

A top-down view of a white bowl filled with a quinoa salad. The salad includes cooked quinoa, diced pumpkin, cherry tomatoes, green leafy vegetables, and a variety of seeds like almonds and pumpkin seeds. A piece of cooked chicken is visible on the right side of the bowl. The bowl is set on a dark, textured surface.

# *Protein Forward* Meal Plan

FUEL YOUR GAINS WITH THIS  
MEAL PLAN CRAFTED FOR  
YOU!

# Week 1

## SUNDAY

- B** Protein Forward Pancakes (freeze half recipe for Friday)
- L** Salmon Edamame Bowl
- D** Baked Turkey and Acorn Squash (save half for tomorrow)

## MONDAY

- B** Nut Butter Banana Greek Yogurt
- L** Mediterranean Orzo Salad
- D** Baked Turkey and Acorn Squash

## TUESDAY

- B** Colombian Style Eggs With Onion & Tomato
- L** Mediterranean Orzo Salad
- D** Steak Fajitas (save half for tomorrow)

## WEDNESDAY

- B** Nut Butter Banana Greek Yogurt
- L** Harvest Sweet Potato Salad
- D** Steak Fajitas

## THURSDAY

- B** Colombian Style Eggs With Onion & Tomato
- L** Harvest Sweet Potato Salad
- D** Orange Chicken Bowls (save half for tomorrow)

## FRIDAY

- B** Protein Forward Pancakes
- L** Tuna Salad with Garlic and Rosemary
- D** Orange Chicken Bowls

## SATURDAY

- B** Ricotta Breakfast Bowl
- L** Tuna Salad with Garlic and Rosemary
- D** Healthy Chicken Milanese (make half recipe)

## SHOPPING LIST

### PRODUCE

- 1 cup (155 g) shelled edamame
- 1 cucumber
- 1 red onion
- 2 yellow onions
- 1 winter squash
- 5 stalks celery
- 1 jar artichoke hearts
- 1 jar roasted red peppers
- 1 large bulb of garlic
- 1 bundle of fresh cilantro
- 2 sprigs of fresh rosemary
- 2 tomatoes
- 2 red bell peppers
- 1 jalapeño
- 2 sweet potatoes
- 4 1/4 cups (85 g) arugula
- 1/2 cup (74 g) cherry tomatoes
- 4 bananas
- 1/3 cup (40 g) dried cranberries
- 1/4 jar green olives
- 1 jar kalamata olives
- 1 avocado
- Pomegranate arils
- 1 lemon
- 1/2 cup (48 g) blackberries
- 1 orange

### MEAT, POULTRY, DAIRY

- 12 eggs
- Vanilla protein powder
- Ghee
- 2 cups (480 g) non-fat Greek yogurt
- 1 oz (28 g) feta cheese
- 2 oz (57 g) goat cheese
- 1/4 cup (60 g) sour cream
- 8 oz (224 g) skirt steak
- 2 oz (60 g) mozzarella
- 6 1/2 oz (190 g) ricotta cheese
- 12 oz (336 g) ground turkey
- 8 chicken breasts, boneless and skinless
- 3 oz (85 g) wild salmon
- 6 oz (170 g) canned tuna

### GRAINS, BEANS, NUTS, LEGUMES

- 1/4 cup (36 g) peanuts
- Sesame seeds
- 2 1/2 cups pecans
- Almond butter
- Chia seeds
- 1/4 cup pistachios
- 3/4 cup (128 g) dry orzo
- 1 small loaf sourdough bread
- 1/4 cup (32 g) arrowroot starch
- Hemp hearts
- 1 cup (179 g) canned or cooked white beans

### MISCELLANEOUS

- Salt
- Pepper
- Cinnamon
- Crushed red pepper flakes
- Dried thyme
- Ground ginger
- Garlic powder
- Ground cumin
- Dried oregano
- Cayenne pepper
- Paprika
- Italian seasoning
- Dijon mustard
- Apple cider vinegar
- 1/4 cup (62 g) orange juice
- Paleo granola
- Rice wine vinegar
- Coconut aminos
- Baking powder
- 4 tortillas
- Avocado oil
- Olive oil
- Honey

# How to Meal Prep Week 1

- Prepare a full pancake recipe on Sunday and freeze half for Friday's breakfast.
- On Sunday evening, prepare the Mediterranean Orzo Salad and refrigerate for Monday and Tuesday's lunches.
- Option to pre-chop red onions at the beginning of the week.
- On Tuesday evening, bake sweet potatoes and chicken for the Harvest Sweet Potato Salad to enjoy during Wednesday and Thursday's lunches.
- Save half of Sunday's, Tuesday's, and Thursday's dinner recipes to serve as leftovers the following day.

