TITAN BUILT
COACHING
titanbuiltcoaching.com

FREE RESOURCE

7-DAY HIGH-PROTEIN MEAL PLAN

Simple meals for busy professionals. Support your training, manage hunger and make meal preparation easier.

7 DAYS | 4 MEALS DAILY | GROCERY LIST | MEAL PREP

CREATED BY COACH WILL
Strength. Structure. Consistency.

START HERE

How to use this plan

ILLUSTRATIVE DAILY TOTALS: the listed meal estimates add to 1,990-2,210 calories and 170-185 g protein. These are sample menus, not personalized targets. Actual totals vary by brands, cooking methods and portions.

WHO IT FITS: healthy adults who want a structured, high-protein starting point and regularly exercise. It is not personalized medical nutrition therapy.

MEAL RHYTHM: breakfast, lunch, snack and dinner. Move meal times to fit your schedule.

The Titan Plate Method

Portion	Food choices
1/2 plate	Non-starchy vegetables: broccoli, peppers, greens, carrots, green beans or salad.
1/4 plate	Protein: chicken, lean beef, turkey, fish, eggs, Greek yogurt, cottage cheese, tofu or beans.
1/4 plate	Smart carbohydrates: rice, potatoes, oats, whole grains, beans or fruit.
Add	A measured portion of healthy fat such as olive oil, avocado, nuts or seeds.

FIT YOUR NEEDS

Adjusting the plan

Need less food? Remove 1/2 cup cooked carbohydrate from one or two meals, or reduce added fats by 1 tablespoon. Do not cut protein or vegetables first.

Need more food? Add 1/2-1 cup cooked carbohydrate to a meal, an extra fruit, or another measured fat serving.

Progress check: Follow consistently for two weeks, then assess hunger, energy, gym performance and average body-weight trend before adjusting.

Protein amounts differ across meals. Spread protein-containing meals through the day, and use food labels to check your actual servings.

Make it practical

Use the food swaps later in this guide to fit your preferences. If a health condition or medication affects your food needs, ask a qualified healthcare professional for individualized guidance.

Your notes

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DAY 1

Chicken + Turkey

Meal	Food + portion	Estimate
Breakfast	1 1/2 cups nonfat Greek yogurt; 1/2 cup berries; 1/3 cup oats; 1 tbsp peanut butter.	~500 kcal / ~45 g protein
Lunch	6 oz grilled chicken; 1 cup cooked rice; 2 cups broccoli and peppers; 1 tsp olive oil.	~620 kcal / ~58 g protein
Snack	1 protein shake mixed with water; 1 banana.	~230 kcal / ~25 g protein
Dinner	6 oz 93% lean ground turkey; 3/4 cup black beans; lettuce, salsa and peppers; 1/4 avocado.	~680 kcal / ~55 g protein

Daily total from the listed estimates: ~2,030 calories and ~183 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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DAY 2

Eggs + Salmon

Meal	Food + portion	Estimate
Breakfast	2 whole eggs plus 1 cup egg whites; spinach and peppers; 2 slices whole-grain toast; 1 orange.	~580 kcal / ~48 g protein
Lunch	6 oz lean ground beef; 10 oz roasted potato; large side salad; 1 tsp olive oil dressing.	~650 kcal / ~52 g protein
Snack	1 cup low-fat cottage cheese; 1 cup pineapple.	~300 kcal / ~28 g protein
Dinner	6 oz salmon; 3/4 cup cooked quinoa; 2 cups green beans.	~680 kcal / ~48 g protein

Daily total from the listed estimates: ~2,210 calories and ~176 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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DAY 3

Overnight Oats + Beef

Meal	Food + portion	Estimate
Breakfast	1/2 cup oats; 1 scoop protein powder; 3/4 cup Greek yogurt; 1/2 banana; cinnamon.	~520 kcal / ~48 g protein
Lunch	6 oz turkey breast; whole-grain wrap; lettuce, tomato and mustard; baby carrots; apple.	~580 kcal / ~52 g protein
Snack	2 hard-boiled eggs; 1 light cheese stick.	~240 kcal / ~20 g protein
Dinner	6 oz lean beef stir-fry; 1 cup cooked rice; 2 cups mixed vegetables; reduced-sodium sauce.	~720 kcal / ~52 g protein

