PRINTABLE MEAL PLAN

# 28-Day High-Protein Meal Plan

## *for Women 25+*

31 real recipes · 4 grocery lists · Sunday prep plans
72–108 g protein from lunch + dinner alone, every day

**Real advice. No gimmicks.**








By Coach Luke | NASM-CPT, CES, PES · NESTA Nutrition Coach | coachluke.com

START HERE

# Welcome. Let's make protein easy.

A note from Coach Luke before you start

I've coached people on food and training for over 20 years, and the women I work with rarely need another list of rules. They need dinner. They need a lunch that's already packed when the week gets loud. And they need protein to stop being something they think about at 9 PM.

That's what this plan does. Every recipe in it is one of my own, published on coachluke.com, with nutrition calculated from the exact ingredients. You'll prep your lunches once a week, cook dinners that take 15 to 40 minutes on most nights, and let leftovers do the rest. Breakfast and snacks stay flexible, with simple high-protein builders on page 5.

## What's inside


- **Pages 3–8** How the plan works, your protein target, breakfast & snack builders, food list, cooking for one or a family, swaps
- **Pages 9–20** Four weekly menus with daily protein totals, grocery lists by store section, and step-by-step prep-day plans
- **Pages 22–52** 31 full recipes with photos and macros: 28 on the plan plus 3 bonus swap-ins
- **Pages 53–55** 28-day protein tracker, weekly check-ins and a blank planner for week 5 and beyond
- **Page 56** Your free bonus: 28 days of short coaching emails, one for each day of the plan


**AN HONEST NOTE**

This is a meal plan, not a medical diet or a weight-loss promise. Lunch and dinner here give you 642–1,184 calories and 72–108 g of protein a day; breakfast and snacks are yours to add so the total fits your body, appetite and goals. If you're pregnant, have kidney disease or another medical condition, check with your doctor before changing how much protein you eat. Nutrition numbers come from the recipe ingredients and will vary a little with brands.

*Coach Luke*

NASM Certified Personal Trainer (CPT, CES, PES) · NESTA Nutrition Coach · 20+ years coaching

HOW IT WORKS

# One prep day. Six dinners. Zero guesswork.

The same simple rhythm every week, so it gets easier as you go

| | | |
|---|---|---|
| **Prep day (Sunday)** | Make one meal-prep recipe = lunch for Days 1-4, plus 2-3 small jobs that speed up the week | |
| **Day 1** | Lunch: prep batch | Dinner: cook (any night recipe) |
| **Day 2** | Lunch: prep batch | Dinner: cook |
| **Day 3** | Lunch: prep batch | Dinner: cook (25 minutes or less) |
| **Day 4** | Lunch: prep batch | Dinner: cook a 'big' recipe (it feeds 3 meals) |
| **Day 5** | Lunch: Day 4 leftovers | Dinner: cook |
| **Day 6** | Lunch: Day 5 leftovers | Dinner: cook (25 minutes or less) |
| **Day 7** | Lunch: Day 6 leftovers | Dinner: Day 4 leftovers. Night off + next prep day |

## Three rules that make it work

**1. Prep lunch, not everything.**
One recipe on prep day covers four lunches. That's the single habit that keeps protein high on busy days.

**2. Let dinner make tomorrow's lunch.**
From Day 4 on, dinner leftovers become the next day's lunch. Pack them the moment dinner is done.

**3. Extras are your flex meals.**
Most recipes serve 4. Feeding a family? Everyone eats. Cooking solo? Extra portions cover a hungry day, a skipped prep, or go in the freezer. See page 7.

BEFORE YOU START

Read the week's menu, shop with its grocery list, and block 60 to 75 minutes on prep day. Containers you'll want: 4 lunch containers (or 4 wide-mouth quart jars for Week 2) plus a few small ones for sauces and toppings.

PROTEIN BASICS

# How much protein do you need?

A simple, evidence-based starting point

The official minimum (the RDA) is 0.8 g of protein per kilogram of body weight a day, and it's set to prevent deficiency, not to help you build or keep muscle. For active adults and for women heading into their 40s, 50s and beyond, a lot of research supports roughly **1.2 to 1.6 g per kg** (about 0.55 to 0.75 g per pound). Find your weight below for a daily range to aim for.

| Body weight | RDA minimum | Active target (1.2–1.6 g/kg) | Per meal (3 meals) |
|---|---|---|---|
| 120 lb (54 kg) | 44 g | **65–87 g a day** | 22–29 g |
| 140 lb (64 kg) | 51 g | **76–102 g a day** | 25–34 g |
| 160 lb (73 kg) | 58 g | **87–116 g a day** | 29–39 g |
| 180 lb (82 kg) | 65 g | **98–131 g a day** | 33–44 g |
| 200 lb (91 kg) | 73 g | **109–145 g a day** | 36–48 g |
| 220 lb (100 kg) | 80 g | **120–160 g a day** | 40–53 g |

*If you have a lot of weight to lose, many coaches use goal weight instead of current weight. Kidney disease? Ask your doctor first.*

## Where this plan gets you

**72–108 g**
protein a day from lunch + dinner alone

**642–1,184**
calories a day from lunch + dinner

Add a 20 to 30 g breakfast from page 5 and most women land right in their target range without a single shake. The calories leave room for breakfast and a snack; the Dietary Guidelines estimate most adult women need about 1,600 to 2,400 calories a day depending on age, size and activity. Hungry? Eat more. These numbers are a floor, not a ceiling.

**WHY SPREAD IT OUT?**

Your body uses protein best in steady doses through the day. That's why every lunch and dinner in this plan carries 28 g or more, instead of one huge serving at night.

BREAKFAST & SNACKS

# Build a 20 g+ breakfast in 5 minutes

Mix and match. No recipes, no cooking marathons

Lunch and dinner are planned for you. Breakfast and snacks stay flexible, because mornings are personal. Pick any builder below. Protein numbers are typical values; your labels may differ slightly.

### Greek yogurt bowl

1 cup plain nonfat Greek yogurt + berries + 1 tbsp chia or nuts

ABOUT 23 G PROTEIN

### Eggs + cottage cheese

2 large eggs, scrambled + 1/2 cup low-fat cottage cheese + fruit

ABOUT 26 G PROTEIN

### Shake + fruit

1 scoop protein powder in milk or water + a banana

20–30 G (CHECK LABEL) PROTEIN

### Leftover lunch

Half a lunch portion from your prep batch, reheated

20–29 G PROTEIN

### Egg + turkey wrap

2 eggs + 2 oz sliced turkey in a small whole wheat tortilla

ABOUT 25 G PROTEIN

### Cottage cheese toast

3/4 cup cottage cheese on whole-grain toast + tomato

ABOUT 24 G PROTEIN

## Grab-and-go protein snacks

| | | | |
|---|---|---|---|
| String cheese (1 stick) | **about 7 g** | Hard-boiled eggs (2) | **about 12 g** |
| Edamame, shelled (1/2 cup) | **about 9 g** | Tuna pouch (2.5 oz) | **about 17 g** |
| Roasted chickpeas (1/4 cup) | **about 5 g** | Almonds (1 oz) | **about 6 g** |
| Milk (1 cup) | **about 8 g** | Jerky (1 oz) | **about 9 g** |

WANT FULL BREAKFAST RECIPES?

My free guide **7 High-Protein Breakfasts That Keep You Full Until Lunch** is waiting for you with your bonus emails (page 56).

FOOD LIST

# Your high-protein food list

Everything this plan cooks with, by group. Stick it on the fridge

## LEAN PROTEINS

- ☐ Chicken breast & thighs
- ☐ Ground chicken
- ☐ 93% lean ground turkey
- ☐ 90% lean ground beef
- ☐ Sirloin steak
- ☐ Pork chops (boneless)
- ☐ Shrimp
- ☐ Tilapia, cod & other white fish
- ☐ Canned tuna
- ☐ Chicken sausage
- ☐ Eggs

## VEGETABLES

- ☐ Broccoli
- ☐ Spinach
- ☐ Bell peppers
- ☐ Zucchini
- ☐ Cabbage & coleslaw mix
- ☐ Romaine
- ☐ Tomatoes
- ☐ Cucumber
- ☐ Carrots
- ☐ Onions & garlic

## PROTEIN-RICH DAIRY

- ☐ Plain Greek yogurt
- ☐ Low-fat cottage cheese
- ☐ Parmesan
- ☐ Sharp cheddar
- ☐ Fresh mozzarella
- ☐ Feta
- ☐ Low-fat milk

## PLANT PROTEIN & SMART CARBS

- ☐ Black beans
- ☐ Chickpeas
- ☐ Chickpea pasta
- ☐ Quinoa
- ☐ Brown rice
- ☐ Whole wheat pasta
- ☐ Corn tortillas
- ☐ Sweet potatoes
- ☐ Whole-grain bread

## FLAVOR, NO FUSS

- ☐ Salsa
- ☐ Marinara
- ☐ Basil pesto
- ☐ Low-sodium soy sauce
- ☐ Sriracha
- ☐ Lemon & lime
- ☐ Fresh herbs
- ☐ Chili powder, cumin, paprika

COOKING FOR ONE, TWO OR A FAMILY

# Make the servings fit your house

Most recipes serve 4. Here is how to use that

## Feeding a family or a partner

Cook every recipe exactly as written. Most make 4 servings (the Bolognese and Enchilada Casserole make 6). Everyone eats dinner, and your lunches still come from the prep batch and leftovers. For bigger families, double the prep-day recipe.

## Cooking for one

Halve the dinner recipes on Days 1, 2, 3, 5 and 6 (you get dinner plus one extra portion). Cook Day 4 in full, because it feeds three meals: Day 4 dinner, Day 5 lunch and Day 7 dinner. Keep the prep-day recipe full: it's your four lunches. Two- and three-serving recipes (Lemon Garlic Chicken, Shrimp Stir-Fry, Turkey & Sweet Potato Skillet) stay as written.

## Cooking for two

Cook the dinners as written: two dinners tonight, two lunches tomorrow. Make the prep-day recipe twice (or double it) so both of you have lunch for Days 1-4.

## Keep it safe

**FRIDGE** Most cooked leftovers keep 3 to 4 days at 40°F or below. Fish is best within 2 days (the tilapia recipe says so).

**COOL FAST** Get leftovers into the fridge within 2 hours of cooking. Shallow containers cool faster.

**REHEAT** Reheat leftovers until steaming hot, 165°F in the center. Add a splash of water to rice and pasta.

**FREEZER** Freezer-friendly per the recipe notes: Enchilada Casserole (unbaked), Sloppy Joe filling, Salsa Chicken, Chicken Meatballs in sauce, Turkey Pesto Meatballs, taco meat. Thaw overnight in the fridge.

**SALADS** Keep dressing and crunchy toppings separate until you eat. The jar salads are built to stay crisp for 4 days.

## Servings each recipe makes, as written

| | PREP | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|---|---|---|---|---|---|---|---|
| **Week 1** | 4 | 4 | 4 | 4 | 4 | 4 | 2 |
| **Week 2** | 4 | 6 | 4 | 4 | 4 | 4 | 2 |
| **Week 3** | 4 | 6 | 4 | 4 | 4 | 3 | 4 |
| **Week 4** | 4 | 4 | 4 | 4 | 4 | 4 | 4 |

*Day 4 (amber) is the one to cook in full: it covers Day 4 dinner, Day 5 lunch and Day 7 dinner.*

SWAPS

# Make it work for you

Every recipe page has its own swap line. Here are the big ones

## Gluten-free

Swap soy sauce for tamari, use gluten-free pasta and buns, and check labels on Worcestershire, sausage, enchilada sauce and salsa. Corn tortillas, rice, quinoa and potatoes are naturally gluten-free.

## Dairy-free

Use olive oil instead of butter, a plain dairy-free yogurt for Greek yogurt, and skip or swap the cheese. Cottage-cheese recipes (Mac and Cheese, Creamy Cottage Cheese Pasta) don't convert well; use a bonus recipe instead.

## Pescatarian

Swap chicken for shrimp in the stir-fries, bowls and skillets (cook shrimp 2 to 3 minutes until pink), and use canned tuna or salmon in the jar salads.

## Lower carb

Serve bowls over cauliflower rice or greens, use lettuce wraps for tacos and Sloppy Joes, and zucchini noodles under the meatballs. Protein stays the same.

## Budget

Chicken thighs, frozen shrimp, frozen vegetables and store-brand Greek yogurt cut costs without cutting protein. Buy chicken breast in family packs and freeze what you won't use in 2 days.

## Don't like an ingredient?

Swap a whole recipe instead. Any dinner can trade places with another dinner, and the three bonus recipes (Tuna Pasta Salad, Chicken Burrito Bowls, Juicy Turkey Burgers) slot into any week.

