

High-Protein Meal Plan

Name:

Age:

Weight:

Target Weight:

Starting Weight:

Calculate Daily Protein Requirement = Weight x goal =

Goal Multiplier

1.2g (General health)

1.5g (Recomposition + recovery)

2g (Muscle gain)

Nutritional Information Section:

Protein-Rich Foods:

Animal-based proteins are complete sources of protein, meaning they provide all essential amino acids your body needs. However, it's important to choose lean cuts and be mindful of cooking methods to keep the intake of saturated fats and cholesterol in check. Including a mix of both plant-based and animal-based proteins can offer a well-rounded nutritional profile.

Meat:

- Chicken Breast: About 31 grams of protein per 100 grams (3.5 ounces) cooked.
- Turkey Breast: Roughly 30 grams of protein per 100 grams cooked.
- Lean Beef (e.g., Steak): Approximately 25-30 grams of protein per 100 grams cooked.
- Pork Loin: Around 22-25 grams of protein per 100 grams cooked.

Seafood:

- Salmon: About 25 grams of protein per 100 grams (3.5 ounces) cooked.
- Tuna (canned in water): Roughly 25 grams per 100 grams.
- Shrimp: Approximately 24 grams of protein per 100 grams cooked.
- Cod: Around 20 grams of protein per 100 grams cooked.

Dairy Products:

- Greek Yogurt: About 10 grams of protein per 100 grams.
- Cottage Cheese: Roughly 11 grams of protein per 100 grams.
- Milk: Approximately 8 grams of protein per cup (240 mL).
- Cheese: Varied, with hard cheeses like Parmesan offering about 10 grams per ounce (28 grams).

Eggs:

- Whole Eggs: Around 6 grams of protein per large egg.
- Egg Whites: Approximately 3.6 grams of protein per egg white.

Processed Meats:

- Bacon: About 3 grams of protein per slice.
- Sausages: Roughly 12-15 grams of protein per 3-ounce (85 grams) serving, depending on the type.

Protein powders

- Whey Protein: A popular supplement, offering about 20-25 grams of protein per scoop (varies by brand).
- Casein Protein: Another protein supplement, with similar protein content to whey.

Plant-based sources of protein are vital for vegetarians, vegans, and those looking to reduce their meat consumption. Here's a list of some excellent plant-based protein sources:

Legumes:

- Lentils: About 18 grams of protein per cooked cup (198 grams).
- Chickpeas (Garbanzo Beans): Around 15 grams per cooked cup (164 grams).
- Black Beans: Approximately 15 grams per cooked cup (172 grams).
- Kidney Beans: About 15 grams of protein per cooked cup (177 grams).

Soy Products:

- Tofu: Roughly 10 grams of protein per 100 grams.
- Tempeh: About 19 grams of protein per 100 grams.
- Edamame: Around 17 grams of protein per cooked cup (155 grams).
- Soy Milk: Approximately 7 grams per cup (240 mL).

Seeds and Nuts:

- Chia Seeds: About 2 grams of protein per tablespoon (15 grams).
- Hemp Seeds: Roughly 9 grams of protein per 3 tablespoons (30 grams).
- Almonds: Approximately 6 grams of protein per ounce (28 grams).
- Peanuts: Around 7 grams of protein per ounce (28 grams).
- Walnuts: About 4 grams of protein per ounce (28 grams).

Grains:

- Quinoa: Around 8 grams of protein per cooked cup (185 grams).
- Oats: Approximately 6 grams of protein per cooked cup (234 grams).
- Brown Rice: About 5 grams of protein per cooked cup (195 grams).

Vegetables:

- Green Peas: Roughly 8 grams of protein per cooked cup (160 grams).
- Spinach: About 5 grams of protein per cooked cup (180 grams).
- Broccoli: Approximately 4 grams of protein per cooked cup (156 grams).

Other Sources:

- Nutritional Yeast: Popular for its cheesy flavor, it offers around 8 grams of protein per 2 tablespoons (30 grams).
- Seitan: Made from wheat gluten, contains about 21 grams of protein per 3 ounces (85 grams). Note: not suitable for those with gluten sensitivities or celiac disease.
- These plant-based proteins are not only rich in protein but also offer various other nutrients like fiber, vitamins, and minerals. It's important to have a varied diet to ensure you're getting all the essential amino acids and nutrients.

Meal Section:

Aim for 3-4 meals a day with the daily protein requirements spread across evenly. At minimum aim for 30g every meal ideally every 3-4hrs. But remember this is just a guideline and strict adherence is not essential.

Meal Planner

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

