

UPGRADED HEALTH

The 30-Day High-Protein Meal Plan for Women Over 40

Easy breakfasts, filling lunches and simple dinners

A complete month of meals with grocery lists, preparation guides and practical swaps. Build a routine around familiar food and use the portions that work for you.

Inside your guide

50 recipes, each making two servings

30 days of breakfast, lunch, dinner and optional snacks

Four weekly grocery lists plus a two-day finishing list

Protein estimates, food-safety guidance and printable worksheets

By Upgraded Health

Welcome to your next 30 days

Start with the first week

Read the first calendar, check what you already own and shop from its matching grocery pages. Each day lists one two-serving recipe for breakfast, lunch and dinner. Both adults eat half of each recipe. Optional snacks also make two portions. You are not expected to prepare four servings or to carry dinner leftovers into the next day unless you intentionally change the plan.

A flexible calendar

Repeat meals you like and swap meals when your schedule changes. Cross off the original recipe's ingredients and add the replacement amounts. The calendar uses all 50 main recipes over 30 days and repeats some to make shopping more practical. The bonus recipes are additional choices; they are not already counted in the main grocery lists.

What to expect from the numbers

Protein figures are approximate per-serving calculations from typical ingredient values. Times are estimates and recipes have not been kitchen-tested. This program has not received a dietitian review. Calories and complete nutrient totals have not been calculated; use your appetite and individual guidance rather than treating the calendar as a prescribed intake.

Useful equipment

A kitchen scale, food thermometer, large skillet, saucepan, oven with sheet pan, microwave, blender and lidded food containers cover the recipes. A scale helps you match the quantities. Metric weights are paired with approximate U.S. ounce equivalents; liquid tablespoons are 15 ml.

The shortest route to Day 1

Choose your start date. Review substitutions before shopping. Buy or prepare the stated ready-cooked ingredients. Prepare food for the next two or three days, then schedule a short midweek refresh. Read each recipe before cooking.

Make the portions work for you

There is no single target for every woman over 40

Age alone does not determine protein or calorie needs. Body size, activity, appetite, health and other factors matter. The full-size calendar provides approximately 110-133 g protein per person from the three meals, before optional snacks. That describes these recipes; it is not a recommendation that everyone needs that amount.

Change the portion before changing everything

For one adult, halve the ingredients or prepare the full recipe and save a portion safely. For four adults, double the ingredients and use enough pans or cooking batches; times may increase. A smaller portion provides proportionally less protein. Do not simply cut out meals to fit an arbitrary number.

Keep the rest of the plate

Include vegetables, fruit, grains or other starches and fats that make the meal satisfying. If you need more food, increase portions or add a suitable side. Optional snacks are available when useful, not required to complete a daily score. Extra food changes grocery and nutrient totals.

When individual advice matters

If you have kidney disease or have been prescribed a diet, ask your clinician or registered dietitian what protein amount is appropriate before using a high-protein plan. This resource does not diagnose or treat a medical condition, reset hormones or guarantee weight loss. [4]

Understand the ingredient state

Raw chicken, cooked chicken, dry pasta and cooked rice are different grocery items. Use the state stated in the ingredient list. Beans and lentils are measured after draining; fruit weights exclude peels, cores and pits. Do not replace a cooked weight with the same dry weight.

Cook, cool and pack safely

Food or task	Practical check
Chicken and ground turkey	Cook to 165°F in the thickest part or center.
Salmon	Cook to 145°F.
Shrimp	Cook until the flesh is pearly or white and opaque.
Eggs	Whites and yolks should be firm; scrambled eggs should be fully set.
Whole-muscle beef strips	Cook to at least 145°F and rest 3 minutes; ground beef requires 160°F.
Reheated leftovers	Reach 165°F throughout, stirring during microwave heating.

Use a food thermometer where a temperature is specified. Cooking time and color are not substitutes for temperature checks. [1]

Store what you will eat soon

Keep perishable food at 40°F or below. Refrigerate in shallow containers within 2 hours, or within 1 hour above 90°F. Use cooked leftovers within 3-4 days, sooner if an ingredient label requires it. Freeze later portions. For best texture, make assembled wraps, salads and cut-fruit cups for the next 1-2 days. [2]

Pack a cold lunch

Use an insulated bag with two cold sources for perishable foods. Pack bread, crunchy toppings and wet fillings separately. Mixing an older ingredient into a new recipe does not restart its storage window. Thaw frozen meat or seafood safely before starting a recipe; thawing time is not included. [2, 3]

Protein swaps without guesswork

These are approximate alternatives contributing roughly 20-25 g protein, using the input values in this guide. They are not equal in calories, sodium, carbohydrate or fat. Replace the original protein component, then adjust the whole recipe and its cooking method.

Choose	Approximate amount	How to use it
Cooked chicken	85 g (3 oz)	Chop into bowls or wraps; already cooked.
Raw chicken	100 g (3.5 oz)	Cook to 165°F before serving.
Light tuna	One 5 oz can, drained	Use a label with about 20 g protein per can.
Greek yogurt	200-250 g	Choose plain yogurt near 10 g protein per 100 g.
Cottage cheese	170-210 g	Serve as a dip, bowl or sauce component.
Extra-firm tofu	170-210 g	Choose at least 12 g protein per 100 g; follow label.
Cooked lentils	250-310 g	A larger portion that also adds carbohydrate and fiber.

Allergies and preferences

Check labels for milk, eggs, fish, shellfish, soy, wheat, peanuts, tree nuts and sesame where relevant. Egg-free recipes also require egg-free packaged bread or other components if avoiding egg ingredients.

For gluten-free meals, use suitable oats, bread, pasta and sauces and prevent cross-contact. For dairy-free meals, a small amount of almond or coconut yogurt is not an equal-protein replacement for Greek yogurt. Use a different complete recipe or recalculate with an appropriate alternative. [5]

Week 1: your meal calendar

Day	Breakfast / lunch / dinner / optional snack	Protein per person
1	B01 Berry-Walnut Yogurt Oats L01 Chicken & Quinoa Crunch Bowls D01 Lemon Chicken, Broccoli & Rice S01 Berry Greek Yogurt Cups	~120 g Snack +16 g
2	B02 Apple-Cinnamon Cottage Cheese Bowls L02 Creamy Tuna & Chickpea Pitas D02 Turkey & White Bean Tomato Skillet S02 Apple & Cottage Cheese Snack Boxes	~121 g Snack +15 g
3	B01 Berry-Walnut Yogurt Oats L01 Chicken & Quinoa Crunch Bowls D03 Sheet-Pan Salmon & Green Beans S03 Lemon Edamame Cups	~113 g Snack +14 g
4	B03 Spinach Egg & Bean Scramble L03 Lentil-Feta Chicken Salad D04 Shrimp, Spinach & Lentil Pasta S04 Chocolate Peanut Yogurt	~124 g Snack +18 g
5	B02 Apple-Cinnamon Cottage Cheese Bowls L02 Creamy Tuna & Chickpea Pitas D05 Tofu & Edamame Peanut Bowls S05 Cucumber Cottage Cheese Dip	~117 g Snack +19 g
6	B04 Peanut-Banana Yogurt Cups L04 Salmon & White Bean Lunch Boxes D06 Chicken Fajita Rice Bowls S06 Egg & Yogurt Snack Plates	~117 g Snack +14 g
7	B03 Spinach Egg & Bean Scramble L03 Lentil-Feta Chicken Salad D07 Turkey Meatballs & Tomato Pasta S07 Peach Cottage Cheese Cups	~122 g Snack +19 g

Prepare one full recipe at each meal to feed two. B = breakfast; L = lunch; D = dinner; S = optional snack. Find the recipe code in the recipe index. Daily totals sum rounded estimates and may differ slightly from unrounded ingredient totals.

Week 2: your meal calendar

Day	Breakfast / lunch / dinner / optional snack	Protein per person
8	B05 Mushroom-Feta Breakfast Toasts L05 Cottage Cheese Chickpea Plates D08 Mustard Salmon & Quinoa S08 Greek Yogurt & Pumpkin Seed Crunch	~116 g Snack +19 g
9	B06 Peach-Vanilla Breakfast Oats L06 Chicken Hummus Rainbow Wraps D09 Beef, Mushroom & White Bean Skillet S09 Hummus-Edamame Snack Pots	~123 g Snack +15 g
10	B05 Mushroom-Feta Breakfast Toasts L05 Cottage Cheese Chickpea Plates D10 Chicken Pesto Pasta & Edamame S10 Banana-Peanut Cottage Cheese Cream	~123 g Snack +21 g
11	B07 Egg, Hummus & Spinach Wraps L07 Lemon Shrimp Rice Salad D11 Lentil & Cottage Cheese Stuffed Peppers S01 Berry Greek Yogurt Cups	~112 g Snack +16 g
12	B06 Peach-Vanilla Breakfast Oats L06 Chicken Hummus Rainbow Wraps D12 Turkey Black Bean Chili S02 Apple & Cottage Cheese Snack Boxes	~121 g Snack +15 g
13	B08 Cherry-Almond Cottage Cheese Cups L08 Tofu-Edamame Quinoa Bowls D13 Lemon Chicken & Chickpea Tray S03 Lemon Edamame Cups	~124 g Snack +14 g
14	B07 Egg, Hummus & Spinach Wraps L07 Lemon Shrimp Rice Salad D14 Salmon & White Bean Tomato Pot S04 Chocolate Peanut Yogurt	~117 g Snack +18 g

Prepare one full recipe at each meal to feed two. B = breakfast; L = lunch; D = dinner; S = optional snack. Find the recipe code in the recipe index. Daily totals sum rounded estimates and may differ slightly from unrounded ingredient totals.

