EASY HIGH PROTEIN RECIPES

5-Day Easy Family Dinner Planner

Dinner picked in 2 minutes. Use this menu or swap a meal to match your pantry.

DAY	DINNER	FAST SWAP / SHORTCUT
☐ MON	Chicken + veggie rice bowls	Rotisserie chicken, frozen vegetables
☐ TUE	Turkey taco skillet	Canned beans for the turkey
☐ WED	Pesto pasta + white beans	Jarred pesto + bagged spinach
☐ THU	Sheet-pan chicken + potatoes	Pre-cut vegetables
☐ FRI	Meatball subs + crunchy salad	Frozen meatballs + jarred sauce

One Grocery Basket

- ☐ **PROTEIN** Chicken, lean ground turkey, frozen meatballs, 2 cans white beans
- ☐ **PRODUCE** Bagged salad, spinach, bell pepper, onion, potatoes
- ☐ **PANTRY** Rice, pasta, tortillas or buns, canned tomatoes, pesto
- ☐ **EXTRAS** Shredded cheese, olive oil, taco seasoning, lemon

Make Tonight Easier

- ☐ Choose one dinner before opening the fridge.
- ☐ Prep one ingredient once: cook rice, chop onions, or wash greens.
- ☐ Keep backup beans, frozen vegetables and pasta for unpredictable nights.

Cooking note: Use a food thermometer for meat and poultry; refrigerate perishables promptly.

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