7-Day High-Protein Plan

SMALL PLATES, PROTEIN FIRST

DAY	BREAKFAST	LUNCH	SNACK	DINNER	PROTEIN
Mon	Greek yogurt, berries, hemp hearts · 26 g	Chicken veggie bowl · 26 g	String cheese + apple · 7 g	Salmon, broccoli, quinoa · 26 g	85 g
Tue	2 eggs, cheddar, toast · 22 g	Tuna salad on toast · 24 g	Cottage cheese + pineapple · 14 g	Turkey taco bowl · 31 g	91 g
Wed	Yogurt berry smoothie · 25 g	Chicken salad, parmesan · 29 g	Almonds + pear · 6 g	Shrimp edamame stir-fry · 29 g	89 g
Thu	Cottage cheese toast + egg · 24 g	Tofu quinoa bowl · 26 g	2 hard-boiled eggs · 12 g	Pork tenderloin, sweet potato · 22 g	84 g
Fri	Overnight oats, hemp hearts · 22 g	Pork chickpea salad · 29 g	Edamame · 9 g	Cod, peas, quinoa · 27 g	87 g
Sat	Veggie scramble + toast · 24 g	Salmon salad on toast · 24 g	Greek yogurt + berries · 17 g	Beef and bean chili · 32 g	97 g
Sun	Ricotta toast + egg · 24 g	Leftover chili · 32 g	Pumpkin seeds + apple · 9 g	Turkey breast, veggies · 29 g	94 g
Swap	Cottage cheese + soft fruit · 14 g	Yogurt berry smoothie · 25 g	Cheddar, 1 oz · 6 g	Brothy soup + 3 oz chicken · 26 g	—
Swap	2 hard-boiled eggs · 12 g	Half a meal now, half later	Pistachios, 1 oz · 6 g	Tofu bowl · 26 g	—

Swap rows: for low-appetite days. Protein from the main protein foods (USDA FoodData Central); ask your care team about your target.

Grocery List for One

EVERYTHING FOR THE 7-DAY PLAN

Protein

- [ ] Chicken breast, 6 oz cooked (2 meals)
- [ ] Pork tenderloin, 6 oz cooked (2 meals)
- [ ] 90/10 ground beef, 6 oz cooked (chili)
- [ ] Ground turkey, 3 oz cooked
- [ ] Turkey breast, 3 oz cooked
- [ ] Salmon fillet + cod fillet, 3 oz each
- [ ] Shrimp, 3 oz cooked
- [ ] 1 can albacore + 1 can pink salmon
- [ ] Firm tofu, 1 block

Dairy & eggs

- [ ] Eggs, 1 dozen
- [ ] Plain nonfat Greek yogurt, 3 x 6 oz
- [ ] 1% cottage cheese, 1 small tub
- [ ] Part-skim ricotta, small tub
- [ ] Skim milk, 1 quart
- [ ] String cheese, cheddar, parmesan

Produce

- [ ] Berries, 2 pints (or frozen)
- [ ] 2 apples, 1 pear, pineapple
- [ ] Salad greens + spinach
- [ ] Broccoli, bell peppers, onion
- [ ] 1 sweet potato, green beans
- [ ] Cucumber, lemon, garlic

Pantry

- [ ] Quinoa, rolled oats
- [ ] Whole-wheat bread, 1 loaf
- [ ] Black, kidney beans + chickpeas
- [ ] Canned diced tomatoes, salsa
- [ ] Hemp hearts, almonds, pumpkin seeds
- [ ] Olive oil, chili powder, cumin

Frozen

- [ ] Shelled edamame, 1 bag
- [ ] Green peas
- [ ] Stir-fry vegetables
- [ ] Frozen berries for smoothies

Sunday 60-Minute Prep

COOK ONCE, ASSEMBLE ALL WEEK

Start first (0–10 min)

- [ ] Oven on for chicken + vegetables
- [ ] Rinse quinoa, start the pot
- [ ] Eggs into a pot to hard-boil
- [ ] Clear 2 fridge shelves

While it cooks (10–40 min)

- [ ] Roast chicken breasts to 165°F
- [ ] Roast a tray of broccoli + peppers
- [ ] Wash greens, spin dry
- [ ] Chop onion, cucumber, peppers
- [ ] Wash and dry berries

Portion (40–60 min)

- [ ] Quinoa into ½-cup containers
- [ ] Chicken into 3 oz portions
- [ ] Snacks into small containers
- [ ] Label lids with the day
- [ ] Cool food fast, fridge within 2 hrs

Midweek mini-prep

- [ ] Tue: brown the ground turkey
- [ ] Wed night: soak overnight oats
- [ ] Thu: roast pork tenderloin (2 meals)
- [ ] Sat: make chili (2 meals)
- [ ] Eat leftovers within 3–4 days

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My Week of Small Plates

PLAN YOUR OWN PROTEIN-FIRST WEEK

DAY	BREAKFAST	LUNCH	SNACK	DINNER	PROTEIN
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Notes					