Week 3: your meal calendar

Day	Breakfast / lunch / dinner / optional snack	Protein per person
15	B09 Tomato-Tofu Breakfast Skillet L09 Tuna & Tomato Pasta Salad D15 Tempeh & Broccoli Peanut Noodles S05 Cucumber Cottage Cheese Dip	~114 g Snack +19 g
16	B10 Berry Breakfast Smoothie & Toast L10 Egg & Lentil Lunch Bowls D16 Chicken & Mushroom Quinoa Skillet S06 Egg & Yogurt Snack Plates	~133 g Snack +14 g
17	B09 Tomato-Tofu Breakfast Skillet L09 Tuna & Tomato Pasta Salad D17 Shrimp & Black Bean Rice Skillet S07 Peach Cottage Cheese Cups	~122 g Snack +19 g
18	B01 Berry-Walnut Yogurt Oats L11 Chicken Avocado Toast Plates D18 Tofu & Lentil Tomato Bowls S08 Greek Yogurt & Pumpkin Seed Crunch	~114 g Snack +19 g
19	B10 Berry Breakfast Smoothie & Toast L10 Egg & Lentil Lunch Bowls D01 Lemon Chicken, Broccoli & Rice S09 Hummus-Edamame Snack Pots	~125 g Snack +15 g
20	B02 Apple-Cinnamon Cottage Cheese Bowls L12 Warm Tempeh & Black Bean Bowls D02 Turkey & White Bean Tomato Skillet S10 Banana-Peanut Cottage Cheese Cream	~116 g Snack +21 g
21	B01 Berry-Walnut Yogurt Oats L11 Chicken Avocado Toast Plates D03 Sheet-Pan Salmon & Green Beans S01 Berry Greek Yogurt Cups	~119 g Snack +16 g

Prepare one full recipe at each meal to feed two. B = breakfast; L = lunch; D = dinner; S = optional snack. Find the recipe code in the recipe index. Daily totals sum rounded estimates and may differ slightly from unrounded ingredient totals.

Week 4: your meal calendar

Day	Breakfast / lunch / dinner / optional snack	Protein per person
22	B03 Spinach Egg & Bean Scramble L01 Chicken & Quinoa Crunch Bowls D04 Shrimp, Spinach & Lentil Pasta S02 Apple & Cottage Cheese Snack Boxes	~119 g Snack +15 g
23	B04 Peanut-Banana Yogurt Cups L05 Cottage Cheese Chickpea Plates D05 Tofu & Edamame Peanut Bowls S03 Lemon Edamame Cups	~113 g Snack +14 g
24	B03 Spinach Egg & Bean Scramble L02 Creamy Tuna & Chickpea Pitas D06 Chicken Fajita Rice Bowls S04 Chocolate Peanut Yogurt	~116 g Snack +18 g
25	B05 Mushroom-Feta Breakfast Toasts L06 Chicken Hummus Rainbow Wraps D07 Turkey Meatballs & Tomato Pasta S05 Cucumber Cottage Cheese Dip	~124 g Snack +19 g
26	B04 Peanut-Banana Yogurt Cups L03 Lentil-Feta Chicken Salad D08 Mustard Salmon & Quinoa S06 Egg & Yogurt Snack Plates	~124 g Snack +14 g
27	B06 Peach-Vanilla Breakfast Oats L07 Lemon Shrimp Rice Salad D09 Beef, Mushroom & White Bean Skillet S07 Peach Cottage Cheese Cups	~122 g Snack +19 g
28	B05 Mushroom-Feta Breakfast Toasts L04 Salmon & White Bean Lunch Boxes D10 Chicken Pesto Pasta & Edamame S08 Greek Yogurt & Pumpkin Seed Crunch	~123 g Snack +19 g

Prepare one full recipe at each meal to feed two. B = breakfast; L = lunch; D = dinner; S = optional snack. Find the recipe code in the recipe index. Daily totals sum rounded estimates and may differ slightly from unrounded ingredient totals.

Days 29-30: finish and repeat

Day 29

B07 Egg, Hummus & Spinach Wraps

L08 Tofu-Edamame Quinoa Bowls

D11 Lentil & Cottage Cheese Stuffed Peppers

S09 Hummus-Edamame Snack Pots

Three meals: ~110 g protein per person; optional snack adds ~15 g.

Day 30

B08 Cherry-Almond Cottage Cheese Cups

L12 Warm Tempeh & Black Bean Bowls

D12 Turkey Black Bean Chili

S10 Banana-Peanut Cottage Cheese Cream

Three meals: ~113 g protein per person; optional snack adds ~21 g.

Plan the next week from your favorites

Choose two breakfasts, two lunches, three dinners and optional snacks you liked. Repeat them across seven days. Count how many full recipes you will prepare, multiply each ingredient by that count and combine matching grocery items. Make the changes before shopping.

Two-day prep

Check tofu and edamame for L08, tempeh and beans for L12, and ingredients for D11 and D12. Prepare only what you can store safely. These two days have their own grocery pages so they are not silently added to Week 4.

Week 1: preparation guide

Allow roughly 45-60 minutes for the tasks you choose, plus a short midweek refresh. This is an organization session, not seven days of food cooked at once.

Check first

Read the recipes for Days 1-3. Confirm the raw/cooked state of each protein and grain, and choose whether you will make the optional snacks.

First session

Portion oats and walnuts for B01. Wash berries; cut apples only near serving. Drain the beans needed over the next two days. Prepare the measured cooked chicken and quinoa for L01 or buy ready-to-eat versions. Keep tuna filling separate from pitas.

Midweek refresh

Before Day 4, check shrimp and tofu. Before Day 6, thaw chicken in the refrigerator; check ground turkey for Day 7. Chop peppers and onions near their cooking day.

Storage reminder

Do not cook all seven dinners on Day 0. Portion raw meat or seafood and freeze anything you will not cook within its safe refrigerated window.

Your checklist

Recipes reviewed: _____

Optional snacks selected: _____

Raw foods thawing safely: _____

Prepared food dates labeled: _____

Midweek shopping or prep date: _____

Week 2: preparation guide

Allow roughly 45-60 minutes for the tasks you choose, plus a short midweek refresh. This is an organization session, not seven days of food cooked at once.

Check first

Read the recipes for Days 8-10. Confirm the raw/cooked state of each protein and grain, and choose whether you will make the optional snacks.

First session

Measure breakfast oats, breads and egg whites. Wash produce for the next two days. Portion cottage cheese and hummus for L05 and L06. Keep salad ingredients dry and cooked chicken covered.

Midweek refresh

Before Day 11, prepare eggs for B07 as needed and cook edamame for L08 close to serving. Check thawed chicken for Day 13 and salmon for Day 14.

Storage reminder

Frozen edamame still needs cooking. Use the original package instructions for tofu and tempeh.

Your checklist

Recipes reviewed: _____

Optional snacks selected: _____

Raw foods thawing safely: _____

Prepared food dates labeled: _____

Midweek shopping or prep date: _____

Week 3: preparation guide

Allow roughly 45-60 minutes for the tasks you choose, plus a short midweek refresh. This is an organization session, not seven days of food cooked at once.

Check first

Read the recipes for Days 15-17. Confirm the raw/cooked state of each protein and grain, and choose whether you will make the optional snacks.

First session

Check tofu, black beans and smoothie ingredients for B09 and B10. Prepare pasta salad L09 near serving; boil eggs for L10 close to the day you need them. Measure ready-cooked rice and quinoa.

Midweek refresh

Refresh greens and cucumber midweek. Check cooked chicken for L11 and tempeh for L12. Thaw chicken for Day 19 and salmon for Day 21 as needed.

Storage reminder

Keep raw proteins separate from prepared foods. Do not use the same cutting board without washing between raw meat and produce.

Your checklist

Recipes reviewed: _____

Optional snacks selected: _____

Raw foods thawing safely: _____

Prepared food dates labeled: _____

Midweek shopping or prep date: _____

Week 4: preparation guide

Allow roughly 45-60 minutes for the tasks you choose, plus a short midweek refresh. This is an organization session, not seven days of food cooked at once.

Check first

Read the recipes for Days 22-24. Confirm the raw/cooked state of each protein and grain, and choose whether you will make the optional snacks.

First session

Review the familiar meals and make deliberate swaps before shopping. Measure oats, yogurt and cottage cheese. Prepare only the next two days of lunch components.

Midweek refresh

Check turkey for Day 25 and salmon for Day 26. Refresh fruit, greens and bread. Review the separate finishing list for Days 29-30.

Storage reminder

Label cooked food with its preparation date. Freeze portions you will not use within 3-4 days rather than extending the refrigerator window.

Your checklist

Recipes reviewed: _____

Optional snacks selected: _____

Raw foods thawing safely: _____

Prepared food dates labeled: _____

Midweek shopping or prep date: _____

Week 1 shopping: Protein, dairy & beans

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Extra-firm tofu, drained	350 g	-
Large eggs	9 eggs	2 eggs
Light tuna in water, 5 oz can	4 cans	-
Liquid egg whites	320 g	-
Plain salmon, 2.5 oz pouch	4 pouches	-
Raw boneless skinless chicken breast, thawed	720 g	-
Raw lean ground turkey, thawed	700 g	-
Raw peeled shrimp, thawed	350 g	-
Raw salmon fillets, thawed	360 g	-
Ready-to-eat cooked chicken breast	920 g	-
Crumbled feta	80 g	-
Plain Greek yogurt	1800 g	750 g
Plain cottage cheese	900 g	850 g
Canned chickpeas, drained and rinsed	400 g	-
Canned white beans, drained and rinsed	850 g	-
Cooked lentils, drained	500 g	-
Frozen shelled edamame	200 g	250 g

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 1 shopping: Produce

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Apple, cored	500 g	200 g
Baby spinach	380 g	-
Banana, peeled	200 g	-
Bell pepper, seeded	250 g	-
Broccoli florets	650 g	-
Carrots, trimmed	200 g	-
Celery	160 g	-
Cherry tomatoes	950 g	150 g
Cucumber	600 g	200 g
Fresh parsley or dill	-	5 g
Garlic, peeled	12 g	-
Green beans, trimmed	300 g	-
Lemon juice	285 ml	30 ml
Mixed berries	400 g	150 g
Onion, peeled	200 g	-
Peach, pitted	-	200 g
Potato	350 g	-
Romaine lettuce	200 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 1 shopping: Grains & pantry

