



High Protein Meal Plan

EAT CLEAN, FEEL GREAT!

Buddhi Holistic Health

Week 1

SUNDAY

- B** Super savory omelette
- L** Organic chicken salad with avocado
- D** Steak stir fry

MONDAY

- B** Cottage cheese bowl
- L** Hearty pesto chicken salad
- D** Left overs from the night before

TUESDAY

- B** Berry smoothie
- L** Hearty pesto chicken salad
- D** Baked salmon and asparagus

WEDNESDAY

- B** Cottage cheese bowl
- L** Tuna lettuce wrap
- D** Left overs from the night before

THURSDAY

- B** Berry smoothie
- L** Tuna lettuce wrap
- D** Cashew chicken

FRIDAY

- B** Super savory omelette
- L** Cobb salad
- D** Left overs from the night before

SATURDAY

- B** Greek yogurt bowl
- L** Cobb salad
- D** Asian sesame kabobs (make half batch for one person)

SHOPPING LIST

PRODUCE

- 3/4 cup (16g) baby spinach
- 2 avocados
- 1.5 (224g) cups cherry tomatoes
- 2 (182g) cups broccoli
- 3 red or orange bell pepper
- 2 green bell pepper
- 3 yellow onion
- 1 medium red onion
- 3 green onions
- 1.25 cups (204g) fresh or frozen mixed berries
- 3 cups (530g) cauliflower rice
- 1 cucumber
- 8 cups (170g) mixed greens
- 1 head bibb or romaine lettuce
- 1 large bundle asparagus
- 2 lemons
- 1 bulb garlic

MEAT, FISH, AND DAIRY

- 8 eggs
- 4 oz (102g) goat cheese
- 6, 4 oz (114g) chicken breasts
- 8 oz (228g) grass-fed sirloin steak
- 5 oz steak tips
- 2, 5 oz (143g) wild caught salmon filets
- 2, 5 oz (142g) cans tuna
- 2 sliced organic turkey
- 2.5 cups (565g) 2% cottage cheese
- 1 cup (240g) Greek yogurt
- 4 oz (112g) mozzarella
- 1 cup (240g) unsweetened almond milk
- 4 slices bacon

NUTS, GRAINS, AND SEEDS

- Hemp hearts (small package)
- Cashews (small package)
- Ezekiel bread
- Raw or dry roasted mixed nuts (small package)
- Pumpkin seeds (small package)

MISCELLANEOUS

- Avocado oil
- Coconut oil
- Olive oil
- Toasted sesame oil
- Garlic salt
- Pesto sauce
- Tamari or coconut aminos
- Rice wine vinegar
- Avocado oil mayo
- Dried dill and/or chives
- Dried rosemary
- Ground ginger
- Onion powder
- Salt (preferably sea salt)
- Black pepper
- Red pepper flakes
- Vanilla protein powder
- Honey
- Grilling Skewers

DAILY AVERAGES

Calories: 1,250

Carbohydrate: 39 grams, Protein: 120 grams, Fat: 68 grams

How to Meal Prep Week 1

- Bake chicken breast ahead of time to be had with lunch on Monday and Tuesday.
- Cook chicken, bacon and hard boiled eggs ahead of time to be had with lunch on Friday and Saturday.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

Week 2

SUNDAY

- B** Steak and eggs
- L** Sliced chicken and veggies with hummus
- D** Turkey chili

MONDAY

- B** Greek yogurt bowl
- L** Mediterranean salad with ground beef
- D** Left overs from the night before

TUESDAY

- B** Hearty sausage and egg scramble
- L** Mediterranean salad with ground beef
- D** Cashew chicken

WEDNESDAY

- B** Greek yogurt bowl
- L** Smoked salmon salad
- D** Left overs from the night before

THURSDAY

- B** Hearty sausage and egg scramble
- L** Smoked salmon salad
- D** Fajita skillet

FRIDAY

- B** High protein overnight oats
- L** Sliced chicken and veggies with hummus
- D** Left overs from the night before

SATURDAY

- B** High protein overnight oats
- L** Egg salad with bell pepper
- D** Shrimp sheet pan dinner (make half batch for one person)

SHOPPING LIST

PRODUCE

- 1 garlic bulb
- 6 cups (128g) arugula or rocket
- 2 cups (42g) mixed greens
- 2 cups (182g) chopped broccoli
- 2.5 cups (374g) cherry tomatoes
- 1/2 cup (123g) baby carrots
- 3 small yellow onions
- 1 small red onion
- 4 red bell peppers
- 1 avocado
- 1 summer squash
- 1 small bundle asparagus
- 2 lemons
- 1 lime
- 2 ribs celery
- 3/4 cup (102g) mixed berries
- 1/4 cup (33g) green olives
- 1 vine ripe tomato
- 2 small cucumbers
- 1 cup (176g) cauliflower rice
- 2 green bell pepper
- 1 yellow bell pepper

