

High Protein Sample Diet Plan

MONDAY

Lunch: Chicken wrap with avocado

Snack: Organic protein miso soup with oatcakes

Shake: Strawberry protein shake

Dinner: Turkey steaks, quinoa, roast pineapple & green beans

Dessert: Chocolate pudding

Evening Meal: King prawns salad with lime basil dressing

Next Day Breakfast: Protein whey with chia seeds and almond flakes for yoghurt/shake

1800kcal, 173g protein, 56g fat, 151g carbs, 26g fibre

TUESDAY

Lunch: Tuna wrap with sweetcorn

Snack: Turkey meatballs & sweet potatoes croquettes

Shake: Chocolate protein shake

Dinner: Pork medallions, mash potatoes, broccoli, peas & bacon sauce

Dessert: Baked apples, walnuts and maple syrup, with cinnamon

Evening Meal: Thai style tofu salad

Next Day Breakfast: Protein whey with nuts for yoghurt/shake

1784kcal, 166g protein, 56g fat, 154g carbs, 26g fibre

WEDNESDAY

Lunch: Egg & crispy bacon wrap with watercress

Snack: Beef jerky

Shake: Berries protein shake

Dinner: Baked salmon fillet, brown rice, lemony kale, tarragon sauce

Dessert: Ricotta cheese with crushed walnuts and sugar free maple syrup

Evening Meal: Mix sprout beans salad with herbs dressing

Next Day Breakfast: Protein whey with oats for yoghurt/shake

1797kcal, 155g protein, 69g fat, 139g carbs, 29g fibre

THURSDAY

Lunch: Meatfree sausages wrap with cranberry sauce

Snack: Boiled eggs with spinach and broad beans

Shake: Banana protein shake

Dinner: Bolognese stuffed corquette with quinoa & spicy fresh salsa

Dessert: Sugar free jelly cubes with custard and fruits

Evening Meal: Chicken salad with pomegranate

Next Day Breakfast: Protein whey with nuts for yoghurt/shake

1804kcal, 141g protein, 56g fat, 184g carbs, 38g fibre

FRIDAY

Lunch: Prawns wrap with avocado

Snack: Chicken fillets & sweet potatoes croquettes

Shake: Strawberry protein shake

Dinner: Sojabeen spaghetti with spinach, sundried tomatoes and basil

Dessert: Protein brownies with pieces of 70% chocolate

Evening Meal: Tuna Nicoise salad

Next Day Breakfast: Protein whey with oats for yoghurt/shake

1804kcal, 172g protein, 52g fat, 162g carbs, 34g fibre

SATURDAY

Lunch: Spicy beef wrap with black beans

Snack: Tomato and mozzarella sticks with black olives

Shake: Green vegetables protein shake

Dinner: Tuna steaks, baby potatoes, asparagus, Dijon sauce

Dessert: Yoghurt with protein whey and almond flakes

Evening Meal: Stirfry chicken with spring vegetables, cashew nuts

Next Day Breakfast: Protein whey with seeds for yoghurt/shake

1808kcal, 175g protein, 52g fat, 160g carbs, 38g fibre

SUNDAY

Lunch: Falafel wrap with hoummus

Snack: Oatcakes with avocado & egg spread

Shake: Chocolate protein shake

Dinner: Rumpsteak, vegetables rice pilaf, low fat BBQ sauce

Dessert: Low carb cheesecake with jelly

Evening Meal: Frutti di Mare seafood salad

Next Day Breakfast: Protein whey with dried fruits for yoghurt/shake

1815kcal, 168g protein, 59g fat, 153g carbs, 35g fibre