

High-Protein Meal Plan

HIGH-PROTEIN MEAL PLAN

Name: _____ Age: _____

Weight: _____ Target Weight: _____

Starting Weight: _____

Automated Calculation Display: For showing the calculated daily protein requirement. = Weight x goal = 1.2g (general health) 1.5g (recomposition + recovery) 2g (muscle gain)

NUTRITIONAL INFORMATION SECTION

Protein-Rich Foods: Animal-based proteins are complete sources of protein, meaning they provide all essential amino acids your body needs. However, it's important to choose lean cuts and be mindful of cooking methods to keep the intake of saturated fats and cholesterol in check. Including a mix of both plant-based and animal-based proteins can offer a well-rounded nutritional profile.

Meat: Chicken Breast: About 31 grams of protein per 100 grams (3.5 ounces) cooked. Turkey Breast: Roughly 30 grams of protein per 100 grams cooked. Lean Beef (e.g., Steak): Approximately 25-30 grams of protein per 100 grams cooked. Pork Loin: Around 22-25 grams of protein per 100 grams cooked.

Seafood: Salmon: About 25 grams of protein per 100 grams (3.5 ounces) cooked. Tuna (canned in water): Roughly 25 grams per 100 grams. Shrimp: Approximately 24 grams of protein per 100 grams cooked. Cod: Around 20 grams of protein per 100 grams cooked.

Dairy Products: Greek Yogurt: About 10 grams of protein per 100 grams. Cottage Cheese: Roughly 11 grams of protein per 100 grams. Milk: Approximately 8 grams of protein per cup (240 mL). Cheese: Varied, with hard cheeses like Parmesan offering about 10 grams per ounce (28 grams).

Eggs: Whole Eggs: Around 6 grams of protein per large egg. Egg Whites: Approximately 3.6 grams of protein per egg white.

Processed Meats: Bacon: About 3 grams of protein per slice. Sausages: Roughly 12-15 grams of protein per 3-ounce (85 grams) serving, depending on the type.

Protein powders: Whey Protein: A popular supplement, offering about 20-25 grams of protein per scoop (varies by brand). Casein Protein: Another protein supplement, with similar protein content to whey.

Plant-based sources of protein are vital for vegetarians, vegans, and those looking to reduce their meat consumption. **Legumes:** Lentils: About 18 grams of protein per cooked cup (198 grams). Chickpeas (Garbanzo Beans): Around 15 grams per cooked cup (164 grams). Black Beans: Approximately 15 grams per cooked cup (172 grams). Kidney Beans: About 15 grams of protein per cooked cup (177 grams).

Soy Products: Tofu: Roughly 10 grams of protein per 100 grams. Tempeh: About 19 grams of protein per 100 grams. Edamame: Around 17 grams of protein per cooked cup (155 grams). Soy Milk: Approximately 7 grams per cup (240 mL).

Seeds and Nuts: Chia Seeds: About 2 grams of protein per tablespoon (15 grams). Hemp Seeds: Roughly 9 grams of protein per 3 tablespoons (30 grams). Almonds: Approximately 6 grams of protein per ounce (28 grams). Peanuts: Around 7 grams of protein per ounce (28 grams). Walnuts: About 4 grams of protein per ounce (28 grams).

Grains: Quinoa: Around 8 grams of protein per cooked cup (185 grams). Oats: Approximately 6 grams of protein per cooked cup (234 grams). Brown Rice: About 5 grams of protein per cooked cup (195 grams).

Vegetables: Green Peas: Roughly 8 grams of protein per cooked cup (160 grams). Spinach: About 5 grams of protein per cooked cup (180 grams). Broccoli: Approximately 4 grams of protein per cooked cup (156 grams).

Other Sources: Nutritional Yeast: Popular for its cheesy flavor, it offers around 8 grams of protein per 2 tablespoons (30 grams). Seitan: Made from wheat gluten, contains about 21 grams of protein per 3 ounces (85 grams). Note: not suitable for those with gluten sensitivities or celiac disease.

These plant-based proteins are not only rich in protein but also offer various other nutrients like fiber, vitamins, and minerals. It's important to have a varied diet to ensure you're getting all the essential amino acids and nutrients.

MEAL BREAKDOWN SECTION

Aim for 3-4 meals a day with the daily protein requirements spread across evenly. At minimum aim for 30g every meal ideally every 3-4hrs. But remember this is just a guideline and strict adherence is not essential.

Days of the Week: Columns or rows for 7 days. Meal Types: Rows for Breakfast, Lunch, Dinner, Snacks. Nutritional Content: Optional fields for protein content of each meal.

Monday - Breakfast

Monday - Lunch

Monday - Dinner

Monday - Snacks

Tuesday - Breakfast

Tuesday - Lunch

Tuesday - Dinner

Tuesday - Snacks

Wednesday - Breakfast

Wednesday - Lunch

Wednesday - Dinner

Wednesday - Snacks

Thursday - Breakfast

Thursday - Lunch

Thursday - Dinner

Thursday - Snacks

Friday - Breakfast

Friday - Lunch

Friday - Dinner

Friday - Snacks

Saturday - Breakfast

Saturday - Lunch

Saturday - Dinner

Saturday - Snacks

Sunday - Breakfast

Sunday - Lunch

Sunday - Dinner

Sunday - Snacks

GROCERY LIST SECTION

Ingredients: Text fields or checklist format for ingredients needed for the week. Quantities: Text fields for the amount of each ingredient.

Ingredient: _____ Quantity: _____