*Allergies: these recipes contain common allergens including milk, eggs, fish, shellfish, wheat, soy and sesame. Always check labels and adapt for your needs.*

WEEK 1 · MENU

# Week 1: what you're eating

Prep day: Meal Prep Turkey Taco Bowls (lunches Days 1–4)



PREP DAY (SUNDAY)

## Meal Prep Turkey Taco Bowls

page 22 · 4 lunches
42 g protein · 510 kcal each

| DAY | LUNCH · PREP BATCH | DINNER | LUNCH + DINNER |
|---|---|---|---|
| 1<br>1 of 28 | **Meal Prep Turkey Taco Bowls**<br>p. 22 · 42 g protein · 510 kcal | **Grilled Chicken Kabobs**<br>p. 23 · 50 g protein · 390 kcal | **92 g**<br>protein · 900 kcal |
| 2<br>2 of 28 | **Meal Prep Turkey Taco Bowls**<br>p. 22 · 42 g protein · 510 kcal | **Honey Garlic Pork Chops**<br>p. 24 · 44 g protein · 424 kcal | **86 g**<br>protein · 934 kcal |
| 3<br>3 of 28 | **Meal Prep Turkey Taco Bowls**<br>p. 22 · 42 g protein · 510 kcal | **Lemon Butter Tilapia**<br>p. 25 · 35 g protein · 254 kcal | **77 g**<br>protein · 764 kcal |
| 4<br>4 of 28 | **Meal Prep Turkey Taco Bowls**<br>p. 22 · 42 g protein · 510 kcal | **Baked Chicken Meatballs in Marinara**<br>p. 26 · 47 g protein · 426 kcal | **89 g**<br>protein · 936 kcal |
| 5<br>5 of 28 | LUNCH · LEFTOVERS<br>**Baked Chicken Meatballs in Marinara**<br>p. 26 · 47 g protein · 426 kcal | **Korean Beef Bowls**<br>p. 27 · 40 g protein · 580 kcal | **87 g**<br>protein · 1,006 kcal |
| 6<br>6 of 28 | LUNCH · LEFTOVERS<br>**Korean Beef Bowls**<br>p. 27 · 40 g protein · 580 kcal | **Lemon Garlic Chicken & Broccoli**<br>p. 28 · 43 g protein · 401 kcal | **83 g**<br>protein · 981 kcal |
| 7<br>7 of 28 | LUNCH · LEFTOVERS<br>**Lemon Garlic Chicken & Broccoli**<br>p. 28 · 43 g protein · 401 kcal | DINNER · LEFTOVERS<br>**Baked Chicken Meatballs in Marinara**<br>p. 26 · 47 g protein · 426 kcal | **90 g**<br>protein · 827 kcal |

# Week 1 grocery list

Organized by store section. Check what you already have first

## MEAT & SEAFOOD

- ☐ **Boneless skinless chicken breast** — 2 3/4 lb
  *Kabobs 2 lb, Lemon Garlic Chicken 12 oz*
- ☐ **Ground chicken** — 2 lb
  *Chicken Meatballs*
- ☐ **90% lean ground beef** — 1 1/2 lb
  *Korean Beef Bowls*
- ☐ **93% lean ground turkey** — 1 lb
  *Turkey Taco Bowls*
- ☐ **Boneless pork chops** — 1 3/4 lb
  *Honey Garlic Pork Chops*
- ☐ **Tilapia fillets** — 1 1/2 lb
  *Lemon Butter Tilapia*

## PRODUCE

- ☐ **Broccoli florets** — 4 cups (about 12 oz)
- ☐ **Red bell pepper** — 1
- ☐ **Zucchini** — 1
- ☐ **Red onion** — 1
- ☐ **Yellow onions** — 2 small
  *1 for taco bowls, 1/2 cup grated for meatballs*
- ☐ **Cucumber** — 1
- ☐ **Cherry tomatoes** — 1 cup
- ☐ **Shredded carrots** — 2 cups (one 10-oz bag)
- ☐ **Green onions** — 1 bunch (3)
- ☐ **Garlic** — 2 heads (20 cloves)
- ☐ **Fresh ginger** — 1 small knob (1 tsp grated)
- ☐ **Fresh cilantro** — 1 bunch (1/4 cup)
- ☐ **Fresh parsley** — 1 small bunch (2 tbsp)
- ☐ **Fresh basil** — 1 small pack (2 tbsp)
- ☐ **Lemons** — 3 to 4
  *6 tbsp juice + 1 tsp zest + 1 whole*
- ☐ **Lime** — 1

## DAIRY & EGGS

- ☐ **Butter** — 4 tbsp
- ☐ **Large egg** — 1
- ☐ **Grated parmesan** — 1/2 cup
- ☐ **Plain Greek yogurt** — 1/2 cup

## CANNED, JARRED & DRY

- ☐ **Cooked brown rice** — 6 cups (about 2 cups dry)
  *or 3 ready-rice pouches*
- ☐ **Black beans** — 1 can (15 oz)
- ☐ **Salsa** — 1 cup
- ☐ **Marinara sauce** — 1 1/2 cups
- ☐ **Low-sodium chicken broth** — 1/2 cup

## FROZEN

- ☐ **Corn kernels** — 1 cup (frozen or canned)

## PANTRY CHECK

- ☐ Olive oil — **7 tbsp**
- ☐ Sesame oil — **1 tbsp**
- ☐ Low-sodium soy sauce — **5 tbsp**
- ☐ Honey — **3 tbsp**
- ☐ Brown sugar — **2 tbsp**
- ☐ Apple cider vinegar — **1 tbsp**
- ☐ Rice vinegar — **1 tbsp**
- ☐ Sesame seeds — **1 tbsp**
- ☐ Chili powder — **2 tsp**
- ☐ Dried oregano — **2 tsp**
- ☐ Italian seasoning — **2 tsp**
- ☐ Smoked paprika — **1 1/2 tsp**
- ☐ Paprika — **1 tsp**
- ☐ Ground cumin — **1 tsp**
- ☐ Garlic powder — **1 tsp**
- ☐ Red pepper flakes — **1/2 tsp**
- ☐ Salt and black pepper

*Amounts cover every recipe on this week's menu exactly as written (most serve 4). Cooking solo and halving recipes? Buy about half of the items for the recipes you halve.*

WEEK 1 · PREP DAY

# Week 1 prep-day plan

About 60 minutes · do it Sunday (or any day before Day 1)



## Step by step

1. Cook 6 cups of brown rice (or heat ready-rice pouches). Cool quickly on a sheet pan. Keep 3 cups for the taco bowls and freeze 3 cups in a zip bag for Day 5's Korean Beef Bowls.
2. Make the Meal Prep Turkey Taco Bowls (page 22). Pack 4 containers. Keep the yogurt crema and cilantro in small separate containers. These are your lunches for Days 1 to 4.
3. Cut the kabob vegetables (zucchini, red bell pepper, red onion) into chunks and refrigerate in a covered container for Day 1.
4. Rinse and dry the parsley, cilantro and basil. Wrap in a damp paper towel inside a bag so they last the week.
5. Juice 2 lemons into a small jar (about 6 tbsp) for the kabobs and tilapia.

## Later this week

- ☐ Day 1 morning: put the kabob chicken in its marinade in the fridge (up to 8 hours).
- ☐ Day 4 night: pack 1 meatball portion for Day 5 lunch and save 1 for Day 7 dinner.
- ☐ Day 4 night: move the frozen rice to the fridge for Day 5.

WEEK 2 · MENU

# Week 2: what you're eating

Prep day: Chicken & Quinoa Jar Salads (lunches Days 1–4)



PREP DAY (SUNDAY)

## Chicken & Quinoa Jar Salads

page 29 · 4 lunches
58 g protein · 633 kcal each

| DAY | LUNCH · PREP BATCH | DINNER | LUNCH + DINNER |
|---|---|---|---|
| 1<br>8 of 28 | Chicken & Quinoa Jar Salads<br>p. 29 · 58 g protein · 633 kcal | Turkey Bolognese<br>p. 30 · 42 g protein · 551 kcal | 100 g<br>protein · 1,184 kcal |
| 2<br>9 of 28 | Chicken & Quinoa Jar Salads<br>p. 29 · 58 g protein · 633 kcal | Shrimp Tacos with Cabbage Slaw<br>p. 31 · 31 g protein · 392 kcal | 89 g<br>protein · 1,025 kcal |
| 3<br>10 of 28 | Chicken & Quinoa Jar Salads<br>p. 29 · 58 g protein · 633 kcal | Egg Roll in a Bowl<br>p. 32 · 38 g protein · 372 kcal | 96 g<br>protein · 1,005 kcal |
| 4<br>11 of 28 | Chicken & Quinoa Jar Salads<br>p. 29 · 58 g protein · 633 kcal | Slow Cooker Salsa Chicken<br>p. 33 · 50 g protein · 300 kcal | 108 g<br>protein · 933 kcal |
| 5<br>12 of 28 | LUNCH · LEFTOVERS<br>Slow Cooker Salsa Chicken<br>p. 33 · 50 g protein · 300 kcal | DINNER<br>Caprese Chicken Skillet<br>p. 34 · 49 g protein · 371 kcal | 99 g<br>protein · 671 kcal |
| 6<br>13 of 28 | LUNCH · LEFTOVERS<br>Caprese Chicken Skillet<br>p. 34 · 49 g protein · 371 kcal | DINNER<br>Garlic Shrimp Stir-Fry<br>p. 35 · 42 g protein · 342 kcal | 91 g<br>protein · 713 kcal |
| 7<br>14 of 28 | LUNCH · LEFTOVERS<br>Garlic Shrimp Stir-Fry<br>p. 35 · 42 g protein · 342 kcal | DINNER · LEFTOVERS<br>Slow Cooker Salsa Chicken<br>p. 33 · 50 g protein · 300 kcal | 92 g<br>protein · 642 kcal |

# Week 2 grocery list

Organized by store section. Check what you already have first

## MEAT & SEAFOOD

- ☐ **Boneless skinless chicken breast** — 5 1/2 lb
  *Salsa Chicken 2 lb, Caprese 1 3/4 lb, jar-salad chicken 1 3/4 lb raw*
- ☐ **93% lean ground turkey** — 3 1/2 lb
  *Bolognese 2 lb, Egg Roll Bowl 1 1/2 lb*
- ☐ **Raw shrimp, peeled** — 2 1/4 lb
  *Shrimp Tacos 1 1/2 lb, Stir-Fry 12 oz*

## PRODUCE

- ☐ **Cherry tomatoes** — 4 cups (2 pints)
- ☐ **Coleslaw mix** — 10 cups (two 14-16 oz bags)
  *6 cups Egg Roll Bowl, 4 cups taco slaw*
- ☐ **Romaine lettuce** — 4 cups (1 head)
- ☐ **Cucumber** — 1
- ☐ **Carrots** — 2 medium (1 cup chopped)
- ☐ **Celery** — 2 stalks (1/2 cup chopped)
- ☐ **Yellow onion** — 1 medium (1 cup chopped)
- ☐ **Red onion** — 1 small (1/2 cup)
- ☐ **Avocado** — 1
- ☐ **Green onions** — 1 bunch (3)
- ☐ **Garlic** — 1 1/2 heads (12 cloves)
- ☐ **Fresh ginger** — 1 small knob (1 tbsp grated)
- ☐ **Fresh cilantro** — 1 small bunch (1/4 cup)
- ☐ **Fresh basil** — 1 small pack (1/4 cup)
- ☐ **Limes** — 3
  *1 whole + 3 tbsp juice*

## DAIRY & EGGS

- ☐ **Large eggs** — 2
- ☐ **Fresh mozzarella** — 4 oz
- ☐ **Feta cheese, crumbled** — 1/2 cup
- ☐ **Grated parmesan** — 1/2 cup
- ☐ **Low-fat Greek yogurt** — 1/2 cup
- ☐ **Low-fat milk** — 1/2 cup

## CANNED, JARRED & DRY

- ☐ **Quinoa** — 2/3 cup dry (2 cups cooked)
- ☐ **Whole wheat pasta** — 12 oz
- ☐ **Crushed tomatoes** — 1 can (28 oz)
- ☐ **Chickpeas** — 1 can (15 oz)
- ☐ **Salsa** — 1 jar (16 oz)
- ☐ **Tomato paste** — 2 tbsp
- ☐ **Corn tortillas** — 8

## FROZEN

- ☐ **Stir-fry vegetable mix** — 4 cups (one 16-oz bag)
  *or fresh*

## PANTRY CHECK

- ☐ Olive oil — **7 tbsp**
- ☐ Balsamic vinegar — **5 tbsp**
- ☐ Low-sodium soy sauce — **6 tbsp**
- ☐ Sesame oil — **1 tbsp + 1 tsp**
- ☐ Rice vinegar — **1 tbsp**
- ☐ Sriracha — **1 tbsp**
- ☐ Honey — **2 tsp**
- ☐ Dijon mustard — **1 tsp**
- ☐ Cornstarch — **1 tsp**
- ☐ Sesame seeds — **2 tbsp**
- ☐ Ground cumin — **1 1/2 tsp**
- ☐ Chili powder — **1 tsp**
- ☐ Garlic powder — **1 tsp**
- ☐ Dried oregano — **1 tsp**
- ☐ Italian seasoning — **1 tsp**
- ☐ Red pepper flakes — **1/4 tsp**
- ☐ Salt and black pepper

*Amounts cover every recipe on this week's menu exactly as written (most serve 4). The jar salads use 1 1/4 lb cooked chicken: about 1 3/4 lb raw breast.*

WEEK 2 · PREP DAY

# Week 2 prep-day plan

About 60 to 75 minutes · do it Sunday (or any day before Day 1)



## Step by step

1. Cook the quinoa: 2/3 cup dry makes about 2 cups. Spread it out to cool.
2. Bake 1 3/4 lb chicken breast at 400°F until it reaches 165°F inside (about 20 to 25 minutes). Rest, cool and dice. You need 1 1/4 lb cooked.
3. Build the Chicken and Quinoa Mason Jar Salads (page 29) in 4 wide-mouth quart jars, dressing on the bottom and romaine on top. Lunches for Days 1 to 4.
4. Chop the onion, carrot and celery for Day 1's Bolognese and refrigerate them together.
5. Grate the ginger for Day 3's Egg Roll in a Bowl (1 tbsp) and keep it in a small jar.

## Later this week

- ☐ Day 1: the Bolognese makes 6 servings. Keep extra sauce and pasta separate; extra sauce freezes well for 2 to 3 months.
- ☐ Day 4: start the Slow Cooker Salsa Chicken 4 hours before dinner on LOW (or 2 to 2 1/2 hours on HIGH).
- ☐ Day 4 night: pack 1 salsa chicken portion for Day 5 lunch and save 1 for Day 7 dinner.

WEEK 3 · MENU

# Week 3: what you're eating

Prep day: Honey Sriracha Chicken Bowls (lunches Days 1–4)



PREP DAY (SUNDAY)

## Honey Sriracha Chicken Bowls

page 36 · 4 lunches
44 g protein · 493 kcal each

| DAY | LUNCH · PREP BATCH | DINNER | LUNCH + DINNER |
|---|---|---|---|
| 1<br>15 of 28 | Honey Sriracha Chicken Bowls<br>p. 36 · 44 g protein · 493 kcal | Chicken Enchilada Casserole<br>p. 37 · 54 g protein · 566 kcal | 98 g<br>protein · 1,059 kcal |
| 2<br>16 of 28 | Honey Sriracha Chicken Bowls<br>p. 36 · 44 g protein · 493 kcal | Garlic Butter Steak Bites<br>p. 38 · 38 g protein · 317 kcal | 82 g<br>protein · 810 kcal |
| 3<br>17 of 28 | Honey Sriracha Chicken Bowls<br>p. 36 · 44 g protein · 493 kcal | Creamy Cottage Cheese Pasta<br>p. 39 · 28 g protein · 371 kcal | 72 g<br>protein · 864 kcal |
| 4<br>18 of 28 | Honey Sriracha Chicken Bowls<br>p. 36 · 44 g protein · 493 kcal | Turkey Pesto Meatballs<br>p. 40 · 36 g protein · 362 kcal | 80 g<br>protein · 855 kcal |
| 5<br>19 of 28 | LUNCH · LEFTOVERS<br>Turkey Pesto Meatballs<br>p. 40 · 36 g protein · 362 kcal | DINNER<br>Turkey & Sweet Potato Skillet<br>p. 41 · 43 g protein · 390 kcal | 79 g<br>protein · 752 kcal |
| 6<br>20 of 28 | LUNCH · LEFTOVERS<br>Turkey & Sweet Potato Skillet<br>p. 41 · 43 g protein · 390 kcal | DINNER<br>Cajun Shrimp & Sausage Skillet<br>p. 42 · 38 g protein · 373 kcal | 81 g<br>protein · 763 kcal |
| 7<br>21 of 28 | LUNCH · LEFTOVERS<br>Cajun Shrimp & Sausage Skillet<br>p. 42 · 38 g protein · 373 kcal | DINNER · LEFTOVERS<br>Turkey Pesto Meatballs<br>p. 40 · 36 g protein · 362 kcal | 74 g<br>protein · 735 kcal |

# Week 3 grocery list

Organized by store section. Check what you already have first

## MEAT & SEAFOOD

- ☐ **Boneless skinless chicken breast** — 3 3/4 lb
  *Sriracha Bowls 1 1/2 lb, casserole chicken 2 1/4 lb raw**
- ☐ **93% lean ground turkey** — 2 1/2 lb
  *Pesto Meatballs 1 1/2 lb, Sweet Potato Skillet 1 lb*
- ☐ **Sirloin steak** — 1 1/2 lb
  *Steak Bites*
- ☐ **Large shrimp** — 1 lb
  *Cajun Skillet*
- ☐ **Smoked chicken sausage** — 12 oz
  *Cajun Skillet*

## PRODUCE

- ☐ **Broccoli florets** — 4 cups (about 12 oz)
- ☐ **Baby spinach** — 6 cups (about 6 oz)
- ☐ **Bell peppers** — 3 (1 red)
- ☐ **Large sweet potato** — 1
- ☐ **Zucchini** — 1
- ☐ **Yellow onions** — 2 small
  *1 for skillet, 1/4 cup for meatballs*
- ☐ **Red onion** — 1/2
- ☐ **Green onions** — 1 bunch (4)
- ☐ **Garlic** — 2 heads (16 cloves)
- ☐ **Fresh ginger** — 1 small knob (1 tsp grated)
- ☐ **Fresh cilantro** — 1 small bunch (1/4 cup)
- ☐ **Fresh parsley** — 1 bunch (4 tbsp)
- ☐ **Lemons** — 2

## DAIRY & EGGS

- ☐ **Low-fat cottage cheese** — 2 cups (16-oz tub)
- ☐ **Sharp cheddar** — 8 oz block
  *6 oz casserole + 1/2 cup shredded skillet*
- ☐ **Grated parmesan** — 3/4 cup
- ☐ **Low-fat Greek yogurt** — 1/2 cup
- ☐ **Butter** — 2 tbsp
- ☐ **Large egg** — 1

## CANNED, JARRED & DRY

- ☐ **Red enchilada sauce** — 20 oz
- ☐ **Black beans** — 1 can (15 oz)
- ☐ **Diced green chiles** — 1 can (4 oz)
- ☐ **Basil pesto** — 1/4 cup
- ☐ **Corn tortillas** — 12
- ☐ **Whole wheat penne** — 8 oz
- ☐ **Cooked brown rice** — 3 cups (about 1 cup dry)
  *or 2 ready-rice pouches*

## FROZEN

- ☐ **Frozen corn** — 1 cup

## PANTRY CHECK

- ☐ Olive oil — **6 tbsp**
- ☐ Honey — **3 tbsp**
- ☐ Sriracha — **2 tbsp**
- ☐ Low-sodium soy sauce — **2 tbsp**
- ☐ Rice vinegar — **1 tbsp**
- ☐ Cornstarch — **1 tsp**
- ☐ Sesame seeds — **1 tbsp**
- ☐ Cajun seasoning — **1 tbsp**
- ☐ Chili powder — **2 tsp**
- ☐ Ground cumin — **1 1/2 tsp**
- ☐ Smoked paprika — **1 tsp**
- ☐ Garlic powder — **1/2 tsp**
- ☐ Red pepper flakes — **1/4 tsp**
- ☐ Salt and black pepper

** The casserole calls for 1 1/2 lb cooked shredded chicken. Cook about 2 1/4 lb raw breast on prep day, or pull the meat from a large rotisserie chicken.*

WEEK 3 · PREP DAY

# Week 3 prep-day plan

About 75 minutes · do it Sunday (or any day before Day 1)



## Step by step

1. Cook 3 cups of brown rice (or heat pouches) and steam 4 cups of broccoli florets.
2. Make the Honey Sriracha Chicken Bowls (page 36). Pack 4 containers. Lunches for Days 1 to 4.
3. Cook about 2 1/4 lb chicken breast (bake at 400°F to 165°F, about 20 to 25 minutes), cool and shred. You need 1 1/2 lb for Day 1's Enchilada Casserole. Or use a rotisserie chicken.
4. Rinse and dry the parsley and cilantro. Wrap in a damp paper towel inside a bag so they last the week.
5. Shred the cheddar: 6 oz for the casserole and 1/2 cup for the skillet.

## Later this week

- ☐ Day 1: the casserole makes 6 squares. Extras are your flex lunches (eat within 3 to 4 days).
- ☐ Day 4 night: pack 1 meatball portion for Day 5 lunch, save 1 for Day 7, and cube the sweet potato.
- ☐ Day 6: the Cajun Shrimp Skillet makes tomorrow's lunch. Pack it once cooled.

# Week 4: what you're eating

Prep day: Chicken Fajita Bowls (lunches Days 1–4)



PREP DAY (SUNDAY)

## Chicken Fajita Bowls

page 43 · 4 lunches
41 g protein · 466 kcal each

| DAY | LUNCH · PREP BATCH | DINNER | LUNCH + DINNER |
|---|---|---|---|
| 1<br>22 of 28 | Chicken Fajita Bowls<br>p. 43 · 41 g protein · 466 kcal | Chicken Caesar Salad<br>p. 44 · 47 g protein · 379 kcal | 88 g<br>protein · 845 kcal |
| 2<br>23 of 28 | Chicken Fajita Bowls<br>p. 43 · 41 g protein · 466 kcal | Pesto Chicken Pasta with Spinach<br>p. 45 · 48 g protein · 589 kcal | 89 g<br>protein · 1,055 kcal |
| 3<br>24 of 28 | Chicken Fajita Bowls<br>p. 43 · 41 g protein · 466 kcal | Healthy Chicken Fried Rice<br>p. 46 · 49 g protein · 611 kcal | 90 g<br>protein · 1,077 kcal |
| 4<br>25 of 28 | Chicken Fajita Bowls<br>p. 43 · 41 g protein · 466 kcal | Healthy Sloppy Joes<br>p. 47 · 39 g protein · 489 kcal | 80 g<br>protein · 955 kcal |
| 5<br>26 of 28 | LUNCH · LEFTOVERS<br>Healthy Sloppy Joes<br>p. 47 · 39 g protein · 489 kcal | DINNER<br>High-Protein Mac and Cheese<br>p. 48 · 37 g protein · 417 kcal | 76 g<br>protein · 906 kcal |
| 6<br>27 of 28 | LUNCH · LEFTOVERS<br>High-Protein Mac and Cheese<br>p. 48 · 37 g protein · 417 kcal | DINNER<br>Ground Chicken Tacos<br>p. 49 · 40 g protein · 497 kcal | 77 g<br>protein · 914 kcal |
| 7<br>28 of 28 | LUNCH · LEFTOVERS<br>Ground Chicken Tacos<br>p. 49 · 40 g protein · 497 kcal | DINNER · LEFTOVERS<br>Healthy Sloppy Joes<br>p. 47 · 39 g protein · 489 kcal | 79 g<br>protein · 986 kcal |

# Week 4 grocery list

Organized by store section. Check what you already have first

## MEAT & SEAFOOD

- ☐ **Boneless skinless chicken breast** — 5 3/4 lb
  *Fajita Bowls 1 1/2, Caesar 1 1/2, Fried Rice 1 1/2, Pesto Pasta 1 1/4 lb*
- ☐ **93% lean ground turkey** — 1 1/2 lb
  *Sloppy Joes*
- ☐ **Ground chicken** — 1 1/2 lb
  *Chicken Tacos*

## PRODUCE

- ☐ **Romaine lettuce** — 10 cups (2 large heads)
  *8 cups Caesar + 2 cups shredded for tacos*
- ☐ **Baby spinach** — 5 oz
- ☐ **Broccoli florets** — 2 cups
- ☐ **Bell peppers** — 4 (at least 1 red)
  *3 fajitas + 1 cup diced Sloppy Joes*
- ☐ **Large red onion** — 1
- ☐ **Yellow onions** — 2 medium
  *1 cup Fried Rice + 1/2 cup Sloppy Joes*
- ☐ **Carrots** — 2 medium (1 cup grated)
- ☐ **Tomato** — 1 large (1 cup diced)
- ☐ **Green onions** — 1 bunch (1/2 cup sliced)
- ☐ **Garlic** — 1 head (9 cloves)
- ☐ **Fresh ginger** — 1 small knob (1 tbsp grated)
- ☐ **Fresh cilantro** — 1 small bunch (1/4 cup)
- ☐ **Fresh chives** — 1 tbsp
  *optional garnish*
- ☐ **Lemon** — 1
  *2 tbsp juice*
- ☐ **Limes** — 2

## DAIRY & EGGS

- ☐ **Large eggs** — 3
- ☐ **Low-fat cottage cheese** — 2 cups (16-oz tub)
- ☐ **Plain Greek yogurt** — 1 1/2 cups
  *1 cup nonfat + 1/2 cup low-fat*
- ☐ **Low-fat milk** — 1/2 cup
- ☐ **Sharp cheddar** — 6 oz block
  *4 oz mac + 1/2 cup shredded tacos*
- ☐ **Grated parmesan** — 3/4 cup

## CANNED, JARRED & DRY

- ☐ **Cooked brown rice** — 7 cups (about 2 1/3 cups dry)
  *3 fajitas + 4 cold for Fried Rice*
- ☐ **Chickpea pasta** — 8 oz
- ☐ **Whole wheat pasta** — 8 oz
- ☐ **Low-sodium chicken broth** — 3 cups
- ☐ **Tomato sauce** — 1 can (15 oz)
- ☐ **Tomato paste** — 4 tbsp
- ☐ **Basil pesto** — 1/2 cup
- ☐ **Anchovy fillets** — 2
  *small tin*
- ☐ **Corn tortillas** — 8
- ☐ **Whole wheat hamburger buns** — 4
- ☐ **Whole grain bread** — 2 slices
  *croutons*

## FROZEN

- ☐ **Peas and carrots** — 2 cups

## PANTRY CHECK

- ☐ Olive oil — **7 tbsp**
- ☐ Avocado oil — **2 tbsp**
- ☐ Sesame oil — **2 tsp**
- ☐ Low-sodium soy sauce — **3 tbsp**
- ☐ Worcestershire sauce — **1 tbsp + 1 tsp**
- ☐ Maple syrup — **1 tbsp**
- ☐ Apple cider vinegar — **1 tbsp**
- ☐ Dijon mustard — **1 tbsp**
- ☐ Chili powder — **2 tbsp**
- ☐ Ground cumin — **1 tbsp**
- ☐ Smoked paprika — **2 1/4 tsp**
- ☐ Garlic powder — **2 tsp**
- ☐ Onion powder — **1/2 tsp**
- ☐ Salt and black pepper

*Amounts cover every recipe on this week's menu exactly as written (most serve 4). Fried rice needs COLD cooked rice, so cook it on prep day.*

WEEK 4 · PREP DAY

# Week 4 prep-day plan

About 60 to 75 minutes · do it Sunday (or any day before Day 1)



## Step by step

1. Cook 7 cups of brown rice. Use 3 cups for the fajita bowls; chill 4 cups uncovered on a tray, then cover. Day 3's Fried Rice needs it cold.
2. Make the Sheet-Pan Chicken Fajita Meal Prep Bowls (page 43). Pack 4 containers with a lime wedge each; keep cilantro separate. Lunches for Days 1 to 4.
3. Wash and dry the romaine for Day 1's Caesar and the tacos. Store in a towel-lined bag.
4. Grate the carrots and dice the red bell pepper and onion for Day 4's Sloppy Joes.
5. Cube the bread for croutons and keep it in a bag at room temperature.

## Later this week

- ☐ Day 1: dress only the Caesar you'll eat tonight. Undressed salad and dressing keep separately.
- ☐ Day 4 night: pack 1 Sloppy Joe portion (filling only) for Day 5 lunch and save 1 for Day 7 dinner.
- ☐ Day 5: loosen leftover mac and cheese with a splash of milk or water when you reheat it.

RECIPES

# Recipe index

All 31 recipes, A to Z, with protein per serving


**Baked Chicken Meatballs in Marinara** 26
47 g protein · 426 kcal · 35 min

**Cajun Shrimp & Sausage Skillet** 42
38 g protein · 373 kcal · 22 min

**Caprese Chicken Skillet** 34
49 g protein · 371 kcal · 25 min

**Chicken & Quinoa Jar Salads** 29
58 g protein · 633 kcal · 25 min

**Chicken Burrito Bowls (bonus)** 51
59 g protein · 691 kcal · 35 min

**Chicken Caesar Salad** 44
47 g protein · 379 kcal · 35 min

**Chicken Enchilada Casserole** 37
54 g protein · 566 kcal · 40 min

**Chicken Fajita Bowls** 43
41 g protein · 466 kcal · 35 min

**Creamy Cottage Cheese Pasta** 39
28 g protein · 371 kcal · 25 min

**Egg Roll in a Bowl** 32
38 g protein · 372 kcal · 22 min

**Garlic Butter Steak Bites** 38
38 g protein · 317 kcal · 18 min

**Garlic Shrimp Stir-Fry** 35
42 g protein · 342 kcal · 15 min

**Grilled Chicken Kabobs** 23
50 g protein · 390 kcal · 57 min

**Ground Chicken Tacos** 49
40 g protein · 497 kcal · 20 min

**Healthy Chicken Fried Rice** 46
49 g protein · 611 kcal · 20 min

**Healthy Sloppy Joes** 47
39 g protein · 489 kcal · 20 min

**High-Protein Mac and Cheese** 48
37 g protein · 417 kcal · 25 min

**Honey Garlic Pork Chops** 24
44 g protein · 424 kcal · 20 min

**Honey Sriracha Chicken Bowls** 36
44 g protein · 493 kcal · 35 min

**Juicy Turkey Burgers (bonus)** 52
43 g protein · 387 kcal · 25 min

**Korean Beef Bowls** 27
40 g protein · 580 kcal · 30 min

**Lemon Butter Tilapia** 25
35 g protein · 254 kcal · 15 min

**Lemon Garlic Chicken & Broccoli** 28
43 g protein · 401 kcal · 20 min

**Meal Prep Turkey Taco Bowls** 22
42 g protein · 510 kcal · 25 min

**Pesto Chicken Pasta with Spinach** 45
48 g protein · 589 kcal · 25 min

**Shrimp Tacos with Cabbage Slaw** 31
31 g protein · 392 kcal · 15 min

**Slow Cooker Salsa Chicken** 33
50 g protein · 300 kcal · 4 hr 5 min

**Tuna Pasta Salad (bonus)** 50
35 g protein · 406 kcal · 25 min

**Turkey & Sweet Potato Skillet** 41
43 g protein · 390 kcal · 30 min

**Turkey Bolognese** 30
42 g protein · 551 kcal · 45 min

**Turkey Pesto Meatballs** 40
36 g protein · 362 kcal · 35 min

WEEK 1 PREP DAY: LUNCHES DAYS 1-4

# Meal Prep Turkey Taco Bowls



*Four lunches in under 30 minutes: seasoned lean ground turkey with black beans and corn over brown rice, topped with salsa and a lime-yogurt crema. Balanced, filling and built to survive the fridge until Thursday.*

Serves 4 (bowls) · Total 25 min · Prep 10 / Cook 15 min

| 42 g PROTEIN | 510 CALORIES | 70 g CARBS | 8 g FAT | 14 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 lb lean ground turkey, 93% lean
- 1 tablespoon olive oil
- 1 small yellow onion, diced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 15 oz canned black beans, 1 can, drained and rinsed
- 1 cup corn kernels, frozen or canned
- 3 cups cooked brown rice
- 1 cup salsa
- 1/2 cup plain Greek yogurt
- 1 lime, juiced
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh cilantro, chopped

## METHOD

1. Heat the olive oil in a large skillet over medium-high heat. Add the onion and cook 3 minutes until soft.
2. Add the turkey and break it up with a spoon. Cook 6–7 minutes until no pink remains.
3. Stir in the chili powder, cumin, paprika, garlic powder and salt. Add the black beans and corn and cook 2 more minutes until heated through.
4. In a small bowl, mix the Greek yogurt with half the lime juice to make the crema.
5. Divide the rice between 4 containers. Top each with the turkey mixture, then the cherry tomatoes and a spoonful of salsa.
6. Keep the crema and cilantro in a separate small container or add them just before eating. Squeeze the remaining lime over the bowls when you serve.

### COACH'S NOTE

Bowls keep 4 days in the fridge. Reheat the rice and turkey, then add the cold toppings. Add sliced avocado on the day you eat it so it doesn't brown. Swap brown rice for quinoa or cauliflower rice if you want fewer carbs.

### SWAPS

Gluten-free as written. Dairy-free: skip the yogurt crema. Fewer carbs (recipe note): quinoa or cauliflower rice.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 1 · DAY 1 DINNER

# Grilled Chicken Kabobs



*Lemon-garlic marinated chicken skewers with zucchini, peppers, and red onion. A full grilled dinner on a stick, ready in about 12 minutes of cook time.*

Serves 4 (2 skewers each) · Total 57 min · Prep 15 / Cook 12 min

| 50 g PROTEIN | 390 CALORIES | 9 g CARBS | 17 g FAT | 2 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 2 lbs boneless skinless chicken breast
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 4 cloves garlic
- 2 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1 zucchini
- 1 red bell pepper
- 1 red onion

## METHOD

1. Whisk the olive oil, lemon juice, garlic, oregano, smoked paprika, salt, and pepper in a large bowl.
2. Add the chicken cubes and toss to coat. Cover and marinate in the fridge at least 30 minutes, or up to 8 hours.
3. If using wooden skewers, soak them in water for 20 minutes while the chicken marinates.
4. Thread chicken, zucchini, bell pepper, and onion onto 8 skewers, alternating as you go. Don't pack the pieces tightly; a little space helps them cook evenly.
5. Preheat the grill to medium-high, about 400°F, and oil the grates.
6. Grill 10 to 12 minutes, turning every 3 minutes or so, until the chicken reaches 165°F at the thickest piece and the vegetables have light char marks.
7. Rest 5 minutes before serving.

### COACH'S NOTE

No grill? A grill pan or broiler works: broil on high 4 inches from the heat, 12 to 14 minutes, turning once.

### SWAPS

Gluten- and dairy-free as written. Swap the zucchini, pepper and onion for any sturdy vegetables you like: mushrooms, cherry tomatoes or yellow squash.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 1 · DAY 2 DINNER

# Honey Garlic Pork Chops



*Pan-seared boneless pork chops glazed in a 4-ingredient honey garlic sauce — a 20-minute dinner that tastes like you fussed.*

Serves 4 · Total 20 min · Prep 5 / Cook 15 min

| 44 g PROTEIN | 424 CALORIES | 15 g CARBS | 20 g FAT | 0 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 3/4 lbs boneless pork chops
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1 tbsp olive oil
- 1 tbsp butter
- 4 cloves garlic
- 3 tbsp honey
- 2 tbsp low-sodium soy sauce
- 1 tbsp apple cider vinegar

## METHOD

1. Season the chops on both sides with the salt, pepper, and garlic powder.
2. Heat the olive oil in a large skillet over medium-high. Sear the chops 4 to 5 minutes per side, until they reach 145°F at the thickest point. Move to a plate.
3. Turn the heat to medium-low. Add the butter and garlic and stir 30 seconds.
4. Pour in the honey, soy sauce, and vinegar and simmer 1 to 2 minutes, until the glaze bubbles thick enough to coat a spoon.
5. Return the chops and their juices, turn to coat both sides in the glaze, and rest 3 minutes before serving.

### COACH'S NOTE

145°F with a 3-minute rest is the modern, correct pork temperature — a little blush of pink means juicy, not undercooked. Leftovers keep 3 days.

### SWAPS

Gluten-free: use tamari instead of soy sauce. Dairy-free: use all olive oil in place of the butter.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 1 · DAY 3 DINNER

# Lemon Butter Tilapia



*Pan-seared tilapia in a garlic lemon butter that comes together in 15 minutes — the fastest fish dinner in the rotation.*

Serves 4 · Total 15 min · Prep 5 / Cook 10 min

| 35 g PROTEIN | 254 CALORIES | 2 g CARBS | 12 g FAT | 0 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs tilapia fillets
- 1 tsp paprika
- 3/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp olive oil
- 2 tbsp butter
- 3 cloves garlic
- 3 tbsp lemon juice
- 1 tsp lemon zest
- 2 tbsp fresh parsley

## METHOD

1. Season the fillets on both sides with the paprika, salt, and pepper.
2. Heat the olive oil in a large nonstick skillet over medium-high.
3. Cook the fillets 3 to 4 minutes on the first side without moving them, then flip carefully and cook 2 to 3 minutes more, until the fish flakes easily and reaches 145°F. Move to plates.
4. Turn the heat to low. Add the butter and garlic and stir 30 seconds.
5. Off the heat, stir in the lemon juice and zest, then spoon the sauce over the fillets.
6. Finish with parsley and serve immediately.

### COACH'S NOTE

Tilapia is thin and cooks fast — when it turns opaque and flakes at the thickest point, it's done. Fish is best fresh; leftovers keep 2 days.

