



7-Day High-Protein Meal Plan

A simple week of real-food meals for sustainable weight loss, with calories and protein for every meal.

~1,600 cal a day

~129 g protein a day

2,000-cal option

Shopping list included

How to use this plan

1. **Pick your level.** Follow the meals as written for about 1,605 calories and 129 g protein a day. Need more? Add the orange “2,000-calorie” items on each day page (about 1,990 calories and 159 g protein a day).
2. **Shop once.** Use the shopping list (page 10). It covers all 7 days of the 1,600 version for one person.
3. **Prep once.** Spend about 2 hours on the weekend with the prep tips on page 11.
4. **Swap freely.** Swap protein for protein and starch for starch: chicken ↔ shrimp or tofu, quinoa ↔ brown rice, Greek yogurt ↔ cottage cheese.
5. **Check in after 2 weeks.** Compare weekly average weight and your waist. No change? Remove 150–200 calories a day. Very hungry or losing more than 2 lb a week? Add 150–200.

Why protein? Research reviews suggest about 1.2–1.6 g of protein per kg of body weight a day, with roughly 25–30 g per meal, can help with appetite and weight management while you eat in a calorie deficit. Every main meal here is close to or above 30 g.

Your week at a glance

Day	Breakfast	Lunch	Dinner	Snack	Cal	Protein (g)
Day 1	Blueberry Greek yogurt overnight oats	Greek chicken quinoa bowl	Salmon, roasted sweet potato and broccoli	2% cottage cheese with strawberries	1,640	127
Day 2	Veggie egg scramble on toast	Tuna salad wrap + apple	Turkey and black bean chili	Edamame with sea salt	1,625	129
Day 3	Protein oatmeal with banana	Turkey and black bean chili (leftovers)	Garlic shrimp stir-fry with brown rice	Greek yogurt with raspberries	1,570	132
Day 4	Cottage cheese toast with tomato + 1 egg	Chicken burrito bowl	Lemon cod with lentils and spinach	String cheese and an apple	1,655	140
Day 5	Blueberry Greek yogurt overnight oats	Chicken hummus pita	Tofu and edamame stir-fry with rice	2 hard-boiled eggs and cucumber	1,620	118
Day 6	Veggie egg scramble on toast	Tuna and white bean salad	Turkey meatballs with whole-wheat pasta	Chocolate Greek yogurt pudding	1,585	132
Day 7	Berry Greek yogurt parfait	Sheet-pan chicken, sweet potato and broccoli (leftovers)	Salmon tacos with yogurt slaw	2% cottage cheese with blueberries	1,535	123

Weights are cooked unless marked raw. Nutrition is estimated from USDA FoodData Central (SR Legacy) values, rounded to the nearest 5 calories and 1 g; whey uses a typical label value (120 cal, 24 g per 30 g scoop). Brands vary, so check labels.

Day 1

1,640 cal
127 g protein

Breakfast

Blueberry Greek yogurt overnight oats

480 cal · 32 g protein

- 1/2 cup (40 g) rolled oats
- 3/4 cup (170 g) plain nonfat Greek yogurt
- 1/2 cup (120 ml) skim milk
- 2 tsp (10 g) chia seeds
- 1/2 cup (75 g) blueberries
- 1 tbsp (16 g) peanut butter, stirred in

Night before: stir everything except the berries in a jar, refrigerate, top with blueberries in the morning.

Lunch

Greek chicken quinoa bowl

515 cal · 46 g protein

- 4 oz (113 g) cooked chicken breast
- 1 cup (185 g) cooked quinoa
- 1/2 cup (70 g) cucumber
- 1/2 cup (75 g) cherry tomatoes
- 1 tbsp (15 g) feta
- 1 tsp (5 g) olive oil + lemon

Layer quinoa, sliced chicken and vegetables; dress with olive oil, lemon, oregano and feta.

Dinner

Salmon, roasted sweet potato and broccoli

495 cal · 32 g protein

- 4 oz (113 g) cooked salmon
- 1 1/2 cups (200 g) sweet potato cubes
- 1 1/2 cups (130 g) broccoli
- 1 tsp (5 g) olive oil

Roast sweet potato at 425°F for 15 min, add broccoli and salmon, roast 12–15 min more.

Snack

2% cottage cheese with strawberries

155 cal · 16 g protein

- 2/3 cup (150 g) 2% cottage cheese
- 2/3 cup (100 g) strawberries

Top cottage cheese with sliced strawberries.

2,000-calorie version: add

- Protein shake: 1 scoop (30 g) whey + 1 cup skim milk (200 cal, 32 g)
- 1 slice whole-wheat toast + 1 tbsp peanut butter (180 cal, 8 g)

= **2,025 cal · 167 g protein**

Day 2

1,625 cal
129 g protein

Breakfast

Veggie egg scramble on toast

450 cal · 36 g protein

- 2 large eggs
- 1/2 cup (120 g) liquid egg whites
- 1 cup (30 g) baby spinach
- 1/2 bell pepper (60 g)
- 2 slices (70 g) whole-wheat toast
- 1 tsp (5 g) olive oil for the pan

Sauté pepper and spinach in the oil, add eggs and egg whites, stir until just set. Serve with toast.

Lunch

Tuna salad wrap + apple

445 cal · 33 g protein

- 1 can (115 g drained) light tuna in water
- 2 tbsp (30 g) nonfat Greek yogurt
- 1 large whole-wheat tortilla (60 g)
- 1 cup (45 g) romaine
- 1/4 avocado (35 g)
- 1 small apple (150 g)

Mix tuna with Greek yogurt, lemon and pepper; wrap with romaine and avocado. Apple on the side.

Dinner

Turkey and black bean chili

540 cal · 42 g protein

- 4 oz (113 g) raw 93% lean ground turkey
- 1/2 cup (90 g) black beans
- 2/3 cup (160 g) crushed tomatoes
- 1/4 onion (40 g)
- 1/2 bell pepper (60 g)
- 2 tbsp (15 g) shredded part-skim mozzarella
- 1/2 cup (100 g) cooked brown rice
- 2 tbsp (30 g) nonfat Greek yogurt

Brown turkey with onion and pepper, add beans, tomatoes, chili powder and cumin; simmer 20 min. Make a double batch for tomorrow. Serve over rice with yogurt and cheese.

Snack

Edamame with sea salt

190 cal · 18 g protein

- 1 cup (155 g) shelled edamame

Microwave frozen shelled edamame 2–3 min; sprinkle with salt.

2,000-calorie version: add

- Protein shake: 1 scoop (30 g) whey + 1 cup skim milk (200 cal, 32 g)
- 1 medium banana + 15 g almonds (about 12) (190 cal, 4 g)

= 2,020 cal · 166 g protein

Day 3

1,570 cal
132 g protein

Breakfast

Protein oatmeal with banana

475 cal · 30 g protein

- 1/2 cup (40 g) rolled oats
- 1 cup (240 ml) skim milk
- 1/2 scoop (15 g) whey protein
- 1 small banana (100 g)
- 1 tbsp (16 g) peanut butter

Cook oats in milk, stir in whey off the heat, top with banana and peanut butter.

Lunch

Turkey and black bean chili (leftovers)

540 cal · 42 g protein

- 4 oz (113 g) raw 93% lean ground turkey
- 1/2 cup (90 g) black beans
- 2/3 cup (160 g) crushed tomatoes
- 1/4 onion (40 g)
- 1/2 bell pepper (60 g)
- 2 tbsp (15 g) shredded part-skim mozzarella
- 1/2 cup (100 g) cooked brown rice
- 2 tbsp (30 g) nonfat Greek yogurt

Reheat yesterday's second portion to 165°F, with its rice, yogurt and cheese.

Dinner

Garlic shrimp stir-fry with brown rice

420 cal · 42 g protein

- 5 oz (140 g) cooked shrimp
- 3/4 cup (160 g) cooked brown rice
- 1 cup (90 g) broccoli
- 1/2 bell pepper (60 g)
- 1 tbsp (15 g) low-sodium soy sauce
- 1 tsp (5 g) olive oil + garlic

Stir-fry vegetables and garlic in oil 4 min, add cooked shrimp and soy sauce 2 min. Serve over rice.

Snack

Greek yogurt with raspberries

130 cal · 18 g protein

- 3/4 cup (170 g) plain nonfat Greek yogurt
- 1/2 cup (60 g) raspberries

Top yogurt with raspberries.

