

HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats <i>OR</i> Yogurt Parfait	No Lettuce Salad <i>OR</i> Chicken Salad	Salmon Tacos <i>OR</i> Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Orange Pork Stir-Fry	94 Grams
THURS	Overnight Oats <i>OR</i> Yogurt Parfait	Leftovers <i>OR</i> Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers <i>OR</i> Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake <i>OR</i> Sweet Potato Egg Cups	Leftovers <i>OR</i> Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

GROCERY LIST - PRODUCE

DAIRY

- ☐ 1/2 Cup Shredded Cheese
- ☐ 2 Cups Cottage Cheese
- ☐ 1/2 Cup Greek Yogurt
- ☐ 1 1/2 Cups Milk
- ☐ 3 Ounces Cotija Cheese
- ☐ 14 Ounces Full-Fat Coconut Milk
- ☐ 4 Ounces Feta Cheese
- ☐ 1/2 Cup Full-Fat Ricotta Cheese
- ☐ 1/2 Cup Parmesan Cheese

MEAT & SEAFOOD

- ☐ 24 Eggs
- ☐ 2 Cups Shredded Chicken
- ☐ 3 Pounds Skin-On Chicken Thighs
- ☐ 1 Pound Boneless Chicken Breasts
- ☐ 1 Pound Salmon Fillet
- ☐ 1 1/4 Pound Pork Tenderloin
- ☐ 1 Pound Ground Turkey
- ☐ 5-6 Pounds Bone-In Pork Shoulder

LEAFY GREENS & HERBS

- ☐ 1 Bag Fresh Baby Spinach
- ☐ 1 Bag Fresh Kale
- ☐ Fresh Chives
- ☐ Fresh Cilantro
- ☐ Fresh Basil
- ☐ Fresh Rosemary
- ☐ Fresh Thyme

VEGETABLES

- ☐ 2 White Onions
- ☐ 3 Pounds Whole Carrots
- ☐ 12 Ounces Green Beans
- ☐ 12 Ounces Baby Red Potatoes
- ☐ Head of Garlic
- ☐ Head of Broccoli
- ☐ 1 Medium Zucchini
- ☐ 3 Red Bell Peppers
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Green Bell Pepper
- ☐ 15 Ounces Fire-Roasted Diced Tomatoes
- ☐ 12 Ounces Frozen Cauliflower Florets
- ☐ 2 Ears Sweet Corn
- ☐ 5 Mini Cucumbers
- ☐ 2 Large Cucumbers
- ☐ 1/2 Cup Celery
- ☐ 20 Ounces Cherry Tomatoes

FRUIT

- ☐ 1/2 Cup Red Grapes
- ☐ 3 Cups Fresh Berries
- ☐ 1 Large Mango
- ☐ 3 Limes
- ☐ 3 Avocados
- ☐ 3 Medium Oranges
- ☐ 2 Bananas
- ☐ 3 Lemons

GROCERY LIST - PANTRY

BREADS & GRAINS

- ☐ English Muffins
- ☐ Rolled Oats
- ☐ Quinoa
- ☐ Corn Tortillas
- ☐ Panko Breadcrumbs

BAKING

- ☐ Vanilla Extract
- ☐ Maple Syrup or Honey
- ☐ Oat Flour (or grind up oats)
- ☐ Protein Powder (*optional)
- ☐ Brown Sugar

OILS, VINEGARS & SAUCES

- ☐ Avocado Oil
- ☐ Olive Oil
- ☐ Balsamic Vinegar
- ☐ Soy Sauce
- ☐ Bourbon
- ☐ Worcestershire Sauce
- ☐ Mayo
- ☐ Coconut Aminos
- ☐ Toasted Sesame Oil

NUTS & SEEDS

- ☐ Chopped Walnuts
- ☐ Almonds
- ☐ All-Natural Creamy Peanut Butter

CANNED GOODS

- ☐ (3) 15 Ounce Cans Chickpeas
- ☐ 16 Ounces Roasted Red Peppers
- ☐ Pitted Kalamata Olives

SEASONINGS

- ☐ Salt and Pepper
- ☐ Everything Bagel Seasoning
- ☐ Taco Seasoning
- ☐ Curry Powder
- ☐ Ground Turmeric
- ☐ Dried Ginger
- ☐ Baking Powder
- ☐ Cinnamon
- ☐ Dried Oregano
- ☐ Garlic Powder
- ☐ Italian Seasoning
- ☐ Chili Powder
- ☐ Garlic Powder
- ☐ Smoked Paprika
- ☐ Ground Cumin
- ☐ Mustard Powder
- ☐ Dried Thyme