












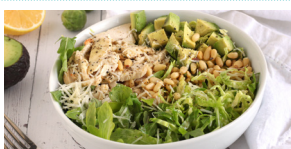









# ONE WEEK OF HIGH-PROTEIN MEALS

A small but mighty shopping list provides all the nutrients you need to fuel you through the week. These high-protein meals are designed to give you energy, build immunity and keep your muscles and tissues healthy. Each day you'll get around 115 grams of protein, an ideal amount to fuel your active, vibrant lifestyle. RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p><b>1 serving Cheddar Broccoli Quinoa-Crusted Quiche</b> (p. 2, save leftovers)</p>	 <p><b>Deconstructed Tuna &amp; Egg Salad</b> (p. 2)</p>	 <p><b>1 serving Chicken Fingers with Brussels Sprouts &amp; Fries</b> (p. 3, save leftovers)</p>	<p>Calories: 1,770, Total Fat: 99 g, Sat. Fat: 22 g, Carbs: 115 g, Fiber: 25 g, Sugars: 16 g, Protein: 113 g, Sodium: 2,806 mg, Cholesterol: 621 mg</p>
TUESDAY	 <p><b>Granola Parfait</b> (p. 3)</p>	 <p><b>1 serving Cheddar Broccoli Quinoa-Crusted Quiche</b> (leftovers, p. 2)</p>	 <p><b>1 serving Chicken Fingers with Brussels Sprouts &amp; Fries</b> (leftovers, p. 3)</p>	<p>Calories: 1,751, Total Fat: 72 g, Sat. Fat: 24 g, Carbs: 165 g, Fiber: 26 g, Sugars: 44 g, Protein: 115 g, Sodium: 2,530 mg, Cholesterol: 464 mg</p>
WEDNESDAY	 <p><b>1 serving Cheddar Broccoli Quinoa-Crusted Quiche</b> (leftovers, p. 2)</p>	 <p><b>Pesto Salmon &amp; Quinoa with Steamed Broccoli</b> (p. 4)</p>	 <p><b>1 serving Arugula &amp; Brussels Sprouts Chicken Salad</b> (p. 5, save leftovers)</p>	<p>Calories: 1,948, Total Fat: 131 g, Sat. Fat: 25 g, Carbs: 90 g, Fiber: 22 g, Sugars: 22 g, Protein: 112 g, Sodium: 1,841 mg, Cholesterol: 470 mg</p>
THURSDAY	 <p><b>Granola Parfait</b> (p. 3)</p>	 <p><b>1 serving Cheddar Broccoli Quinoa-Crusted Quiche</b> (leftovers, p. 2)</p>	 <p><b>Deconstructed Tuna &amp; Egg Salad</b> (p. 2)</p>	<p>Calories: 1,682, Total Fat: 85 g, Sat. Fat: 23 g, Carbs: 123 g, Fiber: 25 g, Sugars: 47 g, Protein: 117 g, Sodium: 1,570 mg, Cholesterol: 611 mg</p>
FRIDAY	 <p><b>1 serving Protein Pancake Stack</b> (p. 4, save leftovers)</p>	 <p><b>1 serving Arugula &amp; Brussels Sprouts Chicken Salad</b> (leftovers, p. 5)</p>	 <p><b>1 serving Chicken Fingers with Brussels Sprouts &amp; Fries</b> (leftovers, p. 3)</p>	<p>Calories: 2,210, Total Fat: 139 g, Sat. Fat: 24 g, Carbs: 144 g, Fiber: 37 g, Sugars: 40 g, Protein: 113 g, Sodium: 2,562 mg, