2700 Calorie Meal Planner

High Protein

	MONDAY	TUESDAY	WEDNSDEAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Bacon and Egg Scramble 2 strips bacon, fat trimmed ½ capsicum chopped ½ onion chopped 1 cup sliced mushrooms 2 eggs 1 slice multigrain toast 1 slice cheddar cheese 1 tsp butter **591 calories**	Overnight Oats 2 tablespoons chia seeds ½ medium banana ½ cup oats 1 cup almond milk 1 handful pecans 1 cup grapes **566 calories**	Bacon and Egg Scramble 2 strips bacon, fat trimmed ½ capsicum chopped ½ onion chopped 1 cup sliced mushrooms 2 eggs 1 slice multigrain toast 1 slice cheddar cheese 1 tsp butter **591 calories**	Overnight Oats 2 tablespoons chia seeds ½ medium banana ½ cup oats 1 cup almond milk 1 handful pecans 1 cup grapes **566 calories**	Bacon and Egg Scramble 2 strips bacon, fat trimmed ½ capsicum chopped ½ onion chopped 1 cup sliced mushrooms 2 eggs 1 slice multigrain toast 1 slice cheddar cheese 1 tsp butter **591 calories**	Overnight Oats 2 tablespoons chia seeds ½ medium banana ½ cup oats 1 cup almond milk 1 handful pecans 1 cup grapes **566 calories**	Bacon and Egg Scramble 2 strips bacon, fat trimmed ½ capsicum chopped ½ onion chopped 1 cup sliced mushrooms 2 eggs 1 slice multigrain toast 1 slice cheddar cheese 1 tsp butter **591 calories**
MEAL 2	Blueberry Protein 1 cup coconut water ½ cup Greek yogurt 1 cup frozen blueberries 1 banana **330 calories**	2 slices rock melon 4 slices cheddar cheese 2 rice cake 1 boiled egg **696 calories**	Blueberry Protein 1 cup coconut water ½ cup Greek yogurt 1 cup frozen blueberries 1 banana **330 calories**	2 slices rock melon 4 slices cheddar cheese 2 rice cake 1 boiled egg **696 calories**	Blueberry Protein 1 cup coconut water ½ cup Greek yogurt 1 cup frozen blueberries 1 banana **330 calories**	2 slices rock melon 4 slices cheddar cheese 2 rice cake 1 boiled egg **696 calories**	Blueberry Protein 1 cup coconut water ½ cup Greek yogurt 1 cup frozen blueberries 1 banana **330 calories**
MEAL 3	Tomato on Rye 4 slices rye bread ½ cup hummus 6 cherry tomatoes halved Chicken Wrap 2 tortilla wraps 1 chicken breast, with skin removed 1 tablespoon Dijon mustard ¼ cup plain yogurt 1 cup spinach ½ cup sliced zucchini ¾ cup capsicum 4 lettuce leaves 1 tomato sliced 1 tablespoon olive oil **1178 calories**	Avocado Tuna Sandwich 1 can tuna in water ½ avocado 1 medium bread roll 2 slice cheddar cheese **541 calories**	Tomato on Rye 4 slices rye bread ½ cup hummus 6 cherry tomatoes halved Chicken Wrap 2 tortilla wraps 1 chicken breast, with skin removed 1 tablespoon Dijon mustard ¼ cup plain yogurt 1 cup spinach ½ cup sliced zucchini ¾ cup capsicum 4 lettuce leaves 1 tomato sliced 1 tablespoon olive oil **1178 calories**	Avocado Tuna Sandwich 1 can tuna in water ½ avocado 1 medium bread roll 2 slice cheddar cheese **541 calories**	Tomato on Rye 4 slices rye bread ½ cup hummus 6 cherry tomatoes halved Chicken Wrap 2 tortilla wraps 1 chicken breast, with skin removed 1 tablespoon Dijon mustard ¼ cup plain yogurt 1 cup spinach ½ cup sliced zucchini ¾ cup capsicum 4 lettuce leaves 1 tomato sliced 1 tablespoon olive oil **1178 calories**	Avocado Tuna Sandwich 1 can tuna in water ½ avocado 1 medium bread roll 2 slice cheddar cheese **541 calories**	Tomato on Rye 4 slices rye bread ½ cup hummus 6 cherry tomatoes halved Chicken Wrap 2 tortilla wraps 1 chicken breast, with skin removed 1 tablespoon Dijon mustard ¼ cup plain yogurt 1 cup spinach ½ cup sliced zucchini ¾ cup capsicum 4 lettuce leaves 1 tomato sliced 1 tablespoon olive oil **1178 calories**

MEAL 4	Chia Blueberry Snack ½ cup cottage cheese ¼ cup blueberries 1 tablespoon chia seeds 1 cup air-popped popcorn **221 calories**	4 slices turkey breast 4 lettuce leaves **119 calories**	Chia Blueberry Snack ½ cup cottage cheese ¼ cup blueberries 1 tablespoon chia seeds 1 cup air-popped popcorn **221 calories**	4 slices turkey breast 4 lettuce leaves **119 calories**	Chia Blueberry Snack ½ cup cottage cheese ¼ cup blueberries 1 tablespoon chia seeds 1 cup air-popped popcorn **221 calories**	4 slices turkey breast 4 lettuce leaves **119 calories**	Chia Blueberry Snack ½ cup cottage cheese ¼ cup blueberries 1 tablespoon chia seeds 1 cup air-popped popcorn **221 calories**
MEAL 5	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa **425 calories**	Paprika Chicken 2 chicken breast, skin removed ½ teaspoon paprika ½ teaspoon parsley 1 tablespoon paprika 1 ½ tablespoon olive oil **771 calories**	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa **425 calories**	Paprika Chicken 2 chicken breast, skin removed ½ teaspoon paprika ½ teaspoon parsley 1 tablespoon paprika 1 ½ tablespoon olive oil **771 calories**	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa **425 calories**	Paprika Chicken 2 chicken breast, skin removed ½ teaspoon paprika ½ teaspoon parsley 1 tablespoon paprika 1 ½ tablespoon olive oil **771 calories**	Baked Parmesan Chicken 1 chicken breast, skin removed 1 ¼ cup basil pesto 1 tablespoon parmesan cheese 1/8 cup mozzarella ½ cup cooked quinoa **425 calories**
TOTAL CALORIES	***2745 calories***	***2693 calories***	***2745 calories***	***2693 calories***	***2745 calories***	***2693 calories***	***2745 calories***