

1 Day

HIGH PROTEIN MEAL GUIDE



Shed Fat and Crush
Sugar Cravings
with a High Protein Diet

How To Use This Guide

Hey friend! Thank you for downloading my 7 Day High Protein Meal Guide.

This guide includes several meal ideas for breakfast, lunch, dinner, and snacks. You will also get my top 5 fat burning tips as well as a simple meal tracker.

For a list of my favorite supplements that have helped me on my fitness journey click HERE.

If you have any questions you can reach me HERE.



Top Fat Burning tips

1 Water Intake

Not drinking enough water daily will absolutely affect your fat loss efforts. You want to aim for drinking $1/2$ your body weight in ounces per day. Or at least 1 gallon/day!

2 Protein Intake

Start your day by consuming 20-30 grams of protein within 30 minutes of waking. Each meal should consist of 20-30 grams of protein or a MINIMUM of 100g per day. If you are 200lbs. or more, aim for your goal weight in grams per day.

NOTE: Non-plant based options are things like egg whites, chicken, turkey, fish, greek yogurt If you are plant based, there is tofu, seitan chicken, and protein powder.

More protein = less sugar cravings, higher metabolism, faster fat loss

3 Sleep

7-9 hours of sleep - every night

You'll have more energy, balanced hormones, less cravings

Feel well rested and ready to conquer the next day!

4 Get Moving

Aim for 10,000 steps per day. Stick to LISS Cardio...Low Impact Steady State...brisk walking is perfect. Keep your heart rate at 70-80% of your maximum heart rate. To figure out your maximum heart rate, take 220 and subtract your age. Then multiply this by your desired intensity (70-80%). That number is what you should keep your heart rate around.

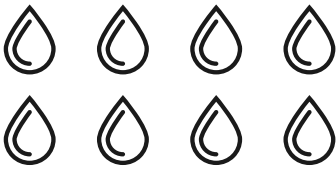
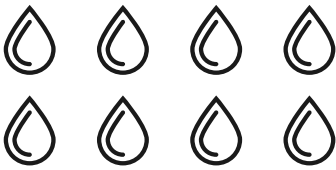
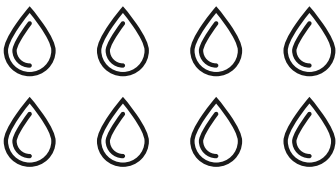
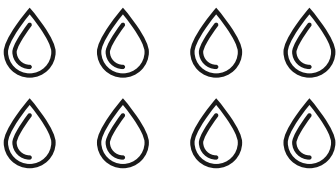
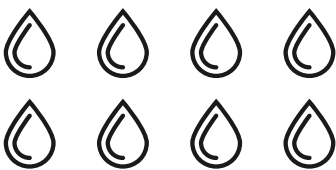
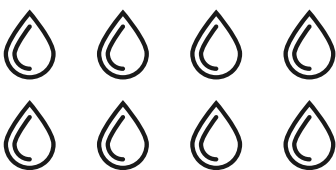
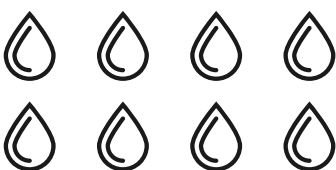
5 Eliminate Anti-Inflammatory Foods

Things like dairy, sugar, gluten, pasta, breads and white starches. Even coffee can cause inflammation. You'd be amazed at how much weight our body holds onto in inflammation. Take a quality Probiotic and Digestive Enzyme for support.