2,000-calorie version: add

- 1 slice whole-wheat toast + 1 tbsp peanut butter (180 cal, 8 g)
- 1 medium banana + 15 g almonds (about 12) (190 cal, 4 g)

= 1,945 cal · 144 g protein

Day 4

1,655 cal
140 g protein

Breakfast

Cottage cheese toast with tomato + 1 egg

410 cal · 28 g protein

- 2 slices (70 g) whole-wheat toast
- 1/2 cup (113 g) 2% cottage cheese
- 1 small tomato (90 g), sliced
- 1 large egg, boiled
- 1/4 avocado (35 g)

Spread cottage cheese on toast, top with tomato, pepper and avocado. Egg on the side.

Lunch

Chicken burrito bowl

515 cal · 46 g protein

- 4 oz (113 g) cooked chicken breast
- 3/4 cup (150 g) cooked brown rice
- 1/3 cup (60 g) black beans
- 1/4 cup (65 g) salsa
- 1 cup (45 g) romaine
- 1/5 avocado (30 g)

Layer rice, beans, chicken, romaine, salsa and avocado.

Dinner

Lemon cod with lentils and spinach

510 cal · 52 g protein

- 5 oz (140 g) cooked cod
- 3/4 cup (150 g) cooked lentils
- 2 cups (60 g) spinach
- 2 tsp (10 g) olive oil + lemon
- 1 slice (35 g) whole-wheat bread

Bake cod at 400°F for 12–15 min. Warm lentils with spinach, oil and lemon. Toast on the side.

Snack

String cheese and an apple

220 cal · 14 g protein

- 2 part-skim mozzarella sticks (56 g)
- 1 small apple (150 g)

Grab and go.

2,000-calorie version: add

- Protein shake: 1 scoop (30 g) whey + 1 cup skim milk (200 cal, 32 g)
- 1 small apple + 1 tbsp peanut butter (170 cal, 4 g)

= **2,030 cal · 176 g protein**

Day 5

1,620 cal
118 g protein

Breakfast

Blueberry Greek yogurt overnight oats

480 cal · 32 g protein

- 1/2 cup (40 g) rolled oats
- 3/4 cup (170 g) plain nonfat Greek yogurt
- 1/2 cup (120 ml) skim milk
- 2 tsp (10 g) chia seeds
- 1/2 cup (75 g) blueberries
- 1 tbsp (16 g) peanut butter, stirred in

Night before: stir everything except the berries in a jar, refrigerate, top with blueberries in the morning.

Lunch

Chicken hummus pita

445 cal · 39 g protein

- 3 oz (90 g) cooked chicken breast
- 1 large whole-wheat pita (64 g)
- 3 tbsp (45 g) hummus
- 1/2 cup (60 g) cucumber
- 1/2 cup (60 g) tomato

Spread hummus in the pita, fill with chicken, cucumber and tomato.

Dinner

Tofu and edamame stir-fry with rice

540 cal · 34 g protein

- 7 oz (200 g) extra-firm tofu
- 1/3 cup (50 g) shelled edamame
- 3/4 cup (150 g) cooked brown rice
- 1 cup (90 g) broccoli
- 1/2 bell pepper (60 g)
- 1 tbsp (15 g) low-sodium soy sauce
- 2 tsp (10 g) olive oil

Press and cube tofu, sear in oil 8 min, add vegetables and edamame 4 min, then soy sauce. Serve over rice.

Snack

2 hard-boiled eggs and cucumber

160 cal · 13 g protein

- 2 large eggs
- 1 cup (120 g) cucumber slices

Use eggs boiled on prep day.

2,000-calorie version: add

- Protein shake: 1 scoop (30 g) whey + 1 cup skim milk (200 cal, 32 g)
- 1 slice whole-wheat toast + 1 tbsp peanut butter (180 cal, 8 g)

= 2,005 cal · 158 g protein

Day 6

1,585 cal
132 g protein

Breakfast

Veggie egg scramble on toast

450 cal · 36 g protein

- 2 large eggs
- 1/2 cup (120 g) liquid egg whites
- 1 cup (30 g) baby spinach
- 1/2 bell pepper (60 g)
- 2 slices (70 g) whole-wheat toast
- 1 tsp (5 g) olive oil for the pan

Sauté pepper and spinach in the oil, add eggs and egg whites, stir until just set. Serve with toast.

