

FREE PRINTABLE • NUTRITION



7-Day *High-Protein* Meal Plan

About 2,000 calories and 150 g of protein a day, with real food, simple recipes and one grocery list.

~2,000
KCAL A DAY

~155 g
PROTEIN A DAY

28
PLANNED MEALS

6
RECIPES

INSIDE THIS PLAN

- Week-at-a-glance menu
- Daily meals with portions and macros
- How to scale to 1,600 or 2,400 kcal
- Protein sources table
- Grocery list by category
- Recipes and a 2-hour prep plan

How this plan works

This plan gives you seven days of high-protein meals. Each day has breakfast, lunch, a snack and dinner. The daily average is about 2,000 kcal and 155 g of protein. You cook twice a week: a 2-hour session on Sunday and a short session on Wednesday.

Daily targets (7-day average)

CALORIES

2,001

kcal per day

PROTEIN

155 g

about 31% of calories

CARBOHYDRATE

206 g

about 41% of calories

FAT

64 g

about 28% of calories

Who this plan is for

- Healthy adults who want more protein in their day, for example to support strength training.
- People whose energy needs are near 2,000 kcal a day. If yours are different, see the scaling page.
- People who are happy to cook in batches and eat some meals more than once.

How much protein is this?

The adult RDA for protein is 0.8 g per kg of body weight. Many sports nutrition guidelines suggest 1.4 to 2.0 g per kg for people who exercise regularly.

About 150 g a day is 2.0 g/kg for a 75 kg (165 lb) person and 1.5 g/kg for a 100 kg (220 lb) person.

How to read the numbers

- Meat and fish weights are **cooked** weights. Raw meat loses about 25% of its weight when you cook it.
- Grains, rice and pasta are measured cooked. Oats are measured dry.
- Values are estimates from standard nutrition data. Brands differ, so check labels. Expect each day to be within about 5%.
- Each daily total is the sum of the rounded meal values shown.
- Spread protein over the day. Main meals here give 37 to 56 g and snacks give 19 to 33 g.

Drink water. Plain water, tea and black coffee are not counted. Sugary drinks and alcohol add calories that are not in this plan.

Important: General information, not medical advice. Talk to a doctor or registered dietitian before you change your diet, especially if you have kidney disease, diabetes or are pregnant.

Week at a glance

The full menu on one page. Pin it to the fridge. The daily tables on the next pages give the portions and macros for each meal.

DAY	BREAKFAST	LUNCH	SNACK	DINNER	KCAL	PROTEIN
Mon	Egg muffins and avocado toast	Lemon chicken and quinoa bowl	Cottage cheese and apple	Baked salmon and sweet potato	1,998	158 g
Tue	Overnight protein oats	Turkey chili and rice	Snack box	Lemon chicken with brown rice	2,008	157 g
Wed	Egg muffins and toast	Tuna and white bean salad	Greek yogurt with almonds	Baked cod and roast potatoes	1,995	159 g
Thu	Overnight protein oats	Chili-topped baked potato	Edamame and an apple	Garlic-ginger shrimp stir-fry	1,991	146 g
Fri	Greek yogurt bowl	Chicken hummus wrap	Cottage cheese and pineapple	Lean burger and sweet potato wedges	1,988	154 g
Sat	Veggie omelet	Chili-stuffed sweet potato	Banana protein shake	Salmon rice bowl	2,010	154 g
Sun	Smoked salmon scramble	Greek chicken pita	Yogurt parfait	Steak, potatoes and broccoli	2,014	154 g
7-day average					2,001	155 g

Evening checklist

EVENING	DO THIS FOR THE NEXT DAY
Sunday	Main prep, about 2 hours (see the prep page).
Monday	Make overnight oats for Tuesday.
Tuesday	Make the tuna salad for Wednesday's lunch.
Wednesday	Mini-prep, about 40 minutes. Make Thursday's oats. Thaw 1 chili portion and the shrimp in the fridge.
Thursday	Pack Friday's chicken wrap.
Friday	Thaw 1 chili portion in the fridge for Saturday.
Saturday	Shop for next week.

Repeat meals on purpose

The chili appears three times and the egg muffins twice. Repeats cut shopping, cost and cooking time.

If you get tired of a meal, swap it for the same type of meal from a different day. Breakfasts differ by up to 115 kcal, lunches by up to 80 kcal and dinners by up to 120 kcal.

Protein per meal: breakfast 37–41 g, lunch 41–56 g, snack 19–33 g, dinner 37–52 g.

The 7-day meal plan

Each day has four meals. The numbers are for the portions listed. Recipe numbers refer to the recipe pages near the end of this plan.

01 Day 1: Monday		1,998 KCAL · 158 G PROTEIN			
MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Egg muffins and avocado toast 3 spinach-feta egg muffins (recipe 2) · 1 slice whole-grain toast with ¼ avocado · 1 orange	534	37 g	43 g	24 g
LUNCH	Lemon chicken and quinoa bowl 1 serving sheet-pan lemon chicken and vegetables (recipe 3) · 1 cup cooked quinoa	584	56 g	52 g	16 g
SNACK	Cottage cheese and apple 1 cup 2% cottage cheese · 1 medium apple, sliced · 1 tbsp peanut butter	370	28 g	38 g	13 g
DINNER	Baked salmon and sweet potato 5 oz cooked salmon · 1 medium sweet potato · 1 cup green beans · 1 tsp olive oil	510	37 g	40 g	23 g
Day 1 total		1,998	158 g	173 g	76 g
Protein 31%		Carbs 34%		Fat 35%	

02 Day 2: Tuesday		2,008 KCAL · 157 G PROTEIN			
MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Overnight protein oats 1 jar overnight oats (recipe 1) · 1 tbsp peanut butter on top	524	41 g	56 g	17 g
LUNCH	Turkey chili and rice 1 serving (about 1½ cups) turkey and black bean chili (recipe 4) · ¾ cup cooked brown rice	560	41 g	67 g	14 g
SNACK	Snack box 2 hard-boiled eggs · 1 string cheese · 1 cup baby carrots · 2 tbsp hummus	344	23 g	18 g	20 g
DINNER	Lemon chicken with brown rice 1 serving sheet-pan lemon chicken and vegetables (recipe 3) · 1 cup cooked brown rice	580	52 g	60 g	14 g
Day 2 total		2,008	157 g	201 g	65 g
Protein 31%		Carbs 40%		Fat 29%	

03 Day 3: Wednesday		1,995 KCAL · 159 G PROTEIN			
MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Egg muffins and toast 3 spinach-feta egg muffins (recipe 2) · 2 slices whole-grain toast · 1 orange	544	40 g	55 g	18 g
LUNCH	Tuna and white bean salad 1 lemon tuna and white bean salad (recipe 6) · 1 whole-wheat pita · ¼ avocado	588	42 g	66 g	19 g
SNACK	Greek yogurt with almonds 1 cup nonfat Greek yogurt · ½ cup mixed berries · 1 oz (about 23) almonds	335	30 g	22 g	15 g
DINNER	Baked cod and roast potatoes 6 oz cooked cod · 1 medium potato, roasted · 1½ cups zucchini and peppers · 1 tbsp olive oil in total	528	47 g	50 g	16 g
Day 3 total		1,995	159 g	193 g	68 g
Protein 31%		Carbs 38%		Fat 31%	

04 Day 4: Thursday		1,991 KCAL · 146 G PROTEIN			
MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Overnight protein oats 1 jar overnight oats (recipe 1) · 1 tbsp peanut butter on top	524	41 g	56 g	17 g
LUNCH	Chili-topped baked potato 1 medium baked potato · 1 serving turkey and black bean chili (recipe 4)	556	42 g	70 g	13 g
SNACK	Edamame and an apple 1 cup shelled edamame, steamed and salted · 1 medium apple	283	19 g	39 g	8 g
DINNER	Garlic-ginger shrimp stir-fry 1 shrimp stir-fry (recipe 5): 5 oz cooked shrimp and 2 cups vegetables · 1½ cups cooked white rice	628	44 g	86 g	12 g
Day 4 total		1,991	146 g	251 g	50 g
Protein 29%		Carbs 49%		Fat 22%	

05 Day 5: Friday

1,988 KCAL · 154 G PROTEIN

MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Greek yogurt bowl 1½ cups nonfat Greek yogurt · ½ cup blueberries · ¼ cup low-sugar granola · 1 tbsp chia seeds	434	40 g	46 g	10 g
LUNCH	Chicken hummus wrap 1 large whole-wheat tortilla · 4 oz cooked chicken breast · 2 tbsp hummus · 1 cup lettuce, cucumber and tomato · 1 apple	598	46 g	71 g	15 g
SNACK	Cottage cheese and pineapple 1 cup 2% cottage cheese · ½ cup pineapple · 1 oz almonds	386	30 g	27 g	19 g
DINNER	Lean burger and sweet potato wedges 4 oz cooked 93% lean beef patty · 1 whole-wheat bun · 2 cups salad greens with 1 tsp olive oil · 1 medium sweet potato as wedges with 1 tsp olive oil	570	38 g	58 g	20 g
Day 5 total		1,988	154 g	202 g	64 g
Protein 31%		Carbs 40%		Fat 29%	

06 Day 6: Saturday

2,010 KCAL · 154 G PROTEIN

MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Veggie omelet 2 eggs and ½ cup egg whites · ½ oz cheddar · 1 cup spinach, mushrooms and peppers · 2 slices whole-grain toast · 1 orange	548	41 g	58 g	17 g
LUNCH	Chili-stuffed sweet potato 1 medium baked sweet potato · 1 serving turkey and black bean chili (recipe 4)	532	41 g	64 g	13 g
SNACK	Banana protein shake 1 scoop whey protein · 1 cup skim milk · 1 medium banana · ice, blended	310	33 g	42 g	2 g
DINNER	Salmon rice bowl 5 oz cooked salmon · 1 cup cooked white rice · 1 cup cucumber, carrot and cabbage · ¼ avocado	620	39 g	58 g	25 g
Day 6 total		2,010	154 g	222 g	57 g
Protein 31%		Carbs 44%		Fat 25%	

07 Day 7: Sunday		2,014 KCAL · 154 G PROTEIN			
MEAL	WHAT TO EAT	KCAL	PROTEIN	CARBS	FAT
BREAKFAST	Smoked salmon scramble 2 eggs and ¼ cup egg whites · 2 oz smoked salmon · 2 slices whole-grain toast · ¼ avocado	500	38 g	37 g	21 g
LUNCH	Greek chicken pita 4 oz grilled chicken breast · 1 whole-wheat pita · 2 tbsp hummus · 1 oz feta · 1 cup cucumber, tomato and onion · 1 orange	610	51 g	64 g	17 g
SNACK	Yogurt parfait 1 cup nonfat Greek yogurt · 1 cup mixed berries · ¼ cup low-sugar granola · 1 tsp honey	356	27 g	49 g	6 g
DINNER	Steak, potatoes and broccoli 4 oz cooked top sirloin · 1 medium potato, roasted · 1½ cups broccoli · 1 tbsp olive oil in total	548	38 g	50 g	22 g
Day 7 total		2,014	154 g	200 g	66 g
Protein 31%		Carbs 40%		Fat 29%	

Scale the plan to 1,600 or 2,400 kcal

Calorie needs depend on body size, age, sex and activity. Pick the level that suits you, or ask a dietitian. There are two ways to change the plan. The protein-first way keeps protein high and changes the other foods.

TARGET	WHAT TO CHANGE	KCAL / DAY	PROTEIN
1,600 kcal protein first	Keep all meat, fish, eggs, dairy and protein powder the same. Cut grains, bread, potatoes, fruit, oil, nuts, avocado, peanut butter, hummus and granola by half.	about 1,550	about 144 g
1,600 kcal simple	Eat 80% of every portion. For example, 4 oz chicken instead of 5 oz.	about 1,600	about 124 g
2,000 kcal	Follow the plan as written.	2,001	155 g
2,400 kcal protein first	Keep the plan. Add ½ cup cooked rice, quinoa or potato at lunch and at dinner. Add 1 slice whole-grain toast with 1 tbsp peanut butter as a second snack.	about 2,400	about 167 g
2,400 kcal simple	Eat 120% of every portion. For example, 6 oz chicken instead of 5 oz.	about 2,400	about 186 g

Change your grocery quantities by the same amount. Weigh portions for the first week, then you can judge them by eye.

Protein sources

Use this table to swap foods or build your own meals. "Protein share" is the percentage of the food's calories that come from protein. A higher share gives more protein for fewer calories.

