

High Protein 7-day Meal Plan Workbook

By Tracey Wood



Why should we care about eating a high protein diet? According to National Institute of Health (NIH), “Proteins are often called the body’s building blocks. They are used to build and repair tissues and help your body fight infection. Your body uses extra protein for energy.” A healthy and lean body is made up of about 65% water, 15% protein, 15% fat, 5% minerals, carbohydrates, and very small amounts of vitamins and other elements.

Since humans mostly consist of water and protein; it is a commonsense strategy to replenish and fuel in that manner. Stay hydrated and maximize your protein intake will also help with fat levels. It has also been determined that our body regenerates itself every seven years. Which also makes sense to consume that which the body is made of for the process of self-regeneration.

Men and Women under 55 and not very active it is recommended: **46 grams protein for woman**, and **56 grams of protein for men**. For individuals who are active and/or beyond 55 years of age to avoid muscle atrophy it is recommended that they consume their ideal weight in grams of protein daily. Identify your BMI range based on height and gender. Select a weight within your range that you feel your best? That number is your ideal weight. Match that ideal weight number in grams of protein per day to avoid muscle atrophy for individuals over 55 years of age.

For example, if a person has an ideal weight of 155 pounds, it is recommended that they consume 155 grams of protein daily provided they are over 55 years old. Consuming this amount of protein is not an easy task. Chicken breast is the highest protein *meat per calorie* that has a high protein content and relatively low-calorie count compared to beef or pork; making chicken breast a top choice for maximizing protein intake per calorie consumed. Always follow the Recommended Dietary Allowance (RDA) guidelines and consult a physician before starting a new exercise or diet program to address your specific medical needs.



When consuming adequate protein, one must take in fiber to keep a healthy digestive system.

On average eat 14 grams of ***fiber*** per 1,000 calories consumed. Based on age and gender—

- Women 19 – 50 years: 25 grams Men 19-50: 28 grams
- Women 51 and older: 21 grams Men 51 and older: 31 grams

Calorie intake is determined based on how active we are, and if we are currently at that ideal weight level. Decide if you want to loss, maintain, or gain weight. Select your calorie intake goal based on your level of activity and if your goal is to loss, maintaining, or gain weight.

For a Woman	Calories
Not physically active	1,600
Moderately active	1,800
Active lifestyle	2,000-2,200
For a Man	Calories
Not physically active	2,000-2,200
Moderately active	2,200-2,400
Active lifestyle	2,400-2,600

Table 1—Calories

Daily TARGETS: 155 grams of protein, 1600 calories, 21 grams of fiber, and 64 ounces of water.

Example 1— Daily Targets; select your own targets

It's easy to setup a program you'll enjoy, will stick to, and is nutritionally balanced—

1. Based on the information provided select your own targets for protein, calories and fiber.
2. Decide which proteins you enjoy eating and assign them a day of the week per meal.
Provided is a list of popular proteins to help with your selection.
3. Decide which plants you enjoy eating and put at least two vegetables and one fruit per meal. Included are a list of vegetables most commonly eaten and some with protein.
4. Decide which carbs are worth your calories and only eat sparingly.
5. Hunt for the best recipes you'll enjoy for the foods you have selected and gather your groceries.

STEP #1—Set your daily targets in protein, calories, and fiber based on the RDA.

Daily Targets: _____ grams of protein, _____ calories, _____ grams of fiber

Drink water first and foremost. You may drink anything but get your water in first thing prior to eating or drinking anything else—incredible benefits to your appearance and health.

Worksheet 1— Set Daily Targets

STEP #2—Use the following lists to select (circle) proteins you'd enjoy eating. The lists are not comprehensive. List *other* meat proteins you may enjoy that are not listed and Google the nutritional values. **WARNING:** Too much red meat and/or shellfish can cause gout.

