

7-day high protein meal plan for Australia

Protein figures are approximate (Australian Food Composition Database and typical labels). Ingredients repeat on purpose: Monday's chicken feeds Tuesday's lunch; Tuesday's chilli is frozen for Saturday. Snacks are optional.

The 7-day plan

DAY	BREAKFAST	LUNCH	DINNER	SNACK OR NOTE
1	Greek yoghurt (200 g), berries, 30 g oats · about 24 g protein	Chicken breast (120 g cooked), brown rice, roast vegetables · about 40 g	Baked salmon (150 g), baby potatoes, green beans · about 34 g	Boiled egg and fruit · about 7 g. Cook double chicken and rice.
2	Two-egg omelette with spinach, toast with cottage cheese · about 22 g	Leftover chicken and rice bowl, cucumber, tomato, lemon-yoghurt dressing · about 40 g	Lean beef and kidney bean chilli (125 g mince per serve), half a cup of rice · about 38 g	High-protein yoghurt tub · about 15 g. Double the chilli; freeze half for day 6.
3	Overnight oats: 40 g oats, 150 g Greek yoghurt, skim milk, chia · about 22 g	Tinned tuna (95 g) and cannellini bean salad with rocket · about 30 g	Firm tofu (150 g) and edamame stir-fry with rice · about 30 g	Cottage cheese (100 g), cherry tomatoes · about 13 g. Vegetarian day; swap tofu for chicken if preferred.
4	Cottage cheese (150 g) on wholegrain toast with tomato · about 24 g	Leftover stir-fry, or a chicken and salad wrap · about 30 g	Kangaroo or lean beef steak (150 g), sweet potato mash, broccoli · about 45 g	Skim milk latte and 20 almonds · about 12 g. Kangaroo cooks fast; rest it before slicing.
5	Smoothie: 250 mL skim milk, 100 g Greek yoghurt, banana, berries · about 20 g (44 g with whey)	Red lentil and pumpkin soup, wholegrain toast, 50 g cottage cheese · about 22 g	Chicken thigh traybake (150 g), roast vegetables, chickpeas · about 42 g	Two boiled eggs · about 13 g. Batch the soup; it freezes well.
6	Two eggs on toast, 50 g smoked salmon, spinach · about 25 g	Frozen chilli from day 2 with green salad · about 38 g	Baked white fish (150 g), potato wedges, slaw · about 32 g	Edamame (1 cup, shelled) · about 18 g. Frozen fish is fine; thaw in the fridge.
7	Cottage cheese and oat pancakes with berries · about 25 g	Leftover traybake, or a clearly labelled ready meal · about 35 g	Lean beef or lentil bolognese, wholegrain pasta · about 38 g	Greek yoghurt (150 g) with fruit · about 14 g. Freeze spare portions.

How to use this plan

- Start with a comfortable serve — smaller than your old portions is normal if your appetite has changed.
- Lead with the protein part of each meal; save the rest for later rather than pushing through fullness.
- Repeat the days that work. Leftovers are a feature of this plan, not a failure of it.
- On unsettled days, swap toward the gentler options (soups, yoghurt, eggs, softer textures) and keep fluids up.

Prefer this week already cooked? The same page carries a live, orderable 7-meal plan — portioned for a smaller appetite, macros published per meal, delivered weekly across Sydney, Melbourne and Brisbane. Delivery is shown at checkout before you pay. preptide.com.au/high-protein-meal-plan

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