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Ready-cooked brown rice	850 g	-
Ready-cooked quinoa	500 g	-
Red-lentil pasta, dry	120 g	-
Rolled oats, dry	250 g	-
Whole-grain bread	160 g	-
Whole-grain crackers	60 g	-
Whole-wheat pasta, dry	120 g	-
Whole-wheat pita	240 g	-
Almonds	60 g	-
Canned crushed tomatoes	750 g	-
Dijon mustard	-	10 g
Dried oregano	6 g	-
Ground black pepper	-	1 g
Ground cinnamon	5 g	2 g
Ground cumin	2 g	-
Honey	-	10 g
Olive oil	175 ml	-
Peanut butter	62 g	20 g
Smoked paprika	2 g	-
Tomato salsa	100 g	-
Unsweetened cocoa powder	-	10 g
Vanilla extract	-	3 ml
Walnuts	60 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 2 shopping: Protein, dairy & beans

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Extra-firm tofu, drained	300 g	-
Large eggs	16 eggs	-
Liquid egg whites	720 g	-
Raw boneless skinless chicken breast, thawed	680 g	-
Raw lean beef strips, thawed	320 g	-
Raw lean ground turkey, thawed	300 g	-
Raw salmon fillets, thawed	720 g	-
Ready-to-eat cooked chicken breast	480 g	-
Ready-to-eat cooked peeled shrimp, thawed	600 g	-
Crumbled feta	80 g	-
Milk	600 ml	-
Part-skim mozzarella, shredded	60 g	-
Plain Greek yogurt	900 g	900 g
Plain cottage cheese	1700 g	550 g
Canned black beans, drained and rinsed	300 g	-
Canned chickpeas, drained and rinsed	850 g	-
Canned white beans, drained and rinsed	450 g	-
Cooked lentils, drained	300 g	-
Frozen shelled edamame	350 g	450 g
Prepared hummus	360 g	100 g

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 2 shopping: Produce

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Apple, cored	-	200 g
Baby spinach	360 g	-
Banana, peeled	-	150 g
Bell pepper, seeded	500 g	-
Broccoli florets	300 g	-
Carrots, trimmed	300 g	200 g
Cherry tomatoes	800 g	-
Cucumber	950 g	-
Fresh parsley or dill	20 g	-
Garlic, peeled	12 g	-
Lemon juice	140 ml	15 ml
Mixed berries	-	150 g
Mushrooms	650 g	-
Onion, peeled	100 g	-
Peach, pitted	400 g	-
Pitted cherries	200 g	-
Romaine lettuce	120 g	-
Shredded cabbage	200 g	-
Zucchini	250 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 2 shopping: Grains & pantry

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Ready-cooked brown rice	600 g	-
Ready-cooked quinoa	550 g	-
Rolled oats, dry	260 g	-
Whole-grain bread	200 g	-
Whole-grain crackers	120 g	-
Whole-wheat pasta, dry	120 g	-
Whole-wheat tortillas	480 g	-
Almond butter	30 g	-
Almonds	40 g	-
Balsamic vinegar	20 ml	-
Basil pesto	40 g	-
Canned crushed tomatoes	950 g	-
Dijon mustard	20 g	-
Dried oregano	8 g	-
Ground black pepper	-	1 g
Ground cinnamon	-	2 g
Ground cumin	2 g	-
Honey	-	20 g
Olive oil	145 ml	-
Peanut butter	-	40 g
Pumpkin seeds	-	25 g
Smoked paprika	2 g	-
Tahini	25 g	-
Unsweetened cocoa powder	-	10 g
Vanilla extract	15 ml	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 3 shopping: Protein, dairy & beans

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Extra-firm tofu, drained	1150 g	-
Large eggs	8 eggs	2 eggs
Light tuna in water, 5 oz can	4 cans	-
Plain tempeh	530 g	-
Raw boneless skinless chicken breast, thawed	720 g	-
Raw lean ground turkey, thawed	350 g	-
Raw peeled shrimp, thawed	350 g	-
Raw salmon fillets, thawed	360 g	-
Ready-to-eat cooked chicken breast	480 g	-
Milk	400 ml	-
Plain Greek yogurt	3000 g	750 g
Plain cottage cheese	450 g	900 g
Canned black beans, drained and rinsed	850 g	-
Canned white beans, drained and rinsed	250 g	-
Cooked lentils, drained	900 g	-
Frozen shelled edamame	-	200 g
Prepared hummus	-	100 g

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 3 shopping: Produce

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Apple, cored	250 g	-
Avocado flesh	240 g	-
Baby spinach	460 g	-
Banana, peeled	-	150 g
Bell pepper, seeded	400 g	-
Broccoli florets	650 g	-
Carrots, trimmed	-	200 g
Cherry tomatoes	1500 g	150 g
Cucumber	300 g	200 g
Fresh parsley or dill	20 g	5 g
Garlic, peeled	18 g	-
Green beans, trimmed	300 g	-
Lemon juice	200 ml	15 ml
Mixed berries	800 g	150 g
Mushrooms	250 g	-
Onion, peeled	100 g	-
Peach, pitted	-	200 g
Potato	350 g	-
Romaine lettuce	200 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 3 shopping: Grains & pantry

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Ready-cooked brown rice	850 g	-
Ready-cooked quinoa	300 g	-
Rolled oats, dry	260 g	-
Whole-grain bread	640 g	-
Whole-wheat pasta, dry	340 g	-
Almonds	30 g	-
Canned crushed tomatoes	700 g	-
Dijon mustard	30 g	10 g
Dried oregano	6 g	-
Ground cinnamon	3 g	1 g
Ground cumin	8 g	-
Honey	-	10 g
Olive oil	125 ml	-
Peanut butter	90 g	20 g
Pumpkin seeds	-	25 g
Smoked paprika	2 g	-
Tomato salsa	200 g	-
Vanilla extract	-	3 ml
Walnuts	60 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 4 shopping: Protein, dairy & beans

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Extra-firm tofu, drained	350 g	-
Large eggs	17 eggs	2 eggs
Light tuna in water, 5 oz can	2 cans	-
Liquid egg whites	720 g	-
Plain salmon, 2.5 oz pouch	4 pouches	-
Raw boneless skinless chicken breast, thawed	680 g	-
Raw lean beef strips, thawed	320 g	-
Raw lean ground turkey, thawed	350 g	-
Raw peeled shrimp, thawed	350 g	-
Raw salmon fillets, thawed	360 g	-
Ready-to-eat cooked chicken breast	700 g	-
Ready-to-eat cooked peeled shrimp, thawed	300 g	-
Crumbled feta	120 g	-
Milk	300 ml	-
Plain Greek yogurt	1600 g	750 g
Plain cottage cheese	450 g	850 g
Canned chickpeas, drained and rinsed	500 g	-
Canned white beans, drained and rinsed	800 g	-
Cooked lentils, drained	250 g	-
Frozen shelled edamame	350 g	250 g
Prepared hummus	100 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 4 shopping: Produce

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Apple, cored	-	200 g
Baby spinach	380 g	-
Banana, peeled	400 g	-
Bell pepper, seeded	250 g	-
Broccoli florets	600 g	-
Carrots, trimmed	200 g	-
Celery	80 g	-
Cherry tomatoes	1150 g	150 g
Cucumber	800 g	200 g
Fresh parsley or dill	10 g	5 g
Garlic, peeled	12 g	-
Lemon juice	200 ml	30 ml
Mushrooms	650 g	-
Onion, peeled	100 g	-
Peach, pitted	200 g	200 g
Romaine lettuce	160 g	-
Shredded cabbage	100 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Week 4 shopping: Grains & pantry

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Ready-cooked brown rice	850 g	-
Ready-cooked quinoa	550 g	-
Red-lentil pasta, dry	120 g	-
Rolled oats, dry	250 g	-
Whole-grain bread	200 g	-
Whole-grain crackers	120 g	-
Whole-wheat pasta, dry	240 g	-
Whole-wheat pita	120 g	-
Whole-wheat tortillas	120 g	-
Almonds	20 g	-
Balsamic vinegar	20 ml	-
Basil pesto	40 g	-
Canned crushed tomatoes	400 g	-
Dijon mustard	20 g	10 g
Dried oregano	3 g	-
Ground black pepper	-	1 g
Ground cinnamon	2 g	1 g
Ground cumin	2 g	-
Honey	-	20 g
Olive oil	185 ml	-
Peanut butter	94 g	20 g
Pumpkin seeds	-	25 g
Tomato salsa	100 g	-
Unsweetened cocoa powder	-	10 g
Vanilla extract	5 ml	3 ml

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Days 29-30 shopping: Protein, dairy & beans

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Extra-firm tofu, drained	300 g	-
Large eggs	4 eggs	-
Liquid egg whites	160 g	-
Plain tempeh	250 g	-
Raw lean ground turkey, thawed	300 g	-
Part-skim mozzarella, shredded	60 g	-
Plain cottage cheese	800 g	300 g
Canned black beans, drained and rinsed	500 g	-
Cooked lentils, drained	300 g	-
Frozen shelled edamame	200 g	200 g
Prepared hummus	80 g	100 g

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Days 29-30 shopping: Produce

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Baby spinach	80 g	-
Banana, peeled	-	150 g
Bell pepper, seeded	700 g	-
Carrots, trimmed	100 g	200 g
Cucumber	150 g	-
Lemon juice	30 ml	-
Onion, peeled	100 g	-
Pitted cherries	200 g	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

Days 29-30 shopping: Grains & pantry

For two adults preparing each listed recipe once on its scheduled day. Quantities are amounts used, not rounded shopping packages. Optional snack quantities are separate; add them only if making those snacks.

Ingredient	Meals	Add for snacks
Ready-cooked brown rice	250 g	-
Ready-cooked quinoa	250 g	-
Rolled oats, dry	60 g	-
Whole-wheat tortillas	120 g	-
Almond butter	30 g	-
Canned crushed tomatoes	600 g	-
Dried oregano	2 g	-
Ground cumin	4 g	-
Olive oil	25 ml	-
Peanut butter	-	20 g
Smoked paprika	2 g	-
Tahini	25 g	-
Tomato salsa	100 g	-
Vanilla extract	5 ml	-

Check the pantry first. Buy packages totaling at least the required amount; weigh canned beans after draining and produce after trimming. Keep raw and ready-cooked protein quantities separate.

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Berry-Walnut Yogurt Oats

B01 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 33 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

80 g (2.8 oz) Rolled oats, dry

200 g (7.1 oz) Mixed berries

30 g (1.1 oz) Walnuts

1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Divide yogurt and oats between two bowls or jars. Stir in 2-4 tablespoons water if you prefer a looser texture.