MEAT, FISH, AND DAIRY

- 10 eggs
- 3 oz (85g) sirloin steak
- 6 oz (170g) skirt steak
- 8 oz (227g) ground beef
- 12 oz (342g) ground turkey
- 6, 5 oz (142g) chicken breast
- 2 organic chicken sausages
- 8 oz (227g) smoked salmon
- 8 oz (227g) medium shrimp
- 2 cups (480g) Greek Yogurt
- 4 oz (113g) feta cheese
- 1.5 cups (360g) unsweetened almond milk

NUTS

- Hummus (small container)
- Cashews (small container)
- 1 cup (80g) old fashioned oats
- Chia seeds (small container)
- Pumpkin seeds (small container)
- Hemp hearts (small container)
- Sesame seeds (small container)

MISCELLANEOUS

- Avocado oil
- Olive oil
- Coconut oil
- Tamari or coconut aminos
- Avocado oil mayonnaise
- Worcester sauce
- 14.5 oz (425g) can fire roasted tomatoes
- Tomato paste
- Chile powder
- Paprika
- Ground cumin
- Cayenne pepper
- Onion powder
- Cinnamon
- Ground ginger
- Red pepper flakes
- Dried oregano
- Rice wine vinegar
- Sea salt
- Black pepper
- Honey
- Jicama wraps (or low carb wraps for fajitas)
- Vanilla protein powder
- Vanilla extract

DAILY AVERAGES

Calories: 1,165

Carbohydrate: 44 grams, Protein: 114 grams, Fat: 59 grams

How to Meal Prep Week 2

- Cook ground beef ahead of time to be had with lunch on Monday and Tuesday.
- Slice cucumbers and red onions ahead of time to be had throughout the week. Cucumbers store well soaked in water in the refrigerator.
- Prepare overnight oats on Thursday evening (double batch) to be had for breakfast on Friday and Saturday.
- Bake chicken breast ahead of time to be had with lunch on Friday.
- Hard boil 4 eggs to be had with lunch on Saturday.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

Week 3

SUNDAY

- B** Protein pancakes (freeze half for Friday)
- L** Turkey patty with egg
- D** Asian sesame kabobs

MONDAY

- B** Ground turkey skillet (save half for tomorrow)
- L** Shrimp and avocado salad
- D** Left overs from the night before

TUESDAY

- B** Ground turkey skillet
- L** Organic chicken salad and avocado
- D** Pesto chicken and green beans

WEDNESDAY

- B** Cottage cheese bowl
- L** Shrimp and avocado salad
- D** Left overs from the night before

THURSDAY

- B** Cottage cheese bowl
- L** Organic chicken salad and avocado
- D** Turkey chili

FRIDAY

- B** Protein pancakes
- L** Hearty pesto chicken salad
- D** Left overs from the night before

SATURDAY

- B** Steak and eggs
- L** Hearty pesto chicken salad
- D** Balsamic chicken (make half batch for one person)

SHOPPING LIST

PRODUCE

- 1 cup (22g) baby spinach
- 4 (85g) cups mixed greens
- 7 cups (150g) arugula or rocket
- 2 small red onions
- 2 small yellow onions
- 3 bell peppers
- 1 bulb garlic cloves
- 4 small avocados
- 4 cucumbers
- 1 lemon
- Pico de gallo
- 8 oz (227g) green beans
- 2 ribs celery
- 2.5 cups (372g) cherry tomatoes
- 1 cup (90g) broccoli florets
- 1 small ginger root (or use ground ginger)

MEAT, FISH, AND DAIRY

- 9 eggs
- 24 oz (648g) ground turkey
- 12 oz (340g) steak tips
- 8 oz (227g) cooked shrimp
- 10 oz (250g) canned organic chicken
- 6, 4-5oz (112g) boneless, skinless chicken breasts
- 3 oz (85g) sirloin steak
- 6 oz (170g) mozzarella
- Unsweetened almond milk (small container)
- Ghee or grass fed butter (or substitute avocado oil)
- 1 oz (28g) feta
- 2.5 cups (565g) cottage cheese
- Greek yogurt (small container to top chili)

NUTS, GRAINS, AND SEEDS

- Almond butter (small container)
- Sesame seeds
- Hemp hearts (small container)

