7-DAY HIGH-PROTEIN PLAN

On a budget. Cook once, eat twice. Full recipes: everydayproteinkitchen.com

DAY	BREAKFAST	LUNCH	DINNER	PROTEIN
Mon	Greek yogurt with oats and banana	Lentil and rice bowl	Sheet pan chicken thighs with potatoes	**~105 g**
Tue	Scrambled eggs on toast	Leftover chicken wrap	Black bean and egg skillet	**~95 g**
Wed	Overnight oats with peanut butter	Tuna and white bean salad	Lentil chili with cottage cheese	**~110 g**
Thu	Cottage cheese with fruit	Leftover chili over rice	Chicken fried rice with extra eggs	**~100 g**
Fri	Greek yogurt with oats and banana	Egg salad sandwich	Tuna pasta with spinach	**~100 g**
Sat	Protein pancakes	Black bean quesadilla	Chicken and bean tacos	**~105 g**
Sun	Veggie omelet	Leftover tacos	Slow cooker lentil soup, prep for next week	**~95 g**

Protein numbers are rounded estimates (single foods checked against USDA FoodData Central, Oct 23, 2026). Brands, portions and prices vary. Not medical advice.

SHOPPING LIST

About nine staples. Tick off what you have, write your own prices.

ITEM	MY PRICE
☐ **Eggs** 2 dozen	_____
☐ **Chicken thighs** about 3 pounds, bone-in or boneless	_____
☐ **Canned tuna** 3 to 4 cans	_____
☐ **Beans** black beans and white beans (dried or canned)	_____
☐ **Lentils** 1 pound, dry	_____
☐ **Greek yogurt** one large tub	_____
☐ **Cottage cheese** one large tub	_____
☐ **Oats and rice** one bag each	_____
☐ **Peanut butter** 1 jar	_____
☐ **Bananas, spinach, onions, frozen mixed vegetables**	_____
☐ **Tortillas, bread, pasta** one pack each	_____
TOTAL FOR THE WEEK	_____

Protein numbers are rounded estimates (single foods checked against USDA FoodData Central, Oct 23, 2026). Brands, portions and prices vary. Not medical advice.

HOW TO USE THIS PLAN

Small changes keep it cheap and realistic.

- Cook dinner once, eat it twice. Chicken, chili and tacos from dinner become the next day's lunch.
- Repeat two or three breakfasts all week instead of reinventing mornings.
- Buy dried lentils and beans when you can. Canned works too, rinse it.
- Need more protein? Add a scoop of Greek yogurt, an extra egg, or a can of tuna to a meal.
- Need less? Make portions smaller. Most adults do well with roughly 20 to 30 g of protein per meal.
- Egg-free? Swap in Greek yogurt, cottage cheese, tofu or lentils. See the egg-free breakfasts on our site.
- Allergies or medical conditions: ask your doctor or a registered dietitian. This plan is general information.

Full recipes, tips and more plans

everydayproteinkitchen.com

Protein numbers are rounded estimates (single foods checked against USDA FoodData Central, Oct 23, 2026). Brands, portions and prices vary. Not medical advice.