



DINNER

MONDAY



LENTIL SALAD

Even meatless Mondays can be packed with protein! Lentils and chickpeas make a hearty salad that gives you 18 grams per serving!

Pairing ideas: Serve as a main or pair with a [black bean burger](#) or [salmon cakes](#)!

TUESDAY



AIR FRYER WHOLE CHICKEN

Looking for something easy and high protein? We're talking 41g in just one serving of chicken! And don't worry if you don't have an air fryer, you can try this [oven roasted](#) version!

Side dish ideas: [Roasted Potatoes](#), [Cilantro Lime Rice](#), [Air Fried Veggies](#)

WEDNESDAY



TERIYAKI BEEF STIR FRY

This stir fry has broccoli, red peppers and onions mixed with a savory homemade teriyaki sauce. 30 minutes start to finish + 28g of protein!

TIP: Want to bump the protein up even more? Swap rice for quinoa or lentils!

THURSDAY



LEMON CHICKEN ORZO SOUP

Warm, cozy, and a big bowl of protein goodness. Each bowl has about 19 grams and can easily be increased by adding another protein such as chickpeas or stir in some Greek yogurt for a creamy soup!

TIP: Use up any leftover chicken you have from earlier in the week!

FRIDAY



SALMON LETTUCE WRAPS

Tender, marinated Asian-inspired salmon is ready in just 20 minutes; It's perfect for a quick, easy dinner and packs a tasty 36g of protein.

Side dish ideas: [Brown rice](#) or [Cauliflower rice](#) or [Spring Rolls](#)

BREAKFAST

COFFEE SMOOTHIE



Make your morning coffee with 18g of protein to kickstart your day!

SNACK/DESSERT

STRAWBERRY PARFAIT



A wonderful mini-sized treat that's adorable, healthy and simple! Plus a little protein to keep you going!