

## High Protein Low Fat Meal Plans

If you have chosen to follow a [low-fat, high protein diet](#), the following meal plans are designed to help. Choose three meals and two snacks each day.

### Breakfast

Choose one of the following breakfasts each day.

	Food(s)	Calories	Protein (g)	Fat (g)	Special instructions
Breakfast 1	Southwestern veggie scramble made with: <ul style="list-style-type: none"> <li>• One spritz cooking spray</li> <li>• One whole egg</li> <li>• Two egg whites</li> <li>• 1/2 onion, chopped</li> <li>• 1/2 green pepper, chopped</li> <li>• 1 ounce fat free cheddar cheese</li> <li>• 1/2 cup salsa</li> </ul>	225	24 g	5 g	<ol style="list-style-type: none"> <li>1. Spray small saute pan with cooking spray.</li> <li>2. Over medium high heat, saute onions and peppers until soft - about five minutes.</li> <li>3. Add egg and egg whites and scramble until cooked.</li> <li>4. Top with cheese and salsa and serve.</li> </ol>
Breakfast 2	Chia smoothie made with: <ul style="list-style-type: none"> <li>• 1 cup unsweetened almond milk</li> <li>• 2 tablespoons chia seeds</li> <li>• 1 scoop whey protein powder</li> <li>• 1/2 cup frozen berries</li> </ul>	250	26 g	7 g	<ol style="list-style-type: none"> <li>1. Add chia to almond milk and allow to sit for 20 minutes.</li> <li>2. Pour into a blender. Add protein powder and berries.</li> <li>3. Blend until well combined.</li> </ol>
Breakfast 3	Canadian bacon and egg open faced sandwich made with: <ul style="list-style-type: none"> <li>• 1 slice toasted Ezekiel 4:9 bread</li> <li>• 1 egg, over easy</li> <li>• 4 ounces</li> </ul>	345	43	8.5	<ol style="list-style-type: none"> <li>1. In a small nonstick pan, cook one egg, flipping it when bottom is done.</li> <li>2. Place egg and Canadian bacon on toasted bread.</li> <li>3. Top with cheese.</li> <li>4. Broil until cheese melts, one to two minutes.</li> </ol>

	Canadian bacon <ul style="list-style-type: none"> <li>1 ounce reduced fat cheddar cheese</li> </ul>				
Breakfast 4	Fat-free yogurt parfait made with: <ul style="list-style-type: none"> <li>1 cup fat-free vanilla yogurt</li> <li>1/2 ounce chopped walnuts</li> <li>1 cup sliced strawberries</li> </ul>	322	12 g	9 g	
Breakfast 5	Spinach and bacon frittata made with: <ul style="list-style-type: none"> <li>3 egg whites and one whole egg, beaten</li> <li>2 slices turkey bacon, cooked and crumbled</li> <li>1 cup spinach</li> <li>3 tablespoons chopped onion</li> <li>1 clove minced garlic</li> <li>1 ounce grated fat-free cheddar cheese</li> </ul>	330	33 g	5 g	<ol style="list-style-type: none"> <li>Spray an oven-proof saute pan with non-stick cooking spray.</li> <li>Over medium-high heat, cook onion until soft.</li> <li>Add spinach and cook until wilted.</li> <li>Add garlic and cook until fragrant - about 30 seconds.</li> <li>Carefully pour eggs over the vegetables and allow them to firm up on the bottom.</li> <li>Sprinkle with cheddar cheese.</li> <li>Transfer eggs to broiler oven, allowing frittata to puff and cheese to melt, about 3 minutes.</li> </ol>

## Lunch

Choose one of the following lunches each day.

	Food(s)	Calories	Protein (g)	Fat (g)	Special instructions
Lunch 1	Open-faced tuna salad sandwich made with: <ul style="list-style-type: none"> <li>3 ounces water-packed light tuna</li> <li>1 rib celery</li> <li>2 tablespoons fat-free</li> </ul>	252	37 g	1 g	<ol style="list-style-type: none"> <li>Combine tuna, celery, yogurt, mustard, and Tabasco.</li> <li>Spread on toasted Ezekiel bread.</li> <li>Top with tomato and cheese.</li> <li>Broil until cheese melts.</li> </ol>

	<ul style="list-style-type: none"> <li>plain yogurt</li> <li>• 1 teaspoon Dijon mustard</li> <li>• Dash Tabasco sauce</li> <li>• 1 slice toasted Ezekiel 4:9 bread</li> <li>• 2 slices tomato</li> <li>• 1 ounce shredded fat-free cheddar</li> </ul>				
Lunch 2	<p>Kale chicken roll-up made with:</p> <ul style="list-style-type: none"> <li>• 4 extra large kale leaves</li> <li>• 3 ounces broiled chicken breast</li> <li>• 2 tablespoons avocado mashed with 1 teaspoon lemon juice, pinch of salt, and dash of Tabasco</li> <li>• 3 cherry tomatoes, halved</li> <li>• 1/4 cup cooked quinoa</li> <li>• 1/2 red pepper, chopped</li> </ul>	300	31 g	10 g	<ol style="list-style-type: none"> <li>1. Combine all ingredients except kale in a bowl and mix until integrated.</li> <li>2. Place in the center of a kale leaves and roll up to eat.</li> </ol>
Lunch 3	<p>Turkey pinwheels made with:</p> <ul style="list-style-type: none"> <li>• 8 ounces deli turkey breasts</li> <li>• 4 tablespoons fat-free cream cheese mixed with a dash of Tabasco and 2 teaspoons Dijon mustard</li> <li>• 1/2 cup spinach leaves</li> </ul>	315	35 g	3 g	<ol style="list-style-type: none"> <li>1. Spread turkey breasts with cream cheese mixture.</li> <li>2. Top with spinach.</li> <li>3. Roll turkey around filling.</li> </ol>
Lunch 4	<p>Beef and bean burrito made with:</p> <ul style="list-style-type: none"> <li>• 3 ounces 95 percent lean ground beef</li> <li>• 1/4 cup mashed black beans</li> <li>• 1 ounce fat-free cheddar cheese</li> <li>• 2 tablespoons salsa</li> <li>• 2 tablespoons fat-free plain yogurt</li> <li>• 1 whole wheat, low-carb tortilla</li> </ul>	365	33 g	7 g	<ol style="list-style-type: none"> <li>1. Brown ground beef and drain.</li> <li>2. Cook black beans and mash with cheddar cheese and salsa.</li> <li>3. Spread beef and beans on a whole grain tortilla.</li> <li>4. Serve topped with yogurt.</li> </ol>
Lunch 5	<p>Chef's salad made with:</p> <ul style="list-style-type: none"> <li>• 4 ounces sliced turkey ham</li> <li>• 2 hard boiled egg whites, chopped</li> <li>• 3 cups shredded romaine lettuce</li> <li>• 3 scallions, chopped</li> </ul>	310	29 g	6 g	

	<ul style="list-style-type: none"> <li>• 1 carrot, peeled and chopped</li> <li>• 5 cherry tomatoes, halved</li> <li>• 2 tablespoons fat free salad dressing</li> </ul>				
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## Dinner

Choose one of the following dinners each day.

	Food(s)	Calories	Protein	Fat	Special instructions
Dinner 1	6 ounces grilled salmon Steamed artichoke 2 tablespoons fat-free ranch	350	45 g	7	
Dinner 2	Warm shrimp spinach salad made with: <ul style="list-style-type: none"> <li>• 2 slices turkey bacon</li> <li>• 1 shallot, minced</li> <li>• 1 clove garlic, minced</li> <li>• 1/4 cup red wine vinegar</li> <li>• 4 cups chopped baby spinach</li> <li>• 6 ounces shrimp, broiled</li> </ul>	311	90 g	3 g	<ol style="list-style-type: none"> <li>1. Spray a large saute pan with nonstick cooking spray.</li> <li>2. Over medium-high heat, cook chopped turkey bacon until crisp. Remove and set aside.</li> <li>3. In the same pan, add shallots, garlic, and vinegar. Simmer until reduced by half.</li> <li>4. Pour warm dressing over baby spinach.</li> <li>5. Top with broiled shrimp.</li> </ol>
Dinner 3	Protein style hamburger made with: <ul style="list-style-type: none"> <li>• 4 ounces 95 percent lean ground beef</li> <li>• 1/2 head lettuce</li> <li>• 2 tablespoons fat-free ranch combined with 1 teaspoon Worcestershire, 1 teaspoon soy sauce, 1/4 teaspoon Sriracha</li> </ul> 14 baby carrots	340	34 g	8 g	<ol style="list-style-type: none"> <li>1. Grill or broil hamburger patty.</li> <li>2. Remove several layers of lettuce leaves from head of lettuce to make a "bun."</li> <li>3. Spread lettuce with ranch dressing mixture.</li> <li>4. Top with burger and second lettuce leaves bun.</li> </ol>
Dinner 4	1/2 roasted chicken breast, skin removed Mashed cauliflower made with: <ul style="list-style-type: none"> <li>• 1 cup cauliflower</li> <li>• 1 ounce fat-free cheddar cheese</li> </ul>	300	42 g	2 g	<ol style="list-style-type: none"> <li>1. Steam cauliflower until soft.</li> <li>2. Drain and mash with a potato masher.</li> <li>3. Stir in cheese, milk, salt, and pepper.</li> </ol>

	<ul style="list-style-type: none"> <li>• 1/4 cup skim milk</li> <li>• Dash salt</li> <li>• Fresh cracked black pepper</li> </ul>				
	1 cup green beans				
Dinner 5	Halibut with pesto "mayonnaise" <ul style="list-style-type: none"> <li>• 6 ounces halibut</li> <li>• 1/4 cup basil leaves</li> <li>• 1 tablespoon grated low-fat parmesan</li> <li>• 2 cloves garlic</li> <li>• 4 ounces fat-free plain yogurt</li> </ul>	364	56 g	8 g	<ol style="list-style-type: none"> <li>1. Grill halibut.</li> <li>2. Meanwhile, place basil and garlic in a food processor and process until well chopped.</li> <li>3. Scrape down sides of food processor and add yogurt and cheese.</li> <li>4. Spread over grilled salmon.</li> </ol>
	1 cup broccoli				

## Snacks

Have two or three healthy, low-fat snacks to round out your day. Suggestions include:

- Low-fat string cheese - 50 cal, 2 g fat, 6 g protein
- 6 ounces fat-free yogurt - 140 cal, 0 g fat, 7 g protein
- Hard boiled egg - 78 cal, 5 g fat, 6 g protein
- Celery spread with 2 tablespoons fat-free cream cheese - 40 cal, 0 g fat, 3 g protein
- Veggies and 2 tablespoons hummus - 100 calories, 4 g fat, 3 g protein
- [Green smoothies](#)