

DONE-FOR-YOU · 120 G+ PROTEIN A DAY

High-Protein Meal Plan

Free 3-Day Sample

Four weeks of complete daily menus, every gram accounted for, with full weekly grocery lists and easy swaps. No calorie-counting, no guesswork — the plan is already built.

120 g+ protein/day · **90+** meals · **4** weekly grocery lists · budget, no-cook & veg swaps

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How to Use This Plan

Every day is already assembled to land at **120 grams of protein or more**, spread across breakfast, lunch, dinner and a protein-anchored snack. You do not have to count anything — just cook what the day lists.

- **Follow it in any order.** Days are independent; swap Day 3 for Day 12 if you prefer that menu.
- **Match your calories.** Each day shows an approximate calorie total (most land ~1,600–1,950 kcal). To eat more, add a listed snack or an extra grocery-list protein; to eat less, trim a snack or a starch. Protein stays high either way.
- **Cook once, eat twice.** Dinners and grain/protein bases batch well — double a recipe and reuse it for the next day's lunch.
- **Shop weekly.** Each week has one consolidated grocery list built from that week's exact menus.
- **Use the swaps.** The swap tables (near the end) cover budget, no-cook, dairy-free and vegetarian substitutions without dropping below the protein target.

Why protein, briefly. Protein is the most satiating of the three macronutrients and supplies the amino acids your body uses to build and maintain muscle. Common general-fitness guidance is roughly **1.2–2.0 g of protein per kg of body weight per day** for active adults; ~120 g suits many adults in that range. Spreading protein across the day (20–40 g per meal) is a practical way to hit the total. This is general wellness information, not a prescription — scale portions to your own body size, activity and goals.

Nutrition figures are calculated from standard USDA FoodData Central reference values for each listed serving and rounded. Cooked weights are used for meats and seafood. Treat them as close estimates — brands, cuts and preparation vary.

Week 1 — Daily Menus

Day 1		169 g protein • ~1766 kcal	
	MEAL	PROTEIN (G)	KCAL
BREAKFAST	Greek Yogurt Power Bowl 1 cup (245 g) nonfat plain Greek yogurt; 1/4 cup (30 g) granola; 1 cup mixed berries; 1 tbsp (16 g) peanut butter	33.5	441
LUNCH	Chicken & Quinoa Power Bowl 1 oz cooked skinless chicken breast ×5; 1 cup (185 g) cooked quinoa ×0.75; 1 cup non-starchy vegetables; 1 tbsp olive oil ×0.5	51.5	496
DINNER	Baked Salmon, Edamame & Rice 1 oz cooked Atlantic salmon ×5; 1 cup (155 g) shelled edamame; 1 cup (195 g) cooked brown rice ×0.5	52	587
SNACK	Whey Protein Shake 1 scoop (~32 g) whey protein powder; 1 cup (240 ml) 2% milk	32	242

Day 2		140 g protein • ~1822 kcal	
	MEAL	PROTEIN (G)	KCAL
BREAKFAST	Three-Egg Veggie Scramble + Toast 1 large egg ×3; 1 large egg white ×2; 1 cup non-starchy vegetables; 1 oz cheddar cheese; 1 slice whole-wheat bread	38.2	485
LUNCH	Beef Burrito Bowl 1 oz cooked 93% lean ground beef ×4; 1 cup (172 g) cooked black beans ×0.5; 1 cup (195 g) cooked brown rice ×0.5; 1/4 cup salsa; 1 oz cheddar cheese	48	574
DINNER	Tofu & Edamame Stir-Fry 1/2 block (126 g) firm tofu; 1 cup (155 g) shelled edamame; 1 cup (195 g) cooked brown rice ×0.75; 1 cup non-starchy vegetables	37.8	532
SNACK	Pumpkin Seeds & String Cheese 1 oz pumpkin seeds; 1 stick part-skim string cheese	16	231

Day 3		172.5 g protein • ~1778 kcal	
	MEAL	PROTEIN (G)	KCAL
BREAKFAST	High-Protein Overnight Oats 1/2 cup dry (40 g) rolled oats; 1 scoop (~32 g) whey protein powder; 1 cup (240 ml) 2% milk; 1 tbsp chia seeds; 1 cup mixed berries	40.5	520
LUNCH	Shrimp Fried Rice 1 oz cooked shrimp ×5; 1 cup (195 g) cooked brown rice; 1 cup (155 g) shelled edamame ×0.5; 1 large egg	50	554
DINNER	Turkey Meatballs, Marinara & Zucchini 1 oz cooked 93% lean ground turkey ×5; 1 oz part-skim mozzarella ×2; 1 cup non-starchy vegetables ×2	56.5	489
SNACK	Greek Yogurt & Berries 1 cup (245 g) nonfat plain Greek yogurt; 1 cup mixed berries	25.5	215

This is the first 3 days.

The full plan is **28 days** of complete menus, **four weekly grocery lists**, a protein quick-reference table, and budget / no-cook / dairy-free / vegetarian swap guides — all built to keep you at 120 g+ protein a day without counting.

Get the full 28-Day High-Protein Meal Plan at under10khealth.foundagent.net.

Educational information, not medical advice. This meal plan is for general wellness and is not a substitute for personalized advice from a physician or registered dietitian. It is not designed to diagnose, treat, cure or prevent any disease, and makes no weight-loss or health-outcome guarantee. If you are pregnant or nursing, or have diabetes, kidney disease, a food allergy, or any medical condition or dietary restriction, consult your clinician before changing how you eat. Nutrition values are estimates from standard USDA reference data and will vary by brand, cut and preparation. © 2026 foundagent. Personal, non-commercial use.