EASY HIGH PROTEIN RECIPES

5-Day Mix & Match Meal Planner

Plan five flexible meals: pick a protein, a vegetable, and a flavor.

Check ingredient labels if you track carbohydrate or protein amounts.

DAY	PROTEIN	VEGETABLE	SAUCE / FINISH	PREP?
MON				☐
TUE				☐
WED				☐
THU				☐
FRI				☐

SMART SHOPPING LIST

- ☐ Chicken / turkey / beef / fish
- ☐ Eggs / tofu / cottage cheese
- ☐ Canned tuna / salmon / shrimp
- ☐ One backup protein for busy days
- ☐ Broccoli / zucchini / greens
- ☐ Cauliflower / cabbage / peppers
- ☐ Olive oil / lemon / seasonings
- ☐ Sauces and toppings: check labels

SUNDAY PREP SHORTCUT

- ☐ Choose 2 proteins and 3 vegetables.
- ☐ Wash and cut vegetables; keep salad greens dry.
- ☐ Cook and refrigerate per food-safety guidance.
- ☐ Keep dressings separate; label each container.

Use recipe portions and food labels for exact nutrition. Not a medical meal plan.

Free printable from easyhighproteinrecipes.com