FOOD	SERVING	KCAL	PROTEIN	PROTEIN SHARE
Chicken breast, cooked	4 oz (113 g)	187	35 g	75%
Top sirloin steak, cooked	4 oz (113 g)	200	30 g	60%
Lean ground beef (93%), cooked	4 oz (113 g)	200	28 g	56%
Lean ground turkey (93%), cooked	4 oz (113 g)	200	27 g	54%
Salmon, cooked	4 oz (113 g)	230	25 g	43%
Cod, cooked	4 oz (113 g)	120	26 g	87%
Shrimp, cooked	4 oz (113 g)	112	26 g	93%
Tuna in water, drained	1 can (about 4 oz)	110	25 g	91%
Smoked salmon	2 oz (57 g)	66	10 g	61%
Greek yogurt, nonfat plain	1 cup (227 g)	135	23 g	68%
Cottage cheese, 2%	1 cup (226 g)	180	24 g	53%
Whey protein powder	1 scoop (30 g)	120	24 g	80%
Eggs, large	2 eggs	144	13 g	36%
Liquid egg whites	½ cup (120 ml)	60	13 g	87%
Skim milk	1 cup (240 ml)	85	8 g	38%
String cheese, part-skim	1 stick (28 g)	80	7 g	35%
Edamame, shelled	1 cup (155 g)	188	18 g	38%
Lentils, cooked	1 cup (198 g)	230	18 g	31%
Tempeh	3 oz (85 g)	160	17 g	42%
Extra-firm tofu	5 oz (140 g)	150	16 g	43%
Black beans, cooked	1 cup (172 g)	228	15 g	26%
Peanut butter	2 tbsp (32 g)	190	7 g	15%
Almonds	1 oz (about 23)	165	6 g	15%

Approximate values based on USDA FoodData Central. Meat and fish are cooked weights. Tofu, protein powder and yogurt vary by brand, so check the label.

Easy swaps: chicken, turkey, shrimp and cod are interchangeable gram for gram with small calorie changes. Greek yogurt and skyr swap 1 for 1. For a meat-free day, use tofu, tempeh, edamame or lentils. Plant foods often bring more carbs, so the day's totals will change.

Grocery list for the week

Everything for all 28 meals for one person. It includes the full chili batch; the extra portions go in the freezer. Check what you already have before you shop.

MEAT AND FISH

- ☐ Chicken breast, boneless and skinless: 1½ lb (800 g)
- ☐ Lean ground turkey (93%): 2 lb (900 g)
- ☐ Salmon fillets: 2 × 6 oz (170 g)
- ☐ Cod fillet: 8 oz (225 g)
- ☐ Peeled raw shrimp, frozen: 8 oz (225 g)
- ☐ Lean ground beef (93%): 6 oz (170 g)
- ☐ Top sirloin steak: 6 oz (170 g)
- ☐ Smoked salmon: 1 pack, 4 oz (113 g)
- ☐ Tuna in water: 1 can, 5 oz

EGGS AND DAIRY

- ☐ Large eggs: 1 dozen
- ☐ Liquid egg whites: 1 carton, 16 oz
- ☐ Nonfat plain Greek yogurt: 1 tub, 32 oz
- ☐ 2% cottage cheese: 1 tub, 16 oz
- ☐ Feta, crumbled: 4 oz
- ☐ Cheddar: 1 small block
- ☐ String cheese, part-skim: 1 pack
- ☐ Skim milk: 1 quart

FRUIT

- ☐ Oranges: 4
- ☐ Apples: 3
- ☐ Banana: 1
- ☐ Lemons: 3
- ☐ Avocados: 2 (one ripe, one firm)
- ☐ Blueberries: ½ pint
- ☐ Frozen mixed berries: 1 bag, 16 oz
- ☐ Pineapple chunks: 1 small cup

PANTRY AND FROZEN

- ☐ Black beans: 2 cans, 15 oz
- ☐ White (cannellini) beans: 1 can, 15 oz
- ☐ Crushed tomatoes: 1 can, 28 oz
- ☐ Shelled edamame, frozen: 1 bag

- ☐ Whey protein powder (vanilla)
- ☐ Peanut butter
- ☐ Almonds: 1 small bag
- ☐ Chia seeds
- ☐ Hummus: 1 tub, 10 oz

- ☐ Olive oil
- ☐ Low-sodium soy sauce
- ☐ Honey
- ☐ Chili powder, cumin, smoked paprika, oregano, garlic powder

