



High Protein Gluten Free | 3-day Meal Plan

~2000 calories Protein: 130g Carbohydrates: 185g Fat: 63g

Each meal think "Protein, Healthy fat, High fiber carb". Often foods will provide more than one of those components. The plan below is a guide.

Meal 1	Meal 2	Snack 1 & 2	Meal 3
Day 1 Protein Packed Veggie Scramble 3 eggs + 2 egg whites 1 cup Red and Green Peppers, Spinach, tomato, mushrooms ½ cup diced roasted sweet potato 2 tbsp salsa Day 2 Protein Pancakes with Berries 1 whole egg + 3 egg whites 1 cup Oat flour 1 scoop protein powder ½ cup berries 1 tbsp almond butter Day 3 Smoothie 8oz Water & handful of ice 1 scoop protein powder 1 Cup frozen dark cherries - Handful fresh spinach/kale 1 tbsp coco powder 1 tsp maca 1 tbsp PB powder 1 tbsp hemp or chia seeds *Blend in high-speed blender until smooth.	Day 1 Grilled Chicken Bowl 5oz. Chicken (any protein) 1 cup of Quinoa 1 cup roasted green beans 2 cups mixed greens *Add favorite vinaigrette dressing Day 2 Shrimp Fried "Rice" 5oz Shrimp 2 cups riced cauliflower ½ cup edamame, 1 garlic clove 1 egg, scrambled into rice - Frozen Mixed veggies 1 tbsp coconut aminos & sesame oil Day 3 Mediterranean Salad 5oz Canned Sardines (Skinless, boneless) 3 cups mixed greens ½ cup chickpeas ¼ cup cucumbers, tomatoes, red onion 2tbsp lemon vinaigrette	Day 1 AM: Greek Yogurt Berry Bowl - ¾ cup Plain Greek Yogurt (2%), ½ cup mixed berries, 1 tbsp sliced almonds, Dash of Cinnamon PM: Protein Smoothie - 1 cup unsweetened nut milk of choice, 1 scoop protein powder, ½ frozen banana, Handful of spinach or kale, 1 tbsp chia seeds, Ice Day 2 AM: Turkey Roll-ups - 3oz sliced turkey breast, ¼ avocado, bell pepper strips, mustard PM: Cottage Cheese Snack Bowl - ¾ cup 2% cottage cheese, ½ cup pineapple, 1 tbsp pumpkin seeds Day 3 AM: Apple with Nut Butter - 1 medium apple, sliced, 1/5 tbsp nut butter, sprinkle hemp seeds on top PM: Protein Iced Coffee – 1 scoop vanilla or chocolate protein powder, 8oz cold brew or iced coffee, ½ cup milk of choice, ice	Day 1 5oz Salmon 1.5 cup Roasted Baby Potatoes 1.5 cup Roasted Broccoli - Side salad with vinaigrette dressing Day 2 Taco Bowl 5 oz taco meat (chicken, turkey, shrimp) ¾ cup Black beans 2 cups mixed greens ¼ avocado, 1 tbsp shredded cheese 1tbsp Greek yogurt - Add any "add-ins" like cucumbers, tomatoes, jalapenos, salsa, lime, etc Day 3 Bison Meatballs with Zoodles 5oz Ground Bison Meatballs (4-5 meatballs) 3 cups spiralized zucchini ¾ cups marinara sauce - Fresh basil and parm cheese