

# HIGH PROTEIN MEAL PLAN

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BREAKFAST  
PRE/POST  
WORKOUT SNACK  
LUNCH

DAY 1



Peanut & Strawberry  
Chia Bowl

DAY 2



Cheese  
Omelette Croissant

DAY 3



The Great  
Greek Breakfast

DAY 4



All Mexican  
Breakfast Wrap

DAY 5



Avocado  
Super Toast



Multi Seed Cracker  
with Herb Egg Dip



Protein Beef  
Arayes



Multi Seed Cracker  
with Tuna Salad



Protein Chicken  
Arayes



Multi Seed Cracker  
with Tuna Dip



Chipotle Chicken with  
Chimichuri Sauce



Herb Chicken with  
Mushroom Sauce



Rosemary Fish



Beef Bolognese & Pasta  
with Marinara Sauce



Chicken Francaise



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AFTERNOON  
SNACK

DINNER

SIDES

DAY 1



Multi Seed Crackers & Protein Chicken Salad

DAY 2



Vegetable Crudités with Hummus Dip

DAY 3



Protein Beef Arayes

DAY 4



Blueberry Protein Yogurt

DAY 5



Vegan Peanut Butter Granola



Lemon Mustard Chicken & Chimichuri Sauce



Beef Lasagna



Meat Biryani



Chipotle Chicken with Salsa Roja



Fish Fillet with Ratatouille



Mutabbal Bathinjan



Harira Soup



Fattoush



Broccoli & Parmesan Soup



Oriental Salad