### SWAPS

Gluten-free as written. Dairy-free: replace the butter with more olive oil. Any thin white fish (cod, sole) cooks the same way.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Baked Chicken Meatballs in Marinara



*Tender parmesan chicken meatballs baked on a sheet pan and finished in marinara — no breadcrumbs, no frying, no fuss.*

Serves 4 (5 meatballs each) · Total 35 min · Prep 15 / Cook 20 min

| 47 g PROTEIN | 426 CALORIES | 9 g CARBS | 23 g FAT | 2 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 2 lbs ground chicken
- 1/2 cup parmesan cheese
- 1/2 cup yellow onion
- 3 cloves garlic
- 1 large egg
- 2 tsp Italian seasoning
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1 1/2 cups marinara sauce
- 2 tbsp fresh basil

## METHOD

1. Preheat the oven to 400°F and line a sheet pan with parchment.
2. Gently combine the chicken, parmesan, grated onion, garlic, egg, Italian seasoning, salt, and pepper — stop the moment it comes together.
3. Roll into 20 meatballs with wet hands and space them on the pan.
4. Bake 16 to 18 minutes, until the centers hit 165°F.
5. Warm the marinara in a large skillet, add the baked meatballs, and turn to coat for a minute or two.
6. Finish with basil and serve over pasta, zucchini noodles, or with good bread.

### COACH'S NOTE

Ground chicken is sticky — wet hands between every few meatballs make rolling painless. Keeps 4 days; freezes 2 months in the sauce. Nutrition includes the marinara.

### SWAPS

Gluten-free as written (no breadcrumbs). Dairy-free: skip the parmesan. Serve over pasta, zucchini noodles or with bread.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Korean Beef Bowls



*Sweet-savory ground beef over rice with crunchy quick-pickled cucumbers — four meal-prep bowls that taste better than the takeout that inspired them.*

Serves 4 (bowls) · Total 30 min · Prep 15 / Cook 15 min

| 40 g PROTEIN | 580 CALORIES | 51 g CARBS | 23 g FAT | 6 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs 90% lean ground beef
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 1 tbsp sesame oil
- 3 cloves garlic
- 1 tsp fresh ginger
- 1/4 tsp red pepper flakes
- 3 cups cooked brown rice
- 1 cucumber
- 1 tbsp rice vinegar
- 2 cups shredded carrots
- 3 green onions
- 1 tbsp sesame seeds

## METHOD

1. Toss the cucumber slices with the rice vinegar and a pinch of salt in a small bowl. Set aside — they pickle themselves while you cook.
2. Brown the ground beef in a large skillet over medium-high, 6 to 7 minutes, breaking it up as it cooks. Drain excess fat if there's more than a tablespoon.
3. Stir the soy sauce, brown sugar, sesame oil, garlic, ginger, and red pepper flakes together, pour over the beef, and simmer 2 minutes until glossy.
4. Divide the rice among 4 bowls or containers. Top with the beef, quick-pickled cucumbers, and shredded carrots.
5. Finish with green onions and sesame seeds.

### COACH'S NOTE

For meal prep, keep the cucumbers in a separate small container so they stay crunchy until serving. Bowls keep 4 days.

### SWAPS

Gluten-free: tamari in place of soy sauce. Lower carb: serve over cauliflower rice.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 1 · DAY 6 DINNER (+ DAY 7 LUNCH)

# Lemon Garlic Chicken & Broccoli



*One pan, 20 minutes, no fuss: juicy chicken bites with garlic, lemon and crisp-tender broccoli in a light pan sauce. A weeknight dinner for two that keeps protein high and cleanup low.*

Serves 2 · Total 20 min · Prep 5 / Cook 15 min

| 43 g PROTEIN | 401 CALORIES | 20 g CARBS | 18 g FAT | 7 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 12 oz boneless skinless chicken breast, cut into 1-inch pieces
- 1 tablespoon olive oil
- 1 tablespoon butter
- 3 cloves garlic, minced
- 4 cups broccoli florets
- 1/2 cup low-sodium chicken broth
- 1 lemon, juiced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon red pepper flakes, optional

## METHOD

1. Pat the chicken dry and season with the salt and pepper.
2. Heat the olive oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook 3–4 minutes per side until golden and cooked through. Move to a plate.
3. Lower the heat to medium. Add the butter and garlic and cook for 30 seconds, just until fragrant.
4. Add the broccoli and broth. Cover and cook 4–5 minutes, until the broccoli is bright green and just tender.
5. Return the chicken to the pan with the lemon juice and red pepper flakes. Toss for 1 minute so everything is coated, then serve.

## COACH'S NOTE

Serve on its own, over brown rice or quinoa, or with a slice of whole-grain bread. Frozen broccoli works; add it straight from the freezer and cook a couple of minutes longer. Chicken thighs can replace the breast if you like them better.

## SWAPS

Gluten-free as written. Dairy-free: use all olive oil. Serve alone, over rice or quinoa (recipe note).

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Chicken and Quinoa Mason Jar Salads



*Four layered salads that stay crisp in the fridge all week — dressing on the bottom, greens on top, zero sad desk lunches.*

Serves 4 (quart jars) · Total 25 min · Prep 25 / Cook 0 min

| 58 g PROTEIN | 633 CALORIES | 46 g CARBS | 24 g FAT | 10 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp honey
- 1/2 tsp salt
- 1/4 tsp black pepper
- 15 oz canned chickpeas
- 2 cups cherry tomatoes
- 1 cucumber
- 1/2 cup red onion
- 2 cups cooked quinoa
- 1 1/4 lbs cooked chicken breast
- 1/2 cup feta cheese
- 4 cups romaine lettuce

## METHOD

1. Whisk the olive oil, balsamic vinegar, Dijon, honey, salt, and pepper in a small bowl.
2. Divide the dressing among 4 wide-mouth quart jars — about 1 1/2 tablespoons each, straight on the bottom.
3. Layer in this order: chickpeas, then tomatoes, cucumber, and red onion. These sturdy layers sit in the dressing and only get better.
4. Add the quinoa, then the chicken, then the feta — the middle layers stay dry.
5. Pack the romaine in last, at the very top, without pressing it down into the layers below.
6. Seal and refrigerate. To eat, shake the jar hard for a few seconds and pour into a bowl.

### COACH'S NOTE

The order is the recipe: wet things at the bottom, greens at the top, and nothing wilts for 4 days.

### SWAPS

Gluten-free as written. Dairy-free: skip the feta. Vegetarian: double the chickpeas, skip the chicken (protein drops).

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 2 · DAY 1 DINNER

# Weeknight Turkey Bolognese



*Lean ground turkey browned hard over a classic onion, carrot, and celery soffritto, simmered with crushed tomatoes and finished with a splash of milk, tossed with whole wheat pasta. Six protein-packed servings in 45 minutes, and the sauce freezes beautifully.*

Serves 6 · Total 45 min · Prep 10 / Cook 35 min

| 42 g PROTEIN | 551 CALORIES | 53 g CARBS | 19 g FAT | 8 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 tbsp olive oil
- 1 cup finely chopped yellow onion
- 1 cup finely chopped carrot
- 1/2 cup finely chopped celery
- 4 cloves garlic
- 2 lb 93% lean ground turkey
- 2 tbsp tomato paste
- 28 oz canned crushed tomatoes
- 1 tsp dried oregano
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1/2 cup low fat milk
- 12 oz whole wheat pasta
- 1/2 cup grated parmesan cheese

## METHOD

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion, carrot, and celery and cook 6 to 7 minutes, stirring now and then, until soft and just starting to brown. Add the minced garlic and cook 1 minute.
2. Push the vegetables to the sides, turn the heat to medium-high, and add the turkey in large chunks. Let it sit 3 minutes without stirring so it browns on the bottom, then break it up and cook 4 to 5 more minutes until no pink remains and it reaches 165°F.
3. Stir in the tomato paste and cook 1 minute, stirring constantly, until it darkens a shade and coats the meat.
4. Add the crushed tomatoes, oregano, salt, and pepper. Rinse the tomato can with 1/2 cup of water and add that too. Bring to a simmer, then lower the heat and cook uncovered 20 minutes, stirring occasionally, until thick enough to mound on a spoon.
5. While the sauce simmers, bring a large pot of salted water to a boil and cook the pasta 1 minute less than the package says. Save 1/2 cup of the pasta water, then drain.
6. Stir the milk into the sauce and simmer 2 more minutes. Taste and add a pinch more salt if it needs it.
7. Add the drained pasta to the sauce with a splash of the pasta water and toss 1 minute over low heat so the sauce clings to the noodles.
8. Divide among six bowls and top each with parmesan. Serve hot.

### COACH'S NOTE

For the deepest flavor, let the sauce simmer 10 extra minutes if you have them. If you're feeding fewer than six, keep the sauce and pasta separate and combine only what you're eating tonight.

### SWAPS

Gluten-free: GF pasta. Dairy-free: unsweetened plain almond or oat milk, skip the parmesan. Lower carb: serve the sauce over zucchini noodles.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 2 · DAY 2 DINNER

# Shrimp Tacos with Cabbage Slaw



*Chili lime shrimp seared in four minutes, piled onto warm corn tortillas with a crunchy cabbage slaw in a Greek yogurt lime dressing. Fifteen minutes, eight tacos, and more protein than the takeout version.*

Serves 4 (2 tacos each) · Total 15 min · Prep 10 / Cook 5 min

| 31 g PROTEIN | 392 CALORIES | 36 g CARBS | 15 g FAT | 9 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lb raw shrimp
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 cups shredded cabbage
- 1/2 cup low fat greek yogurt
- 3 tbsp lime juice
- 1/4 cup chopped cilantro
- 8 corn tortillas
- 1 avocado

## METHOD

1. Make the slaw first. In a large bowl, whisk the Greek yogurt with 2 tablespoons of the lime juice and a pinch of the salt. Add the shredded cabbage and cilantro and toss until coated. Set aside so it softens slightly while you cook.
2. Peel and devein the shrimp if needed, then pat them very dry with paper towels. In a bowl, toss the shrimp with the chili powder, cumin, garlic powder, remaining salt, and black pepper until evenly coated.
3. Heat the olive oil in a large skillet over medium high heat until it shimmers. Add the shrimp in a single layer and cook without moving them for 2 minutes.
4. Flip and cook 1 to 2 minutes more, until the shrimp are pink, opaque, and curled into a loose C shape. Squeeze the remaining tablespoon of lime juice over them and remove from the heat right away.
5. Warm the corn tortillas in a dry skillet for about 30 seconds per side, or wrap the stack in a damp paper towel and microwave for 40 seconds, until soft and bendable.
6. Slice the avocado. Fill each tortilla with a handful of slaw, 4 to 5 shrimp, and a couple of avocado slices.
7. Serve right away with extra lime wedges and hot sauce on the side. Two tacos per person.

### COACH'S NOTE

A bag of coleslaw mix stands in for the shredded cabbage with no change to the recipe. For a lower carb bowl, skip the tortillas and double the slaw.

### SWAPS

Gluten-free with corn tortillas. Dairy-free: dairy-free plain yogurt. Lower carb (recipe note): skip tortillas, double the slaw.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 2 · DAY 3 DINNER

# Egg Roll in a Bowl



*Everything you like about an egg roll — savory meat, gingery cabbage, sesame — without the wrapper or the fryer. One skillet, 20 minutes.*

Serves 4 · Total 22 min · Prep 10 / Cook 12 min

| 38 g PROTEIN | 372 CALORIES | 9 g CARBS | 21 g FAT | 3 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs 93% lean ground turkey
- 1 tbsp sesame oil
- 6 cups coleslaw mix
- 3 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 3 cloves garlic
- 1 tbsp fresh ginger
- 2 large eggs
- 3 green onions
- 1 tbsp sesame seeds
- 1 tbsp sriracha

## METHOD

1. Brown the turkey in the sesame oil in a large, deep skillet over medium-high, 6 to 7 minutes, breaking it up as it cooks.
2. Add the garlic and ginger and stir 30 seconds.
3. Pile in the coleslaw mix with the soy sauce and rice vinegar. Toss 3 to 4 minutes — you want the cabbage wilted but still with some bite, not steamed flat.
4. Push everything to one side, pour the beaten eggs into the empty side, and scramble 60 seconds before folding them through — the egg roll's egg, honored properly.
5. Top with green onions, sesame seeds, and sriracha if you're in that mood.

### COACH'S NOTE

Stop cooking while the cabbage still crunches — it keeps softening off the heat. Leftovers keep 4 days and reheat in a skillet in 3 minutes.

### SWAPS

Gluten-free: tamari in place of soy sauce. Milder: skip the sriracha.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Slow Cooker Salsa Chicken



*Three ingredients and five minutes of effort: chicken breasts slow-cooked in salsa until they shred with a fork. A lean protein base for bowls, tacos, salads and wraps all week.*

Serves 4 · Total 4 hr 5 min · Prep 5 / Cook 240 min

| 50 g PROTEIN | 300 CALORIES | 10 g CARBS | 6 g FAT | 3 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 2 lbs boneless skinless chicken breasts
- 16 oz salsa, 1 jar
- 1 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 lime, juiced

## METHOD

1. Place the chicken in the slow cooker and season with cumin, garlic powder and salt.
2. Pour the salsa over the top and turn the chicken to coat.
3. Cover and cook on LOW for 4 hours (or HIGH for 2 to 2 1/2 hours), until the chicken shreds easily.
4. Shred the chicken with two forks right in the pot and stir it into the sauce with the lime juice.
5. Serve over rice, in tacos or on salads, or portion into containers for the week.

