

High-protein, low-calorie **MEAL IDEAS**

BREAKFAST | SNACK | LUNCH | DINNER



Each example meal has
-30 grams protein OR MORE
-60 grams carbs OR LESS
-20 grams fat OR LESS

Each example snack has
-15 grams protein OR MORE
-30 grams carbs OR LESS
-15 grams fat OR LESS

Note: these are estimations, and foods from different brands have varying macros.

BREAKFAST

Greek Yogurt Bowl

1 cup nonfat Greek yogurt + ½ banana + 1 tbsp almond butter + 1 tbsp chia seeds

Macros: 34g P / 28g C / 14g F / 378 cal

Egg White & Oat Scramble

6 egg whites + ½ cup oats + 1 tsp olive oil + cinnamon

Macros: 30g P / 30g C / 9g F / 321 cal

Cottage Cheese + Fruit + Nuts

1 cup low-fat cottage cheese + ½ cup berries + 1 tbsp walnuts

Macros: 32g P / 25g C / 13g F / 345 cal

Protein Smoothie

1 scoop whey + ½ banana + 1 tbsp peanut butter + 1 cup almond milk + ice

Macros: 35g P / 32g C / 11g F / 367 cal

Protein Pancakes (2-Ingredient)

2 eggs + 1 scoop protein + ¼ cup oats + ¼ tsp baking powder

Macros: 33g P / 20g C / 9g F / 305 cal

High-Protein Toast

2 slices Ezekiel bread + 2 eggs + 3 egg whites + 1 tbsp hummus

Macros: 31g P / 35g C / 13g F / 420 cal

Microwave Egg Muffin

5 egg whites + 1 whole egg + ¼ cup cheese + spinach + toast

Macros: 33g P / 25g C / 10g F / 334 cal

Protein Chia Pudding

1 scoop protein + 2 tbsp chia seeds + ½ cup almond milk + ¼ cup berries

Macros: 30g P / 20g C / 11g F / 311 cal

Cottage Cheese & Rice Cakes

¾ cup cottage cheese + 2 rice cakes + cinnamon

Macros: 30g P / 34g C / 5g F / 301 cal

Scrambled Eggs with Turkey

3 eggs + 3 oz turkey breast + 1 slice whole grain toast

Macros: 36g P / 25g C / 14g F / 382 cal

SNACK

Greek Yogurt & Berries

170g nonfat Greek yogurt + ¼ cup blueberries

Macros: 17g P / 12g C / 4g F / 140 cal

Cottage Cheese & Pineapple

½ cup low-fat cottage cheese + ¼ cup pineapple chunks

Macros: 18g P / 10g C / 2g F / 140 cal

Hard-Boiled Eggs & Baby Carrots

2 hard-boiled eggs + 6 baby carrots

Macros: 15g P / 8g C / 10g F / 180 cal

Protein Bar

1 bar

Macros (varies by brand): 20g P / 22g C / 9g F / 200 cal

Tuna Pack & Cucumber Slices

1 single-serve tuna packet (in water) + cucumber slices

Macros: 18g P / 2g C / 1g F / 90 cal

Protein Shake with Almond Milk

1 scoop whey + 1 cup unsweetened almond milk

Macros: 25g P / 3g C / 2g F / 130 cal

Turkey Slices & Apple

3 oz sliced turkey breast + ½ medium apple

Macros: 18g P / 15g C / 4g F / 160 cal

Eggs & Toast

1 boiled egg + 2 egg whites + 1 slice ezekiel toast

Macros: 17g P / 15g C / 7g F / 180 cal

String Cheese + Rice Cake with Peanut Butter

1 light string cheese + 1 rice cake + ½ tbsp PB

Macros: 15g P / 12g C / 9g F / 180 cal

Protein Oats

¼ cup oats + ½ scoop protein powder mixed with water

Macros: 18g P / 18g C / 4g F / 170 cal

LUNCH

Grilled Chicken Wrap

4 oz grilled chicken + low-carb tortilla + spinach + mustard

Macros: 35g P / 26g C / 9g F / 341 cal

Tuna Bowl

1 can tuna + ½ cup cooked rice + celery + 1 tbsp light mayo

Macros: 36g P / 30g C / 6g F / 354 cal

Egg Salad Lettuce Wraps

3 hard-boiled eggs + 3 egg whites + mustard + lettuce wraps

Macros: 32g P / 5g C / 14g F / 294 cal

Turkey + Avocado Bowl

3 oz lean turkey + ½ avocado + spinach + salsa + ½ cup quinoa

Macros: 34g P / 28g C / 10g F / 362 cal

Shrimp Stir Fry

5 oz shrimp + mixed veggies + ½ cup rice + 1 tsp sesame oil

Macros: 35g P / 30g C / 6g F / 342 cal

Chicken Caesar Salad

4 oz grilled chicken + romaine + 1 tbsp light dressing + parmesan

Macros: 32g P / 12g C / 9g F / 293 cal

Salmon Salad

3 oz canned salmon + mixed greens + balsamic + 1 tsp olive oil + egg whites

Macros: 30g P / 6g C / 15g F / 291 cal

Ground Turkey & Sweet Potato

4 oz lean ground turkey + ½ cup sweet potato + broccoli

Macros: 35g P / 30g C / 12g F / 378 cal

Grilled Chicken + Rice Cakes

4 oz grilled chicken + 2 rice cakes + mustard or hummus

Macros: 33g P / 28g C / 10g F / 338 cal

Egg White Frittata + Toast

6 egg whites + veggies + 1 slice toast

Macros: 30g P / 25g C / 9g F / 301 cal

DINNER

Baked Salmon + Asparagus + Rice

4 oz baked salmon + ½ cup cooked rice + asparagus

Macros: 34g P / 30g C / 14g F / 386 cal

Turkey Taco Bowl

4 oz ground turkey + lettuce + salsa + ½ cup beans or rice

Macros: 38g P / 33g C / 10g F / 390 cal

Grilled Chicken + Zucchini + Couscous

4 oz chicken + ½ cup couscous + zucchini

Macros: 35g P / 28g C / 6g F / 334 cal

Stir Fry Chicken & Veggies

4 oz chicken + 1.5 cups stir-fry veggies + 1 tsp oil + soy sauce

Macros: 32g P / 22g C / 8g F / 308 cal

Cod + Sweet Potato Fries + Broccoli

5 oz cod + ½ cup baked sweet potato fries + broccoli

Macros: 36g P / 30g C / 7g F / 343 cal

Tofu & Veggie Bowl

½ block tofu + stir-fry veggies + ¼ cup cooked rice

Macros: 30g P / 35g C / 13g F / 389 cal

Egg Roll in a Bowl

4 oz ground turkey + shredded cabbage + soy sauce + egg whites

Macros: 34g P / 16g C / 11g F / 323 cal

Steak & Roasted Veggies

4 oz lean steak + Brussels sprouts + carrots + olive oil drizzle

Macros: 35g P / 24g C / 17g F / 401 cal

Chicken & Chickpea Bowl

4 oz chicken + ¼ cup chickpeas + spinach + lemon + spices

Macros: 34g P / 30g C / 8g F / 354 cal

High-Protein Pasta

1 serving high-protein pasta (Banza or Barilla Protein+) + marinara + 2 oz chicken

Macros: 38g P / 35g C / 6g F / 374 cal

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