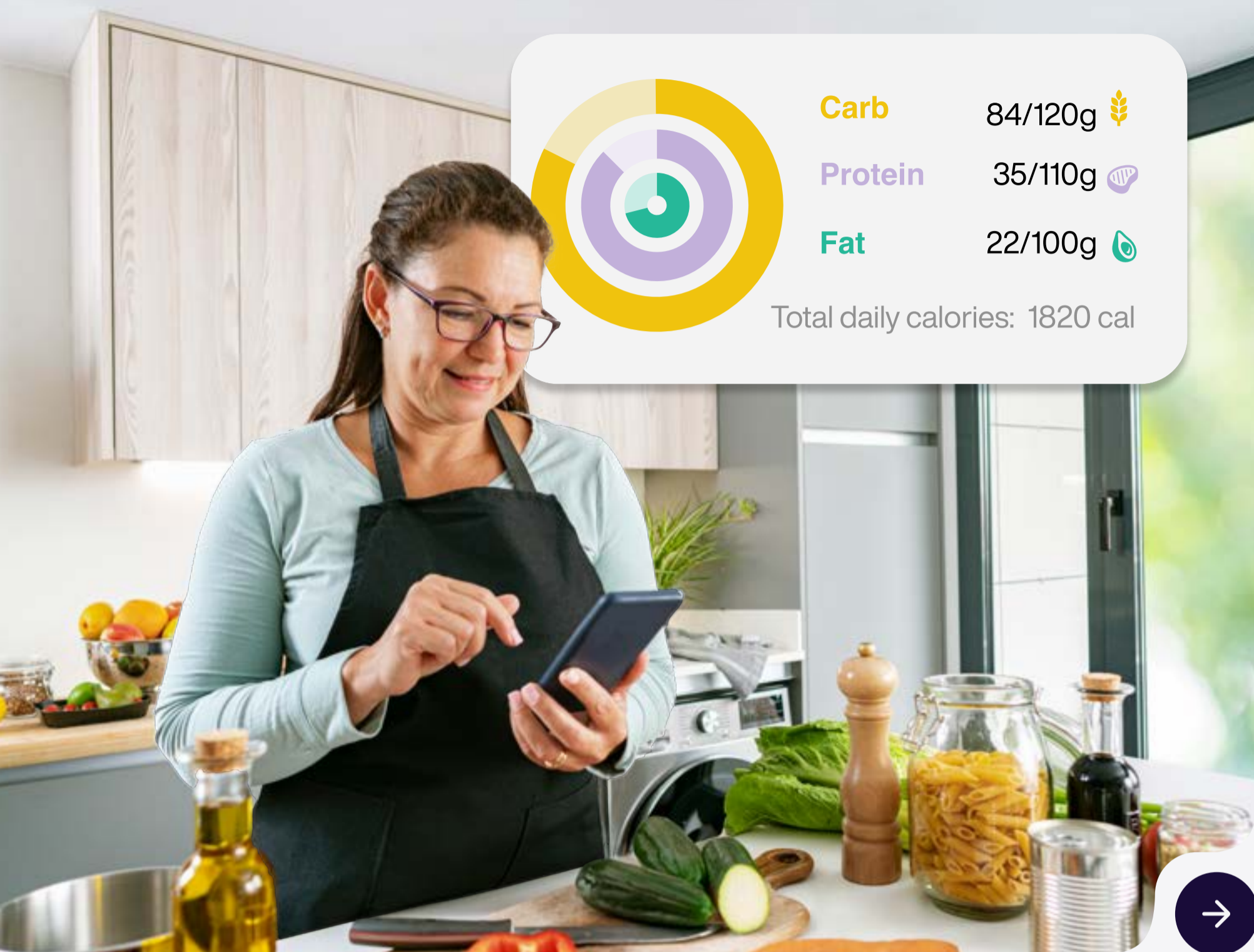


Lumen



# 3 days of high-protein meals

12 protein-packed breakfasts, lunches, dinners, and snacks

# Day 01

**Recipes:**

P. 03-04



Greek yogurt parfait + hard-boiled eggs



Grilled chicken salad



Cottage cheese and pineapple



Baked salmon with quinoa and vegetables

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# Day 02

**Recipes:**

P. 05-06



Omelette + whole wheat toast



Turkey and avocado wrap



Cottage cheese and strawberries



Beef stir-fry

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# Day 03

**Recipes:**

P. 07-08



Protein pancakes



Tuna salad sandwich



Almonds and Greek yogurt



Chicken and vegetable skewers

# Day 01

120g of protein

1800 calories



## Breakfast

30g protein

### Greek yogurt parfait

1 cup non-fat Greek yogurt

1/2 cup fresh berries

1/4 cup granola

1 tbsp chia seeds

### Hard-boiled eggs

2 large eggs

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## Lunch

36g protein

### Grilled chicken salad

4 oz grilled chicken breast

2 cups mixed greens

1/2 cup cherry tomatoes

1/4 cup shredded carrots

1/4 cup feta cheese

2 tbsp balsamic vinaigrette

1/4 avocado





## Snack

18g protein

### Cottage cheese and pineapple

1 cup low-fat cottage cheese

1/2 cup pineapple chunks

1 oz almonds

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## Dinner

36g protein

### Baked salmon with quinoa and vegetables

4 oz baked salmon

1/2 cup cooked quinoa

1 cup steamed broccoli

1/2 cup roasted sweet potatoes

1 tsp olive oil



# Day 02

120g of protein

1800 calories



## Breakfast

30g protein

### Omelette

3 large eggs

1/4 cup shredded cheddar cheese

1/4 cup diced bell peppers

1/4 cup chopped spinach

1/4 cup diced onions

### Whole wheat toast

1 slice

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## Lunch

36g protein

### Turkey and avocado wrap

4 oz turkey breast

1 whole wheat wrap

1/4 avocado

1/4 cup shredded lettuce

1/4 cup sliced tomatoes

2 tbsp hummus

1 tbsp Greek yogurt dressing





## Snack

18g protein

### Cottage cheese and strawberries

1 cup low-fat cottage cheese

3/4 cup strawberries

1 oz almonds

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## Dinner

36g protein

### Beef stir-fry

4 oz lean beef strips

1 cup mixed vegetables

1/2 cup brown rice

2 tbsp soy sauce

1 tsp sesame oil

1/2 cup cooked quinoa

# Day 03

120g of protein

1800 calories



## Breakfast

30g protein

### Protein pancakes

1/2 cup rolled oats

1/2 cup egg whites

1/2 banana

1 tsp baking powder

1/4 cup blueberries

1/4 cup Greek yogurt

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## Lunch

36g protein

### Tuna salad sandwich

1 can tuna in water

2 tbsp light mayo

1 tbsp Greek yogurt

1 tbsp diced celery

1 tbsp diced onion

2 slices whole wheat bread

1/2 avocado





## Snack

18g protein

### Almonds and Greek yogurt

1/4 cup almonds

1 cup non-fat Greek yogurt

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## Dinner

36g protein

### Chicken and vegetable skewers

4 oz grilled chicken breast

1 cup mixed bell peppers

1/2 cup cherry tomatoes

1/2 cup zucchini slices

1/2 cup red onions

1/2 cup brown rice

2 tbsp tzatziki sauce