Daily total from the listed estimates: ~2,060 calories and ~172 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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DAY 4

Yogurt + Chicken

Meal	Food + portion	Estimate
Breakfast	1 cup Greek yogurt; 1/2 scoop protein powder; berries; 1 tbsp chia seeds.	~340 kcal / ~35 g protein
Lunch	6 oz chicken; 1 cup cooked quinoa; cucumber, tomato and greens; 1 tbsp feta; lemon.	~650 kcal / ~58 g protein
Snack	Protein shake; apple; 10 almonds.	~310 kcal / ~27 g protein
Dinner	6 oz pork tenderloin; 10 oz sweet potato; 2 cups roasted vegetables.	~690 kcal / ~50 g protein

Daily total from the listed estimates: ~1,990 calories and ~170 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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DAY 5

Breakfast Burrito + Fish

Meal	Food + portion	Estimate
Breakfast	2 eggs plus 3/4 cup egg whites; whole-grain tortilla; peppers; salsa; 1/4 avocado.	~560 kcal / ~43 g protein
Lunch	6 oz lean turkey burger; whole-grain bun; large salad; 8 oz roasted potatoes.	~670 kcal / ~52 g protein
Snack	1 cup cottage cheese; berries; cinnamon.	~270 kcal / ~28 g protein
Dinner	7 oz white fish; 1 cup cooked rice; 2 cups broccoli; 1 tbsp olive-oil sauce.	~650 kcal / ~55 g protein

Daily total from the listed estimates: ~2,150 calories and ~178 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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DAY 6

Oats + Taco Bowl

Meal	Food + portion	Estimate
Breakfast	1/2 cup oats; 1 scoop protein powder; 1 tbsp peanut butter; 1 banana.	~540 kcal / ~35 g protein
Lunch	6 oz chicken; 3/4 cup black beans; 3/4 cup rice; lettuce, salsa and peppers.	~700 kcal / ~65 g protein
Snack	1 1/2 cups Greek yogurt; berries.	~250 kcal / ~35 g protein
Dinner	6 oz lean steak; 8 oz potato; asparagus; 1 tsp olive oil.	~660 kcal / ~50 g protein

Daily total from the listed estimates: ~2,150 calories and ~185 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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DAY 7

Flexible Titan Plate

Meal	Food + portion	Estimate
Breakfast	2 eggs plus 1 cup egg whites; 1/2 cup oats; berries.	~520 kcal / ~48 g protein
Lunch	6 oz protein of choice; 1 cup cooked carbohydrate; 2 cups vegetables; measured sauce.	~650 kcal / ~50 g protein
Snack	Protein shake; one piece of fruit.	~230 kcal / ~25 g protein
Dinner	6 oz protein of choice; 1 cup cooked carbohydrate; half-plate vegetables; 1 tbsp healthy fat.	~700 kcal / ~50 g protein

Daily total from the listed estimates: ~2,100 calories and ~173 g protein.

Daily figures are approximate. Season foods to taste and choose lower-sodium options when appropriate.

Daily check-in

[ ] Meals prepared [ ] Water throughout the day [ ] Movement

Hunger / energy / preparation notes: _____

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KEEP IT FLEXIBLE

Easy food swaps

Protein

Chicken, turkey, lean beef, fish, eggs, Greek yogurt, cottage cheese, tofu or tempeh. Match serving size and check labels.

Carbs

Rice, potatoes, oats, quinoa, whole-grain bread, beans or fruit. Use similar cooked portions.

Vegetables

Fresh or frozen broccoli, peppers, spinach, salad greens, green beans, carrots, zucchini or mixed vegetables.

Dairy-free

Use an unsweetened fortified dairy alternative and a plant protein source. Protein totals may change.

Hydration starting point

Drink water regularly throughout the day and around training. Fluid needs vary with body size, climate, sweat rate, medications and health conditions. Pale-yellow urine is a practical general check for many healthy adults.