MEAL TRACKER

Week :

Month :

Day	Meal plan	Workout	Water tracker
Mon	Breakfast Lunch Dinner Snacks	Exercise	
Tues	Breakfast Lunch Dinner Snacks	Exercise	
Wed	Breakfast Lunch Dinner Snacks	Exercise	
Thurs	Breakfast Lunch Dinner Snacks	Exercise	
Fri	Breakfast Lunch Dinner Snacks	Exercise	
Sat	Breakfast Lunch Dinner Snacks	Exercise	
Sun	Breakfast Lunch Dinner Snacks	Exercise	



CLEAN EATING

7 DAYS OF HIGH PROTEIN
MEALS

DAYS 1-7

BREAKFAST (CHOOSE 1)

Berry Protein Oat Bowl (All Recipes at End of Guide)
Black Bean Egg White Omlet
Tofu Scramble Omlet
Chia Berry Breakfast Bowl
Sweet Potato Hash With Eggs or Tofu

SNACK (CHOOSE 1)

Peanut Vanilla Protein Shake
Protein Mini Chercuterie Board
Protein Yogurt Parfait

LUNCH (CHOOSE 1)

Quinoa and Protein Power Bowl
Chicken & Black Bean Burrito Bowl
Bell Pepper Nachos

Snack (CHOOSE 1)

Peanut Vanilla Protein Shake
Protein Mini Chercuterie Board
Protein Yogurt Parfait

Dinner (CHOOSE 1)

LazyMom's Dinner
Vegetable Chicken Soup au Pistou
Ranch Tuna Tacos

BERRY PROTEIN OAT BOWL

BREAKFAST OPTION #1

Serves 1

INGREDIENTS

- 30g (1 oz) oats
- 50g (approx. 2 oz) frozen berries
- 30g (1 oz) The Protein Works Wondershake, vanilla flavor (this is my fav, use whatever you love)
- sprinkle of cinnamon (optional)
- Stevia or any other calorie-free sweetener to taste (optional)
- Fresh mint leaves, for garnish (optional)

DIRECTIONS

1. In a large pan, add the rolled oats and enough water to cover.
2. Bring to a gentle simmer and add more water as required.
3. Cook the oat mixture for about 10 minutes, stirring occasionally, until the oats are soft and have absorbed most of the water. Add the frozen berries and stir again.
4. Using a whisk, stir in the protein powder until well combined.
5. Remove from heat and divide into seven portions. Sprinkle with cinnamon if desired.

NOTE: You can add frozen riced cauliflower to your oatmeal to bulk it up after cooking! It doesn't taste at all and gives it a lovely creamy texture.



BLACK BEAN EGG WHITE OMLET

BREAKFAST OPTION #2

Serves 1

INGREDIENTS

- 5 egg whites
 - 1 egg
- 1 shallots, finely diced (or 6 tbsp white onion)
- 1/4-1/2 cup rinsed black beans
 - salt and pepper to taste
 - add any vegetables you like

DIRECTIONS

- lightly spray pan
 - beat egg and egg whites
- pour in pan over low to medium heat,
cover with lid
- add beans with desired vegetables and seasonings





TOFU SCRAMBLE OMLET

BREAKFAST OPTION #3

Serves 6

INGREDIENTS

- 840g extra firm tofu
- 3 tsp ground turmeric
- 6 shallots, finely diced (or 6 tbsp white onion)
- 3 garlic clove, crushed
- 6 tbsp water (or more if required)
- 6 tbsp nutritional yeast
- 3 tsp black salt
- add any vegetables you like

DIRECTIONS

Pour the water into a non-stick skillet and heat over a medium heat.

Add the shallots or onion and garlic and cook until translucent.

Sprinkle over the turmeric.

Squeeze the tofu in between your hands to get rid of excess water then crumble into the hot pan. Cook for about 5-7 minutes over a very high heat to crisp up the outsides.

Sprinkle over the nutritional yeast and black salt.

Stir well and divide into 6 separate airtight containers. You will have to cook in batches if you don't have a super large pan.

