

HIGH PROTEIN MEAL PLAN

right
bite

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



Chocolate Banana
Peanut Protein Shake



Cranberry Vanilla
Protein Shake



Chocolate Cherry
Almond Protein Shake



Pineapple Tropical
Protein Shake



Blue Spirulina
Protein Shake



Chipotle Chicken with
Chimichuri Sauce



Herb Chicken with
Mushroom Sauce



Rosemary Fish



Beef Bolognese & Pasta
with Marinara Sauce



Chicken Francaise

HIGH PROTEIN
MEAL PLAN

right
bite

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 & Chimichuri 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