## DAILY AVERAGES

Calories: 1,577

Carbohydrate: 119 grams, Protein: 111 grams, Fat: 76 grams

# Week 2

## SUNDAY

- B** Mushroom Frittata w/ Roasted Red Potatoes
- L** Savory Dip and Veggie Platter
- D** Asian Shrimp Rice Bowl (make double & save half for tomorrow)

## MONDAY

- B** Pineapple Cottage Cheese with Matcha Latte
- L** Chicken Nuggets and Ranch Dipping Sauce
- D** Asian Shrimp Rice Bowl

## TUESDAY

- B** Berry Bliss Smoothie
- L** Chicken Nuggets and Ranch Dipping Sauce
- D** Butternut Squash & White Bean Soup w/ Chicken (save half for tomorrow)

## WEDNESDAY

- B** Pineapple Cottage Cheese with Matcha Latte
- L** Smoked Salmon With Arugula & Artichoke
- D** Butternut Squash & White Bean Soup w/ Chicken

## THURSDAY

- B** Berry Bliss Smoothie
- L** Smoked Salmon With Arugula & Artichoke
- D** Steak & Potatoes (make double & save half for tomorrow)

## FRIDAY

- B** Mushroom Frittata w/ Roasted Red Potatoes
- L** Loaded Chopped Salad
- D** Steak & Potatoes

## SATURDAY

- B** Colombian Style Eggs With Onion & Tomato
- L** Loaded Chopped Salad
- D** Tuscan Pork and Bean Salad (make half recipe)

## SHOPPING LIST

### PRODUCE

- 1 1/4 cups (105 g) sliced portabella mushrooms
- 1 1/2 cups white mushrooms
- 1/2 cup (32 g) snap or snow peas
- 4 stalks celery
- 1 cup (246 g) baby carrots
- 4 carrots
- 1 butternut squash (option to buy precut)
- 2 cups (134 g) arugula
- 2 cucumbers
- 1 1/4 cups (186 g) cherry tomatoes
- 2 tomatoes
- 2 bananas
- 1 1/4 cups (180 g) strawberries
- 1/4 cup (34 g) green olives
- 1 cup (123 g) raspberries
- 3 red apples
- 1 red onion
- 1 yellow onion
- 1 large jar artichoke hearts
- 1 head kale
- 2 cups (60 g) baby spinach
- 2 heads romaine lettuce
- 1 clove garlic
- 1 bundle fresh cilantro
- 1/2 cup (59 g) shelled edamame
- 1 scallion
- 1 lime
- 1 lemon
- 2 cups (330 g) chopped pineapple
- 1 1/2 cups (340 g) fingerling potatoes

### MEAT, POULTRY, DAIRY

- 9 eggs
- 4 cups (900 g) cottage cheese, low fat
- 1 oz (28 g) cheddar cheese
- 1 3/4 cups (420 g) nonfat Greek yogurt
- 1/2 oz (14 g) parmesan (optional)
- Ghee
- 3 oz (75 g) pork loin
- 6 oz (170 g) flank beef
- 3 oz (85 g) goat cheese
- 4 chicken breasts, boneless and skinless
- 8 oz (224 g) shredded chicken
- 6 oz (170 g) shrimp, peeled and deveined
- 8 oz (226 g) smoked salmon

### GRAINS, BEANS, NUTS, LEGUMES

- 1 1/2 cups (270 g) white beans, canned or cooked
- 1 cup (240 g) chickpeas, canned or cooked
- Almond butter
- Chia seeds
- 3 cups (720 g) almond milk
- 1/4 cup (34 g) pine nuts
- 1/2 cup (100 g) dry brown rice
- Hemp hearts
- Gluten-free crackers
- 1 small loaf sourdough bread

### MISCELLANEOUS

- Salt
- Pepper
- Dried dill
- Onion powder
- Garlic powder
- Ground ginger
- Ranch seasoning
- Paprika
- Dijon mustard
- Apple cider vinegar
- 5 cups (1200 g) chicken broth
- Balsamic glaze
- Coconut aminos
- Sesame oil
- Olive oil
- 2 servings matcha powder

# How to Meal Prep Week 2

- On Sunday evening, prepare the Chicken Nuggets and Ranch Dipping Sauce recipes to reheat for lunch on Monday and Tuesday.
- Option to cook butternut squash soup on Sunday evening and store it in the freezer for dinner on Tuesday and Wednesday.
- Thursday evening, bake 8 oz of chicken breast to enjoy for lunch on Friday and Saturday.
- Remember to save half of the recipe for dinner meals on Sunday, Tuesday, and Thursday to use as leftovers the following day.