1 serving = 20g protein



CHIA BERRY BREAKFAST BOWL

BREAKFAST OPTION #4

Serves 7

INGREDIENTS

- 210g (7 oz) chia seeds
 - 70g (2.4 oz) oats
 - 1050ml (35 oz) almond milk
- Water (as needed for desired consistency)
 - 350g (12 oz) frozen berries
- 7 tsp calorie-free sweetener (e.g., stevia)
- 2 tsp mixed herbs (such as mint or basil), finely chopped (optional)

DIRECTIONS

1. In a large mixing bowl, combine the chia seeds and oats.
2. Add the almond milk to the chia seed and oat mixture. Mix well to ensure even distribution. If the mixture is too thick, you can add water gradually until you reach your desired consistency.
3. Let the mixture sit for about 15-20 minutes, stirring occasionally. The chia seeds will absorb the liquid and create a thick pudding-like texture.
4. While the chia mixture is setting, let the frozen berries thaw slightly at room temperature.
5. Once the chia mixture has thickened, divide it into 7 serving bowls and top with berries and sweetener, if using

SWEET POTATO HASH

BREAKFAST OPTION #5

Serves 4

INGREDIENTS

Parchment paper
2 medium sweet potatoes, cut into 1-inch cubes
1 sm-medium onion, chopped
2 cloves garlic, finely chopped
1 medium red bell pepper, chopped
1 cup black beans, drained, rinsed
1 cup corn kernels
1 tbsp. + 1 tsp. olive oil

1 1/2 tsp. chili powder
1/4 tsp. ground cumin
1/4 tsp. ground smoked paprika
1/2 tsp. sea salt (or Himalayan salt), divided use
1/2 tsp. ground black pepper, divided use
8 large eggs
2 Tbsp. finely chopped fresh cilantro

DIRECTIONS

Preheat oven to 400o F.

Line large sheet pan with parchment paper.
Set aside.

Combine sweet potatoes, onion, garlic, bell pepper, beans, corn, oil, chili powder, cumin, paprika, 1/4 tsp. salt, and 1/4 tsp. pepper in a large bowl; toss gently to blend.

Place sweet potato mixture on pan. Bake for 18 to 20 minutes, stirring after 10 minutes.

Create eight wells in sweet potato mixture.
Gently crack an egg into each well.

Season eggs with remaining 1/4 tsp. salt and remaining 1/4 tsp. pepper. remaining 1/4 tsp. pepper.

Bake for 8 to 10 minutes, or until eggs are set.
Garnish with cilantro; serve immediately. Add a few egg whites to increase the protein content per serving.





BELL PEPPER NACHOS

LUNCH OPTION #3

Serves 2

INGREDIENTS

- Nonstick cooking spray
- 1/4 medium onion chopped or 2 green onions
- 8 oz raw 93% lean ground turkey
- 1 tsp. taco seasoning
- 1/4 cup water
- 1 medium bell pepper cut into 1-inch wide strips
- 1/4 cup shredded sharp cheddar cheese
- 1 medium jalapeño seeds and veins removed, sliced (optional)
- 1/2 cup pico de gallo or fresh tomato salsa
- 1 bag Quest Protein Taco Chips (chips are optional...but super yummy and super high in protein!)

DIRECTIONS

- Preheat oven to 375° F.
- Heat medium saucepan, lightly coated with spray, over medium-high heat.
- Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
- Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until turkey is no longer pink.
- Add Taco Seasoning Blend and water. Mix well; cook, stirring frequently, for 2 minutes, or until water evaporates.
- Arrange peppers in an oven-proof baking dish; top with turkey mixture and cheese.
- Bake for 5 to 8 minutes, or until cheese melts.
- Divide pepper mixture evenly between two serving plates. Top with jalapeños (if desired) and pico de gallo; serve immediately over chips.

PEANUT VANILLA PROTEIN SHAKE

SNACK OPTION #1

Serves 1

INGREDIENTS

- 20-30g protein powder, vanilla flavour
 - 10g PB Fit, peanut powder
 - ¼ small banana, sliced (optional carb)
 - Ice to desired consistency
 - water, almond milk, or soy milk--add enough to desired consistency of shake
1. Toss all into a food blender. 2. Blend until smooth. 3. Serve.




