

Example Meals for 1600-2200 calorie diet (add more or less for your needs)

Calories will vary based on food choices & frequency, however these examples will help you hit over 100g protein consistently!

Breakfast

8 Egg whites (1&1/2 cup Whites), with 1c Kale(or any veggies for an omelet), 2 slices Toast(or 1/2C Oats) , 1/2 Hass Avocado

Or

Protein Shake(at least 30g protein) ; 1c Berries; 1-2 tbps nut butter(or some dark chocolate)

Or

6-8oz Shrimp & Grits (¼-½ C uncooked), 1 tbsp of butter or oil; Small side of veggies or ½-1C Fruit

Or

3 Whole Eggs (no oil or butter); 3 Egg whites; 6-8oz Potatoes (no oils or butter); Side of veggies

Or

4-6oz Smoked Salmon, 2 Eggs, 2 slices high protein bread, some veggies

Lunch or Dinner

8-12oz Lean Protein of Choice; Hass Avocado; Steamed Veggies or salad; 1C cooked Rice or 8oz of Potato

Or

6-9oz of Salmon; 93/7 Lean ground beef; steak ; Steamed Veggies or salad ; 1C cooked Rice or 8-12oz of Potato

Or

Protein Shake(at least 30g protein) ;1-2 tbsp nut butter(or 2-3 pieces dark chocolate); 2x Rice Cakes

Late night favorites

9-10 Egg whites (1&1/2 cup Whites); with 1c Greens for an omelet; 1 tbsp nut butter(or 2-3 pieces dark chocolate)

Or

Protein Shake(at least 40g protein; Casein best at night);1 tbsp nut butter(or 2-3 pieces dark chocolate)

Snack Ideas

Hard Boiled Eggs

Edamame

Popped Popcorn

Seaweed snacks

Cucumber & tomato with balsamic dressing

Turkey/Beef Jerky/meat sticks (CHOOSE ONE WITH LITTLE TO NO SUGAR)

Protein Shake

Collagen Protein (try in your coffee)

Divide a meal above into 2

All the Berries! (fresh or frozen)

Tips to make life easier

Preplan meals (if you like)

Keep only the good stuff in the house

Pick food you enjoy

See where you can use the air fryer or oven as much as possible

Pre chopped or sliced items can save time

When buying packaged items 1-3 ingredient rule (for 90% of things)

Buy steamable veggies

Make cooking a fun at home activity (put on music!)

Use tea, coffee, and seltzer water to help with appetite

Feel Free to play around with your meals; these are just examples and ideas for meals fit your macros

****Please note that I am not a Dietitian. These are suggestions & advice that should you choose to follow it are at your own free will****