

HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats <i>OR</i> Yogurt Parfait	No Lettuce Salad <i>OR</i> Chicken Salad	Salmon Tacos <i>OR</i> Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Orange Pork Stir-Fry <i>OR</i> Chicken & Chickpea Curry	94 Grams
THURS	Overnight Oats <i>OR</i> Yogurt Parfait	Leftovers <i>OR</i> Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers <i>OR</i> Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake <i>OR</i> Sweet Potato Egg Cups	Leftovers <i>OR</i> Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

GROCERY LIST - PRODUCE

DAIRY

- 1/2 Cup Shredded Cheese
- 2 Cups Cottage Cheese
- 1/2 Cup Greek Yogurt
- 1 1/2 Cups Milk
- 3 Ounces Cotija Cheese
- 14 Ounces Full-Fat Coconut Milk
- 4 Ounces Feta Cheese
- 1/2 Cup Full-Fat Ricotta Cheese
- 1/2 Cup Parmesan Cheese

MEAT & SEAFOOD

- 24 Eggs
- 2 Cups Shredded Chicken
- 3 Pounds Skin-On Chicken Thighs
- 1 Pound Boneless Chicken Breasts
- 1 Pound Salmon Fillet
- 1 1/4 Pound Pork Tenderloin
- 1 Pound Ground Turkey
- 5-6 Pounds Bone-In Pork Shoulder

LEAFY GREENS & HERBS

- 1 Bag Fresh Baby Spinach
- 1 Bag Fresh Kale
- Fresh Chives
- Fresh Cilantro
- Fresh Basil
- Fresh Rosemary
- Fresh Thyme

VEGETABLES

- 2 White Onions
- 3 Pounds Whole Carrots
- 12 Ounces Green Beans
- 12 Ounces Baby Red Potatoes
- Head of Garlic
- Head of Broccoli
- 1 Medium Zucchini
- 3 Red Bell Peppers
- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 15 Ounces Fire-Roasted Diced Tomatoes
- 12 Ounces Frozen Cauliflower Florets
- 2 Ears Sweet Corn
- 5 Mini Cucumbers
- 2 Large Cucumbers
- 1/2 Cup Celery
- 20 Ounces Cherry Tomatoes

FRUIT

- 1/2 Cup Red Grapes
- 3 Cups Fresh Berries
- 1 Large Mango
- 3 Limes
- 3 Avocados
- 3 Medium Oranges
- 2 Bananas
- 3 Lemons

GROCERY LIST - PANTRY

BREADS & GRAINS

- English Muffins
- Rolled Oats
- Quinoa
- Corn Tortillas
- Panko Breadcrumbs

OILS, VINEGARS & SAUCES

- Avocado Oil
- Olive Oil
- Balsamic Vinegar
- Soy Sauce
- Bourbon
- Worcestershire Sauce
- Mayo
- Coconut Aminos
- Toasted Sesame Oil

NUTS & SEEDS

- Chopped Walnuts
- Almonds
- All-Natural Creamy Peanut Butter

CANNED GOODS

- (3) 15 Ounce Cans Chickpeas
- 16 Ounces Roasted Red Peppers
- Pitted Kalamata Olives

BAKING

- Vanilla Extract
- Maple Syrup or Honey
- Oat Flour (or grind up oats)
- Protein Powder (*optional)
- Brown Sugar

SEASONINGS

- Salt and Pepper
- Everything Bagel Seasoning
- Taco Seasoning
- Curry Powder
- Ground Turmeric
- Dried Ginger
- Baking Powder
- Cinnamon
- Dried Oregano
- Garlic Powder
- Italian Seasoning
- Chili Powder
- Garlic Powder
- Smoked Paprika
- Ground Cumin
- Mustard Powder
- Dried Thyme