

JOY BAUER'S HIGH-PROTEIN MEAL PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	<u>Protein Oatmeal Bowl</u>	<u>Protein Scrambled Eggs</u> with 1 slice whole grain bread	<u>Jumbo Oatmeal Pancake</u>	<u>Bruschetta Omelet</u>	<u>Blueberry Protein Breakfast Pastries</u>	<u>3-Minute Mediterranean Mug Omelet</u>	<u>3-Ingredient Protein Smoothie</u>
LUNCH	<u>Creamy Tuna Salad with Grapes</u> on whole grain english muffin	<u>Creamy & Crunchy Chicken Salad</u> on apple slices with mixed greens	<u>California Turkey Wrap</u> with cucumber slices	<u>BBQ Salmon Bowl</u>	<u>Bell Pepper Tuna Melt</u>	<u>Open-Faced Turkey Sandwich</u> with cheddar cheese and baby carrots	<u>Wild Salmon & Chickpea Salad</u> with mixed greens
DINNER	<u>One-Skillet Chicken Scarpariello</u> with mixed greens	<u>Spinach Turkey Burgers</u> on a whole grain english muffin with roasted sweet potato fries	<u>Sheet Pan Salmon Nicoise</u>	<u>Chicken Spinach Parm</u> with whole grain pasta	<u>One-Sheet Mediterranean Shrimp with Charred Veggies</u> with baked potato	<u>Rotisserie Chicken Lettuce Wraps</u> with edamame	<u>Sheet Pan Lemon Garlic Chicken</u> with brown rice or quinoa