### COACH'S NOTE

Keeps 4 days in the fridge and freezes for 3 months. Use your favorite salsa; the heat level of the jar decides the heat of the dish. Chicken thighs work too and stay a little juicier.

### SWAPS

Already gluten- and dairy-free if your salsa is. Thighs work too (recipe note). Serve over rice, in tacos or on salads.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Caprese Chicken Skillet



*Seared chicken cutlets under melted mozzarella with burst cherry tomatoes, balsamic, and fresh basil — one skillet, 25 minutes.*

Serves 4 · Total 25 min · Prep 10 / Cook 15 min

| 49 g PROTEIN | 371 CALORIES | 7 g CARBS | 15 g FAT | 1 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 3/4 lbs boneless skinless chicken breast
- 1 tsp Italian seasoning
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1 tbsp olive oil
- 2 cups cherry tomatoes
- 2 cloves garlic
- 3 tbsp balsamic vinegar
- 4 oz fresh mozzarella
- 1/4 cup fresh basil

## METHOD

1. Season the chicken on both sides with the Italian seasoning, salt, and pepper.
2. Heat the olive oil in a large skillet over medium-high. Sear the chicken 4 to 5 minutes per side, until it reaches 165°F. Move to a plate.
3. In the same skillet, cook the tomatoes and garlic 2 to 3 minutes, until the tomatoes start to burst and release their juices.
4. Add the balsamic vinegar and simmer 1 to 2 minutes, until it turns glossy and lightly syrupy.
5. Return the chicken to the skillet, top each cutlet with a slice of mozzarella, cover, and give it 1 to 2 minutes for the cheese to melt.
6. Scatter the basil over the top and serve straight from the pan.

**COACH'S NOTE**

Pounding the cutlets even is what keeps them juicy at 165°F — thick spots mean overcooked thin spots.

**SWAPS**

Gluten-free as written. Dairy-free: skip the mozzarella; the balsamic tomatoes carry it.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# 15-Minute Garlic Shrimp Stir-Fry



*Shrimp, a bag of stir-fry vegetables and a garlicky soy-sesame sauce, done before rice can finish cooking. The fastest real dinner in this collection.*

Serves 2 · Total 15 min · Prep 8 / Cook 7 min

| 42 g PROTEIN | 342 CALORIES | 19 g CARBS | 13 g FAT | 5 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 12 oz peeled shrimp, fresh or thawed frozen
- 4 cups stir-fry vegetables, fresh or frozen mix
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 3 tablespoons low-sodium soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon honey
- 1 teaspoon cornstarch
- 1/4 teaspoon red pepper flakes
- 1 tablespoon sesame seeds, optional

## METHOD

1. Whisk the soy sauce, sesame oil, honey, cornstarch and red pepper flakes in a small bowl.
2. Heat the olive oil in a large skillet over high heat. Add the vegetables and stir-fry 3–4 minutes.
3. Push the vegetables to one side, add the garlic and shrimp, and cook 2 minutes per side until the shrimp turn pink.
4. Pour in the sauce and toss everything 1 minute until glossy.
5. Sprinkle with sesame seeds and serve, alone or over rice or noodles.

### COACH'S NOTE

Frozen shrimp and frozen vegetables make this a permanent pantry dinner; thaw shrimp in cold water in 10 minutes. Any vegetables work: snap peas, peppers, broccoli, cabbage.

### SWAPS

Gluten-free: tamari in place of soy sauce. Any vegetables work (recipe note): snap peas, peppers, broccoli, cabbage.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Honey Sriracha Chicken Bowls



*Sweet-heat glazed chicken over rice and broccoli — four meal-prep bowls that taste like takeout and reheat like a dream.*

Serves 4 (bowls) · Total 35 min · Prep 15 / Cook 20 min

| 44 g PROTEIN | 493 CALORIES | 56 g CARBS | 11 g FAT | 6 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs boneless skinless chicken breast
- 1 tbsp olive oil
- 3 tbsp honey
- 2 tbsp sriracha
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 2 cloves garlic
- 1 tsp fresh ginger
- 1 tsp cornstarch
- 3 cups cooked brown rice
- 4 cups broccoli florets
- 1 tbsp sesame seeds
- 2 green onions

## METHOD

1. Whisk the honey, sriracha, soy sauce, rice vinegar, garlic, and ginger in a small bowl.
2. Heat the olive oil in a large skillet over medium-high. Cook the chicken pieces 6 to 7 minutes, until golden and cooked to 165°F.
3. Pour in the sauce and bring it to a simmer.
4. Stir in the cornstarch slurry and simmer 1 to 2 minutes, until the sauce turns glossy and clings to the chicken.
5. Divide the rice and steamed broccoli among 4 containers or bowls, top with the glazed chicken, and finish with sesame seeds and green onions.

### COACH'S NOTE

Two tablespoons of sriracha is a medium heat; use one for mild, three if you mean it. Bowls keep 4 days refrigerated — microwave 90 seconds with a teaspoon of water.

### SWAPS

Gluten-free: tamari in place of soy sauce. Milder: 1 tbsp sriracha (recipe note).

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 3 · DAY 1 DINNER

# Chicken Enchilada Casserole



*Shredded rotisserie chicken, black beans, corn, and green chiles layered with corn tortillas, red enchilada sauce, and sharp cheddar, baked until bubbling. Six high protein squares, no rolling, and it freezes well.*

Serves 6 · Total 40 min · Prep 15 / Cook 25 min

| 54 g PROTEIN | 566 CALORIES | 51 g CARBS | 16 g FAT | 11 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lb cooked shredded chicken breast
- 15 oz canned black beans
- 1 cup frozen corn
- 4 oz canned diced green chiles
- 20 oz red enchilada sauce
- 1/2 cup low fat greek yogurt
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 12 corn tortillas
- 6 oz sharp cheddar
- 1/4 cup chopped cilantro
- 2 green onions

## METHOD

1. Heat the oven to 375°F and lightly oil a 9 by 13 inch baking dish. Drain and rinse the black beans well. Thaw the corn and pat it dry. Shred the cheddar and slice the green onions.
2. In a medium bowl, whisk the enchilada sauce with the Greek yogurt, cumin, chili powder, and garlic powder until smooth. This is your sauce for every layer.
3. In a large bowl, toss the shredded chicken with the black beans, corn, green chiles, and about 1 cup of the sauce until everything is coated.
4. Spread 1/2 cup of sauce over the bottom of the dish. Lay 4 tortillas over it, tearing them as needed to cover the bottom. Top with half the chicken mixture and a third of the cheddar.
5. Repeat with 4 more tortillas, the remaining chicken mixture, and another third of the cheese. Finish with the last 4 tortillas, the remaining sauce spread to the edges, and the rest of the cheese.
6. Cover loosely with foil and bake 15 minutes. Remove the foil and bake 10 minutes more, until the cheese is melted and the edges bubble. The center should read at least 165°F.
7. Let the casserole rest 10 minutes so the layers set, then top with cilantro and green onions. Cut into 6 squares and serve with a spoon of Greek yogurt if you like.

### COACH'S NOTE

To freeze unbaked, assemble in a freezer safe dish, wrap tightly, and freeze up to 3 months. Bake from frozen, covered, at 375°F for about 60 minutes, then uncover for 10. For lower sodium, use a no salt added enchilada sauce and cut the cheese to 4 oz.

### SWAPS

Gluten-free: corn tortillas keep it GF; check the enchilada sauce label. Dairy-free: skip the cheddar and yogurt, or use dairy-free versions.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Garlic Butter Steak Bites



*Seared sirloin cubes tossed in garlic butter, on the table in about 20 minutes. Steakhouse flavor on a weeknight schedule.*

Serves 4 · Total 18 min · Prep 10 / Cook 8 min

| 38 g PROTEIN | 317 CALORIES | 1 g CARBS | 17 g FAT | 0 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs sirloin steak
- 1 tbsp olive oil
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 tbsp butter
- 4 cloves garlic
- 2 tbsp fresh parsley

## METHOD

1. Pat the steak cubes very dry with paper towels, then season with the salt and pepper. Dry meat is the whole trick; wet meat steams instead of searing.
2. Heat the olive oil in a large cast-iron or stainless skillet over high heat until it just starts to smoke.
3. Add half the steak in a single layer. Sear 2 minutes without touching, flip, and sear 1 to 2 minutes more. Move to a plate and repeat with the rest.
4. Turn the heat to low. Add the butter and garlic and stir 30 to 60 seconds, until fragrant but not browned.
5. Return the steak and any juices to the skillet, toss to coat, and turn off the heat.
6. Finish with parsley and serve right away.

### COACH'S NOTE

For medium doneness, pull the bites at the 2-minute sear per side; they carry over a few degrees in the garlic butter.

### SWAPS

Gluten-free as written. Dairy-free: olive oil in place of the butter.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Creamy Cottage Cheese Pasta



*Blended cottage cheese turns into a silky, alfredo-style sauce with a fraction of the calories — tossed with pasta, spinach, and parmesan.*

Serves 4 · Total 25 min · Prep 10 / Cook 15 min

| 28 g PROTEIN | 371 CALORIES | 49 g CARBS | 9 g FAT | 1 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 8 oz whole wheat penne
- 2 cups low-fat cottage cheese
- 1/2 cup parmesan cheese
- 1 tbsp olive oil
- 4 cloves garlic
- 1/4 tsp red pepper flakes
- 4 cups fresh spinach
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp black pepper

## METHOD

1. Cook the pasta in well-salted water to al dente. Before draining, scoop out 1 cup of the pasta water — it's the key to a silky sauce.
2. While the pasta cooks, blend the cottage cheese, half the parmesan, lemon juice, salt, and pepper until completely smooth, about 45 seconds.
3. In the empty pasta pot, warm the olive oil over medium-low and cook the garlic and red pepper flakes 60 seconds, until fragrant.
4. Add the spinach and stir until just wilted.
5. Turn the heat to LOW, return the pasta, pour in the blended sauce, and toss with a splash of pasta water until glossy. Do not let it boil — high heat makes the sauce grainy.
6. Serve with the remaining parmesan and more black pepper.

### COACH'S NOTE

The sauce is heat-shy: warm it gently and it stays creamy; boil it and it breaks. Leftovers keep 3 days — reheat low with a splash of milk.

### SWAPS

Gluten-free: GF penne. The sauce is cottage-cheese based, so it's not dairy-free; try the Pesto Chicken Pasta instead.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Turkey Pesto Meatballs



*Baked turkey meatballs with basil pesto worked right into the mix — juicy, herby, and built for a week of lunches or a fast dinner.*

Serves 4 (5 meatballs each) · Total 35 min · Prep 15 / Cook 20 min

| 36 g PROTEIN | 362 CALORIES | 3 g CARBS | 23 g FAT | 1 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs 93% lean ground turkey
- 1/4 cup basil pesto
- 1/4 cup parmesan cheese
- 1/4 cup yellow onion
- 2 cloves garlic
- 1 large egg
- 1/2 tsp salt
- 1/4 tsp black pepper

## METHOD

1. Preheat the oven to 400°F and line a sheet pan with parchment.
2. Gently combine the turkey, pesto, parmesan, grated onion, garlic, egg, salt, and pepper — stop mixing the moment it comes together.
3. Roll into 20 meatballs with wet hands and space them out on the pan.
4. Bake 18 to 20 minutes, until the centers reach 165°F.
5. Serve with a little extra pesto thinned with a spoonful of hot water as a drizzle.

### COACH'S NOTE

The pesto inside the mix is the moisture insurance — no breadcrumbs needed. Meatballs keep 4 days refrigerated and freeze 2 months.

### SWAPS

Gluten-free as written (no breadcrumbs). Dairy-free: dairy-free pesto and skip the parmesan.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Ground Turkey and Sweet Potato Skillet



*A one-skillet dinner of lean ground turkey, cubed sweet potato, peppers and spinach with smoky spices, finished with a little melted cheese. Cozy, balanced and cleanup-friendly.*

Serves 3 · Total 30 min · Prep 10 / Cook 20 min

| 43 g PROTEIN | 390 CALORIES | 24 g CARBS | 15 g FAT | 5 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 lb lean ground turkey, 93% lean
- 1 large sweet potato, cut into 1/2-inch cubes
- 1 red bell pepper, diced
- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 cup water
- 2 cups baby spinach
- 1/2 cup shredded cheddar cheese

## METHOD

1. Heat the olive oil in a large skillet over medium heat. Add the sweet potato and onion with the water, cover, and cook 8 minutes, stirring twice.
2. Uncover, add the bell pepper and garlic, and cook 2 minutes.
3. Push everything to the side, add the turkey, and break it up. Cook 6–7 minutes until no pink remains.
4. Stir in the paprika, chili powder, cumin and salt, and mix it all together.
5. Fold in the spinach until wilted, then scatter the cheddar on top, cover, and turn off the heat for 2 minutes so it melts.

