

HIGH PROTEIN MEAL PLAN

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bite

BREAKFAST

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

PRE/POST WORKOUT SNACK

LUNCH



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 Chimichurri Sauce



Herb Chicken with Mushroom Sauce



Rosemary Fish



Beef Bolognese & Pasta with Marinara Sauce



Chicken Francaise

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AFTERNOON SNACK

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

DINNER



Lemon Mustard Chicken & Chimichurri Sauce



Beef Lasagna



Meat Biryani



Chipotle Chicken with Salsa Roja



Fish Fillet with Ratatouille

SIDES



Mutabbal Bathinjan



Harira Soup



Fattoush



Broccoli & Parmesan Soup



Oriental Salad