## **DAILY AVERAGES**

Calories: 1,513

Carbohydrate: 145 grams, Protein: 102 grams, Fat: 63 grams

# Week 3

## SUNDAY

- B** Blueberry Breakfast Cookies (freeze half for Friday)
- L** Simple Chicken & Hummus Wrap
- D** Salmon with White Beans and Broccoli (save half for tomorrow)

## MONDAY

- B** Avocado Delight Omelette
- L** Chicken Caprese Pasta Salad
- D** Salmon with White Beans and Broccoli

## TUESDAY

- B** Protein Packed Yogurt Bowl
- L** Chicken Caprese Pasta Salad
- D** Thai Chicken Curry With Jasmine Rice (save half for tomorrow)

## WEDNESDAY

- B** Avocado Delight Omelette
- L** Harvest Sweet Potato Salad
- D** Thai Chicken Curry With Jasmine Rice

## THURSDAY

- B** Protein Packed Yogurt Bowl
- L** Harvest Sweet Potato Salad
- D** Steak Fajitas (save half for tomorrow)

## FRIDAY

- B** Blueberry Breakfast Cookies
- L** Tuna Salad with Garlic and Rosemary
- D** Steak Fajitas

## SATURDAY

- B** Ricotta Breakfast Bowl
- L** Tuna Salad with Garlic and Rosemary
- D** Healthy Chicken Milanese (make half recipe)

## SHOPPING LIST

### PRODUCE

- 2 red bell peppers
- 1 red onion
- 1 yellow onion
- 1 large bulb garlic
- 1 large head broccoli
- 1 cup (30 g) baby spinach
- 4 1/4 cups (85 g) arugula
- 1 1/2 cups (224 g) cherry tomatoes
- 1 bundle fresh cilantro
- 1 bundle fresh basil
- 2 sweet potatoes
- 1 jalapeño
- 1 jar Kalamata olives
- 1 tomato
- 1 orange
- 1 honeydew melon
- 1 1/4 cups strawberries
- 1/3 cup (48 g) blackberries
- 1 mango
- Pomegranate arils
- 2 avocados
- 1 lemon
- 1/3 cup dried blueberries (or fruit of choice)

### MEAT, POULTRY, DAIRY

- 9 eggs
- Vanilla protein powder
- 2 oz (57 g) goat cheese
- 4 oz (114 g) mozzarella cheese
- 2 cups (480 g) nonfat Greek yogurt
- 1/4 cup (60 g) sour cream
- 3/4 cup (186 g) ricotta cheese
- 4 oz (113 g) shredded chicken
- 4 chicken thighs, skinless and boneless
- 5 chicken breasts, skinless and boneless
- 8 oz (227 g) salmon
- 6 oz (170 g) canned tuna
- 8 oz (224 g) skirt steak

### GRAINS, BEANS, NUTS, LEGUMES

- Hummus
- 1/4 cup (36 g) peanuts
- 1 cup (180 g) white beans, canned or cooked
- 1 3/4 cups (445 g) great northern beans, canned
- Almond flour
- Almond butter
- 1/4 cup (31 g) chopped walnuts
- Almond milk
- 1/3 cup (46 g) cashews
- 1/2 cup (62 g) pistachios
- 1/4 cup (28 g) pecans
- 1/3 cup (27 g) rolled oats
- 1/2 cup (92 g) white rice
- 6 oz (170 g) chickpea pasta
- Hemp hearts
- 1 sprouted grain wrap

### MISCELLANEOUS

- Salt
- Pepper
- Cinnamon
- Dried thyme
- Dried rosemary
- Dried oregano
- Ground cumin
- Cayenne pepper
- Paprika
- Italian seasoning
- Balsamic vinegar
- Dijon mustard
- Paleo granola
- Apple cider vinegar
- Green curry paste
- 1 cup (240 g) chicken broth
- Fish sauce
- Baking soda
- 4 tortillas
- Olive oil
- Avocado oil
- Coconut oil
- Honey
- 1 cup (400 g) light coconut milk

# How to Meal Prep Week 3

- Prepare breakfast cookies on Friday, setting aside half of the batch for breakfast later on.
- On Sunday evening, bake a chicken breast to accompany lunches on Monday and Tuesday.
- Tuesday evening, bake the sweet potato and chicken for the Harvest Sweet Potato Salad intended for lunches on Wednesday and Thursday.
- Option to pre-cook rice in advance for the Thai Chicken Curry, to be enjoyed on Tuesday and Wednesday evenings, and store it in the freezer.
- Keep half of the recipe for dinner meals on Sunday, Tuesday, and Thursday as leftovers for the following day.

