

## 7-Day High Protein + High Fiber Meal Plan

### General Supplements (Optional)

- Protein powder (whey or plant-based) — helps hit protein goals
- Creatine (5g daily) — supports strength & lean mass
- Vitamin D (especially in winter months)
- Multivitamin (covering gaps) • Probiotic (optional, for gut health)

### Day 1

- Breakfast: Greek yogurt parfait with berries, chia seeds, and granola
- Lunch: Grilled chicken salad with mixed greens, quinoa, black beans, avocado, olive oil dressing
- Snack: Apple slices with peanut butter
- Dinner: Ground turkey tacos with whole wheat tortillas, shredded lettuce, salsa, and black beans

### Day 2

- Breakfast: Protein smoothie (protein powder, almond milk, banana, spinach, flaxseeds)
- Lunch: Turkey chili with beans, tomato, onion, bell peppers
- Snack: Baby carrots + hummus
- Dinner: Baked chicken breast with roasted sweet potato and steamed broccoli

### Day 3

- Breakfast: Scrambled eggs with spinach, tomatoes, and whole grain toast
- Lunch: Chicken burrito bowl with brown rice, beans, salsa, peppers, avocado
- Snack: Cottage cheese + pineapple
- Dinner: Lean ground beef stir fry with mixed veggies over quinoa

### Day 4

- Breakfast: Overnight oats with protein powder, chia seeds, almond milk, and blueberries

- Lunch: Chicken wrap with whole grain tortilla, hummus, lettuce, tomato, and cucumbers
- Snack: Hard-boiled eggs + handful of almonds
- Dinner: Ground turkey meatballs with zucchini noodles and marinara sauce

## Day 5

- Breakfast: Protein pancakes topped with Greek yogurt and strawberries
- Lunch: Ground beef taco salad with romaine, beans, corn, salsa, avocado
- Snack: Celery with peanut butter
- Dinner: Baked chicken thighs with roasted Brussels sprouts and quinoa

## Day 6

- Breakfast: Veggie omelet with eggs, spinach, onions, and peppers + side of oats
- Lunch: Turkey burger (no bun) with roasted potatoes and side salad
- Snack: Protein shake with a handful of mixed nuts
- Dinner: Ground chicken stir fry with broccoli, snap peas, and brown rice

## Day 7

- Breakfast: Greek yogurt with chia seeds, flax, and strawberries
- Lunch: Chicken quinoa bowl with spinach, beans, roasted veggies, and avocado
- Snack: Rice cakes with almond butter and banana slices
- Dinner: Ground beef stuffed peppers (bell peppers with rice, beans, and beef)

## Food Swap Guidelines

- Protein: Swap between chicken, turkey, ground chicken, ground beef, eggs, or protein powder.
- Carbs: Use rice, quinoa, oats, potatoes, or whole wheat bread/tortillas interchangeably.
- Fiber: Always add beans, lentils, fruits, and veggies for variety and gut health.
- Fats: Rotate between avocado, nuts, seeds, olive oil, or nut butter.