Meats	Ounces	Calories	Fat	Carbs	Protein
Chicken Breast	4	123	1.4g	0g	25.9g
Turkey Breast	4	118	1.9g	4.77g	19.4g
Salmon	4	121	5.4g	0g	17.0g
Tuna	4	145	1.4g	0g	42.0g
Shrimp	4	135	0.2g	0.2g	20.4g
Eggs	1 large	78	5g	0g	6.0g
Ground Beef	4	245	15%	0g	21.0g
Pork Chops	4	272	12.2g	0g	23.4g
Others					

Table 2—Animal Protein

Top Plant Protein & Fiber Combo

	Vegetables	Cups	Calories	Fiber	Carbs	Protein
	Spinach	1	49	17%	0	6g
	Edamame	1	188	8g	14g	18g
	Lentils	1	323	15.6g	36.7g	16g
	Chickpeas	1	269	12.5g	45g	15g
	Black Beans	1	218	16.6	40g	15g
	Broccoli	1	35	3g	5.6	4g
	Split peas	1	118	8.3g	21.1g	16g
	Artichoke	1	116	9g	18.8g	5.8g
	Cauliflower	1	29	2.9g	5.1g	2.05g
	Avocado	1	384	15.6g	19.9g	4.51g
	Asparagus	1	27	2.8g	5.2g	1.44g
	Seaweed	1/2	306	7.7g	81g	6.2g
	Brussels Sprouts	1	37.8	3.34g	7.9g	2.97g
	Sun-dried Tomatoes	1	234	6.6g	30.11g	7.51g
	Others					

Table 3—Plant Protein & Fiber

Protein Snacks

	Other Foods	Cups	Calories	Fiber	Carbs	Protein
	Greek Yogurt	1	281	0	12.1g	20g
	Cottage Cheese	1	203	0	8.2g	31g
	Milk	1	146.4	0	11g	8g
	Nut Butters	1	100	9.3g	53g	37.7g
	Pork Rinds	1	174	0	0	19.6g
	Beef sticks	1 oz	156	0	2g	6g
	String cheese	1 pc	85	0g	1.3g	6.7g
	Turkey Jerky	28g	80	0.5g	5g	13.2g
	Beef Jerky	20g	82	0.5g	2.2g	7g
	Others					

Table 4—Protein Snacks

Rating Protein Bars

Flavor 0–10 best Carbs 0-5 / Sugar 0-5 best Calories 0-10best MAX. 30

Protein	Name/Flavor	Calories	Carbs/Sugar	Grade
21g	Pure Protein/ Chocolate /Deluxe	180	17g/3g	30
20g	Pure Protein/ Chewy Chocolate Chip	200	18g/3g	20
20g	Pure Protein/ Cookies & Cream	190	18g/4g	30
20g	Pure Protein/ Lemon Cake	200	16g/2g	20
20g	Pure Protein/ Birthday Cake	200	18g/3g	20
20g	Pure Protein/ Chocolate Peanut butter	200	17g/2g	30
20g	Builders Choc Peanut Butter	290	29g/17g	10
20g	Builders Chocolate Mint	280	31g/17g	10
20g	Barebells Carmel Cashews	200	18g/3g	20
20g	Quest Chocolate Peanut Butter	170	4g/1g	25
20g	Quest Oatmeal Choc Chip	180	5g/1g	25
20g	Quest White Choc Raspberry	190	4g/1g	25
20g	Quest Chocolate Peanut Butter	200	4g/1g	25
20g	ONE Cinnamon Roll	230	23g/1g	5
20g	Atlas Peanut Butter Choc Chip	300	4g/1g	15
20g	Atlas Dark Chocolate Almond	300	4g/1g	15
20g	Atlas Almond Chocolate Chip	300	3g/1g	15
	Others			

Table 5—Protein Bars

Rating Protein Shakes

Flavor 0 – 10 best Carbs 0-5 / Sugar 0-5 best Calories 0-5best MAX. 30

Protein	Size	Name/Flavor	Carbs/Sugar	Calories	Grade
42g	14oz	Core Power <i>Elite</i> Protein Shake	8g/8g	230	30
26g	14oz	Core Power Protein Shake	8g/7g	170	30
30g	11.5oz	Premier Protein Shake	4g/1g	160	30
30g	12 oz	Alani Protein Shake	10g/6g	140	25
20g	12 oz	Alani Protein Shake	10g/6g	140	25
25g	14oz	GNC Lean Shake <i>Burn</i> Mocha or Vanilla Latte	8g/1g 100g caffeine	180	30
25g	14oz	GNC Protein Shake	6g/1g	170	25
30g	11oz	Pure Protein	5g/1g	140	20
30g	11oz	Quest	4g/1g	170	15
40g	17oz	Lean Body	9g/0g	270	20
35g	16.9oz	Huel Protein Shake	20g/2g	200	15
20g	11oz	Boost	31g/10g	250	15
30g	11oz	Boost	6g/1g	160	15
40g	14oz	Muscle Milk	12g/1g	220	25
32g	11.16oz	Muscle Milk	9g/1g	170	25
25g	11oz	Muscle Milk	9g/0g	160	25
Vegan					
20g	12oz	Ripple Plant Based Protein	13g/9g	200	28
26g	14oz	Orgain Organic Protein	7g/1g	140	15
25g	8oz	Ka'Chava Chocolate/Vanilla	20g carb	N/A	20
		Others			