Finish. Top with berries, walnuts and cinnamon. Eat now for chewy oats, or refrigerate overnight for softer oats.

Prep & serving note

No overnight wait is required. If making ahead, keep walnuts separate until serving.

Substitutions

Use gluten-free-labeled oats if appropriate for you; contains dairy and walnuts.

Protein estimate: plain greek yogurt ~50 g/batch, rolled oats, dry ~10 g/batch, walnuts ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Apple-Cinnamon Cottage Cheese Bowls

B02 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

450 g (15.9 oz) Plain cottage cheese
250 g (8.8 oz) Apple, cored
30 g (1.1 oz) Almonds
1 g (about 0.5 tsp) Ground cinnamon
80 g (2.8 oz) Whole-grain bread

Make it

Start. Core and dice the apple. Divide cottage cheese and apple between two bowls.

Finish. Top with almonds and cinnamon. Toast bread and serve alongside.

Prep & serving note

Use about two medium slices of bread in total; weigh yours because sizes vary.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~54 g/batch, whole-grain bread ~7 g/batch, almonds ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Spinach Egg & Bean Scramble

B03 / MAKES 2 SERVINGS / 15 MIN

Estimated protein: 29 g per serving. One serving is half the complete recipe.

Ingredients

4 Large eggs
160 g (5.6 oz) Liquid egg whites
200 g (7.1 oz) Canned white beans, drained and rinsed
80 g (2.8 oz) Baby spinach
150 g (5.3 oz) Cherry tomatoes
10 ml (2 tsp) Olive oil

Make it

Start. Halve tomatoes. Heat oil in a nonstick skillet over medium heat and cook tomatoes for 3 minutes.

Next. Add beans and spinach; stir until spinach wilts. Beat eggs with whites and pour into skillet.

Finish. Stir gently until eggs are fully set, then divide between two plates.

Prep & serving note

Use a wide skillet so the eggs cook evenly. Liquid whites should be refrigerated until cooking.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: large eggs ~24 g/batch, liquid egg whites ~17 g/batch, canned white beans, drained and rinsed ~13 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peanut-Banana Yogurt Cups

B04 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 34 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

200 g (7.1 oz) Banana, peeled

32 g (1.1 oz) Peanut butter

60 g (2.1 oz) Rolled oats, dry

1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Stir peanut butter and cinnamon into yogurt, loosening with a little water if needed.

Finish. Slice banana and divide it, the yogurt mixture and oats between two cups.

Prep & serving note

For carrying, pack in sealed containers with cold packs. No protein powder is used.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~50 g/batch, peanut butter ~8 g/batch, rolled oats, dry ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Mushroom-Feta Breakfast Toasts

B05 / MAKES 2 SERVINGS / 18 MIN

Estimated protein: 33 g per serving. One serving is half the complete recipe.

Ingredients

4 Large eggs
200 g (7.1 oz) Liquid egg whites
200 g (7.1 oz) Mushrooms
40 g (1.4 oz) Crumbled feta
100 g (3.5 oz) Whole-grain bread
10 ml (2 tsp) Olive oil

Make it

Start. Slice mushrooms. Heat oil in a skillet and cook mushrooms for 5-6 minutes until softened.

Next. Beat eggs with whites. Add to mushrooms and scramble until fully set.

Finish. Toast bread, divide egg mixture over toast and sprinkle with feta.

Prep & serving note

Serve open-faced with a fork; the topping is generous.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: large eggs ~24 g/batch, liquid egg whites ~21 g/batch, whole-grain bread ~9 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peach-Vanilla Breakfast Oats

B06 / MAKES 2 SERVINGS / 15 MIN

Estimated protein: 37 g per serving. One serving is half the complete recipe.

Ingredients

100 g (3.5 oz) Rolled oats, dry

300 ml Milk

450 g (15.9 oz) Plain Greek yogurt (about 10 g protein per 100 g)

200 g (7.1 oz) Peach, pitted

5 ml (1 tsp) Vanilla extract

20 g Almonds

Make it

Start. Bring milk and 100 ml water to a gentle simmer. Stir in oats and cook for 5-7 minutes, stirring, until tender.

Next. Remove from heat for 2 minutes. Fold in yogurt and vanilla.

Finish. Top with diced peach and almonds, then divide into two bowls.

Prep & serving note

Stir yogurt in off the heat to reduce curdling. Use extra water to loosen if needed.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~45 g/batch, rolled oats, dry ~13 g/batch, milk ~10 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Egg, Hummus & Spinach Wraps

B07 / MAKES 2 SERVINGS / 15 MIN

Estimated protein: 29 g per serving. One serving is half the complete recipe.

Ingredients

4 Large eggs
160 g (5.6 oz) Liquid egg whites
80 g (2.8 oz) Prepared hummus
120 g (4.2 oz) Whole-wheat tortillas
80 g (2.8 oz) Baby spinach
5 ml (1 tsp) Olive oil

Make it

Start. Heat oil in a nonstick skillet. Add spinach and wilt for 1 minute.

Next. Beat eggs with whites; add and scramble until fully set.

Finish. Warm tortillas as labeled, spread with hummus, fill with eggs and roll.

Prep & serving note

The 120 g tortilla amount is typically two medium wraps; package sizes vary.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: large eggs ~24 g/batch, liquid egg whites ~17 g/batch, whole-wheat tortillas ~10 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Cherry-Almond Cottage Cheese Cups

B08 / MAKES 2 SERVINGS / 7 MIN

Estimated protein: 35 g per serving. One serving is half the complete recipe.

Ingredients

450 g (15.9 oz) Plain cottage cheese

200 g (7.1 oz) Pitted cherries

30 g (1.1 oz) Almond butter

60 g (2.1 oz) Rolled oats, dry

5 ml (1 tsp) Vanilla extract

Make it

Start. Stir vanilla and almond butter into cottage cheese.

Finish. Divide between two bowls and top with pitted cherries and oats. Eat immediately or chill until serving.

Prep & serving note

Use fresh or safely thawed frozen cherries. Thawing time is additional.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~54 g/batch, rolled oats, dry ~8 g/batch, almond butter ~6 g/batch.

Other ingredients are included in the total. Values and rounding vary by brand.

Tomato-Tofu Breakfast Skillet

B09 / MAKES 2 SERVINGS / 18 MIN

Estimated protein: 36 g per serving. One serving is half the complete recipe.

Ingredients

400 g (14.1 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)
200 g (7.1 oz) Canned black beans, drained and rinsed
150 g (5.3 oz) Cherry tomatoes
80 g (2.8 oz) Baby spinach
10 ml (2 tsp) Olive oil
2 g (about 1 tsp) Ground cumin
80 g (2.8 oz) Whole-grain bread

Make it

Start. Drain and pat tofu dry. Crumble it into a hot skillet with oil and cook for 5 minutes.

Next. Add halved tomatoes, beans and cumin. Cook for 4 minutes; add spinach and stir until wilted.

Finish. Toast bread and divide it and the skillet mixture between two plates.

Prep & serving note

Choose extra-firm tofu meeting the protein value on the ingredient list. Softer tofu has less protein.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~48 g/batch, canned black beans, drained and rinsed ~13 g/batch, whole-grain bread ~7 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Berry Breakfast Smoothie & Toast

B10 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 40 g per serving. One serving is half the complete recipe.

Ingredients

500 g (17.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

200 ml Milk

200 g (7.1 oz) Mixed berries

50 g (1.8 oz) Rolled oats, dry

30 g (1.1 oz) Peanut butter

80 g (2.8 oz) Whole-grain bread

Make it

Start. Blend yogurt, milk, berries and oats until smooth. Add cold water to thin as needed.

Finish. Toast bread and spread with peanut butter. Divide smoothie and toast between two people.

Prep & serving note

Drink soon after blending. Use a spoon if you prefer a thick smoothie bowl.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~50 g/batch, peanut butter ~8 g/batch, whole-grain bread ~7 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chicken & Quinoa Crunch Bowls

L01 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 38 g per serving. One serving is half the complete recipe.

Ingredients

240 g (8.5 oz) Ready-to-eat cooked chicken breast

250 g (8.8 oz) Ready-cooked quinoa

200 g (7.1 oz) Cucumber

100 g (3.5 oz) Carrots, trimmed

30 ml (2 tbsp) Lemon juice

15 ml (1 tbsp) Olive oil

Make it

Start. Dice chicken and cucumber; grate carrot.

Finish. Combine with ready-to-eat quinoa. Whisk lemon juice and oil and toss through the bowls.

Prep & serving note

Use fully cooked chicken and ready-to-eat grains. If a package requires heating, follow its instructions before serving.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: ready-to-eat cooked chicken breast ~62 g/batch, ready-cooked quinoa ~11 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Creamy Tuna & Chickpea Pitas

L02 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 40 g per serving. One serving is half the complete recipe.

Ingredients

2 cans Light tuna in water, 5 oz can (20 g protein; drain)
200 g (7.1 oz) Canned chickpeas, drained and rinsed
150 g (5.3 oz) Plain Greek yogurt (about 10 g protein per 100 g)
120 g (4.2 oz) Whole-wheat pita
80 g (2.8 oz) Celery
15 ml (1 tbsp) Lemon juice

Make it

Start. Mash half the chickpeas with yogurt and lemon juice. Dice celery.

Finish. Fold in drained tuna, remaining chickpeas and celery. Fill pitas just before eating.

Prep & serving note

For lunch boxes, keep the bread separate from the filling until serving.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: light tuna in water, 5 oz can ~40 g/batch, plain greek yogurt ~15 g/batch, canned chickpeas, drained and rinsed ~13 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lentil-Feta Chicken Salad

L03 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 43 g per serving. One serving is half the complete recipe.

Ingredients

220 g (7.8 oz) Ready-to-eat cooked chicken breast
250 g (8.8 oz) Cooked lentils, drained
40 g (1.4 oz) Crumbled feta
200 g (7.1 oz) Cherry tomatoes
100 g (3.5 oz) Romaine lettuce
30 ml (2 tbsp) Lemon juice
10 ml (2 tsp) Olive oil

Make it

Start. Dice chicken, halve tomatoes and chop romaine.

