

MEAL PLAN

Recipe Ideas + Prep Instructions



WEEK 79

high protein week

DINNER

MONDAY



TURKISH PASTA

35g

This viral pasta is so good and easy! Just layer pasta, yogurt sauce, ground beef, and paprika butter sauce in a bowl with fresh tomatoes.
TIP: Keep everything separated for serving so each person can build their own bowl.

TUESDAY



SHRIMP AVOCADO SALAD

25g

I love this salad for no cook prep (using precooked shrimp) with an amazing zesty lime dressing. We're talking 10 min and dinners ready!
TIP: Bulk it up with some cooked quinoa!

WEDNESDAY



MEDITERRANEAN CHICKEN SALAD

30g

It's quick, it's easy, and it's exactly what I want on a weeknight when I'm hungry but not trying to spend all night in the kitchen!
Side dish ideas: Hummus, Pita Bread

THURSDAY



BEEF SHISH KABOBS

49g

These kabobs are a grilling dream: marinated sirloin steak skewered with red peppers, and sweet onions and grilled in just 8 minutes!
Side dish ideas: Crispy Persian Rice, Yogurt Sauce

FRIDAY



GRILLED CHICKEN WINGS

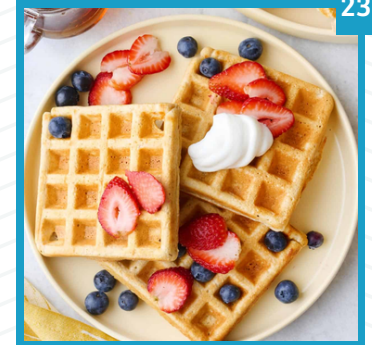
17g

This summer, our grill is officially hosting chicken wing night every Friday! They're so easy to make and so good!
Side dish ideas: Grilled Vegetables, Sweet Potato Fries

BREAKFAST

PROTEIN WAFFLES

23g



Made with oats + 3 protein sources: eggs, cottage cheese, and protein powder!

SNACK/DESSERT

COTTAGE CHEESE ICE CREAM

12g



You'll get a smooth, protein-packed frozen treat that's refreshing for summer & 3 flavors to choose from!*