MISCELLANEOUS

- Avocado oil
- Olive oil
- Sesame oil
- Avocado oil mayonnaise
- 2/3 cup (80g) almond flour
- Tapioca flour (small container)
- Protein powder (small container)
- Baking soda
- Salt
- Ground cinnamon
- Garlic salt
- Paprika
- Coconut aminos or tamari
- Onion powder
- Dried dill weed
- Chili powder
- Ground cumin
- Ground cayenne pepper
- Dried rosemary
- Sea salt
- Black pepper
- Grilling skewers
- Pesto sauce
- 14.5oz (425g) canned fire roasted tomatoes
- 6 oz can (170g) tomato paste
- Worcester sauce
- Balsamic vinegar (small jar)
- Honey (small container)
- Whole grain mustard

DAILY AVERAGES

Calories: 1,280

Carbohydrate: 34 grams, Protein: 119 grams, Fat: 73 grams

How to Meal Prep Week 3

- Freeze half of protein pancakes to be had for breakfast again on Friday.
- Bake chicken ahead of time to be had with lunch on Friday and Saturday.
- Option to make turkey chili ahead of time to be had for dinner on Thursday and Friday. This meal stores well in the freezer.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

Week 4

SUNDAY

- B** Hearty sausage and egg scramble
- L** Mediterranean salad with ground beef
- D** Baked salmon and asparagus

MONDAY

- B** High protein overnight oats
- L** Cobb salad
- D** Left overs from the night before

TUESDAY

- B** Mushroom and spinach scramble
- L** Cobb salad
- D** Fajita skillet

WEDNESDAY

- B** High protein overnight oats
- L** Tuna salad lettuce wraps
- D** Left overs from the night before

THURSDAY

- B** Mushroom and spinach scramble
- L** Tuna salad lettuce wraps
- D** Chicken sheet pan dinner

FRIDAY

- B** Greek yogurt bowl
- L** Organic chicken salad and avocado
- D** Left overs from the night before

SATURDAY

- B** Protein pancakes (make half batch for one person)
- L** Organic chicken salad and avocado
- D** Asian sesame kabobs (make half batch for one person)

SHOPPING LIST

PRODUCE

- 2.5 cups (228g) chopped broccoli
- 2 small yellow onion
- 3 medium red onions
- 1 bulb garlic
- 5 cups (105g) mixed greens
- 1 cup (22g) baby spinach
- 1 large bundle of asparagus
- 1 lemon
- 1/2 cup (75g) cherry tomatoes
- 2 small avocados
- 1/2 (48g) cup mushrooms
- 6 bell peppers
- 1 lime
- 2 tbsp (22g) green olives
- 1 vine ripe tomato
- 3 cucumbers
- 1 cup (136g) raspberries and/or blueberries
- Jicama wraps (or use extra bibb lettuce)
- 1 head bibb lettuce
- 2 Green onions
- 2 large carrots

MEAT, FISH, AND DAIRY

- 1 organic chicken sausage link
- 13 eggs
- 4 oz (113g) ground beef
- 2, 5oz (143g) wild caught salmon filet, skin on
- 4 slices bacon
- 5, 4 - 5 oz (120g) chicken breast
- 6 oz (170g) skirt steak
- 5 oz (142g) steak tips
- 2, 5oz (125g) canned tuna
- 2, 5oz (125g) canned organic chicken
- 2 oz (56g) feta cheese
- 2 oz (56g) goat cheese
- 2 cups (480g) Greek yogurt
- Unsweetened almond milk (small container)
- Dry roasted or raw mixed nuts (small container)
- Ghee or grass-fed butter (or substitute avocado oil)

NUTS, GRAINS, AND SEEDS

- 1 cup (80g) old fashioned oats
- Chia seeds (small container)
- Ezekiel bread
- Pumpkin seeds (small container)
- Almond butter (small container)

MISCELLANEOUS

- Avocado oil
- Olive oil
- Sesame oil
- Avocado oil mayonaise
- Dried rosemary
- Ground cinnamon
- Garlic salt
- Ground cumin
- Chili powder
- Onion powder
- Crushed red pepper flakes
- Dried thyme
- Dried dill
- Ground ginger
- Sea salt
- Black pepper
- Vanilla protein powder
- Vanilla extract
- Almond flour (small container)
- Tapioca flour (small container)
- Baking soda
- Coconut aminos or tamari
- Grilling Skewers

DAILY AVERAGES

Calories: 1,235

Carbohydrate: 39 grams, Protein: 114 grams, Fat: 69 grams

How to Meal Prep Week 4

- Bake chicken, cook bacon, and hard boil eggs ahead of time to be with lunch on Monday and Tuesday.
- Slice red onion and cucumbers ahead of time to be had throughout the week in lunches and dinners. Cucumbers store well soaked in water in the refrigerator.
- Prepare overnight oats on Sunday and Tuesday evening to be had for breakfast on Monday and Wednesday.
- Marinate steak tips overnight on Friday to be had with dinner on Saturday.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.