Finish. Toss with lentils, feta, lemon juice and oil. Divide into two bowls.

Prep & serving note

Measure lentils after draining. Save the second portion chilled for the next day if cooking for one.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: ready-to-eat cooked chicken breast ~57 g/batch, cooked lentils, drained ~20 g/batch, crumbled feta ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Salmon & White Bean Lunch Boxes

L04 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 36 g per serving. One serving is half the complete recipe.

Ingredients

4 pouches Plain salmon, 2.5 oz pouch (at least 13 g protein)

200 g (7.1 oz) Canned white beans, drained and rinsed

200 g (7.1 oz) Cucumber

60 g (2.1 oz) Whole-grain crackers

30 ml (2 tbsp) Lemon juice

10 ml (2 tsp) Olive oil

Make it

Start. Flake salmon into a bowl with beans and diced cucumber.

Finish. Toss with lemon juice and oil. Divide between two containers and pack crackers separately.

Prep & serving note

Use four 2.5 oz pouches for the full recipe, two per person. Check the protein value on your brand.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain salmon, 2.5 oz pouch ~52 g/batch, canned white beans, drained and rinsed ~13 g/batch, whole-grain crackers ~5 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Cottage Cheese Chickpea Plates

L05 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 36 g per serving. One serving is half the complete recipe.

Ingredients

450 g (15.9 oz) Plain cottage cheese
150 g (5.3 oz) Canned chickpeas, drained and rinsed
200 g (7.1 oz) Cherry tomatoes
200 g (7.1 oz) Cucumber
60 g (2.1 oz) Whole-grain crackers
10 ml (2 tsp) Olive oil
1 g (about 1 tsp) Dried oregano

Make it

Start. Slice cucumber and halve tomatoes. Divide cottage cheese, chickpeas and vegetables between two plates.

Finish. Drizzle with oil and oregano. Serve crackers alongside.

Prep & serving note

A no-cook lunch with separate components. Keep crackers dry during storage.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~54 g/batch, canned chickpeas, drained and rinsed ~10 g/batch, whole-grain crackers ~5 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chicken Hummus Rainbow Wraps

L06 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 41 g per serving. One serving is half the complete recipe.

Ingredients

240 g (8.5 oz) Ready-to-eat cooked chicken breast
100 g (3.5 oz) Prepared hummus
120 g (4.2 oz) Whole-wheat tortillas
100 g (3.5 oz) Shredded cabbage
100 g (3.5 oz) Carrots, trimmed
60 g (2.1 oz) Romaine lettuce

Make it

Start. Slice chicken, grate carrot and chop lettuce.

Next. Spread tortillas with hummus. Divide chicken, cabbage, carrot and lettuce between them.

Finish. Fold in the sides and roll tightly. Serve any overflow filling alongside.

Prep & serving note

Use two medium wraps totaling about 120 g. If your wraps are smaller, make four small ones.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: ready-to-eat cooked chicken breast ~62 g/batch, whole-wheat tortillas ~10 g/batch, prepared hummus ~7 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lemon Shrimp Rice Salad

L07 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 40 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Ready-to-eat cooked peeled shrimp, thawed
300 g (10.6 oz) Ready-cooked brown rice
150 g (5.3 oz) Canned chickpeas, drained and rinsed
200 g (7.1 oz) Cucumber
10 g Fresh parsley or dill
30 ml (2 tbsp) Lemon juice
10 ml (2 tsp) Olive oil

Make it

Start. Pat cooked shrimp dry and dice cucumber. Combine with ready-to-eat rice and chickpeas.

Finish. Chop herbs and whisk with lemon juice and oil. Toss with salad and portion into two bowls.

Prep & serving note

Cooked, thawed shrimp and rice are required for this timing; preparation from raw adds time.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: ready-to-eat cooked peeled shrimp, thawed ~60 g/batch, canned chickpeas, drained and rinsed ~10 g/batch, ready-cooked brown rice ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tofu-Edamame Quinoa Bowls

L08 / MAKES 2 SERVINGS / 18 MIN

Estimated protein: 38 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)
 200 g (7.1 oz) Frozen shelled edamame
 250 g (8.8 oz) Ready-cooked quinoa
 100 g (3.5 oz) Carrots, trimmed
 150 g (5.3 oz) Cucumber
 25 g (0.9 oz) Tahini
 30 ml (2 tbsp) Lemon juice

Make it

Start. Cook edamame according to package directions and drain. Heat tofu according to its label, then dice.

Next. Divide quinoa, tofu, edamame, grated carrot and diced cucumber into two bowls.

Finish. Whisk tahini and lemon juice with 2-3 tablespoons water to make a dressing. Spoon over the bowls.

Prep & serving note

Use extra-firm tofu. Cook frozen edamame; do not assume it is ready to eat straight from thawing.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~36 g/batch, frozen shelled edamame ~22 g/batch, ready-cooked quinoa ~11 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tuna & Tomato Pasta Salad

L09 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 37 g per serving. One serving is half the complete recipe.

Ingredients

2 cans Light tuna in water, 5 oz can (20 g protein; drain)
120 g (4.2 oz) Whole-wheat pasta, dry
150 g (5.3 oz) Plain Greek yogurt (about 10 g protein per 100 g)
200 g (7.1 oz) Cherry tomatoes
150 g (5.3 oz) Cucumber
20 ml Lemon juice
10 g Fresh parsley or dill

Make it

Start. Cook pasta as labeled, drain and briefly rinse under cool water for an immediate cold salad.

Next. Halve tomatoes and dice cucumber. Mix yogurt, lemon juice and chopped herbs.

Finish. Toss pasta, tuna, vegetables and dressing and divide into two portions.

Prep & serving note

If making ahead, refrigerate promptly. Gluten-free pasta can change the protein estimate.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: light tuna in water, 5 oz can ~40 g/batch, whole-wheat pasta, dry ~16 g/batch, plain greek yogurt ~15 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Egg & Lentil Lunch Bowls

L10 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 36 g per serving. One serving is half the complete recipe.

Ingredients

4 Large eggs
 300 g (10.6 oz) Cooked lentils, drained
 200 g (7.1 oz) Plain Greek yogurt (about 10 g protein per 100 g)
 100 g (3.5 oz) Romaine lettuce
 200 g (7.1 oz) Cherry tomatoes
 15 g Dijon mustard
 15 ml (1 tbsp) Lemon juice

Make it

Start. Place eggs in a saucepan and cover with cold water. Bring to a boil, cover and remove from heat for 12 minutes. Cool under cold running water, peel and quarter; whites and yolks should be firm.

Next. Combine yogurt, mustard and lemon juice. Divide chopped romaine, lentils and tomatoes between bowls.

Finish. Top with eggs and dressing.

Prep & serving note

Cook eggs in advance if you want faster assembly. Timing varies by stove and egg size.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: large eggs ~24 g/batch, cooked lentils, drained ~24 g/batch, plain greek yogurt ~20 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chicken Avocado Toast Plates

L11 / MAKES 2 SERVINGS / 12 MIN

Estimated protein: 44 g per serving. One serving is half the complete recipe.

Ingredients

240 g (8.5 oz) Ready-to-eat cooked chicken breast
120 g (4.2 oz) Avocado flesh
120 g (4.2 oz) Whole-grain bread
200 g (7.1 oz) Cherry tomatoes
100 g (3.5 oz) Plain Greek yogurt (about 10 g protein per 100 g)
20 ml Lemon juice

Make it

Start. Toast bread. Mash avocado with half the lemon juice.

Next. Dice chicken and mix with yogurt and remaining lemon juice.

Finish. Spread avocado on toast, top with chicken and serve tomatoes alongside.

Prep & serving note

Pack the topping separately from bread and assemble close to eating.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: ready-to-eat cooked chicken breast ~62 g/batch, whole-grain bread ~11 g/batch, plain greek yogurt ~10 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Warm Tempeh & Black Bean Bowls

L12 / MAKES 2 SERVINGS / 20 MIN

Estimated protein: 35 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Plain tempeh
 200 g (7.1 oz) Canned black beans, drained and rinsed
 250 g (8.8 oz) Ready-cooked brown rice
 200 g (7.1 oz) Bell pepper, seeded
 10 ml (2 tsp) Olive oil
 100 g (3.5 oz) Tomato salsa
 2 g (about 1 tsp) Ground cumin

Make it

Start. Dice tempeh and pepper. Heat oil in a skillet and cook them for 8-10 minutes, following any additional tempeh package instructions.

Next. Add beans, salsa and cumin; cook until hot. Heat rice as labeled.

Finish. Divide rice and tempeh mixture between two bowls.

Prep & serving note

Some tempeh contains grains; choose plain soy tempeh and check the label for gluten-free needs.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain tempeh ~48 g/batch, canned black beans, drained and rinsed ~13 g/batch, ready-cooked brown rice ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lemon Chicken, Broccoli & Rice

D01 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 49 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw boneless skinless chicken breast, thawed
 350 g (12.3 oz) Broccoli florets
 300 g (10.6 oz) Ready-cooked brown rice
 15 ml (1 tbsp) Olive oil
 30 ml (2 tbsp) Lemon juice
 6 g Garlic, peeled
 2 g (about 2 tsp) Dried oregano

Make it

Start. Cut chicken into 1-inch pieces and mince garlic. Heat half the oil in a large skillet; cook chicken for 7-9 minutes, turning, until 165°F. Transfer to a clean plate.

Next. Add remaining oil, broccoli, garlic and 60 ml water. Cover and cook 5-7 minutes until broccoli is tender.

Finish. Return chicken to skillet with lemon and oregano. Heat rice as labeled and serve alongside.

Prep & serving note

Check a thick chicken piece with a thermometer. Cook in batches if the skillet is crowded.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw boneless skinless chicken breast, thawed ~81 g/batch, broccoli florets ~10 g/batch, ready-cooked brown rice ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Turkey & White Bean Tomato Skillet

D02 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 47 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Raw lean ground turkey, thawed
250 g (8.8 oz) Canned white beans, drained and rinsed
350 g (12.3 oz) Canned crushed tomatoes
100 g (3.5 oz) Baby spinach
100 g (3.5 oz) Onion, peeled
10 ml (2 tsp) Olive oil
2 g (about 2 tsp) Dried oregano

Make it

Start. Dice onion. Heat oil in a skillet and cook turkey and onion for 8-10 minutes, breaking turkey apart, until turkey reaches 165°F.