Table 6— Protein Shakes

My Protein likes—

DAY	Dinner	Lunch	Breakfast	Snacks
Sunday	Turkey	Chicken	Eggs	Protein Shake
Monday	Seafood	Turkey	Greek Yogurt	Turkey Jerky
Tuesday	Seafood	Chicken	Eggs	Cottage Cheese
Wednesday	Turkey	Seafood	Cottage Cheese	Protein Bar
Thursday	Seafood	Chicken	Eggs	Protein Shake
Friday	Beef	Chicken	Eggs	Peanut Butter
Saturday	Seafood	Chicken	Pork-Bacon	Pork Rinds

Example 2— Protein by Meals

It is best to start with your most calorie consumed meal and then work down to your lighter meals. At dinner time, I consume the most to carry me through hours of sleep and to lunch the next day. Breakfast, I eat light because my stomach doesn't do well with the weight of food in it in the morning, so my breakfast is usually a snack. Lunch is my next heavy meal and snacks flank lunch to get through the day to dinner. Everyone is different. Listen to your body to determine when you need to fuel. Attempt to set a schedule and be consistent. Don't allow yourself to become empty. Figure out the best biological times to fuel your body for optimum

performance and set yourself up to make it happen. So, for me, I have two meals and three snacks a day. Breakfast is a snack. Snack is defined as a mini-nutritional meal. Not a treat. A treat is something of little nutritional value that I eat for fun—candy, chips, etc. also known as wasted calories. Try to keep treats to a minimum and don't use them as snacks to fuel.

Worksheet—To assign your protein likes:

DAY	Dinner	Lunch	Breakfast	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Worksheet 2— Meal Protein Distribution



STEP #3—Select two vegetables and one fruit per meal to add to your plan. Using this **Fiber Sources** table and the **Top Plant Protein & Fiber Combo** table plus any other vegetables and fruits you normally enjoy. Fruits eaten at the end or after meals or as a healthy snack reduces desires to eat refine sugar treats.

Fiber Sources

	Fiber Sources	Cups	Calories	Fiber	Carbs	Protein
	Raspberries	1	64	8.0g	14.7g	1.4g
	Pear	1	100	5.5g	25g	0
	Apple with skin	1	94.6	4.5g	25.1	0.43g
	Banana	1	110	3.0g	28g	1g
	Orange	1	73	3.0g	16.5g	1.3g
	Strawberries	1	4	3.0g	0.9g	0.1g
	Prunes	5 pcs	104	3.0g	28g	1g
	<i>Other Fruits</i>					
	Green Peas	1	118	9.0g	21g	8g
	Broccoli	1	55	5.0g	11g	3.7g
	Turnip greens	1	28.8	5.0g	6.2g	1.64g
	Brussels Sprouts	1	65.1	4.5g	12.9g	5.6g
	Cauliflower	1	29	2.0g	5.1g	2.05g
	Carrot, raw	1	50	1.5g	11.7	1.13g
	Spinach	1	49	17%	0	6g
	Edamame	1	188g	8g	14g	18g
	Lentils	1	323	15.6g	36.7g	16g
	Chickpeas	1	269	12.5g	45g	15g
	Black Beans	1	218	16.6	40g	15g
	Broccoli	1	35	3g	5.6	4g
	Split peas	1	118	8.3g	21.1g	16g
	Artichoke	1	116	9g	18.8g	5.8g
	Beans	1	209	13g	37g	15g
	<i>Other Veggies</i>					
	Popcorn	3	93	3.5g	18.67g	3.11g
	Pumpkin Seeds	0.25	125	5g	15g	5g
	Walnuts	0.25	203	1.0g	4g	4g
	Cashews	1 oz	166	0.82g	8.99g	4.21g
	Pecans	1 oz	196	2.7g	4g	2.5g
	Almonds	.25	170	3.5	7g	6g
	Pistachios	.25	173	3.0g	8g	6g
	Sunflower	.25	175	3.0g	4g	6g
	Chia Seeds	.25	194	10g	16.8g	5g
	<i>Others Seeds</i>					

