

7-Day High Protein Meal Plan

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This structured plan is designed for fat loss using high protein intake, calorie control, and sustainable eating patterns.

Calorie & Protein Targets

Category	Weight	Calories	Protein
Women	50–60kg	1300–1500	90–110g
Women	60–75kg	1500–1700	100–130g
Men	60–75kg	1600–1900	120–150g
Men	75–90kg	1900–2200	140–180g

Day 1

Meal	Food
Breakfast	Greek yogurt + berries
Lunch	Chicken + quinoa
Snack	Whey shake
Dinner	Fish/tofu + veg

Day 2

Meal	Food
Breakfast	Protein oats
Lunch	Chicken wrap
Snack	Paneer
Dinner	Fish/soya

Day 3

Meal	Food
Breakfast	Smoothie

Lunch	Chicken salad
Snack	Apple + PB
Dinner	Egg curry

Day 4

Meal	Food
Breakfast	Omelette
Lunch	Chicken + potato
Snack	Protein bar
Dinner	Fish curry

Day 5

Meal	Food
Breakfast	Overnight oats
Lunch	Chicken bowl
Snack	Eggs
Dinner	Tofu

Day 6

Meal	Food
Breakfast	Protein pancakes
Lunch	Chicken salad
Snack	Whey
Dinner	Egg scramble

Day 7

Meal	Food
Breakfast	Smoothie bowl
Lunch	Wrap
Snack	Cottage cheese

Dinner	Light soup
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Why This Works

High protein improves satiety, increases thermic effect, preserves muscle, and stabilizes blood sugar.