

Higher Protein Sample Meal Plan

Breakfast: Pear & berry overnight oats with walnuts

Ingredients

Old fashioned (rolled) oats, 1 cup
1% milk, 1 cup
Pear, 1 medium, shredded
Ground nutmeg, 1 tsp
Nonfat plain Greek yogurt, 3 cups
Walnuts, 10 walnuts, chopped
Sesame seeds, 1 tbsp
Frozen berries, any type, 2 cups, frozen or fresh
Shredded coconut, unsweetened, 4 tbsp

Extra ingredient, 1 serving

Latte, plain, nonfat milk, 12 fl oz

Instructions

Place oats into a bowl or container. Add the milk, pear, nutmeg and 1 cup of the yogurt. Stir to combine. Cover and place in the fridge overnight to soak.

To toast walnuts and sesame seeds, heat a small skillet over medium heat. Toast, stirring 2 to 3 minutes until golden, being careful not to burn. Remove skillet from heat and allow to cool. Chop walnuts into small pieces. Store nut and seed mix in the fridge in a small airtight container.

Portion into 4 separate containers or jars and refrigerate overnight so that you can grab and go in the morning.

When you're ready to eat, grab 1 container or jar. Spoon into bowl and top with ¼ cup of yogurt, ¼ cup berries and 1 teaspoon of nut mix. Sprinkle with a pinch of nutmeg (if desired) and shredded coconut.

Follow with a takeaway coffee, or a latte made at home with 1 cup of milk.

Makes 4 servings

Each serving provides: Vegetables **0**, Fruits **1**, Carbohydrates **1.1**, Protein/Dairy **2**, Fats **1.8**, Sweets **0**, 438 calories.



Lunch: Roast beef sandwich

Ingredients

Whole wheat bread, 2 slices
Avocado, 2 tbsp
Sliced deli beef, reduced sodium, 3 oz
Red onion, ¼ small, sliced
Cherry tomatoes, 5 cherry tomatoes, halved
Cucumber, ½ cucumber(s) (8-1¼"), ribbons or sliced
Red bell pepper, ¼ pepper, sliced
Baby spinach, 1 handful

Instructions

Spread 1 slice of bread with avocado and top with sliced beef, onion, tomatoes, cucumber, bell pepper and spinach. Top with other slice of bread to make a sandwich.

Makes 1 serving

Each serving provides: Vegetables **2.3**, Fruits **0**, Carbohydrates **2.3**, Protein/Dairy **0.9**. Fats **1.1**, Sweets **0**, 363 calories



Dinner: Barbecue teriyaki salmon skewers & vegetables with pita & yogurt

Ingredients

Atlantic salmon, 6 oz
Teriyaki marinade, 2 tbsp
Red onion, 1 small, cut into thin wedges
Green bell pepper, 1 pepper, chopped
Mushrooms, raw, 1½ cup, whole, halved
Cherry tomatoes, ½ dry pint
Olive oil spray, 6 two-second sprays
Arugula, 2 cups
Sesame seeds, 1 tsp
Whole wheat pita, 2 small pita(s) (4" dia), toasted
Nonfat plain Greek yogurt, 14 oz

Instructions

Cut the salmon into 12 pieces and thread onto 4 skewers. Place into a ceramic dish. Spoon over 1 tablespoon of teriyaki marinade. Turn to coat.



Combine onion, bell peppers and mushrooms in a bowl. Add remaining marinade, stir to coat.

Preheat barbecue to medium heat. Spray the skewers with olive oil. Barbecue for 2 to 3 minutes each side or until cooked to your liking. Remove to a plate and cover to keep warm.

Spray the vegetables with oil and add to the hot barbecue. Cook, turning often for 4 minutes. Add the tomatoes, cook for a further 1 minute or until vegetables are lightly charred and tender.

Arrange arugula between two plates. Add the vegetables and skewers. Sprinkle with sesame seeds and serve.

TIP: You can also choose to broil the skewers in the oven at 425°F, using the same instructions above.

DESSERT: Enjoy yogurt for dessert.

Makes 2 servings

Each serving provides: Vegetables **2.6**, Fruits **0**, Carbohydrates **1**, Protein/Dairy **2.7**, Fats **1.1**, Sweets **0.2**, 495 calories.

Snack: Vegetables & fruit

Ingredients

Fruit, any type, 1 small piece

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup

Instructions

Enjoy unlimited servings of vegetables and fruits throughout the day.

Makes 1 serving

Each serving provides: Vegetables **1**, Fruits **1**, Carbohydrates **0**, Protein/Dairy **0**, Fats **0**, Sweets **0**, 86 calories.