Table 7—Plant & Fiber Protein

Example:

DAY	Dinner	Lunch	Breakfast	Snacks
Sunday	1.Turkey 2.Brussel Sprouts 3.Tomato, Basil & Mozzarella 4.Apple	1.Chicken 2.Broccoli 3.Mixed greens 4.Apple	1.Eggs 2.Avocado 3.Spinach 4.Banana	1.Protein Shake 2.Protein Bar
Monday	1.Seafood 2.Zucchini 3.Avocado 4. Grapes	1.Turkey 2.Cauliflower 3.Greens & Cucumbers 4. Pear	1.Greek Yogurt 2. Raspberries 3. Flaxseed Seeds 4. Banana	1.Turkey Jerky 2. Peanut Butter & Celery
Tuesday	1.Seafood 2.Asparagus 3.Roasted Peppers 4.Blueberries	1.Chicken 2.Broccoli 3.Cauliflower 4.Blueberries	1.Eggs 2. Avocado 3.Blueberries 4. Banana	1.Cottage Cheese & pineapples 2.Protein Shake
Wednesday	1.Turkey 2.Spinach 3. Beets & Sprouts 4.Pears	1.Seafood 2. Kale 3.Avocado 4.Blueberries	1. Cottage Cheese & 2. Raspberries & 3. Chia seeds 4. Banana	1. Beef Jerky 2.Protein Bar
Thursday	1.Seafood 2.Green Beans 3.Cabbage 4.Grapes	1.Chicken 2. Brussel Sprouts 3.Mixed Greens 4. Cherries	1.Eggs 2.Spinach 3.Mushrooms 4. Banana	1.Protein Shake 2.Cottage Cheese and Pears
Friday	1.Beef 2.Cauliflower 3.Peas 4.Orange	1.Chicken 2.Spinach 3.Cucumbers and tomatoes 4.Apple	1.Eggs 2.Avocado 3.Chia with Greek Yogurt 4. Banana	1.Protein Bar 2.Greek Yogurt
Saturday	1.Seafood 2.Kale 3.Garlic with Mashed Turnips 4.Grapes	1.Chicken 2.Broccoli 3.Mixed Greens 4. Peaches	1.Protein Pancakes 2.Avocado 3.Beets 4. Banana	1.Pork Rinds 2.London Fog

Example 3— Protein, vegetables and fruit (fiber) by Meals

Your worksheet:

1) Protein

2) Vegetable #1

3) Vegetable #2

4) Fruit

DAY	Dinner	Lunch	Breakfast	Snacks
Sunday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.
Monday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.
Tuesday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.
Wednesday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.
Thursday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.
Friday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.
Saturday	1. 2. 3. 4.	1. 2. 3. 4.	1. 2. 3. 4.	1. 2.