VEGETABLES

- ☐ Broccoli: 2 large heads
- ☐ Bell peppers: 4
- ☐ Onions: 2 yellow, 1 red
- ☐ Baby spinach: 1 bag, 5 oz
- ☐ Zucchini: 1
- ☐ Green beans: 8 oz
- ☐ Stir-fry vegetable mix: 1 bag, 12 oz
- ☐ Salad greens: 1 bag
- ☐ Cucumbers: 2
- ☐ Cherry tomatoes: 1 pint
- ☐ Baby carrots: 1 small bag
- ☐ Mushrooms: 4 oz
- ☐ Garlic: 1 head
- ☐ Fresh ginger: 1 small piece
- ☐ Potatoes: 3 medium
- ☐ Sweet potatoes: 3 medium

GRAINS AND BREAD

- ☐ Rolled oats: 1 small canister
- ☐ Quinoa: 1 small bag
- ☐ Brown rice: 1 bag
- ☐ White rice (jasmine or basmati): 1 bag
- ☐ Whole-grain bread: 1 loaf
- ☐ Whole-wheat pitas: 1 pack
- ☐ Large whole-wheat tortillas: 1 pack
- ☐ Whole-wheat burger buns: 1 pack
- ☐ Low-sugar granola: 1 small bag

Recipes

Six simple recipes cover the batch-cooked meals. The numbers are per serving and match the daily tables.

1

Recipe 1: Overnight protein oats

Makes 1 serving · 5 min · no cooking

PER SERVING:

429 kcal · **38 g protein**

52 g carbs · 9 g fat

INGREDIENTS

- ½ cup (40 g) rolled oats
- 1 scoop (30 g) vanilla whey protein
- ¾ cup skim milk
- 1 tbsp chia seeds
- ½ cup mixed berries, fresh or frozen
- Pinch of cinnamon

METHOD

- 1 Put the oats, protein powder, chia seeds and cinnamon in a jar. Stir.
- 2 Add the milk and stir well so the powder has no lumps.
- 3 Close the jar and put it in the fridge for at least 6 hours.
- 4 Add the berries before you eat. Eat within 2 days.

2

Recipe 2: Spinach and feta egg muffins

Makes 6 muffins (2 servings of 3) · 30 min

PER SERVING (3 MUFFINS):

302 kcal · **31 g protein**

7 g carbs · 16 g fat

INGREDIENTS

- 4 large eggs
- 1 cup liquid egg whites
- 1 cup chopped baby spinach and red pepper
- 2 oz feta, crumbled
- Salt, pepper and a pinch of garlic powder
- Cooking spray

METHOD

- 1 Heat the oven to 350 °F (175 °C). Spray a 6-cup muffin tin.
- 2 Whisk the eggs, egg whites and seasoning in a jug.
- 3 Divide the vegetables and feta between the cups. Pour the egg mix on top.
- 4 Bake 20 to 25 minutes, until the centers are set (160 °F / 71 °C).
- 5 Cool, then refrigerate. Eat within 3 to 4 days.

3

Recipe 3: Sheet-pan lemon chicken and vegetables

Makes 2 servings · 35 min

PER SERVING:

362 kcal · **48 g protein**

14 g carbs · 12 g fat

INGREDIENTS

- 14 oz (400 g) raw boneless, skinless chicken breast
- 3 cups broccoli florets, bell pepper and red onion
- 1 tbsp olive oil
- 1 lemon, zest and juice
- 1 tsp garlic powder, 1 tsp oregano, salt and pepper

METHOD

- 1 Heat the oven to 425 °F (220 °C). Line a sheet pan.
- 2 Cut the chicken into large pieces. Toss chicken and vegetables with oil, lemon zest and spices.
- 3 Spread in one layer. Roast 20 to 25 minutes, until the chicken reaches 165 °F (74 °C).
- 4 Squeeze the lemon juice over the pan. Divide into 2 containers.

4

Recipe 4: Turkey and black bean chili

Makes 6 servings (about 1½ cups each) · 45 min

PER SERVING:

396 kcal · **38 g protein**

32 g carbs · 13 g fat

INGREDIENTS

- 2 lb (900 g) raw 93% lean ground turkey
- 1 tbsp olive oil
- 1 onion and 2 bell peppers, diced
- 3 cloves garlic, chopped
- 2 tbsp chili powder, 2 tsp cumin, 1 tsp smoked paprika
- 1 can (28 oz) crushed tomatoes
- 2 cans (15 oz) black beans, drained and rinsed
- 1 cup water or low-sodium broth, salt to taste

METHOD

- 1 Heat the oil in a large pot. Cook the onion and peppers for 5 minutes.
- 2 Add the turkey and garlic. Cook and break up the meat until no pink remains (165 °F / 74 °C).
- 3 Stir in the spices, tomatoes, beans and water. Simmer 25 minutes.
- 4 Cool fast in shallow containers. Refrigerate 1 portion. Freeze the other 5.