Lunch

Tuna and white bean salad

495 cal · 42 g protein

- 1 can (115 g drained) light tuna in water
- 3/4 cup (130 g) white beans
- 2 cups (90 g) romaine
- 1/2 cup (75 g) tomato
- 1/2 cup (70 g) cucumber
- 2 tsp (10 g) olive oil + lemon
- 1 slice (35 g) whole-wheat bread

Toss everything with olive oil, lemon, salt and pepper. Bread on the side.

Dinner

Turkey meatballs with whole-wheat pasta

475 cal · 35 g protein

- 4 oz (113 g) raw 93% lean ground turkey
- 1 1/4 cups (175 g) cooked whole-wheat pasta
- 1/2 cup (125 g) marinara sauce
- 1 cup (30 g) spinach
- 1 tbsp (8 g) shredded part-skim mozzarella

Shape turkey into 6 meatballs, bake at 400°F for 15–18 min (to 165°F), simmer in marinara with spinach, serve over pasta with cheese.

Snack

Chocolate Greek yogurt pudding

160 cal · 19 g protein

- 3/4 cup (170 g) plain nonfat Greek yogurt
- 1 tsp (7 g) honey
- 1 tbsp (7 g) unsweetened cocoa
- 1/2 cup (75 g) strawberries

Whisk yogurt with cocoa and honey; top with strawberries.

2,000-calorie version: add

- Protein shake: 1 scoop (30 g) whey + 1 cup skim milk (200 cal, 32 g)
- 1 medium banana + 15 g almonds (about 12) (190 cal, 4 g)

= 1,980 cal · 168 g protein

Day 7

1,535 cal
123 g protein

Breakfast

Berry Greek yogurt parfait

435 cal · 32 g protein

- 1 cup (227 g) plain nonfat Greek yogurt
- 1/2 cup (40 g) rolled oats, toasted
- 1 cup (150 g) strawberries
- 1 tsp (5 g) chia seeds
- 1 tsp (7 g) honey
- 1 tbsp (10 g) sliced almonds

Layer yogurt, toasted oats, strawberries, chia and almonds; drizzle with honey.

Lunch

Sheet-pan chicken, sweet potato and broccoli (leftovers)

425 cal · 38 g protein

- 5 oz (140 g) raw chicken breast, roasted
- 1 1/2 cups (120 g) broccoli
- 1 1/2 cups (200 g) sweet potato cubes
- 1 tsp (5 g) olive oil

From prep day: roast chicken, sweet potato and broccoli at 425°F for 25–30 min. Reheat to 165°F.

Dinner

Salmon tacos with yogurt slaw

510 cal · 36 g protein

- 4 oz (113 g) cooked salmon
- 3 corn tortillas (78 g)
- 1/4 cup (65 g) salsa
- 3 tbsp (45 g) nonfat Greek yogurt
- 1 cup (45 g) shredded romaine
- 1/5 avocado (30 g)

Season and bake salmon at 400°F for 12 min, flake into warm tortillas with romaine, yogurt, salsa and avocado.

Snack

2% cottage cheese with blueberries

165 cal · 16 g protein

- 2/3 cup (150 g) 2% cottage cheese
- 1/2 cup (75 g) blueberries

Top cottage cheese with blueberries.

2,000-calorie version: add

- 1 slice whole-wheat toast + 1 tbsp peanut butter (180 cal, 8 g)
- 1 medium banana + 15 g almonds (about 12) (190 cal, 4 g)

= 1,910 cal · 135 g protein

Shopping list

For one person, 1,600-calorie version. Check off what you already have.

Produce

- ☐ Baby spinach, 5 oz bag
- ☐ Romaine, 1 large head (or 8 oz bag)
- ☐ Broccoli, about 1 lb (fresh or frozen)
- ☐ Sweet potatoes, 2 large (about 1 lb)
- ☐ Bell peppers, 3
- ☐ Cucumbers, 2
- ☐ Tomatoes, 3 medium (or 1 pint cherry)
- ☐ Onion, 1 large
- ☐ Avocados, 1–2
- ☐ Apples, 2 small
- ☐ Banana, 1 (+3 for the 2,000 version)
- ☐ Strawberries, 1 lb
- ☐ Blueberries, 1 pint (or frozen)
- ☐ Raspberries, 6 oz
- ☐ Lemons, 2 · Garlic, 1 head

