

# Protein-Forward Weekly Meal Plans

Target per meal: 30–50g protein

Daily target: ~100–160g depending on body weight ( $\approx 1.2\text{--}1.6 \text{ g/kg}$ )

## Omnivore Plan (7 Days)

### **Monday**

- Breakfast: 3 eggs (150g – 18g) + Greek yogurt (200g – 20g)
- Lunch: Chicken breast (150g cooked – 40g)
- Dinner: Sirloin steak (170g cooked – 40g)
- Snack: Cottage cheese (150g – 14g)

**Estimated Daily Total:**  $\approx 120\text{--}140\text{g protein}$

### **Tuesday**

- Breakfast: Whey protein (30g – 24g) + Greek yogurt (150g – 15g)
- Lunch: Salmon (170g – 38g)
- Dinner: Chicken thighs (180g – 40g)
- Snack: Almonds (30g – 6g)

**Estimated Daily Total:**  $\approx 120\text{--}140\text{g protein}$

### **Wednesday**

- Breakfast: 3 eggs (150g – 18g) + feta (40g – 6g) + yogurt (150g – 15g)
- Lunch: Turkey breast (160g – 42g)
- Dinner: Lamb chops (170g – 38g)
- Snack: Cheese (30g – 7g)

**Estimated Daily Total:**  $\approx 120\text{--}140\text{g protein}$

## ***Thursday***

- Breakfast: 3 eggs (150g – 18g) + smoked salmon (100g – 22g)
- Lunch: Shrimp (170g – 38g)
- Dinner: Lean beef (170g – 40g)
- Snack: Greek yogurt (170g – 15g)

**Estimated Daily Total:** ≈120–140g protein

## ***Friday***

- Breakfast: Whey (30g – 24g) + peanut butter (30g – 8g)
- Lunch: Tuna (165g – 38g)
- Dinner: Chicken breast (150g – 40g)
- Snack: Walnuts (30g – 5g)

**Estimated Daily Total:** ≈120–140g protein

## ***Saturday***

- Breakfast: 3 eggs (150g – 18g) + turkey sausage (120g – 20g)
- Lunch: Steak (170g – 40g)
- Dinner: Cod (180g – 38g)
- Snack: Cottage cheese (150g – 14g)

**Estimated Daily Total:** ≈120–140g protein

## ***Sunday***

- Breakfast: Greek yogurt (250g – 25g) + nuts (20g – 5g)
- Lunch: Roast beef (160g – 40g)
- Dinner: Roast lamb (170g – 40g)
- Snack: Cheese (30g – 7g)

**Estimated Daily Total:** ≈120–140g protein

## **Vegetarian Plan (7 Days)**

### ***Monday***

- Greek yogurt (250g – 25g) + chia (15g – 3g)
- Lentils (250g – 18g) + feta (50g – 8g)
- 3 eggs (150g – 18g) + cottage cheese (200g – 24g)
- Almonds (30g – 6g)

**Estimated Daily Total:** ≈100–120g protein

### ***Tuesday***

- Whey (30g – 24g) + yogurt (150g – 15g)
- Chickpeas (250g – 19g)
- Tofu (250g – 30g)
- Cottage cheese (150g – 14g)

**Estimated Daily Total:** ≈100–120g protein

### ***Wednesday***

- 3 eggs (150g – 18g) + yogurt (150g – 15g)
- Black beans (250g – 21g) + cheddar (30g – 7g)
- Paneer (200g – 36g)
- Walnuts (30g – 6g)

**Estimated Daily Total:** ≈100–120g protein

### ***Thursday***

- Yogurt (250g – 25g) + pumpkin seeds (20g – 5g)
- Lentils (250g – 18g) + halloumi (60g – 12g)
- Omelette (3 eggs – 18g) + cottage cheese (150g – 14g)
- Cheese (30g – 7g)

**Estimated Daily Total:** ≈100–120g protein

## ***Friday***

- Protein smoothie (30g whey – 24g) + soy milk (250ml – 7g)
- Chickpeas (250g – 19g) + feta (40g – 7g)
- Tofu (250g – 30g)
- Yogurt (150g – 15g)

**Estimated Daily Total:** ≈100–120g protein

## ***Saturday***

- 3 eggs (150g – 18g) + almonds (30g – 6g)
- Lentils (300g – 22g) + goat cheese (40g – 8g)
- Paneer (200g – 36g)
- Yogurt (100g – 10g)

**Estimated Daily Total:** ≈100–120g protein

## ***Sunday***

- Yogurt (250g – 25g) + flax (20g – 5g)
- Black beans (250g – 21g) + cheddar (30g – 7g)
- 3 eggs (150g – 18g) + cottage cheese (200g – 24g)
- Mixed nuts (30g – 6g)

**Estimated Daily Total:** ≈100–120g protein

## Vegan Plan (7 Days)

### ***Monday***

- Pea protein (35g – 28g) + soy milk (250ml – 7g)
- Lentils (250g – 18g) + quinoa (150g – 6g)
- Tofu (300g – 36g)
- Hummus (100g – 8g)

**Estimated Daily Total:** ≈95–110g protein

### ***Tuesday***

- Soy yogurt (300g – 18g) + seeds (20g – 7g)
- Chickpeas (250g – 19g)
- Tempeh (200g – 38g)
- Almonds (30g – 6g)

**Estimated Daily Total:** ≈95–110g protein

### ***Wednesday***

- Pea protein (30g – 24g) + oat milk (250ml – 4g)
- Black beans (250g – 21g)
- Tofu (300g – 36g)
- Pumpkin seeds (30g – 7g)

**Estimated Daily Total:** ≈95–110g protein

### ***Thursday***

- Soy yogurt (300g – 18g) + peanut butter (30g – 8g)
- Lentils (300g – 22g)
- Tempeh (220g – 40g)
- Walnuts (30g – 6g)

**Estimated Daily Total:** ≈95–110g protein

## ***Friday***

- Pea protein (35g – 28g) + soy milk (250ml – 7g)
- Chickpeas (300g – 22g)
- Tofu (300g – 36g)
- Hummus (100g – 8g)

**Estimated Daily Total:** ≈95–110g protein

## ***Saturday***

- Soy yogurt (350g – 21g) + chia (20g – 5g)
- Black beans (250g – 21g)
- Tempeh (200g – 38g)
- Almonds (30g – 6g)

**Estimated Daily Total:** ≈95–110g protein

## ***Sunday***

- Pea protein (30g – 24g) + soy milk (250ml – 7g)
- Lentils (300g – 22g)
- Tofu (300g – 36g)
- Mixed seeds (30g – 7g)

**Estimated Daily Total:** ≈95–110g protein