FLAVILICIOUS FITNESS

EAT STRONG, FEEL AMAZING

YOUR FREE 7-DAY HIGH-PROTEIN MEAL PLAN

Simple, delicious, balanced meals for busy women who want to nourish their bodies, support their strength, and enjoy their food.

7 days | 21 easy meals | Flexible snacks | Grocery list

Created with love, Flavia

Welcome to your week of eating strong

Healthy eating does not have to mean complicated recipes, strict rules, or giving up the foods you love. This plan uses everyday ingredients, a balance of carbohydrates, fats and protein, and plenty of colorful produce.

How to use this plan

Each day includes breakfast, lunch, dinner, and an optional snack. Recipes serve one adult unless noted. Scale portions up or down for your appetite, activity, and needs. Leftovers are intentional to make life easier.

Protein is a priority, not a competition

Meals generally provide roughly 25-45 g of protein, depending on brands and portions. Protein estimates are approximate, not lab-tested. This is a flexible menu, not a prescribed calorie target.

Before you begin

If you have food allergies, kidney disease, diabetes, are pregnant, or follow a medically prescribed diet, adapt this plan with your healthcare professional. Food safety matters: cook poultry to 165°F (74°C), ground meats to 160°F (71°C), and fish to 145°F (63°C).

A note on ingredients

This version uses no garlic, onions, chocolate, coffee, or alcohol. Check labels on prepared sauces, seasonings, deli meats, dips, and condiments for garlic and onion ingredients.

Your 7-day menu at a glance

DAY	BREAKFAST	LUNCH	DINNER
Monday	Greek yogurt berry power bowl	Chicken quinoa crunch bowl	Lemon salmon, potatoes & broccoli
Tuesday	Spinach feta egg scramble + toast	Turkey avocado wrap	Herb chicken rice skillet
Wednesday	Overnight protein oats	Leftover chicken rice bowl	Turkey taco bowls
Thursday	Cottage cheese toast + berries	Tuna white-bean salad	Ginger beef & veggie stir-fry
Friday	Breakfast burrito	Leftover turkey taco bowl	Baked cod, sweet potato & green beans
Saturday	Berry protein smoothie + egg	Mediterranean chicken pita	Turkey meatballs & whole-wheat pasta
Sunday	Veggie omelet + toast	Salmon avocado toast	Sheet-pan chicken & roasted vegetables

DAY 1 | MONDAY

Breakfast | Greek yogurt berry power bowl (~32 g protein)

Mix 1 cup plain Greek yogurt with 1/2 cup berries, 1/4 cup rolled oats, 1 tbsp chia seeds, and 1 tbsp chopped walnuts.

Lunch | Chicken quinoa crunch bowl (~40 g)

Toss 4 oz cooked chicken breast, 3/4 cup cooked quinoa, 1 cup chopped cucumber and tomatoes, and a handful of spinach with 1 tsp olive oil and lemon.

Dinner | Lemon salmon, potatoes & broccoli (~36 g)

Roast 5 oz salmon, 1 medium cubed potato, and 1.5 cups broccoli at 400°F for 15-20 minutes, until fish is cooked and potatoes are tender; start potatoes 10-15 minutes earlier. Finish with lemon and herbs.

Snack

Apple with 2 tbsp peanut butter.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

DAY 2 | TUESDAY

Breakfast | Spinach feta egg scramble (~30 g)

Scramble 2 eggs plus 1/2 cup egg whites with 1 cup spinach; top with 1 oz feta. Serve with 1 slice whole-grain toast.

Lunch | Turkey avocado wrap (~34 g)

Fill 1 whole-wheat tortilla with 4 oz cooked sliced turkey breast, 1/4 avocado, lettuce, tomato, and mustard. Add crunchy vegetables on the side.

Dinner | Herb chicken rice skillet (~42 g)

Sauté 5 oz diced chicken breast with lemon zest, smoked paprika, and 1 tsp olive oil until fully cooked. Add 1.5 cups mixed peppers/zucchini and serve over 3/4 cup cooked brown rice. Cook extra for Wednesday lunch.

