



BREAKFAST



That's 50 grams of protein! (Adjust grocery list as needed)





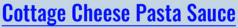
Cottage Cheese Queso with Protein Chips Perfect dip or nacho sauce! (Adjust grocery list as needed)





Protein Brownie with Cottage Cheese Ice Cream

Guilt-free! (Adjust grocery list as needed)



By far, this is the fastest (and most decadent) way to instantly double your protein. Perfect any night of the week.

Tip: Use high-protein pasta (I like Banza pasta) for even more protein!

High Protein Soup

Featuring hearty legumes, tender veggies, and an aromatic broth, one serving packs over 35 grams of plant-based protein.

Optional side: Protein bread

Protein Pizza

Yes, that's right, you can (and should) be getting more protein into your favorite comfort foods. By using a high protein flour, each slice has 30 grams of protein.

Tip: Make double the dough and freeze one for a random weeknight.

Bacon Wrapped Chicken Breast

Tender chicken breasts wrapped in savory bacon and oven baked until it's tender on the inside and crispy on the outside. It's our favorite 30-minute meal at the moment!

Optional side: <u>Air fryer cauliflower</u>

Reverse Sear Steak

Guarantee a tender and juicy steak with a mouthwatering crust using my reverse searing method.

Optional side: Jennifer Aniston salad



HURSDAY

IUESDAY

EDNESDA





MEAL PLAN 51 Grocery List



SPICES

• Paprika $(1 \frac{1}{2} \text{ tsp})$

Chili pepper (1/2 tsp)

Italian seasonings

Garlic powder (1/2 tsp)

• Onion powder (1/2 tsp)

(3 tsp)

• Cumin (1/2 tsp)

Salt and black pepper



MENU

Monday: Cottage cheese pasta sauce Tip: Use high-protein pasta (I like Banza pasta) for even more protein!

> **Tuesday:** High protein soup **Optional side:** Protein bread

Wednesday: Protein pizza Tip: Make double the dough and freeze one for a random weeknight.

Thursday: Bacon wrapped chicken breast **Optional side:** Air fryer cauliflower

> Friday: Reverse sear steak **Optional side: Jennifer Aniston salad**

> > **Breakfast:** Protein bagels with cottage cheese eggs

Snack: Cottage cheese queso with protein chips

Dessert: Protein brownies with cottage cheese ice cream

MEAT

- Ground turkey (1 lb)
- Pepperoni (1/2 cup)
- Chicken breasts (4)
- Bacon (8 slices)
- Ribeye steaks (2)

SEAFOOD

 Flounder fillets (4 x 6 oz fillets)

PRODUCE

- Onion (2)
- Celery (2 stalks)

Carrot (1)

- Potato (1)
 - Garlic (1 head)
 - Baby spinach (1 cup)

 Cottage cheese (1 cup)

DAIRY

- Parmesan cheese $(1/_2 cup)$
- Greek vogurt (1 cup)
- Mozzarella cheese (1/2 cup)
- Butter (3 tbsp)

MISC.

 Lentils or legumes of choice (1 ²/₃ cups)

- PANTRY Canned tomatoes
 - (14 ¹/₂ ounces) *or passata/tomato sauce
 - Tomato juice (1 cup)
 - Pizza sauce (1/2 cup)
 - Olive oil $(\frac{1}{4} cup + \frac{1}{2} tbsp)$
 - Pasta (12 ounces)
 - Vegetable broth (4 cups)
 - Brown sugar (4 tbsp)
- Protein flour (1 cup) *I used the Vetta brand of high-protein self-rising flour, but you can make your own by adding ¼ cup of unflavored protein powder and ¾ cup of regular self-rising flour.

• Barley $(1/_2 \text{ cup})$