PROTEIN YOGURT PARFAIT

SNACK OPTION #2

Serves 1

INGREDIENTS

- 10-15g protein powder, vanilla or chocolate flavor
- 3/4 cup greek yogurt, plain
- Stevia or any other calorie-free sweetener to taste (optional)
- 10g pb2, peanut powder (optional) - add enough water to make runny and drizzle over parfait
- 50 g berries of your choice (optional carb)
- splash of water, almond milk, or soy milk-- add if yogurt is too thick



MINI PROTEIN CHERCUTERIE BOARD

SNACK OPTION #3

Serves 1

INGREDIENTS

- 3-4 oz. lean protein or 140g air fried tofu (season to your liking)
 - sliced cucumber
 - sliced bell peppers
 - 1/2 oz cheese of choice
- 50 g fresh berries of your choice (optional carb)
- optional dip: Hummus (1-2 TB only) or Protein Ranch Dip - recipes below

QUINOA AND PROTEIN POWER BOWL

LUNCH OPTION #1

Serves 1

INGREDIENTS

- 150g (5-6 oz) cooked quinoa (about 50g/1.7 oz dried)
 - 180g (4-6 oz) raw lean protein (palm sized)
 - 50g (1-2 oz) mixed cruciferous vegetables (such as broccoli, cauliflower, asparagus or Brussels sprouts), chopped
 - 50g (1-2 oz) mixed salad vegetables (such as lettuce, spinach, cucumber, and bell peppers), chopped
- mixed herbs (such as thyme, oregano, and basil), dried
- sprinkle of smoked paprika • Salt and pepper to taste

DIRECTIONS

1. Slice or cube the protein and season well with salt and pepper. Pan fry dry in a non-stick pan, or grill until cooked through. Set aside and allow to cool.
2. In a large bowl, combine the cooked quinoa, protein, mixed cruciferous vegetables, and mixed salad vegetables.
3. In a small bowl, mix the herbs, smoked paprika, salt, and pepper to create a flavorful seasoning blend.
4. Sprinkle the seasoning blend over the quinoa, cooked lean protein, and vegetables. Gently toss to ensure everything is coated evenly with the seasoning.

CHICKEN & BLACK BEAN BURRITO BOWL

LUNCH OPTION #3

Serves 4

INGREDIENTS

- 2 cups cooked brown rice warm
- 1/2 Tbsp. fresh lime juice
- 2 Tbsp. finely chopped fresh cilantro
- 3 cups spinach
- 1 cup cooked black beans warm
- 12 oz. chopped cooked chicken breast warm
- 1/2 cup shredded Monterey jack cheese
- 1 cup fresh tomato salsa
- 1/2 medium avocado sliced
- 4 Tbsp reduced-fat (2%) plain Greek yogurt

DIRECTIONS

Combine rice, lime juice, and cilantro in a medium bowl; mix well.

Evenly divide spinach between 4 serving bowls.

Top evenly with rice mixture, beans, chicken, cheese, salsa, and avocado.

Top each bowl with 1 Tbsp. of yogurt; serve immediately.

VEGETABLE CHICKEN SOUP AU PISTOU

DINNER OPTION #2

Serves 6

INGREDIENTS

- 3 turkey bacon slices, chopped (any brand is fine)
- 12 oz cooked chicken, chopped
- 100g brown onion, chopped
 - 75g carrot, chopped
- 3 sticks celery, chopped
- 2 cloves garlic, minced
- 1 litre vegetable stock
- 1 tbsp fresh thyme, chopped
- 2 tsp fresh sage, chopped
- 250g zucchini (courgette), chopped
- 150g green beans, chopped
- 240g cooked cannellini beans
 - 1 tbsp fresh lemon juice
 - ½ teaspoon black pepper
 - ¼ teaspoon pink salt

DIRECTIONS

Cook bacon in a large saucepan over medium-high 4 minutes or until crisp. Set aside chicken to add 3 ounces to each bowl separately.

Add onion, celery, carrots, and garlic; cook 7 minutes, stirring occasionally.