### COACH'S NOTE

Test the sweet potato with a fork before adding the turkey; it should be nearly tender. Leftovers keep 3 days and make an excellent breakfast with a fried egg on top.

### SWAPS

Dairy-free: skip the cheddar or use a dairy-free shred. Breakfast idea from the recipe note: leftovers with a fried egg on top.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Cajun Shrimp and Sausage Skillet



*Smoky sausage, snappy shrimp, and charred peppers in one 20-minute skillet — big Cajun flavor without the takeout wait.*

Serves 4 · Total 22 min · Prep 10 / Cook 12 min

| 38 g PROTEIN | 373 CALORIES | 14 g CARBS | 20 g FAT | 3 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 lb large shrimp
- 12 oz smoked chicken sausage
- 2 tbsp olive oil
- 1 tbsp Cajun seasoning
- 2 bell peppers
- 1 zucchini
- 1/2 red onion
- 2 cloves garlic
- 1 lemon
- 2 tbsp fresh parsley

## METHOD

1. Toss the shrimp with 1 tablespoon oil and half the Cajun seasoning.
2. Heat a large skillet over medium-high and brown the sausage coins 3 to 4 minutes. Move them to a plate.
3. Add the remaining oil, then the peppers, zucchini, and onion with the rest of the seasoning. Cook 4 to 5 minutes — you want char at the edges, not mush.
4. Stir in the garlic for 30 seconds, then add the shrimp and cook 2 to 3 minutes, until they curl into loose Cs and turn opaque.
5. Return the sausage, squeeze the lemon half over the pan, and toss everything together.
6. Shower with parsley and serve with the lemon wedges — alone, over rice, or over cauliflower rice.

### COACH'S NOTE

A shrimp curled into a tight O is overcooked; pull them at the loose C. Store-bought Cajun blends vary in salt — taste before adding any extra.

### SWAPS

Check the sausage label for gluten. Dairy-free as written. Lower carb: serve over cauliflower rice.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 4 PREP DAY: LUNCHES DAYS 1–4

# Sheet-Pan Chicken Fajita Meal Prep Bowls



*Chicken, peppers and onions roasted on one sheet pan with fajita spices, portioned over rice for four grab-and-go lunches. One pan, one pot, four days handled.*

Serves 4 (bowls) · Total 35 min · Prep 15 / Cook 20 min

| 41 g PROTEIN | 466 CALORIES | 45 g CARBS | 13 g FAT | 6 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs boneless skinless chicken breasts, sliced into strips
- 3 bell peppers, mixed colors, sliced
- 1 large red onion, sliced
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 3 cups cooked brown rice
- 1 lime, cut into wedges
- 1/4 cup fresh cilantro, chopped

## METHOD

1. Preheat the oven to 425°F (220°C).
2. On a large sheet pan, toss the chicken strips, peppers and onion with the olive oil and all the spices.
3. Spread into a single layer (use two pans if crowded) and roast 18–20 minutes, stirring once, until the chicken is cooked through and the peppers have charred edges.
4. Divide the rice between 4 containers and top with the fajita mixture.
5. Add a lime wedge to each container and keep the cilantro separate until serving.

### COACH'S NOTE

Keeps 4 days refrigerated. Reheat 90 seconds and squeeze the lime over after. Turn any bowl into tacos with a couple of warm tortillas, or serve over greens instead of rice for a lighter day.

### SWAPS

Gluten- and dairy-free as written. Lighter (recipe note): serve over greens instead of rice.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Chicken Caesar Salad



*A real-deal chicken Caesar — anchovies and all — with a Greek yogurt dressing that keeps the creaminess and drops most of the oil.*

Serves 4 · Total 35 min · Prep 20 / Cook 15 min

| 47 g PROTEIN | 379 CALORIES | 12 g CARBS | 16 g FAT | 3 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lbs boneless skinless chicken breast
- 1 tbsp olive oil
- 3/4 tsp salt
- 1/2 tsp black pepper
- 2 slices whole grain bread
- 1 tbsp olive oil
- 1/2 cup plain nonfat Greek yogurt
- 2 anchovy fillets
- 1 clove garlic
- 1 tbsp lemon juice
- 2 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1/2 cup parmesan cheese
- 8 cups romaine lettuce

## METHOD

1. Season the chicken with 1 tablespoon olive oil and half the salt and pepper. Pan-sear over medium-high, 5 to 6 minutes per side to 165°F. Rest, then slice.
2. Toss the bread cubes with the remaining olive oil and toast in the same skillet 3 to 4 minutes, until golden. Homemade croutons take four minutes and embarrass the bagged kind.
3. Whisk the Greek yogurt, anchovies, garlic, lemon juice, Dijon, Worcestershire, half the parmesan, and the remaining salt and pepper. Thin with a teaspoon of water if needed.
4. Toss the romaine with the dressing until every leaf is coated.
5. Top with the sliced chicken, croutons, and remaining parmesan. Serve immediately.

### COACH'S NOTE

The anchovies dissolve completely — they read as savory depth, not fish. Skip them and add an extra teaspoon of Worcestershire if you must.

### SWAPS

Gluten-free: skip the croutons or use GF bread. No anchovies? Add 1 tsp extra Worcestershire (recipe note).

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 4 · DAY 2 DINNER

# Pesto Chicken Pasta with Spinach



*Seared chicken breast and whole wheat pasta cooked in one pot with broth, tossed with basil pesto, wilted spinach, and a spoon of Greek yogurt for creaminess without the cream. Four bowls in 25 minutes.*

Serves 4 (bowls) · Total 25 min · Prep 8 / Cook 17 min

| 48 g PROTEIN | 589 CALORIES | 44 g CARBS | 24 g FAT | 6 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/4 lb boneless skinless chicken breast
- 1 tbsp olive oil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 3 cloves garlic
- 8 oz whole wheat pasta
- 3 cups low sodium chicken broth
- 1 cup water
- 5 oz baby spinach
- 1/2 cup basil pesto
- 1/2 cup low fat greek yogurt
- 1/4 cup grated parmesan cheese
- 1 tbsp lemon juice

## METHOD

1. Cut the chicken into 1 inch pieces and pat them dry. Season with the salt and pepper. Mince the garlic and set it aside.
2. Heat the olive oil in a large pot or deep skillet over medium-high heat. Add the chicken in a single layer and cook without moving it for 3 minutes, then stir and cook 2 to 3 minutes more, until browned and 165°F inside. Move the chicken to a plate.
3. Add the garlic to the same pot and stir for 30 seconds. Pour in the broth and water, scrape up the browned bits, and bring it to a boil.
4. Add the pasta, drop the heat to a steady simmer, and cook uncovered for 9 to 11 minutes, stirring every couple of minutes so nothing sticks. The pasta is done when it is tender and most of the liquid has been absorbed, with a few spoonfuls of starchy liquid left in the bottom.
5. Turn off the heat. Add the spinach in handfuls and stir until it wilts, about 1 minute.
6. Stir in the pesto, Greek yogurt, lemon juice, and the cooked chicken with any juices from the plate. Keep the heat off so the yogurt stays smooth.
7. Taste and add a pinch more pepper if you like. Divide into 4 bowls and top with the parmesan. Serve right away.

### COACH'S NOTE

If the pasta looks dry before it is tender, add water 1/4 cup at a time. Chickpea pasta works in place of whole wheat and adds protein, but needs an extra 1/2 cup of water.

### SWAPS

Gluten-free: use chickpea or GF pasta (the recipe note says chickpea pasta needs an extra 1/2 cup water).
Dairy-free: dairy-free pesto and yogurt, skip parmesan.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

WEEK 4 · DAY 3 DINNER

# Healthy Chicken Fried Rice



*Day-old brown rice fried in one hot skillet with diced chicken breast, scrambled eggs, frozen peas and carrots, garlic, ginger, and low sodium soy sauce. Four big bowls in 20 minutes, with more protein and far less oil than takeout.*

Serves 4 (bowls) · Total 20 min · Prep 5 / Cook 15 min

| 49 g PROTEIN | 611 CALORIES | 60 g CARBS | 19 g FAT | 7 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 1/2 lb boneless skinless chicken breast
- 1/4 tsp salt
- 1/2 tsp black pepper
- 2 tbsp avocado oil
- 3 large eggs
- 1 cup chopped yellow onion
- 3 cloves garlic
- 1 tbsp grated fresh ginger
- 2 cups frozen peas and carrots
- 4 cups cooked brown rice
- 3 tbsp low sodium soy sauce
- 2 tsp sesame oil
- 1/2 cup sliced green onions

## METHOD

1. Dice the chicken into half-inch pieces and season with the salt and pepper. Beat the eggs in a small bowl. Break up any clumps in the cold rice with your hands.
2. Heat 1 tablespoon of the avocado oil in a large skillet or wok over high heat. Add the chicken in a single layer and cook without stirring for 2 minutes, then stir and cook 3 more minutes until browned and 165°F inside. Move it to a plate.
3. Add the remaining tablespoon of oil to the pan. Pour in the eggs and scramble them for 30 to 45 seconds until just set, then push them to one side of the pan.
4. Add the onion and cook 2 minutes, stirring, until it softens. Add the garlic and ginger and cook 30 seconds until fragrant.
5. Add the frozen peas and carrots straight from the bag. Cook 2 minutes, stirring, until they are hot and any ice has cooked off.
6. Add the cold rice and press it into the hot pan. Let it sit 1 minute without stirring so it crisps, then toss and repeat once more.
7. Return the chicken to the pan. Pour the soy sauce around the edge of the pan rather than straight onto the rice, and toss everything for 1 minute until evenly coated and steaming.
8. Take the pan off the heat. Stir in the sesame oil and green onions, taste, and add a pinch more pepper if you like. Serve hot in four bowls.

### COACH'S NOTE

Cold rice is not optional here. If you only have fresh rice, spread it on a sheet pan and put it in the freezer for 15 minutes while you prep.

### SWAPS

Gluten-free: tamari instead of soy sauce. Dairy-free as written.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Healthy Sloppy Joes



*Lean ground turkey simmered in a from-scratch tomato sauce with grated carrot, red pepper, and a spoon of maple, piled on toasted whole wheat buns. One skillet, 20 minutes, and a lot more protein than the canned version.*

Serves 4 (sandwiches) · Total 20 min · Prep 7 / Cook 13 min

| 39 g PROTEIN | 489 CALORIES | 40 g CARBS | 21 g FAT | 6 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 tbsp olive oil
- 1 1/2 lb 93% lean ground turkey
- 1 cup grated carrot
- 1 cup finely diced red bell pepper
- 1/2 cup diced yellow onion
- 2 cloves garlic
- 15 oz canned tomato sauce
- 2 tbsp tomato paste
- 1 tbsp maple syrup
- 1 tbsp worcestershire sauce
- 1 tbsp apple cider vinegar
- 1 tsp chili powder
- 1/2 tsp salt
- 4 whole wheat hamburger buns

## METHOD

1. Grate the carrot on the small holes of a box grater, dice the bell pepper and onion fine, and mince the garlic. Having everything ready before the pan gets hot is what keeps this at 20 minutes.
2. Heat the olive oil in a large skillet over medium-high heat. Add the ground turkey, break it into small crumbles with a wooden spoon, and cook 5 to 6 minutes until no pink remains and it starts to brown in spots.
3. Add the onion, carrot, bell pepper, and garlic to the pan. Cook 3 minutes, stirring, until the vegetables soften and shrink into the meat.
4. Push everything to one side, add the tomato paste to the empty spot, and stir it around for 1 minute until it darkens a shade. Then stir it into the meat.
5. Pour in the tomato sauce, maple syrup, Worcestershire, vinegar, chili powder, and salt. Stir well and bring to a bubble.
6. Lower the heat to medium and simmer uncovered for 4 to 5 minutes, stirring now and then, until the sauce thickens enough that a spoon dragged through it leaves a trail. The turkey should read 165°F throughout.
7. While the filling simmers, split the buns and toast them cut side down in a dry skillet or under the broiler for about 1 minute until golden.
8. Pile the filling onto the bottom buns, cap with the tops, and serve right away with napkins.

### COACH'S NOTE

For a lower sodium version, use no salt added tomato sauce and skip the added salt. The filling freezes well for 3 months; thaw overnight in the fridge and reheat in a pot with a splash of water.

