

High Protein Diet Plan

Patient information					
Name:					
Age:		Height:		Weight:	
Allergies:					
Nutrition goals:					
Week 1					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 2					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					
Week 3					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Week 4					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Sample high protein diet meal plan

Day	Breakfast	Lunch	Dinner	Snack
1	3 Scrambled eggs with spinach	Grilled chicken salad with hot sauce	Baked salmon with quinoa and broccoli	Greek yogurt with berries
2	Oatmeal with protein powder	Turkey wrap with high protein tortilla	Stir-fried tofu with mixed vegetables	Cottage cheese with pineapple
3	Smoothie with spinach and protein powder	Quinoa and black bean bowl	Lean beef stir-fry with brown rice	Hard-boiled eggs
4	Chia seed pudding with almond milk	Lentil soup with a slice of whole grain bread	Grilled shrimp with asparagus	Hummus with carrot sticks
5	Greek yogurt with nuts	Chicken and vegetable stir-fry	Zucchini noodles with turkey meatballs	Protein bar
6	Omelet with mushrooms and peppers	Baked falafel with a side salad	Roast chicken with sweet potatoes	Almonds or mixed nuts
7	Protein pancakes with maple syrup	Tuna salad with mixed greens	Cod with steamed vegetables	Protein smoothie

Additional notes

Healthcare professional's information

Name:

License number:

Contact details:

Signature: