

Brimful

FREE GIFT WITH YOUR BUNDLE

Your mystery gift

7-Day High-Protein Meal Plan

Seven days of small, simple, protein-first meals. No calorie counting and nothing complicated to cook.

The week at a glance

Every meal is small on purpose and built around protein. Portions are a guide. Eat the protein first and stop when you are full.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt, berries, chia	Chicken and rice bowl, cooked vegetables	Baked salmon, potato, green beans	Boiled egg
Tuesday	2-egg scramble with spinach, toast	Tuna salad on whole-grain crackers	Turkey meatballs, zucchini, rice	Cottage cheese and fruit
Wednesday	Protein smoothie: milk, banana, nut butter	Lentil soup, slice of bread	Chicken stir-fry with vegetables	String cheese
Thursday	Overnight oats with protein powder	Leftover stir-fry	Baked cod, sweet potato, spinach	Greek yogurt
Friday	Cottage cheese, berries, toast	Turkey and avocado wrap (half)	Beef or tofu tacos, 2 small	Protein shake
Saturday	Omelet with cheese and vegetables	Chicken soup with rice	Shrimp or tofu with noodles and vegetables	Edamame
Sunday	Greek yogurt parfait with oats	Egg salad on toast	Roast chicken, potatoes, carrots	Apple with nut butter

Each day lands around 80 to 100 g of protein when you include one snack and a shake or yogurt. Ask your prescriber or dietitian for your personal target.

This guide is general wellness information, not medical advice. It does not diagnose, treat, cure or prevent any disease. Follow the plan your prescriber gave you and ask them before changing your diet, medication or supplements.

Prep once, eat all week

Sunday prep, 45 minutes

- Bake a tray of chicken breasts or thighs. Shred half.
- Cook a pot of rice and a pot of lentils.
- Boil six eggs.
- Roast a tray of vegetables: zucchini, carrots, green beans.
- Portion yogurt and berries into jars.

Shopping list

- Eggs (1 dozen)
- Greek yogurt, cottage cheese
- Chicken (2 lb)
- Salmon, cod or shrimp
- Ground turkey
- Canned tuna
- Tofu or edamame
- Protein powder
- String cheese
- Rice, oats, lentils
- Whole-grain bread, wraps, crackers
- Potatoes, sweet potatoes
- Spinach, zucchini, carrots, green beans
- Berries, bananas, apples, avocado
- Nut butter, chia seeds
- Broth

Three rules for the week

- **Protein first.** If you only finish half the plate, make it the protein half.
- **Sip between meals.** Drinking a lot with food fills you up too fast.
- **Low-appetite day?** Swap any meal for a protein smoothie or soup.

This guide is general wellness information, not medical advice. It does not diagnose, treat, cure or prevent any disease. Follow the plan your prescriber gave you and ask them before changing your diet, medication or supplements.