Worksheet 3— Meal Distribution

Example—High Protein low carb 7-Day Meal Plan

DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
1	8AM	Breakfast	(400 kcal, 40g protein, 7g fiber)	40g	7g	400
			2 Cups of water— - 3 scrambled egg whites with 1 whole egg, cooked in olive oil - 1/2 avocado - 1 cup spinach sautéed with garlic - 1 tbsp chia seeds (add to a drink or shake) - 1 small apple			
	10AM	Snack	(200 kcal, 25g protein, 3g fiber)	25g	3g	200
			1 Cup of water— - 1 scoop protein powder mixed with unsweetened almond milk - 1 tbsp peanut butter			
	12PM	Lunch	(450 kcal, 45g protein, 7g fiber)	45g	7g	450
			2 Cups of water— - Grilled chicken breast (150g) - 1 cup steamed broccoli with 1 tbsp olive oil - 1 cup mixed greens with 1 tbsp olive oil and vinegar			
	3PM	Snack				
			1 Cup of water— Protein Bar			
	7PM	Dinner	(450 kcal, 45g protein, 4g fiber)	45g	4g	450
			2 Cups of water— - Roasted Turkey stuffed with chopped nuts and dried cranberries (150g) - 1 cup roasted Brussels sprouts - 1 tbsp flaxseeds (added to the sprouts for extra fiber)			
			Water 8 cups = 64 oz. Today's Total:	155g	21g	1,500
DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
2	8AM	Breakfast	(400 kcal, 40g protein, 8g fiber)	40g	8g	400
			2 Cups of water— - 1 cup Greek yogurt (0% fat) with 1 tbsp flaxseeds - 1/2 cup raspberries - 1 scoop protein powder mixed in			
	10AM	Snack		6g	0.25g	40
			1 Cup of water— Turkey Jerky (14g)			
	12PM	Lunch	(450 kcal, 45g protein, 6g fiber)	45g	6g	450
			2 Cups of water— - Grilled turkey breast (150g) - 1 cup steamed cauliflower (with 1 tbsp olive oil)			

			- 1 cup mixed greens with cucumber and 1 tbsp olive oil			
	3PM	Snack	(200 kcal, 25g protein, 3g fiber)	25g	3g	200
			1 Cup of water— -Peanut butter and celery - Protein shake with almond milk - 1 tbsp chia seeds			
	7PM	Dinner	(450 kcal, 45g protein, 4g fiber)	45g	4g	450
			2 Cups of water— - Grilled shrimp (200g) - 1 cup sautéed zucchini with olive oil and garlic - 1/2 cup sliced avocado			
			Water 8 cups = 64 oz. Today's Total:	161g	21.25g	1,540
DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
3	8AM	Breakfast	(400 kcal, 40g protein, 7g fiber)	40g	7g	400
			2 Cups of water— - 2 boiled eggs - 1/2 avocado - 1 tbsp chia seeds mixed into a smoothie with unsweetened almond milk - 1/2 cup blueberries			
	10AM	Snack	(200 kcal, 25g protein, 3g fiber)	25g	3g	200
			1 Cup of water— Cottage cheese with berries - 1 protein shake with almond milk - 1 tbsp flaxseed			
	12PM	Lunch	(450 kcal, 45g protein, 6g fiber)	45g	6g	450
			2 Cups of water— - Grilled chicken breast (150g) - 1 cup steamed broccoli and cauliflower (mixed) with 1 tbsp olive oil - 1 cup mixed greens with cucumber and olive oil			
	3PM	Snack	(200 kcal, 25g protein, 2g fiber)	25g	2g	200
			1 Cup of water— 1 protein shake with almond milk			
	7PM	Dinner	(450 kcal, 45g protein, 5g fiber)	45g	5g	450
			2 Cups of water— - Grilled cod (150g) - 1 cup roasted asparagus - 1/4 cup mixed nuts (almonds, walnuts)			
			Water 8 cups = 64 oz. Today's Total:	180g	23g	1,700
DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
4	8AM	Breakfast	400 kcal, 40g protein, 8g fiber)	40g	8g	400
			- 1 cup cottage cheese (low-fat) - 1 tbsp chia seeds - 1/2 cup raspberries - 1 scoop protein powder			

	10AM	Snack	(200 kcal, 25g protein, 2g fiber) - 1 protein bar (low carb, high fiber)	25g	2g	200
	12PM	Lunch	(450 kcal, 45g protein, 7g fiber) 2 Cups of water— - Grilled tuna (150g) - 1 cup sautéed kale with olive oil and garlic - 1/2 avocado	45g	7g	450
	3PM	Snack		3.5g	0.25g	41
			1 Cup of water— Beef Jerky			
	7PM	Dinner	(450 kcal, 45g protein, 4g fiber) 2 Cups of water— - Grilled turkey burger patty (150g) - 1 cup sautéed spinach with garlic - 1 tbsp flaxseeds	45g	4g	450
			Water 8 cups = 64 oz. Today's Total:	158.5g	21.25g	1,541
DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
5	8AM	Breakfast	(400 kcal, 40g protein, 6g fiber) 2 Cups of water— - 3 scrambled egg whites with spinach and mushrooms - 1/2 avocado - 1 tbsp flaxseeds	40g	6g	400
	10AM	Snack				
			1 Cup of water— GNC Protein Lean Shake			
	12PM	Lunch	(450 kcal, 45g protein, 7g fiber) 2 Cups of water— - Grilled chicken breast (150g) - 1 cup roasted Brussels sprouts with olive oil - 1 cup mixed greens with 1 tbsp olive oil	45g	7g	450
	3PM	Snack	(200 kcal, 25g protein, 3g fiber) 1 Cup of water— -cottage cheese and pears	25g	3g	200
	7PM	Dinner	(450 kcal, 45g protein, 5g fiber) 2 Cups of water— - Grilled salmon (150g) - 1 cup sautéed green beans with garlic - 1 tbsp chia seeds mixed into water or a smoothie	45g	5g	450
			Water 8 cups = 64 oz. Today's Total:	155g	21g	1,500
DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
6	8AM	Breakfast	(400 kcal, 40g protein, 6g fiber) 2 Cups of water— - 2 boiled eggs - 1/2 avocado - 1 tbsp chia seeds mixed into Greek yogurt	40g	6g	400

