

1-DAY HIGH PROTEIN MEAL PLAN

3 DELICIOUS RECIPES • HIGH PROTEIN • EASY TO MAKE



HIGH PROTEIN
to build muscle
& stay full



SIMPLE & QUICK
ready in
under 30 minutes



HEALTHY & BALANCED
nutrient-dense
& delicious

BREAKFAST



PROTEIN OVERNIGHT OATS

creamy, fruity & satisfying

The perfect combination of complex carbs, healthy fats and high protein to fuel your day.

🛒 INGREDIENTS (1 SERVING)

- 60 g rolled oats
- 200 g Skyr (or Greek yogurt)
- 30 g whey protein (vanilla)
- 100 ml almond milk (unsweetened)
- 1 tbsp chia seeds
- 1 tsp honey or maple syrup
- 50 g berries (fresh or frozen)
- 1 tsp peanut butter
- Cinnamon to taste

👨‍🍳 INSTRUCTIONS

- 1 In a bowl, mix oats, Skyr, whey protein, almond milk, chia seeds and sweetener.
- 2 Stir well, cover and refrigerate overnight.
- 3 In the morning, top with berries, peanut butter and cinnamon. Enjoy!



512
KCAL



42 g
PROTEIN



56 g
CARBS



13 g
FAT

LUNCH



CHICKEN QUINOA POWER BOWL

nutritious, colorful & full of energy

This bowl delivers high-quality protein, complex carbs and healthy fats – perfect for performance and recovery.

🛒 INGREDIENTS (1 SERVING)

- 150 g chicken breast
- 60 g quinoa (uncooked)
- 100 g sweet potato
- 1 handful baby spinach
- ½ avocado
- 6 cherry tomatoes
- 1 tsp olive oil
- Salt, pepper, paprika

FOR THE DRESSING:

- 100 g Skyr
- 1 tsp lemon juice
- 1 tsp olive oil
- 1 clove garlic, minced
- Salt & pepper

👨‍🍳 INSTRUCTIONS

- 1 Cook quinoa according to package instructions.
- 2 Dice sweet potato, toss with olive oil, salt and paprika. Bake at 200°C (400°F) for 20–25 min.
- 3 Season chicken with salt, pepper and paprika and grill or pan-fry until cooked through.
- 4 In a bowl, combine spinach, quinoa, sweet potato, chicken, avocado and tomatoes.
- 5 Mix dressing ingredients and drizzle over the bowl. Enjoy!



678
KCAL



56 g
PROTEIN



67 g
CARBS



18 g
FAT

DINNER



LEMON GARLIC SALMON

light, protein-rich & incredibly tasty

Salmon provides high-quality protein and omega-3 fatty acids. Combined with veggies and potatoes – an unbeatable combo.

🛒 INGREDIENTS (1 SERVING)

- 150 g salmon fillet
- 150 g broccoli
- 200 g potatoes
- 1 tsp olive oil
- 1 garlic clove
- Juice of ½ lemon
- Salt, pepper, chili flakes
- Fresh herbs (e.g. dill)

👨‍🍳 INSTRUCTIONS

- 1 Peel potatoes, cook in salted water until soft and mash.
- 2 Cut broccoli into florets and steam or roast in the oven.
- 3 Mix olive oil, garlic, lemon juice, salt, pepper and chili flakes.
- 4 Season salmon and cook in a pan for 3–4 min per side.
- 5 Serve salmon with mashed potatoes and broccoli. Top with fresh herbs.



593
KCAL



49 g
PROTEIN



54 g
CARBS



21 g
FAT



TIP

Drink enough water throughout the day and adjust portion sizes to your calorie needs.



MEAL PREP

You can prepare quinoa, sweet potatoes and chicken in advance and store in the fridge for 2–3 days.



*Good nutrition. More energy.
Better results.*

**PROTEIN
INSIDER**