### SWAPS

Gluten-free: GF buns or lettuce wraps, and a GF Worcestershire. Lower carb: serve the filling in lettuce cups or over greens.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# High-Protein Mac and Cheese



*Chickpea pasta and broccoli tossed in a creamy sauce of blended low fat cottage cheese and sharp cheddar. Kid-approved comfort food in 25 minutes, with the protein of a chicken dinner and no protein powder.*

Serves 4 · Total 25 min · Prep 10 / Cook 15 min

| 37 g PROTEIN | 417 CALORIES | 41 g CARBS | 15 g FAT | 9 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 8 oz chickpea pasta
- 2 cups broccoli florets
- 2 cups low fat cottage cheese
- 1/2 cup low fat milk
- 1 tsp dijon mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 oz sharp cheddar
- 1 tbsp fresh chives

## METHOD

1. Bring a large pot of salted water to a boil. Add the chickpea pasta and cook it 1 minute less than the package says, usually 7 to 8 minutes. Drop the broccoli florets in for the last 3 minutes.
2. While the pasta cooks, add the cottage cheese, milk, Dijon, garlic powder, onion powder, smoked paprika, salt, and pepper to a blender. Blend on high for a full 60 seconds, scraping the sides once, until the sauce is completely smooth with no grain left.
3. Grate the cheddar from the block while the blender runs. Skip pre-shredded cheese here; the starch coating makes the sauce gritty.
4. Scoop out 1/2 cup of the pasta water and set it aside. Drain the pasta and broccoli and return them to the warm pot, off the heat.
5. Pour the blended sauce over the pasta and stir to coat. Set the pot over low heat and warm it for 1 to 2 minutes, stirring, just until the sauce is hot. Don't let it bubble or the cottage cheese can break.
6. Turn off the heat. Add the cheddar in two handfuls, stirring after each until it melts in. If the sauce is thicker than you like, add the reserved pasta water a splash at a time.
7. Taste and adjust the salt and pepper. Top with chives and serve hot.

### COACH'S NOTE

The sauce thickens as it sits, so keep that reserved pasta water nearby and loosen it with a splash before serving or reheating. Whole wheat elbows work in place of chickpea pasta and drop the protein by roughly 6 grams per serving.

### SWAPS

Recipe note: whole wheat elbows work but drop protein by about 6 g. Gluten-free: chickpea pasta is naturally GF.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

# Ground Chicken Tacos



*Twenty-minute ground chicken tacos with a homemade seasoning that beats the packet — lighter than beef, nobody misses it.*

Serves 4 (2 tacos each) · Total 20 min · Prep 8 / Cook 12 min

| 40 g PROTEIN | 497 CALORIES | 33 g CARBS | 24 g FAT | 6 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 1 tbsp olive oil
- 1 1/2 lbs ground chicken
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 3/4 tsp salt
- 2 tbsp tomato paste
- 1/2 cup water
- 8 corn tortillas
- 2 cups shredded lettuce
- 1 cup tomato
- 1/2 cup shredded cheddar cheese
- 1/2 cup plain nonfat Greek yogurt
- 1 lime

## METHOD

1. Heat the olive oil in a large skillet over medium-high. Add the ground chicken and cook 5 to 6 minutes, breaking it up as it browns.
2. Stir in the chili powder, cumin, smoked paprika, garlic powder, and salt. Toast the spices with the meat for 30 seconds — this step is why homemade beats the packet.
3. Add the tomato paste and water and simmer 2 to 3 minutes, until the sauce coats the meat. Ground chicken needs this moisture — don't skip it.
4. Warm the tortillas in a dry skillet or directly over a low flame, a few seconds per side.
5. Build the tacos: chicken, lettuce, tomato, cheddar, a spoonful of Greek yogurt, and a squeeze of lime.

### COACH'S NOTE

The taco meat keeps 4 days and freezes for 2 months — double it and future taco night is a reheat. Nutrition includes two tortillas and toppings per serving.

### SWAPS

Gluten-free with corn tortillas. Dairy-free: skip the cheddar, use dairy-free yogurt.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

BONUS SWAP-IN RECIPE: USE IT IN ANY WEEK

# Tuna Pasta Salad with Greek Yogurt Dressing



*A creamy tuna pasta salad that swaps most of the mayo for Greek yogurt — four make-ahead lunches that actually hold you until dinner.*

Serves 4 · Total 25 min · Prep 15 / Cook 10 min

| 35 g PROTEIN | 406 CALORIES | 52 g CARBS | 7 g FAT | 3 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 8 oz whole wheat rotini
- 15 oz canned tuna
- 3/4 cup plain nonfat Greek yogurt
- 2 tbsp mayonnaise
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 cup celery
- 1/2 cup red onion
- 1 cup frozen peas
- 2 tbsp fresh dill
- 1/2 tsp salt
- 1/4 tsp black pepper

## METHOD

1. Cook the rotini in salted water to full al dente — not a minute past. Soft pasta turns mushy once dressed.
2. Drain and rinse the pasta under cold water until it's completely cool.
3. Whisk the Greek yogurt, mayonnaise, lemon juice, Dijon, salt, and pepper into a dressing in a large bowl.
4. Add the drained tuna and break it up into the dressing — coating the tuna first keeps it moist.
5. Fold in the pasta, celery, red onion, peas, and dill until everything is evenly coated.
6. Chill at least 30 minutes before serving — the flavor noticeably improves once it's cold.

### COACH'S NOTE

If meal prepping, the salad tightens up in the fridge; loosen day-3 portions with a teaspoon of lemon juice or a spoonful of yogurt.

### SWAPS

Gluten-free: GF rotini. Dairy-free: use all mayo or a dairy-free plain yogurt.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

BONUS SWAP-IN RECIPE: USE IT IN ANY WEEK

# Chicken Burrito Bowls



*Chipotle lime chicken thighs seared until charred at the edges, served over cilantro brown rice with black beans, a quick corn and red onion salsa, and Greek yogurt in place of sour cream. Four bowls in about 35 minutes with more protein than the restaurant version.*

Serves 4 (bowls) · Total 35 min · Prep 15 / Cook 20 min

| 59 g PROTEIN | 691 CALORIES | 70 g CARBS | 20 g FAT | 13 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 2 lb boneless skinless chicken thighs
- 2 tbsp olive oil
- 1 tbsp chili powder
- 1 tsp chipotle chili powder
- 1 tsp ground cumin
- 1 tsp kosher salt
- 4 tbsp lime juice
- 3 cups cooked brown rice
- 1/2 cup chopped cilantro
- 15 oz canned black beans
- 1 1/2 cups frozen corn
- 1/2 cup diced red onion
- 1/2 cup low fat greek yogurt

## METHOD

1. Pat the chicken thighs dry and cut them into 1-inch pieces. In a large bowl, toss the chicken with 1 tablespoon of the olive oil, the chili powder, chipotle chili powder, cumin, salt, and 1 tablespoon of the lime juice until every piece is coated.
2. Heat the remaining tablespoon of olive oil in a large skillet over medium-high heat until it shimmers. Add half the chicken in a single layer and let it sit without stirring for 3 to 4 minutes so it chars. Flip, cook 3 to 4 minutes more until it reads 165°F, then move it to a plate and repeat with the second batch.
3. While the chicken cooks, warm the brown rice in the microwave for 2 minutes. Stir in 2 tablespoons of the lime juice and half the cilantro while the rice is hot.
4. Drain and rinse the black beans well. Warm them in the microwave for 1 minute with a pinch of cumin if you like.
5. Make the corn salsa. Thaw the frozen corn under warm running water, drain, and toss with the diced red onion, the remaining lime juice, and the rest of the cilantro.
6. Build each bowl with a quarter of the rice, a quarter of the beans, a quarter of the chicken, and a scoop of corn salsa.
7. Finish each bowl with 2 tablespoons of Greek yogurt and serve warm, or pack the components in separate containers for the week.

**COACH'S NOTE**

Thighs are worth it here for flavor and forgiveness, but breast works if you pull it at 165°F. Rinse the beans well to cut their sodium by about a third.

**SWAPS**

Gluten-free as written. Dairy-free: skip the yogurt or use a dairy-free plain yogurt.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

BONUS SWAP-IN RECIPE: USE IT IN ANY WEEK

# Juicy Turkey Burgers



*Grated onion and Worcestershire keep these lean turkey burgers juicy — no breadcrumbs, no dry hockey pucks.*

Serves 4 (burgers) · Total 25 min · Prep 15 / Cook 10 min

| 43 g PROTEIN | 387 CALORIES | 4 g CARBS | 23 g FAT | 1 g FIBER |
|---|---|---|---|---|

## INGREDIENTS

- 2 lbs 93% lean ground turkey
- 1/2 cup yellow onion
- 1 tbsp Worcestershire sauce
- 2 cloves garlic
- 1 tsp smoked paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp olive oil

## METHOD

1. Mix the turkey, grated onion, Worcestershire, garlic, smoked paprika, salt, and pepper in a bowl — gently, just until combined. Overmixing makes tough burgers.
2. Shape into 4 patties about 3/4 inch thick. Press a shallow dimple into the center of each with your thumb so they cook flat instead of doming.
3. Chill the patties 10 minutes if you have the time; they hold together better.
4. Heat the olive oil in a large skillet over medium heat.
5. Cook 5 to 6 minutes per side, flipping once, until an instant-read thermometer hits 165°F in the center.
6. Rest 3 minutes before serving — on a bun, in a lettuce wrap, or over a big salad.

### COACH'S NOTE

The grated onion is the juiciness insurance — don't chop it, grate it. Nutrition is per patty and doesn't include a bun or toppings.

### SWAPS

Gluten-free: check the Worcestershire label and use a GF bun or lettuce wrap. Dairy-free as written.

Nutrition per serving, calculated from the listed ingredients; varies with brands.

TRACKER

# 28-day protein tracker

Tick each meal, write your total, and watch the streak grow

My daily protein target: _____ g  Start date: _____

| DAY | BREAKFAST | LUNCH | DINNER | SNACK | PROTEIN TOTAL | WATER | NOTES |
|---|---|---|---|---|---|---|---|
| 1 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 2 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 3 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 4 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 5 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 6 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 7 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 8 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 9 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 10 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 11 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 12 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 13 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
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| 24 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 25 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 26 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 27 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |
| 28 | ☐ | ☐ | ☐ | ☐ | | ○○○○○○ | |

WEEKLY CHECK-INS

# Notice what's working

Five minutes at the end of each week. Progress is more than the scale

## WEEK 1

**Energy & hunger this week (1-10):**

**Meals I loved / will repeat:**

**What got in the way:**

**One thing I'll do differently next week:**

## WEEK 2

**Energy & hunger this week (1-10):**

**Meals I loved / will repeat:**

**What got in the way:**

**One thing I'll do differently next week:**

## WEEK 3

**Energy & hunger this week (1-10):**

**Meals I loved / will repeat:**

**What got in the way:**

**One thing I'll do differently next week:**

## WEEK 4

**Energy & hunger this week (1-10):**

**Meals I loved / will repeat:**

**What got in the way:**

**One thing I'll do differently next week:**

BLANK PLANNER

# Plan your own week

Week 5 and beyond: reuse the rhythm with your favorite recipes

| | LUNCH | DINNER | PROTEIN (G) |
|---|---|---|---|
| **Prep day** | | | |
| **Day 1** | | | |
| **Day 2** | | | |
| **Day 3** | | | |
| **Day 4** | | | |
| **Day 5** | | | |
| **Day 6** | | | |
| **Day 7** | | | |

## Shopping list

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YOUR FREE BONUS

# 28 days of coaching, straight to your inbox

Scan the code and enter your email. Every morning for 28 days you'll get one short email that matches that day of the plan: what to cook, what to prep, and one small habit that makes high-protein eating stick. Free with your purchase.

**coachluke.com/high-protein-bonus**

or type the address into your browser

- One email a day, under 2 minutes to read
- Matched to Days 1–28 of this plan
- Includes my free 7 High-Protein Breakfasts guide
- Unsubscribe any time with one click

WHAT'S NEXT

# You did the hard part. Keep going.

How to turn 28 days into how you eat

## Repeat your favorites

Week 5 doesn't need a new plan. Pick your four favorite dinners and one prep recipe, use the blank planner, and run the same rhythm.

## Rotate the weeks

The four weeks are built to repeat. Start again at Week 1, or run them in any order: each week's grocery list stands on its own.

## Get more recipes

Every recipe here lives on coachluke.com in the High-Protein Recipes, Quick Healthy Dinners and Meal Prep sections, and new ones are added all the time.

## Grab the free library

My Free Resource Library at coachluke.com/free-library has printable guides and checklists, plus a weekly newsletter with real advice and no gimmicks.

## *Thank you for cooking with me.*

Reply to any coaching email and tell me how it's going. I read every one.
More free recipes and guides are waiting at coachluke.com.

COACH LUKE · COACHLUKE.COM

*Disclaimer: This plan is for general education and is not medical advice. Talk with your doctor or a registered dietitian before making big changes to your diet, especially if you are pregnant, nursing, or managing a health condition. Nutrition information is estimated from the listed ingredients.*