Next. Add beans, tomatoes and oregano. Simmer for 5 minutes.

Finish. Stir in spinach until wilted and divide into two bowls.

Prep & serving note

This is a thick stew. Add a little hot water if you prefer more sauce.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw lean ground turkey, thawed ~70 g/batch, canned white beans, drained and rinsed ~16 g/batch, canned crushed tomatoes ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Sheet-Pan Salmon & Green Beans

D03 / MAKES 2 SERVINGS / 40 MIN

Estimated protein: 42 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw salmon fillets, thawed

300 g (10.6 oz) Green beans, trimmed

350 g (12.3 oz) Potato

20 ml Olive oil

30 ml (2 tbsp) Lemon juice

2 g (about 1 tsp) Smoked paprika

Make it

Start. Heat oven to 425°F. Cut potatoes into 1/2-inch pieces, toss with half the oil on a lined sheet pan and roast for 15 minutes.

Next. Add green beans tossed in remaining oil and place salmon beside them. Sprinkle with paprika and half the lemon juice.

Finish. Roast another 12-15 minutes until potatoes are tender and salmon reaches 145°F. Finish with remaining lemon juice.

Prep & serving note

Total includes an estimated preheat period; ovens vary. Keep salmon portions similar in thickness.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw salmon fillets, thawed ~72 g/batch, potato ~7 g/batch, green beans, trimmed ~5 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Shrimp, Spinach & Lentil Pasta

D04 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 52 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Raw peeled shrimp, thawed
120 g (4.2 oz) Red-lentil pasta, dry
120 g (4.2 oz) Baby spinach
250 g (8.8 oz) Cherry tomatoes
15 ml (1 tbsp) Olive oil
6 g Garlic, peeled
20 ml Lemon juice

Make it

Start. Boil pasta according to package directions, saving 1/2 cup cooking water before draining.

Next. Meanwhile, heat oil in a skillet. Cook minced garlic for 30 seconds; add halved tomatoes for 3 minutes. Add shrimp and cook 2-3 minutes per side until pearly and opaque.

Finish. Add spinach to wilt, then fold in pasta and lemon juice. Loosen with reserved cooking water.

Prep & serving note

Shrimp must be fully thawed and peeled before starting. Avoid overcooking lentil pasta.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw peeled shrimp, thawed ~70 g/batch, red-lentil pasta, dry ~28 g/batch, baby spinach ~3 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tofu & Edamame Peanut Bowls

D05 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 43 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)
200 g (7.1 oz) Frozen shelled edamame
250 g (8.8 oz) Ready-cooked brown rice
300 g (10.6 oz) Broccoli florets
30 g (1.1 oz) Peanut butter
25 ml Lemon juice
10 ml (2 tsp) Olive oil

Make it

Start. Cook edamame and broccoli according to package or steam until hot and tender. Heat rice as labeled.

Next. Pat tofu dry and cube. Heat oil in a nonstick skillet; brown tofu for 8-10 minutes, turning.

Finish. Whisk peanut butter and lemon juice with 3-4 tablespoons warm water. Divide everything into two bowls and add sauce.

Prep & serving note

Choose extra-firm tofu with the specified protein content. Contains soy and peanuts.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~42 g/batch, frozen shelled edamame ~22 g/batch, broccoli florets ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chicken Fajita Rice Bowls

D06 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 47 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw boneless skinless chicken breast, thawed
250 g (8.8 oz) Bell pepper, seeded
100 g (3.5 oz) Onion, peeled
300 g (10.6 oz) Ready-cooked brown rice
100 g (3.5 oz) Tomato salsa
15 ml (1 tbsp) Olive oil
2 g (about 1 tsp) Ground cumin

Make it

Start. Thinly slice chicken, peppers and onion. Heat oil in a large skillet; cook chicken for 5 minutes.

Next. Add peppers, onion and cumin. Cook another 7-9 minutes, stirring, until chicken is 165°F and vegetables are tender.

Finish. Heat rice and divide between bowls. Top with chicken mixture and salsa.

Prep & serving note

Keep chicken strips thin and do not overload the skillet. Use a thermometer to check doneness.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw boneless skinless chicken breast, thawed ~81 g/batch, ready-cooked brown rice ~8 g/batch, bell pepper, seeded ~2 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Turkey Meatballs & Tomato Pasta

D07 / MAKES 2 SERVINGS / 35 MIN

Estimated protein: 50 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Raw lean ground turkey, thawed
 1 Large eggs
 30 g (1.1 oz) Rolled oats, dry
 400 g (14.1 oz) Canned crushed tomatoes
 120 g (4.2 oz) Whole-wheat pasta, dry
 2 g (about 2 tsp) Dried oregano
 10 ml (2 tsp) Olive oil

Make it

Start. Mix turkey, egg, oats and oregano; form 12 small meatballs. Heat oil in a skillet and brown meatballs on two sides for 4 minutes.

Next. Add tomatoes and 60 ml water. Cover and simmer 12-15 minutes, until meatball centers reach 165°F.

Finish. Meanwhile, cook pasta as labeled. Divide pasta, six meatballs and sauce per person.

Prep & serving note

Browning alone does not cook the meatballs through. Use certified gluten-free oats and pasta if needed.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw lean ground turkey, thawed ~70 g/batch, whole-wheat pasta, dry ~16 g/batch, large eggs ~6 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Mustard Salmon & Quinoa

D08 / MAKES 2 SERVINGS / 30 MIN

Estimated protein: 47 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw salmon fillets, thawed

300 g (10.6 oz) Ready-cooked quinoa

300 g (10.6 oz) Broccoli florets

20 g Dijon mustard

20 ml Lemon juice

15 ml (1 tbsp) Olive oil

Make it

Start. Heat oven to 425°F. Toss broccoli with oil and place on a lined tray beside salmon.

Next. Mix mustard with lemon juice and spread on salmon. Roast 12-18 minutes until fish is 145°F and broccoli is tender.

Finish. Heat quinoa according to its label and serve with salmon and broccoli.

Prep & serving note

Time includes preheating. Very large broccoli florets may need a few extra minutes.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw salmon fillets, thawed ~72 g/batch, ready-cooked quinoa ~13 g/batch, broccoli florets ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Beef, Mushroom & White Bean Skillet

D09 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 45 g per serving. One serving is half the complete recipe.

Ingredients

320 g (11.3 oz) Raw lean beef strips, thawed
250 g (8.8 oz) Mushrooms
200 g (7.1 oz) Canned white beans, drained and rinsed
100 g (3.5 oz) Baby spinach
15 ml (1 tbsp) Olive oil
20 ml Balsamic vinegar
6 g Garlic, peeled

Make it

Start. Slice mushrooms and mince garlic. Heat half the oil in a skillet and cook mushrooms for 6 minutes. Transfer to a plate.

Next. Heat remaining oil and add beef strips. Cook, turning, until at least 145°F, then allow a 3-minute rest on a clean plate.

Finish. Return mushrooms with garlic, beans, spinach, vinegar and 30 ml water to the skillet. Heat through and add beef before serving.

Prep & serving note

Choose thin strips cut from a whole-muscle beef steak; ground beef requires 160°F.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw lean beef strips, thawed ~67 g/batch, canned white beans, drained and rinsed ~13 g/batch, mushrooms ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chicken Pesto Pasta & Edamame

D10 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 54 g per serving. One serving is half the complete recipe.

Ingredients

320 g (11.3 oz) Raw boneless skinless chicken breast, thawed
 120 g (4.2 oz) Whole-wheat pasta, dry
 150 g (5.3 oz) Frozen shelled edamame
 40 g (1.4 oz) Basil pesto
 200 g (7.1 oz) Cherry tomatoes
 10 ml (2 tsp) Olive oil

Make it

Start. Cook pasta as labeled. Cook shelled edamame separately as directed.

Next. Cut chicken into 1-inch pieces. Heat oil and cook chicken 7-9 minutes until 165°F, adding halved tomatoes for the last 3 minutes.

Finish. Toss chicken, pasta and edamame with pesto and a splash of pasta cooking water.

Prep & serving note

Edamame adds plant protein. Cook it according to the package rather than assuming frozen beans are ready to eat.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw boneless skinless chicken breast, thawed ~72 g/batch, frozen shelled edamame ~16 g/batch, whole-wheat pasta, dry ~16 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lentil & Cottage Cheese Stuffed Peppers

D11 / MAKES 2 SERVINGS / 40 MIN

Estimated protein: 43 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Bell pepper, seeded
 300 g (10.6 oz) Cooked lentils, drained
 350 g (12.3 oz) Plain cottage cheese
 250 g (8.8 oz) Canned crushed tomatoes
 60 g (2.1 oz) Part-skim mozzarella, shredded
 2 g (about 2 tsp) Dried oregano

Make it

Start. Heat oven to 400°F. Halve peppers lengthwise and remove seeds. Microwave in a covered microwave-safe dish with 2 tablespoons water for 5 minutes.

Next. Mix lentils, cottage cheese, oregano and half the tomatoes. Spoon into pepper halves in a baking dish; pour remaining tomatoes around them.

Finish. Top with mozzarella and bake 20-25 minutes until peppers are tender and filling is 165°F.

Prep & serving note

Allow four pepper halves in total. Choose peppers large enough to hold the filling; serve excess filling alongside after heating.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~42 g/batch, cooked lentils, drained ~24 g/batch, part-skim mozzarella, shredded ~14 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Turkey Black Bean Chili

D12 / MAKES 2 SERVINGS / 30 MIN

Estimated protein: 43 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Raw lean ground turkey, thawed
 300 g (10.6 oz) Canned black beans, drained and rinsed
 350 g (12.3 oz) Canned crushed tomatoes
 150 g (5.3 oz) Bell pepper, seeded
 100 g (3.5 oz) Onion, peeled
 10 ml (2 tsp) Olive oil
 2 g (about 1 tsp) Ground cumin
 2 g (about 1 tsp) Smoked paprika

Make it

Start. Dice onion and pepper. Heat oil in a saucepan and cook turkey with vegetables 8-10 minutes, breaking turkey into crumbles, until 165°F.