Snack

3/4 cup cottage cheese and 1/2 cup pineapple.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

DAY 3 | WEDNESDAY

Breakfast | Overnight protein oats (~32 g)

Refrigerate overnight: 1/2 cup oats, 3/4 cup Greek yogurt, 1/2 cup milk, 1 tbsp chia, cinnamon, and 1/2 cup berries.

Lunch | Leftover chicken rice bowl (~40 g)

Reheat 5 oz cooked chicken, 3/4 cup cooked rice, and 1 cup vegetables from Tuesday. Add lemon or a spoon of plain yogurt.

Dinner | Turkey taco bowls (~39 g)

Brown 5 oz lean ground turkey with chili powder, cumin, and smoked paprika to 165°F. Serve with 1/2 cup black beans, 1/2 cup cooked rice, lettuce, diced tomato with lime and cilantro, and 2 tbsp plain Greek yogurt. Cook extra turkey for Friday.

Snack

Carrot sticks and 1/4 cup plain Greek yogurt herb dip.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

DAY 4 | THURSDAY

Breakfast | Cottage cheese toast & berries (~30 g)

Top 2 slices whole-grain toast with 1 cup cottage cheese and sliced tomatoes or cucumber. Have 1/2 cup berries on the side.

Lunch | Tuna white-bean salad (~38 g)

Combine 1 can (5 oz) drained tuna, 1/2 cup rinsed white beans, diced cucumber, tomato, parsley, lemon, and 1 tsp olive oil. Serve over greens.

Dinner | Ginger beef veggie stir-fry (~38 g)

Sauté 5 oz lean beef strips with 2 cups broccoli, peppers, and carrots. Add grated ginger, lime juice, and 1 tbsp reduced-sodium soy sauce. Serve over 3/4 cup cooked rice.

Snack

3/4 cup Greek yogurt with cinnamon.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

DAY 5 | FRIDAY

Breakfast | Breakfast burrito (~32 g)

Fill 1 whole-wheat tortilla with 2 scrambled eggs, 1/3 cup black beans, 1/4 cup shredded cheddar, and diced tomato with lime and cilantro.

Lunch | Leftover turkey taco bowl (~39 g)

Reheat 5 oz cooked ground turkey from Wednesday; add 1/2 cup black beans, 1/2 cup cooked rice, greens, and diced tomato with lime and cilantro.

Dinner | Baked cod & sweet potato (~35 g)

Roast 5-6 oz cod at 400°F until it reaches 145°F. Serve with 1 medium baked sweet potato and 1.5 cups green beans tossed with 1 tsp olive oil.

Snack

Orange and a small handful (about 1 oz) of almonds.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

DAY 6 | SATURDAY

Breakfast | Berry protein smoothie + egg (~34 g)

Blend 3/4 cup Greek yogurt, 1 cup milk, 1/2 banana, 1 cup frozen berries, and 1 tbsp peanut butter. Serve with 1 hard-boiled egg.

Lunch | Mediterranean chicken pita (~39 g)

Stuff 1 whole-wheat pita with 4 oz cooked chicken, chopped cucumber, tomato, spinach, and 2 tbsp plain Greek yogurt mixed with dill and lemon.

Dinner | Turkey meatballs & pasta (~42 g)

Mix 5 oz lean ground turkey with herbs and 1 tbsp breadcrumbs; shape into small meatballs and bake at 400°F until 165°F. Serve with 2 oz dry whole-wheat pasta (cooked), 1/2 cup plain crushed tomatoes simmered with basil and oregano, and a green salad.

Snack

1/2 cup cottage cheese with berries.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

DAY 7 | SUNDAY

Breakfast | Veggie omelet + toast (~31 g)

Cook 2 eggs and 1/2 cup egg whites with mushrooms, spinach, and peppers in a nonstick pan. Serve with whole-grain toast.

Lunch | Salmon avocado toast (~32 g)

Top 2 slices whole-grain toast with 4 oz cooked leftover or canned salmon, 1/4 avocado, lemon, and sliced cucumber.