Add stock, thyme, and sage; bring to a boil. Cook for 10 minutes or until reduced slightly.

Reduce heat to medium-low.

Add zucchini, green beans, and cannellini beans; cook for 5 minutes.

Stir in juice, pepper, and salt.

Add 3 ounces cooked chicken to each bowl of soup. Enjoy!



RANCH TUNA TACOS

DINNER OPTION #3

INGREDIENTS

- 2 packages Starkist Ranch Tuna
(15 grams protein per pack)
- 1 bag Quest Protein Taco Chips
(19-20 grams protein per bag)

Place scoop of tuna on each chip and enjoy.

Optional Alternative:

Cut up celery sticks and serve tuna on celery.

Notes:

I don't think you will find an easier meal! You can really use any flavor of the Starkist Tuna packets and any flavor of the Quest chips...these just happen to be two of my favorites. Feel free to play around with the flavors. If you don't like tuna, substitute for chicken! :)



DIPS

Serves 5
Oil Free Hummus

- 1 (15-oz.) can chickpeas (garbanzo beans) drained, reserve liquid
- $\frac{1}{4}$ cup tahini paste
- $\frac{1}{4}$ cup fresh lemon juice
- 2 cloves garlic, coarsely chopped
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt) (to taste; optional)

Place chickpeas, tahini, lemon juice, garlic, and salt (if desired) in food processor or blender and pulse until very smooth.

(If hummus is too thick, add 2 Tbsp. of the reserved chickpea liquid and pulse again. Repeat until desired consistency is reached.)

Serves 4

Herb Protein Ranch Dip

- 1 6oz container reduced fat (2%) plain greek yogurt
- 3 tbsp. cold water
- 1 tbsp + 1 tsp fresh lemon juice
- 2 tbsp. chopped fresh parsley (or 2 tps. dried)
- 2 tbsp. chopped fresh dill (or 2 tps. dried)
- 2 tbsp. chopped fresh chives (or 2 tps. dried)
- 1 tsp. garlic powder
- $\frac{1}{2}$ tsp. sea salt (or Himalayan salt)
- $\frac{1}{4}$ tsp. cracked black pepper

Add yogurt, water, lemon juice, dill, parsley, chives, garlic powder, salt, and pepper to a small mixing bowl; whisk to combine.



DRESSINGS

Apple Cider Vinegar Italian Dressing

- 1 cup Apple Cider Vinegar
- 1 cup flax oil (or Extra Virgin Olive Oil)
- Add your favorite spices and herbs to flavor
- 1 TBS Dijon Mustard
- 1 TBS Honey
- 1 tsp garlic, coarsely chopped
- salt, pepper, and basil
- Optional 1 TB Lemon Juice

Mix all ingredients and enjoy!

Cesar Dressing

- 1 cup Raw Almonds
- 1 1/2 cups water
- 3 TBS Lemon Juice
- 3 TBS Liquid Amino
- 1 TBS Dijon Mustard
- 1 TBS Honey
- 1 tsp garlic, coarsely chopped or 3 cloves

Blend all ingredients in a high speed blender and enjoy!

Ranch Dressing Alternative

- 1 1/2 Cup Vegan Mayo
- 1/4-1/2 cup Non-Dairy Milk, unsweetened
- 1 1/2 tsp ACV Apple Cider Vinegar
- 3 garlic cloves crushed or fresh
- 1/2 TB dried parsley
- 1 tsp dried dill
- 1 tsp onion powder
- 1/4 tsp paprika
- 1/4 tsp pepper
- salt to taste

Whisk ingredients to combined and smooth.

Thank You!!!

I hope you found this protein guide to be super helpful as you pursue your fat loss journey! Please tag me or shoot me a message when you try a new recipe so I can cheer you on.

You'll also receive extra fat loss tips from me so be sure to add me to your email contacts! (don't worry, no spammy stuff...I hate that too!)

I look forward to hearing from you :)

If you have any questions you can reach me HERE.



*xoxo,
Brooke*