Next. Add beans, tomatoes, spices and 100 ml water. Simmer 10 minutes.

Finish. Divide into two large bowls. Add water if needed for your preferred thickness.

Prep & serving note

Freeze an extra portion if you will not eat it within the refrigerated storage window.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw lean ground turkey, thawed ~60 g/batch, canned black beans, drained and rinsed ~20 g/batch, canned crushed tomatoes ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lemon Chicken & Chickpea Tray

D13 / MAKES 2 SERVINGS / 35 MIN

Estimated protein: 51 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw boneless skinless chicken breast, thawed
 250 g (8.8 oz) Canned chickpeas, drained and rinsed
 250 g (8.8 oz) Zucchini
 200 g (7.1 oz) Cherry tomatoes
 15 ml (1 tbsp) Olive oil
 30 ml (2 tbsp) Lemon juice
 2 g (about 2 tsp) Dried oregano

Make it

Start. Heat oven to 425°F. Cut chicken into 1-inch pieces and zucchini into half-moons.

Next. Toss chicken, chickpeas, zucchini and tomatoes with oil, lemon juice and oregano. Spread on a large lined sheet pan.

Finish. Roast 20-25 minutes, stirring halfway, until chicken reaches 165°F. Divide into two portions.

Prep & serving note

Use a large tray so ingredients roast rather than pile up and steam.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw boneless skinless chicken breast, thawed ~81 g/batch, canned chickpeas, drained and rinsed ~16 g/batch, zucchini ~3 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Salmon & White Bean Tomato Pot

D14 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 48 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw salmon fillets, thawed
250 g (8.8 oz) Canned white beans, drained and rinsed
350 g (12.3 oz) Canned crushed tomatoes
100 g (3.5 oz) Baby spinach
10 ml (2 tsp) Olive oil
6 g Garlic, peeled
2 g (about 2 tsp) Dried oregano

Make it

Start. Heat oil in a deep skillet. Cook minced garlic for 30 seconds, then add beans, tomatoes, oregano and 60 ml water.

Next. Bring to a simmer. Nestle salmon into sauce, cover and gently simmer 10-14 minutes until fish reaches 145°F.

Finish. Fold spinach into sauce until wilted and divide fish and beans into two bowls.

Prep & serving note

Keep the sauce gently bubbling; a hard boil can break apart the fish.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw salmon fillets, thawed ~72 g/batch, canned white beans, drained and rinsed ~16 g/batch, canned crushed tomatoes ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tempeh & Broccoli Peanut Noodles

D15 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 41 g per serving. One serving is half the complete recipe.

Ingredients

280 g (9.9 oz) Plain tempeh
100 g (3.5 oz) Whole-wheat pasta, dry
300 g (10.6 oz) Broccoli florets
30 g (1.1 oz) Peanut butter
30 ml (2 tbsp) Lemon juice
10 ml (2 tsp) Olive oil

Make it

Start. Cook pasta as labeled and steam broccoli until tender. Reserve some pasta water.

Next. Slice tempeh into thin strips and brown in oil for 8-10 minutes, following any additional package cooking directions.

Finish. Whisk peanut butter and lemon juice with 60 ml warm pasta water. Toss with pasta, tempeh and broccoli.

Prep & serving note

Use plain soy tempeh and gluten-free noodles if required. Contains soy and peanuts.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain tempeh ~53 g/batch, whole-wheat pasta, dry ~13 g/batch, broccoli florets ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chicken & Mushroom Quinoa Skillet

D16 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 57 g per serving. One serving is half the complete recipe.

Ingredients

360 g (12.7 oz) Raw boneless skinless chicken breast, thawed
 250 g (8.8 oz) Mushrooms
 300 g (10.6 oz) Ready-cooked quinoa
 100 g (3.5 oz) Baby spinach
 100 g (3.5 oz) Plain Greek yogurt (about 10 g protein per 100 g)
 15 ml (1 tbsp) Olive oil
 6 g Garlic, peeled

Make it

Start. Cut chicken into bite-size pieces and slice mushrooms. Heat oil; cook chicken and mushrooms for 10-12 minutes until chicken reaches 165°F.

Next. Add minced garlic for 30 seconds, then quinoa, spinach and 40 ml water. Stir until hot and spinach wilts.

Finish. Remove from heat and fold in yogurt. Divide into two bowls.

Prep & serving note

Add yogurt off the heat for a smoother sauce. Reheat leftovers gently but thoroughly.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw boneless skinless chicken breast, thawed ~81 g/batch, ready-cooked quinoa ~13 g/batch, plain greek yogurt ~10 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Shrimp & Black Bean Rice Skillet

D17 / MAKES 2 SERVINGS / 20 MIN

Estimated protein: 49 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Raw peeled shrimp, thawed
250 g (8.8 oz) Canned black beans, drained and rinsed
300 g (10.6 oz) Ready-cooked brown rice
200 g (7.1 oz) Bell pepper, seeded
100 g (3.5 oz) Tomato salsa
10 ml (2 tsp) Olive oil
2 g (about 1 tsp) Ground cumin

Make it

Start. Dice pepper. Heat oil in a skillet and cook pepper for 4 minutes.

Next. Add shrimp and cumin; cook 2-3 minutes per side until shrimp are pearly and opaque.

Finish. Add beans, salsa and rice with 30 ml water. Cover briefly and heat through, then divide into two bowls.

Prep & serving note

Use thawed peeled shrimp and ready-cooked rice. Thawing is not included in the total.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: raw peeled shrimp, thawed ~70 g/batch, canned black beans, drained and rinsed ~16 g/batch, ready-cooked brown rice ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Tofu & Lentil Tomato Bowls

D18 / MAKES 2 SERVINGS / 25 MIN

Estimated protein: 37 g per serving. One serving is half the complete recipe.

Ingredients

350 g (12.3 oz) Extra-firm tofu, drained (at least 12 g protein per 100 g)
 300 g (10.6 oz) Cooked lentils, drained
 350 g (12.3 oz) Canned crushed tomatoes
 100 g (3.5 oz) Baby spinach
 15 ml (1 tbsp) Olive oil
 6 g Garlic, peeled
 2 g (about 2 tsp) Dried oregano

Make it

Start. Pat tofu dry and cut into 3/4-inch cubes. Heat oil in a nonstick skillet; brown tofu for 8-10 minutes.

Next. Add minced garlic, tomatoes, lentils and oregano. Simmer 5 minutes, adding a little water if thick.

Finish. Fold in spinach until wilted and divide into two bowls.

Prep & serving note

A fully plant-based dinner when the tofu and lentils are plain. Check ready-made lentils for added ingredients.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: extra-firm tofu, drained ~42 g/batch, cooked lentils, drained ~24 g/batch, canned crushed tomatoes ~4 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Berry Greek Yogurt Cups

S01 / MAKES 2 SERVINGS / 3 MIN

Estimated protein: 16 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

150 g (5.3 oz) Mixed berries

1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Divide yogurt between two cups.

Finish. Top with berries and cinnamon.

Prep & serving note

Keep chilled until eating. This makes two snack portions.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~30 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Apple & Cottage Cheese Snack Boxes

S02 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 15 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Plain cottage cheese
200 g (7.1 oz) Apple, cored
1 g (about 0.5 tsp) Ground cinnamon

Make it

Start. Core and slice apple.

Finish. Divide apple and cottage cheese into two boxes; sprinkle with cinnamon.

Prep & serving note

Pack a spoon. Slice apple close to serving for the best color.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~30 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Lemon Edamame Cups

S03 / MAKES 2 SERVINGS / 8 MIN

Estimated protein: 14 g per serving. One serving is half the complete recipe.

Ingredients

250 g (8.8 oz) Frozen shelled edamame

15 ml (1 tbsp) Lemon juice

1 g Ground black pepper

Make it

Start. Cook edamame according to package directions and drain.

Finish. Toss with lemon juice and pepper and divide into two cups.

Prep & serving note

Frozen edamame needs cooking even when serving it chilled.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: frozen shelled edamame ~28 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Chocolate Peanut Yogurt

S04 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 18 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

10 g Unsweetened cocoa powder

20 g Peanut butter

10 g Honey

Make it

Start. Whisk yogurt, cocoa, peanut butter and honey until smooth.

Finish. Divide into two small bowls.

Prep & serving note

Use a splash of milk or water if the yogurt is too thick. Optional milk is not in the grocery calculation.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~30 g/batch, peanut butter ~5 g/batch, unsweetened cocoa powder ~2 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Cucumber Cottage Cheese Dip

S05 / MAKES 2 SERVINGS / 7 MIN

Estimated protein: 19 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain cottage cheese

200 g (7.1 oz) Cucumber

5 g Fresh parsley or dill

15 ml (1 tbsp) Lemon juice

Make it

Start. Blend cottage cheese with herbs and lemon juice, or mash for a chunkier dip.

Finish. Slice cucumber into sticks and divide with dip between two plates.

Prep & serving note

Wash the blender promptly; cottage cheese thickens as it stands.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~36 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Egg & Yogurt Snack Plates

S06 / MAKES 2 SERVINGS / 20 MIN

Estimated protein: 14 g per serving. One serving is half the complete recipe.

Ingredients

2 Large eggs
150 g (5.3 oz) Plain Greek yogurt (about 10 g protein per 100 g)
150 g (5.3 oz) Cherry tomatoes
10 g Dijon mustard

Make it

Start. Hard-boil eggs: bring covered eggs to a boil in water, remove from heat covered for 12 minutes, then cool and peel. Check for firm whites and yolks.

Finish. Mix yogurt and mustard as a dip. Serve one egg per person with tomatoes and dip.

Prep & serving note

Use purchased hard-boiled eggs for faster assembly; replace raw eggs on your grocery list.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~15 g/batch, large eggs ~12 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Peach Cottage Cheese Cups

S07 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 19 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain cottage cheese

200 g (7.1 oz) Peach, pitted

3 ml Vanilla extract

Make it

Start. Dice peach and divide between two bowls.

Finish. Stir vanilla into cottage cheese and spoon over the fruit.