	10AM	Snack	(200 kcal, 25g protein, 3g fiber)	25g	3g	200
			-1 Cup of water— -1 Cup Oikos Greek Yogurt 15 grams - 1 protein bar (low carb, high fiber)			
	12PM	Lunch	(450 kcal, 45g protein, 7g fiber)	45g	7g	450
			2 Cups of water— - Grilled chicken salad (150g chicken, 2 cups spinach, 1 tbsp olive oil, cucumber) - 1 tbsp flaxseeds			
	3PM	Snack				
			1 Cup of water— 3 Tablespoon or Peanut Butter 10 grams on Celery			
	7PM	Dinner	(450 kcal, 45g protein, 5g fiber)	45g	5g	450
			2 Cups of water— - Grilled steak (150g lean beef) - 1 cup roasted cauliflower - 1/2 avocado			
			Water 8 cups = 64 oz. Today's Total:	155g	21g	1,500
DAY	TIME	MEAL	MENU	Protein	Fiber	Calories
7	8AM	Breakfast	(400 kcal, 40g protein, 7g fiber)	40g	7g	400
			2 Cups of water— - Protein pancakes (1 scoop protein powder, 2 egg whites, 1 tbsp chia seeds) - 1/2 avocado on the side			
	10AM	Snack				
			1 Cup of water— London Fog (1Cup Milk, 1tsp Honey, 2 Earl Gray tea bags)	8g	0g	146.4
	12PM	Lunch	(450 kcal, 45g protein, 6g fiber)	45g	6g	450
			2 Cups of water— - Grilled chicken breast (150g) - 1 cup steamed broccoli with olive oil - 1 cup mixed greens with 1 tbsp olive oil			
	3PM	Snack	(174 kcal, 19.6g protein, 0g fiber)	19.6g	0	174
			1 Cup of water— 1 Cup of Pork Rinds			
	7PM	Dinner	(450 kcal, 45g protein, 5g fiber)	45g	5g	450
			2 Cups of water— - Grilled salmon (150g) - 1 cup sautéed kale with garlic - 1 tbsp flaxseeds			
			Water 8 cups = 64 oz. Today's Total:	157.6g	18g	1,620.4

Notes:

- Protein shakes and bars are used to reach daily protein goals while keeping carbs low.
- Healthy fats from avocado, olive oil, nuts, and seeds ensure balanced nutrition.
- Use leafy greens and low-carb vegetables for fiber sources without spiking carbs.

STEP #4—Which carbs are a must have for you? Sparingly include them in your plan.

For me it is chocolate, ice cream, doughnuts, cookies, and chips.

Other carbs often eaten are bread, potatoes, rice, pasta, stuffing, candy, etc.

How often must you get your desired carbs to feel satisfied?

Example:

Pecan Pie once a year... I must have pecan pie at Thanksgiving.

Chips twice a month

Cookies once a month

Doughnuts once a month

Ice cream once a week

Chocolate daily provided I'm not eating another treat on my list.

Example 5-Must Have Carbs

List “*your must have*” carbs and minimum frequency to maintain satisfaction.

	MUST Have Carbs	How often (minimum)?	When?
1.			
2.			
3.			
4.			
5.			
6.			
7.			