## **DAILY AVERAGES**

Calories: 1,515

Carbohydrate: 119 grams, Protein: 106 grams, Fat: 73 grams

# Week 4

## SUNDAY

- B** Avocado Delight Omelette
- L** Salmon Edamame Bowl
- D** Orange Chicken Bowls (save half for tomorrow)

## MONDAY

- B** Berry Bliss Smoothie
- L** Simple Chicken & Hummus Wrap
- D** Orange Chicken Bowls

## TUESDAY

- B** Pineapple Cottage Cheese with Matcha Latte
- L** Simple Chicken & Hummus Wrap
- D** Steak & Potatoes (make double & save half for tomorrow)

## WEDNESDAY

- B** Berry Bliss Smoothie
- L** Mediterranean Orzo Salad
- D** Steak & Potatoes

## THURSDAY

- B** Pineapple Cottage Cheese with Matcha Latte
- L** Mediterranean Orzo Salad
- D** Baked Turkey and Acorn Squash (save half for tomorrow)

## FRIDAY

- B** Avocado Delight Omelette
- L** Loaded Chopped Salad
- D** Baked Turkey and Acorn Squash

## SATURDAY

- B** Mushroom Frittata w/ Roasted Red Potatoes
- L** Loaded Chopped Salad
- D** Asian Shrimp Rice Bowl

## SHOPPING LIST

### PRODUCE

- 3 cups (90 g) baby spinach
- 1 cucumber
- 1 red onion
- 1 large head broccoli
- 1 red bell pepper
- 3 carrots
- 1 1/2 cups (144 g) mushrooms
- 1 portobello mushroom
- 1 jar artichoke hearts
- 1 jar roasted red pepper
- 1 winter squash
- 5 stalks celery
- 1/2 cup (76 g) corn, canned or fresh
- 1 jar green olives
- 1 jar Kalamata olives
- 1 tomato
- 2 heads romaine lettuce
- 1 1/4 cup (148 g) shelled edamame
- 1 bundle asparagus
- 1 honeydew melon
- 1 avocado
- 3 oranges
- 2 bananas
- 1 1/4 cup (180 g) strawberries
- 1 cup (123 g) raspberries
- 2 cups (330 g) chopped pineapple
- 1 lemon
- 1 lime
- 1/3 cup (40 g) dried cranberries
- 1 1/2 cups fingerling potatoes
- 4 medium red potatoes

### MEAT, POULTRY, DAIRY

- 11 eggs
- 4 oz (113 g) goat cheese
- 1 1/2 cups (360 g) nonfat Greek yogurt
- 2 3/4 cups (622 g) low-fat cottage cheese
- 1 oz (28 g) feta cheese
- Ghee
- 6 oz (170 g) beef flank
- 6 chicken breasts, boneless and skinless
- 14 oz (400 g) shredded chicken
- 12 oz (336 g) ground turkey
- 3 oz (85 g) salmon
- 3 oz (85 g) shrimp, peeled and deveined

### GRAINS, BEANS, NUTS, LEGUMES

- Hummus
- 1/4 cup (36 g) peanuts
- 1 cup (240 g) chickpeas, canned or cooked
- Sesame seeds
- Almond milk
- Almond butter
- Hemp hearts
- 2 sprouted grain wraps
- Chia seeds
- 1/4 cup (31 g) pistachios
- 1/3 cup (33 g) pecans
- 1/2 cup (64 g) arrowroot flour
- 3/4 cup (128 g) dried orzo
- 1/4 cup (50 g) dry brown rice

### MISCELLANEOUS

- Salt
- Pepper
- Crushed red pepper flakes
- Paprika
- Onion powder
- Garlic powder
- Dried thyme
- Ground ginger
- Dried dill
- Rice wine vinegar
- Dijon mustard
- Apple cider vinegar
- Coconut aminos
- 1 cup (240 g) chicken broth
- Avocado oil
- Olive oil
- Sesame oil
- Honey
- 2 servings matcha



# How to Meal Prep Week 4

- If not purchased precooked, cook 8 oz chicken on Sunday evening and shred it for lunches on Monday and Tuesday.
- Prepare the Mediterranean Orzo Salad on Tuesday to store in the refrigerator for lunches on Wednesday and Thursday.
- Bake chicken on Thursday evening for the Loaded Chopped Salad to be served for lunch on Friday and Saturday.
- Save half of the recipe from Sunday, Tuesday, and Thursday dinners to use as leftovers the following day.

## **DAILY AVERAGES**

Calories: 1,576

Carbohydrate: 135 grams, Protein: 110 grams, Fat: 70 grams