Prep & serving note

Choose ripe fresh peaches or drained unsweetened canned peaches; adjust the grocery list if substituting.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~36 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Greek Yogurt & Pumpkin Seed Crunch

S08 / MAKES 2 SERVINGS / 3 MIN

Estimated protein: 19 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain Greek yogurt (about 10 g protein per 100 g)

25 g (0.9 oz) Pumpkin seeds

10 g Honey

Make it

Start. Divide yogurt between two bowls.

Finish. Top with pumpkin seeds and drizzle with honey.

Prep & serving note

Keep seeds separate until eating if packing ahead.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain greek yogurt ~30 g/batch, pumpkin seeds ~8 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Hummus-Edamame Snack Pots

S09 / MAKES 2 SERVINGS / 10 MIN

Estimated protein: 15 g per serving. One serving is half the complete recipe.

Ingredients

200 g (7.1 oz) Frozen shelled edamame

100 g (3.5 oz) Prepared hummus

200 g (7.1 oz) Carrots, trimmed

Make it

Start. Cook edamame as labeled and drain. Cut carrots into sticks.

Finish. Divide edamame, hummus and carrots between two snack containers.

Prep & serving note

Let edamame cool briefly for immediate serving, then refrigerate promptly if storing.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: frozen shelled edamame ~22 g/batch, prepared hummus ~7 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

Banana-Peanut Cottage Cheese Cream

\$10 / MAKES 2 SERVINGS / 5 MIN

Estimated protein: 21 g per serving. One serving is half the complete recipe.

Ingredients

300 g (10.6 oz) Plain cottage cheese

150 g (5.3 oz) Banana, peeled

20 g Peanut butter

Make it

Start. Blend cottage cheese and peanut butter until smooth, or stir together for a textured version.

Finish. Divide into two cups and top with sliced banana.

Prep & serving note

Enjoy the day you make it for the best banana texture.

Substitutions

For gluten-free needs, choose suitable grain products and check every sauce, seasoning and packaged ingredient. Dairy-free swaps may lower protein; recalculate with your labels.

Protein estimate: plain cottage cheese ~36 g/batch, peanut butter ~5 g/batch. Other ingredients are included in the total. Values and rounding vary by brand.

The protein calculation behind each recipe

For each ingredient: amount used × estimated protein per unit. Add ingredient protein for the whole recipe and divide by two. Each recipe is then rounded to the nearest gram. Main calendar totals add the rounded recipe estimates; small differences from a full unrounded sum are expected.

Example: B01 Berry-Walnut Yogurt Oats

Ingredient amount	Estimated protein in full recipe
500 g (17.6 oz) Plain Greek yogurt	50.0 g
80 g (2.8 oz) Rolled oats, dry	10.4 g
200 g (7.1 oz) Mixed berries	1.4 g
30 g (1.1 oz) Walnuts	4.5 g
1 g (about 0.5 tsp) Ground cinnamon	0.0 g

Full recipe: 66.3 g. Divide by 2 = about 33 g per serving.

Compare your labels

If your yogurt provides 17 g protein per 170 g, its input is 0.10 g per gram. A 500 g amount contributes about 50 g before dividing between two people. If your tofu provides only 8 g per 100 g, it will contribute less than the tofu assumed here. Replace the value in your calculation or choose a product matching the stated ingredient.

Keep the claim modest

These values help compare meal options. They are not certified nutrition labels, clinical targets or an assessment of complete daily nutrition. Recipes were not laboratory-analyzed, and exact products have not been entered into a nutrient-analysis database. A registered dietitian can review the recipes and calculations for a final commercial edition.

Protein inputs: Protein, dairy & legumes

Ingredient	Approximate protein input
Plain Greek yogurt	10 g per 100 g
Plain cottage cheese	12 g per 100 g
Milk	3.4 g per 100 ml
Unsweetened soy milk	3.3 g per 100 ml
Crumbled feta	14 g per 100 g
Part-skim mozzarella, shredded	24 g per 100 g
Grated Parmesan	35 g per 100 g
Part-skim ricotta	11 g per 100 g
Raw boneless skinless chicken breast, thawed	22.5 g per 100 g
Ready-to-eat cooked chicken breast	26 g per 100 g
Raw lean ground turkey, thawed	20 g per 100 g
Raw salmon fillets, thawed	20 g per 100 g
Raw peeled shrimp, thawed	20 g per 100 g
Ready-to-eat cooked peeled shrimp, thawed	20 g per 100 g
Extra-firm tofu, drained	12 g per 100 g
Plain tempeh	19 g per 100 g
Raw lean beef strips, thawed	21 g per 100 g
Large eggs	6 g per egg
Liquid egg whites	10.5 g per 100 g
Light tuna in water, 5 oz can	20 g per can
Plain salmon, 2.5 oz pouch	13 g per pouch
Cooked lentils, drained	8 g per 100 g
Canned chickpeas, drained and rinsed	6.5 g per 100 g
Canned white beans, drained and rinsed	6.5 g per 100 g
Canned black beans, drained and rinsed	6.5 g per 100 g
Frozen shelled edamame	11 g per 100 g
Prepared hummus	7 g per 100 g

Rounded typical planning inputs. Actual values vary by food, brand and preparation. “0” is a negligible contribution for these calculations, not a tested nutrient declaration.

Protein inputs: Grains & bread

Ingredient	Approximate protein input
Rolled oats, dry	13 g per 100 g
Ready-cooked brown rice	2.6 g per 100 g
Ready-cooked quinoa	4.4 g per 100 g
Whole-wheat pasta, dry	13 g per 100 g
Red-lentil pasta, dry	23 g per 100 g
Quick whole-wheat couscous, dry	13 g per 100 g
Whole-grain bread	9 g per 100 g
Whole-wheat tortillas	8 g per 100 g
Whole-wheat pita	9 g per 100 g
Whole-grain crackers	9 g per 100 g
Whole-wheat flour	13 g per 100 g

Rounded typical planning inputs. Actual values vary by food, brand and preparation. “0” is a negligible contribution for these calculations, not a tested nutrient declaration.

Protein inputs: Nuts, sauces & pantry

Ingredient	Approximate protein input
Olive oil	0 g per 100 ml
Walnuts	15 g per 100 g
Almonds	21 g per 100 g
Peanut butter	25 g per 100 g
Almond butter	21 g per 100 g
Chia seeds	17 g per 100 g
Pumpkin seeds	30 g per 100 g
Unsweetened cocoa powder	20 g per 100 g
Ground cinnamon	0 g per 100 g
Vanilla extract	0 g per 100 ml
Honey	0 g per 100 g
Dijon mustard	4 g per 100 g
Basil pesto	4 g per 100 g
Tomato salsa	1 g per 100 g
Canned crushed tomatoes	1.2 g per 100 g
Low-sodium broth	0 g per 100 ml
Dried oregano	0 g per 100 g
Ground cumin	0 g per 100 g
Smoked paprika	0 g per 100 g
Ground black pepper	0 g per 100 g
Baking powder	0 g per 100 g
Pitted olives, drained	1 g per 100 g
Jarred roasted peppers, drained	1 g per 100 g
Balsamic vinegar	0 g per 100 ml
Raisins	3 g per 100 g
Dark chocolate chips	5 g per 100 g
Tahini	17 g per 100 g

Rounded typical planning inputs. Actual values vary by food, brand and preparation. “0” is a negligible contribution for these calculations, not a tested nutrient declaration.

Protein inputs: Fruit & vegetables

Ingredient	Approximate protein input
Mixed berries	0.7 g per 100 g
Banana, peeled	1.1 g per 100 g
Apple, cored	0.3 g per 100 g
Peach, pitted	0.9 g per 100 g
Pear, cored	0.4 g per 100 g
Mango flesh	0.8 g per 100 g
Pineapple flesh	0.5 g per 100 g
Orange segments	0.9 g per 100 g
Pitted cherries	1 g per 100 g
Baby spinach	2.9 g per 100 g
Cherry tomatoes	0.9 g per 100 g
Cucumber	0.7 g per 100 g
Bell pepper, seeded	1 g per 100 g
Carrots, trimmed	0.9 g per 100 g
Broccoli florets	2.8 g per 100 g
Zucchini	1.2 g per 100 g
Mushrooms	3 g per 100 g
Onion, peeled	1.1 g per 100 g
Shredded cabbage	1.3 g per 100 g
Romaine lettuce	1.2 g per 100 g
Green beans, trimmed	1.8 g per 100 g
Sweet potato, peeled	1.6 g per 100 g
Potato	2 g per 100 g
Avocado flesh	2 g per 100 g
Lemon juice	0 g per 100 ml
Garlic, peeled	6 g per 100 g
Fresh parsley or dill	3 g per 100 g
Celery	0.7 g per 100 g

Rounded typical planning inputs. Actual values vary by food, brand and preparation. “0” is a negligible contribution for these calculations, not a tested nutrient declaration.

Your next-week worksheet

Day	Breakfast	Lunch	Dinner
1			
2			
3			
4			
5			
6			
7			

Adjust before shopping

Optional snacks: _____

Recipes to repeat: _____

Ingredients I already have: _____

Ingredients to replace or omit: _____

My first prep session: _____

My midweek refresh: _____

What worked for you?

Meals I enjoyed: _____

Portions I would change: _____

Recipes that fit my schedule: _____

Questions for my dietitian or clinician: _____

Sources & using your bonuses

[1] FoodSafety.gov: Safe Minimum Internal Temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

[2] USDA FSIS: Leftovers and Food Safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

[3] USDA FSIS: Keeping Bag Lunches Safe

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/keeping-bag-lunches-safe>

[4] NIDDK: Healthy Eating for Adults with Chronic Kidney Disease

<https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/healthy-eating-adults-chronic-kidney-disease>

[5] FDA: Questions and Answers on Gluten-Free Food Labeling

<https://www.fda.gov/food/nutrition-food-labeling-and-critical-foods/questions-and-answers-gluten-free-food-labeling-final-rule>

Your three additional recipe collections

15 High-Protein Breakfasts Without Eggs adds recipes E01-E15. The High-Protein Snack & Sweet Treat Collection adds T01-T12. 20-Minute High-Protein Dinners adds Q01-Q10. All are additional recipes, not copies from the main guide. Use their recipe codes when planning swaps; add their ingredients to your grocery list.

This program is for general cooking and meal-planning education. Product labels and individual dietary needs take precedence. Prepared September 2026.