Worksheet 4-Must Have Carbs

To determine the minimum of how often, try going without eating each item. Say no at least one time. Note at which point (1-day, 3-days, 1-week, 2-weeks, 1-month, 2-months, didn't miss it) that your will power drops for “*your must have*” carb.

These are all treats. As for regular carbs, my strategy is to pass on bread, rice, pasta, and potatoes as often as possible. By passing on those items, there is room for treats. The protein table includes some complex carbs that are high in protein and/or fiber that are great to include in a meal plan routinely to reach target goals. Step #4 helps keep us satisfied and on our meal plan. This step helps end feelings of deprivation.

The RDA and a physician and/or dietician who is aware of your medical history may have additional suggestions for healthy eating based on your specific circumstance. This high protein meal plan is for those wishing to jump start their protein intake to prevent muscle loss.

STEP #5—Hunting for Recipes & Grocery Shopping

Hunting for recipes for the foods you've selected has never been easier. A simple Google search for chicken entrée recipes will produce more than you could probably sort through. You may limit your search by saying “chicken entrée recipes with less than four ingredients.” Or you may search for specialty preps i.e.—air fry, crockpot, oven, wok, stovetop, microwave, or grill. You may also limit your search by listing ingredients you have on hand to generate a recipe. Create an

electronic folder on your desk top label it “WEEK 1” and copy your recipes to the folder. Inside the folder you may have additional folders or files marked by the day of the week. Take all the ingredients from each recipe to form a grocery list. The electronic folders work best better than a meal planning table.

It's time for grocery shopping. Grocery Shopping has never been easier. You may download the store app and have the full layout of the store downloaded in your smartphone. Input your list before you go and most apps will give you the location in the store of each item.

Or you can order your groceries online, drive by the store for curbside pick-up, or have the groceries delivered to your door. Below is the grocery list for the meal planning example for four servings.

Grocery List

Here's a grocery list for four servings per meal for the entire 7-day low-carb, high-protein meal plan—

Proteins:

- Eggs: 36 large eggs
- Chicken breast: 3.3 kg (7.2 lbs)
- Salmon fillets: 1.8 kg (4 lbs)
- Grilled shrimp: 800g (1.75 lbs)
- Grilled turkey breast: 600g (1.3 lbs)
- Grilled turkey burger patties: 600g (1.3 lbs)
- Grilled tuna: 600g (1.3 lbs)
- Grilled cod: 600g (1.3 lbs)
- Lean beef steak: 600g (1.3 lbs)
- Cottage cheese (low-fat): 4 cups
- Greek yogurt (0% fat): 4 cups
- Protein powder (low carb, high protein): 2 large containers (depends on serving size)
- Almond milk (unsweetened): 8-10 cups
- Low-carb, high-fiber protein bars: 8 bars
- Peanut butter: 8 tbsp (roughly 1 small jar)

Vegetables:

- Spinach: 16 cups (for sautéing and salads)
- Broccoli: 10 cups (steamed)
- Brussels sprouts: 8 cups (roasted)
- Cauliflower: 4 cups (steamed/roasted)
- Kale: 8 cups (sautéed)
- Green beans: 4 cups (sautéed)
- Zucchini: 4 cups (sautéed)
- Asparagus: 4 cups (roasted)
- Mixed greens (for salads): 8 cups

- Mushrooms: 2 cups (for scrambling with eggs)
- Cucumbers: 2 large cucumbers
- Garlic: 2 bulbs

Fruits:

- Avocados: 14 (1/2 per serving)
- Raspberries: 4 cups
- Banana 7 medium
 - Grapes
 - Peaches: 4 medium
 - Apples: 12 small
 - Cherries: 2 cup
 - Pears: 4 medium
 - Blueberries: 2 cups

Healthy Fats, Seeds, and Oils:

- Olive oil: 1 bottle (roughly 16-20 tbsp needed)
- Flaxseeds: 16 tbsp
- Chia seeds: 28 tbsp
- Mixed nuts (almonds, walnuts): 2 cups

Miscellaneous:

- Vinegar (for salad dressing)
- Protein pancake ingredients: 2 scoops of protein powder
- Salt, pepper, and other preferred seasonings for meals

Ingredients for all meals and snacks across seven days, scaled up to feed four people per meal.

