

PROTEIN

38g

CARBS

18g

FAT

INGREDIENTS













- 160g rolled oats
- 480ml low-sodium chicken broth
- 227g (8 oz) lean ground turkey
- 200g fresh spinach
- 2 large eggs
- 2g garlic powder
- Salt and pepper
- Hot sauce (optional)
- Green onions for garnish

INSTRUCTIONS




- Cook Oats**
Bring chicken broth to a boil. Add oats, reduce heat, and simmer 5-7 minutes until creamy. Season with salt, pepper, and garlic powder.
- Cook Turkey**
Meanwhile, brown ground turkey in a skillet, breaking into crumbles. Season with salt and pepper.
- Wilt Spinach**
Add spinach to the turkey and cook until just wilted.
- Fry Eggs**
In a separate pan, fry eggs sunny-side up or to your preference.
- Assemble**
Divide savory oats between two bowls. Top with turkey-spinach mixture and a fried egg. Garnish with green onions and hot sauce.

COMBINED SHOPPING LIST








Proteins & Meats

-  680g (1.5 lbs) lean turkey sausage
-  720ml (24 oz) liquid egg whites
-  2 large eggs
-  60g (2 scoops) vanilla whey protein powder
-  454g (1 lb) turkey breakfast sausage
-  12 large eggs
-  30g (1 scoop) vanilla plant protein powder
-  150g (5 scoops) vanilla whey protein powder
-  3 large eggs
-  120ml (1/2 cup) liquid egg whites
-  480ml low-sodium chicken broth
-  227g (8 oz) lean ground turkey









Grains & Flours

-  12 large flour tortillas (10-inch)
-  60g oat flour
-  160g rolled oats







Dairy & Eggs

-  170g (6 oz) reduced-fat Mexican cheese blend
-  115g (1/2 cup) low-fat cottage cheese
-  60ml milk
-  240ml (1 cup) unsweetened almond milk
-  115g (1 cup) shredded cheddar cheese
-  250g coconut or soy yogurt (high-protein variety)
-  1L unsweetened almond milk


















Produce

-  1 red bell pepper, diced
-  1 green bell pepper, diced
-  1 medium onion, diced
-  Salt and pepper to taste
-  200g baby spinach
-  200g fresh spinach
-  Salt and pepper
-  Green onions for garnish

Pantry Staples

-  5g baking powder
-  5g vanilla extract
-  Sugar-free maple syrup for serving
-  Drizzle of honey or maple syrup (optional)
-  60ml maple syrup or honey
-  Pinch of salt

Other

-  5g cumin
-  5g chili powder
-  3g garlic powder
-  Fresh berries for topping
-  150g mushrooms, sliced
-  150g fresh strawberries, sliced
-  100g fresh blueberries
-  50g cucumber, diced
-  30g pumpkin seeds
-  15g chia seeds
-  Mint leaves for garnish
-  150g chia seeds
-  Toppings: berries, sliced almonds, coconut flakes
-  15g butter
-  Fresh chives, chopped
-  2g garlic powder
-  Hot sauce (optional)

PRO TIPS

Meal Prep Sunday

Make the Freezer Breakfast Burritos and Sheet Pan Breakfast Bake on Sunday. They'll last all week in the fridge or up to 3 months in the freezer. Reheat in 2-3 minutes for instant high-protein breakfasts.

Overnight Prep

Prepare the Chia Protein Pudding the night before. It takes just 5 minutes and will be perfectly set by morning. Make multiple jars to grab-and-go throughout the week.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. Whey blends best in hot recipes, while plant proteins work great in no-cook recipes.

Storage Guidelines

Refrigerator: Most cooked recipes last 4-5 days. Store in airtight containers.

Freezer: Burritos and egg bites freeze well for up to 3 months. Wrap individually for easy portions.

Ingredient Substitutions

Visit highprotein.recipes for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients. Perfect for dietary restrictions or using what you have on hand.

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