Meat & seafood

- ☐ Chicken breast, boneless skinless, about 1 1/4 lb
- ☐ Ground turkey, 93% lean, 1 lb
- ☐ Salmon fillets, 2 × 5 oz
- ☐ Cod fillet, 6–7 oz
- ☐ Shrimp, cooked, 6 oz (or 8 oz raw)

Dairy & eggs

- ☐ Plain nonfat Greek yogurt, 32 oz + 5.3 oz cup
- ☐ 2% cottage cheese, 16 oz
- ☐ Eggs, 1 dozen
- ☐ Liquid egg whites, 16 oz carton
- ☐ Skim milk, 1 quart (half gallon for 2,000)
- ☐ Part-skim mozzarella: 2 sticks + small bag shredded
- ☐ Feta, small container

Bread & grains

- ☐ Whole-wheat bread, 1 loaf
- ☐ Large whole-wheat tortillas
- ☐ Whole-wheat pita
- ☐ Corn tortillas
- ☐ Rolled oats
- ☐ Brown rice (about 1 1/4 cups dry) or microwave pouches
- ☐ Quinoa (1/3 cup dry)
- ☐ Whole-wheat pasta (2 1/2 oz dry)

Canned & pantry

- ☐ Light tuna in water, 2 × 5 oz cans
- ☐ Black beans, 1 can (15 oz)
- ☐ White beans, 1 can (15 oz)
- ☐ Lentils, 1 can or 1/3 cup dry
- ☐ Crushed tomatoes, 1 can (14.5 oz)
- ☐ Marinara sauce, small jar
- ☐ Salsa, 1 jar
- ☐ Hummus, small tub
- ☐ Peanut butter
- ☐ Chia seeds · Sliced almonds
- ☐ Unsweetened cocoa · Honey
- ☐ Olive oil · Low-sodium soy sauce
- ☐ Chili powder, cumin, oregano, paprika, dill

Frozen & refrigerated

- ☐ Shelled edamame, 12 oz bag
- ☐ Extra-firm tofu, 14 oz block
- ☐ Whey protein powder (optional; needed for the 2,000 version)

3 prep tips that make the week easy

1. Cook once, eat three times

On the weekend, cook the grains (brown rice and quinoa), roast the chicken, sweet potatoes and broccoli at 425°F, boil 3 eggs and mix Day 1's overnight oats. Pack lunches for Days 1 and 4; freeze the chicken for Days 5 and 7 and thaw it in the fridge the night before. Cook the Day 2 chili as a double batch for Day 3's lunch, and mix Day 5's oats on Day 4 evening.

2. Follow the 4-day fridge rule

The USDA Food Safety and Inspection Service says cooked leftovers keep 3 to 4 days in the fridge and 3 to 4 months in the freezer. Refrigerate cooked food within 2 hours, cool big batches in shallow containers, freeze anything for Day 5 onward, and reheat leftovers to 165°F. Cook fish fresh: it takes 15 minutes.

3. Keep sauces and crunch separate

Pack yogurt sauces, salsa and dressings in small cups and add them after reheating. Store washed greens with a paper towel. Your meals will taste as good on Thursday as they did on Sunday.

Want more? Read the full guides at a-to-z-fitness.com:

- High-Protein Meal Plan for Weight Loss: a-to-z-fitness.com/index.php/high-protein-meal-plan-for-weight-loss/
- High-Protein Meal Prep Guide: a-to-z-fitness.com/index.php/high-protein-meal-prep-guide/
- How Much Protein Do You Need to Lose Weight?: a-to-z-fitness.com/index.php/how-much-protein-to-lose-weight/

Important: not medical advice

This meal plan is general information for healthy adults, created by the A to Z Fitness editorial team. It is not medical or dietetic advice and is not a substitute for advice from your doctor or a registered dietitian. Talk with a health professional before changing your diet, especially if you are pregnant or breastfeeding, are under 18, have kidney disease, diabetes, a history of disordered eating or another health condition, or take medication. Check every label for allergens: this plan contains milk, eggs, fish, shellfish, soy, wheat, peanuts and tree nuts. Calorie and protein values are estimates; individual needs vary.

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