High-Protein 7-Day Meal Plan

Protein-forward dinners, simple sides, one grocery trip — free printable PDF.

A practical dinner map for adults cooking at home — not a medical or bodybuilding program. Adjust portions for your household.

7 HIGH-PROTEIN DINNERS

DAY	DINNER	TIME
MON	Pan-seared chicken + broccoli	~25 min
TUE	Turkey taco bowls (beans + rice)	~30 min
WED	Salmon with asparagus	~25 min
THU	Beef stir-fry + vegetables	~25 min
FRI	Greek-style yogurt chicken	~30 min
SAT	Shrimp skillet with vegetables	~30 min
SUN	Herb turkey meatballs + salad	~30 min

GROCERY LIST

PROTEIN

- Chicken breast
- Ground turkey
- Salmon
- Lean beef strips
- Shrimp

PANTRY

- Black beans
- Rice
- Olive oil
- Spices
- Stock

PRODUCE

- Broccoli
- Asparagus
- Peppers
- Salad mix
- Onion
- Garlic

DAIRY

- Greek yogurt
- Cheese (optional)

PREP ONCE

- Batch-cook rice and portion proteins for faster nights.
- Use the blank planner PDF if you want to rearrange days.
- Personalize a high-protein week in the Recipe Planning app.