5

Recipe 5: Garlic-ginger shrimp stir-fry

Makes 1 serving · 15 min

PER SERVING:

320 kcal · **38 g protein**

19 g carbs · 11 g fat

INGREDIENTS

- 6 oz (170 g) raw peeled shrimp, thawed
- 2 cups stir-fry vegetables
- 2 tsp olive or other cooking oil
- 1 tbsp low-sodium soy sauce
- 1 clove garlic and 1 tsp fresh ginger, grated
- Pinch of chili flakes (optional)

METHOD

- 1 Heat 1 tsp oil in a hot pan. Cook the vegetables 4 to 5 minutes. Move them to a plate.
- 2 Add the rest of the oil, then the shrimp, garlic and ginger.
- 3 Cook 2 to 3 minutes, until the shrimp are pink and opaque.
- 4 Add the vegetables and soy sauce back to the pan. Toss and serve on rice.

6

Recipe 6: Lemon tuna and white bean salad

Makes 1 serving · 10 min · no cooking

PER SERVING:

338 kcal · **35 g protein**

26 g carbs · 10 g fat

INGREDIENTS

- 1 can (5 oz) tuna in water, drained
- ½ cup white beans, rinsed
- ½ cup cucumber and cherry tomatoes, chopped
- 2 tsp olive oil
- Juice of ½ lemon, chopped parsley, salt and pepper

METHOD

- 1 Put the tuna, beans and vegetables in a bowl.
- 2 Whisk the oil, lemon juice, salt and pepper. Pour over the salad.
- 3 Mix gently. Add the parsley.
- 4 Pack in a container. Eat within 1 day.

Prep plan and tips

Sunday prep (about 2 hours)

- 0:00** Heat the oven to 425 °F. Start the brown rice and quinoa on the stove.
- 0:10** Start the turkey chili (recipe 4). Let it simmer while you do the next steps.
- 0:25** Put the sheet-pan chicken (recipe 3) in the oven.
- 0:35** Boil 2 eggs for 10 minutes for Tuesday's snack. Cool them in cold water.
- 0:50** Take out the chicken. Set the oven to 350 °F. Bake the egg muffins (recipe 2).
- 1:15** Take out the muffins. Portion the chili into 6 containers. Freeze 5.
- 1:30** Portion rice, quinoa and chicken. Label each container with the day and meal.
- 1:45** Wash and cut snack vegetables. Clean up.

Wednesday mini-prep (about 40 minutes)

- Bake or pan-cook 6 oz raw chicken breast for Friday's wrap.
- Bake 1 potato for Thursday and 2 sweet potatoes for Friday and Saturday.
- Move 1 chili portion and the shrimp from the freezer to the fridge.
- On Friday night, move 1 more chili portion to the fridge for Saturday.

Tips that make the week easier

- Shop on Saturday or Sunday morning, before you prep.
- Buy salmon and shrimp frozen. They cost less and keep until you need them.
- Use a kitchen scale for one week to learn what 4 oz of chicken looks like.
- Keep a backup protein snack at work, such as jerky or a shelf-stable protein drink.
- If you miss a meal, do not double the next one. Move on to the next planned meal.
- Season with herbs, spices, lemon and vinegar. They add flavor with almost no calories.

How long food keeps

FOOD	FRIDGE (40 °F)	FREEZER (0 °F)
Cooked chicken, turkey, beef	3–4 days	2–3 months
Cooked fish and shrimp	3–4 days	2–3 months
Chili and soups	3–4 days	2–3 months
Egg muffins	3–4 days	2 months
Hard-boiled eggs, in shell	7 days	Do not freeze
Cooked rice, quinoa, potatoes	3–4 days	1–2 months
Raw chicken, fish, ground meat	1–2 days	3–4 months
Overnight oats	2 days	Not advised

Based on USDA guidance. Freezer times are for best quality; frozen food stays safe longer.

Food safety basics

- Cook poultry and ground poultry to 165 °F, ground beef to 160 °F, steak and fish to 145 °F.
- Put cooked food in the fridge within 2 hours. Use shallow containers so it cools fast.
- Thaw food in the fridge, not on the counter.
- Reheat leftovers until they are steaming hot, to 165 °F.