SHOP ONCE

Seven-day grocery list

Protein

- [ ] Chicken breast: about 2 1/2 lb
- [ ] Lean beef/steak: about 1 1/2 lb
- [ ] Pork tenderloin: about 1/2 lb
- [ ] Greek yogurt: 2 large tubs
- [ ] Protein powder: 5-7 scoops
- [ ] 93% lean turkey: about 1 1/2 lb
- [ ] Salmon or white fish: about 1 1/2 lb
- [ ] Eggs: 1 dozen + carton egg whites
- [ ] Cottage cheese: 1 large tub

Carbohydrates

- [ ] Rice: 3 cups dry
- [ ] Potatoes and sweet potatoes: 6-8 medium
- [ ] Whole-grain bread, wraps and buns
- [ ] Bananas, apples, oranges, berries and pineapple
- [ ] Oats: 1 container
- [ ] Quinoa: 1 bag
- [ ] Black beans: 3 cans

Vegetables

- [ ] Broccoli: 3 large bags or heads
- [ ] Salad greens or spinach: 2 large containers
- [ ] Mixed stir-fry vegetables: 2 bags
- [ ] Salsa, lemons and fresh herbs
- [ ] Bell peppers: 6
- [ ] Green beans or asparagus: 2 bags
- [ ] Carrots, cucumber and tomatoes

Fats + Extras

- [ ] Olive oil
- [ ] Avocados: 3
- [ ] Chia seeds
- [ ] Mustard, spices and reduced-sodium sauces
- [ ] Peanut butter
- [ ] Almonds or mixed nuts
- [ ] Feta or light cheese sticks

Quantities are estimates for one adult and depend on package sizes, appetite, chosen substitutions and household needs.

SAVE TIME

60-minute meal-prep system

1. Start The Carbs

Cook a batch of rice and quinoa. Roast a sheet pan of potatoes or sweet potatoes.

2. Cook The Protein

Bake or grill chicken and turkey patties. Brown lean beef or turkey. Cook fish fresh when possible.

3. Prep Vegetables

Roast one tray, portion frozen vegetables and wash salad greens. Keep dressings separate.

4. Build Containers

Add a protein, a measured carbohydrate and at least two handfuls of vegetables.

5. Prep Breakfasts

Assemble yogurt bowls or overnight oats without adding crunchy toppings until serving.

6. Store Safely

Refrigerate cooked food promptly in shallow containers. Freeze portions you will not eat within several days.

Food-safety basics

Use a food thermometer and follow current USDA safe-temperature and storage guidance. Reheat leftovers thoroughly and discard food that was left at unsafe temperatures. When uncertain, throw it out.

Weekly check-in

Track consistency, hunger, energy, training performance and a weekly average of morning body weights. One meal or one weigh-in does not define progress. Adjust only after observing a trend.

MAKE IT YOURS

Notes and next steps

Weekly notes

What worked? What was hard to repeat? What will you adjust next week?

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Ready for a plan built around you?

Titan Built Coaching combines structured workouts, straightforward nutrition guidance and accountability for busy professionals.

Request a free fitness strategy call at titanbuiltcoaching.com

Email: support@cineaperformance.com

References

1. U.S. Department of Agriculture. MyPlate. https://www.myplate.gov/ 2. U.S. Departments of Agriculture and Health and Human Services. Dietary Guidelines for Americans. https://www.dietaryguidelines.gov/ 3. Jager R, et al. International Society of Sports Nutrition Position Stand: protein and exercise. Journal of the International Society of Sports Nutrition. 2017;14:20.

Important disclaimer

This meal plan is general educational information, not individualized medical nutrition therapy. Calories and protein are estimates. It may not be appropriate for children, pregnancy or breastfeeding, eating-disorder history, diabetes, kidney disease, gastrointestinal disease, food allergies or other medical needs. Consult a physician or registered dietitian before making significant dietary changes when a health condition or medication may be affected. Substitute foods for allergies and intolerances, follow food-safety guidance, and stop using the plan if you experience concerning symptoms.