Dinner | Sheet-pan chicken & vegetables (~43 g)

Roast 5 oz chicken breast, 1 cup cubed potatoes, 1 cup carrots, and 1 cup zucchini with 2 tsp olive oil and herbs at 425°F until chicken reaches 165°F and vegetables are tender.

Snack

3/4 cup Greek yogurt with a sprinkle of cinnamon and chopped walnuts.

Tip:

Drink water throughout the day and add extra vegetables or adjust portions to match your hunger.

Your grocery list

Approximate quantities for one adult for seven days. Check your pantry first; adjust for appetite, household size, package sizes, and substitutions.

PROTEINS & DAIRY

Chicken breast: ~1.5 lb; lean ground turkey: ~1 lb; turkey breast slices: 4 oz (check ingredients); salmon: ~9 oz; cod: 6 oz; lean beef strips: 5 oz; canned tuna: 1 can; eggs: 1 dozen; liquid egg whites: 1 carton; plain Greek yogurt: ~5 cups; cottage cheese: ~2.5 cups; feta: 1 oz; cheddar: 1 small bag; milk: 2 cups.

GRAINS & BEANS

Rolled oats: 1 cup; quinoa: 1/4 cup dry; brown rice: ~1 cup dry; whole-grain bread: 1 loaf; whole-wheat tortillas: 2; whole-wheat pita: 1; whole-wheat pasta: 2 oz dry; black beans: 2 cans; white beans: 1 can; breadcrumbs: small amount.

PRODUCE

Mixed berries: ~4 cups (fresh/frozen); banana: 1; apple: 1; orange: 1; pineapple: 1/2 cup; avocados: 2; lemons: 3; limes: 2; potatoes: 2 medium; sweet potato: 1 medium; broccoli: 2 heads; green beans: 1 bag; spinach/greens: 1 large tub; lettuce: 1 head; cucumbers: 2; tomatoes: 7; bell peppers: 3; zucchini: 2; carrots: 1 bag; mushrooms: 1 small pack; ginger, parsley, cilantro, basil, dill.

PANTRY & EXTRAS

Olive oil, peanut butter, chia seeds, walnuts, almonds, plain crushed tomatoes, reduced-sodium soy sauce (check ingredients), cinnamon, cumin, chili powder without garlic/onion, smoked paprika, pepper, dried herbs, mustard without garlic/onion.

Label check

Choose garlic- and onion-free tortillas, seasoning mixes, mustard, soy sauce, and deli turkey where relevant. Make the tomato-lime topping and yogurt herb dip fresh rather than using packaged salsa, hummus, tzatziki, or marinara.

Make your week easier

A little preparation goes a long way. Here is a flexible 45-60 minute starting point; actual prep time depends on your kitchen and cooking method.

Sunday prep checklist

• Wash and chop sturdy vegetables; store leafy greens dry.

• Cook a batch of brown rice and quinoa; refrigerate promptly.

• Cook chicken for Monday and Tuesday, or portion raw chicken for cooking later.

• Mix overnight oats on Tuesday night for Wednesday breakfast.

• Prepare a tomato-lime-cilantro topping and lemon-dill yogurt dip without garlic or onion.

• Portion yogurt, fruit, nuts, and snack vegetables for grab-and-go options.

• Freeze portions you will not eat within 3-4 days; reheat leftovers to 165°F.

Easy swaps

No salmon? Try trout or chicken. No dairy? Use a fortified soy yogurt or soy milk with comparable protein. No wheat? Choose gluten-free oats, rice, and wraps. Vegetarian? Swap poultry or fish for tofu, tempeh, edamame, or beans, and adjust portions for protein.

A note from Flavia

You do not need to eat perfectly to take good care of yourself. Start with simple meals you enjoy, aim for consistency, and make this plan your own. Strong habits are built one meal at a time.

With love, Flavia

Educational resource only. Nutrition and protein estimates are approximate and vary by ingredients, brands, and serving sizes. This guide is not individualized medical or nutrition advice.