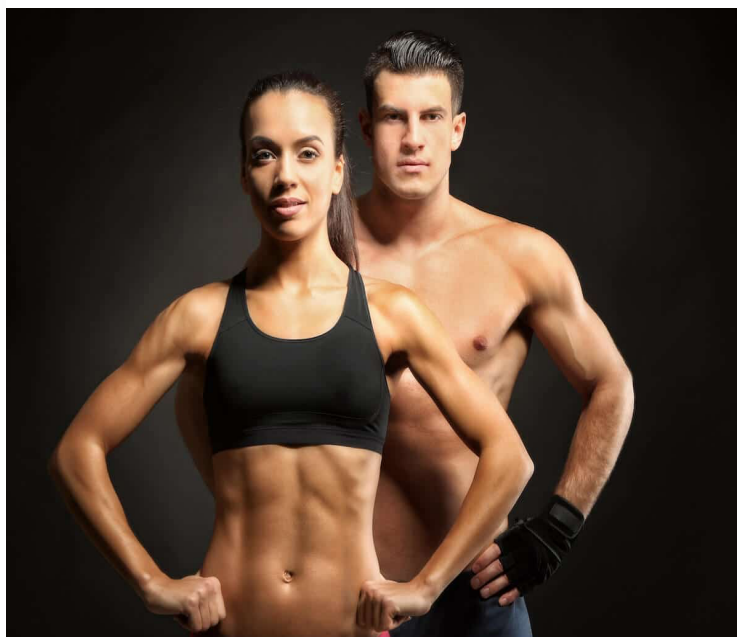
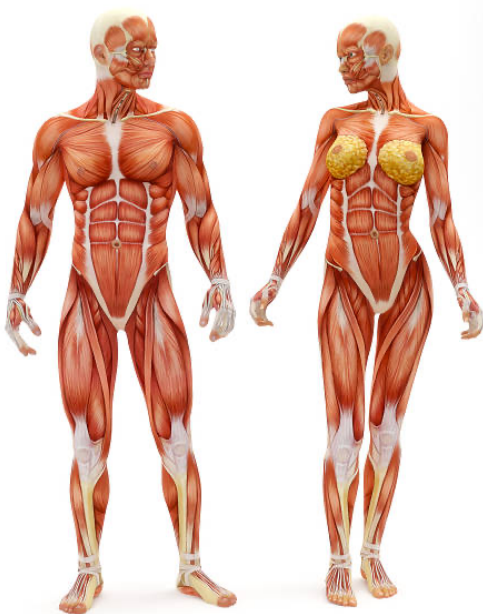
Example 6-Grocery List

Once the groceries are home, executing the high protein 7-day meal plan is easy. Set yourself up for success with a plan that works for you and your household. If you want one-on-one help with designing your meal plan and grocery list, please connect with the HQC Fitness Center for one-on-one assistance.



To maintain muscle mass: consume sufficient protein to fight atrophy of muscles. Don't allow aging to rob you of your muscle mass. For the body to properly process your high protein intake, water and fiber is essential. Exercise is equally important for muscle health. Contact the HQC Fitness Center for a personal training session to establish a customized workout that works. They will help you set your goal for developing lean or bulk muscle mass and reduce body fat.

There is no right or wrong muscle type to select. It is all about what is right for you and your preference. The aim for this workbook is to bring muscle health to the attention of the reader and to get the reader to establish a healthy eating and workout routine that will support muscle strength, tone, flexibility, and range of motion.



Stretch, cardio, balance, reflex, and strength training are all excellent ways to challenge the muscular system. The HQC Fitness Center offers a variety of group exercise classes, exercise machines, and intramural social sports activities to stay active. With so many offerings, there is something for everyone and it also gives a variety to avoid boredom with repeating the same old workout. Take a break, not by quitting your workout routine, but by trying a new activity.



Sources...

Protein

<https://www.medicalnewstoday.com/articles/protein-intake>

Water

<https://newsinhealth.nih.gov/2023/05/hydrating-health>

Fiber

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Muscle

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Calories

<https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/how-much-should-i-eat-quantity-and-quality#calories>

<https://www.nia.nih.gov/health/exercise-and-physical-activity/four-types-exercise-can-improve-your-health-and-physical>

<https://www.webmd.com/diet/calories-chart>

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Checkout our Fitness Pros' High Protein Eats Series for great recipes

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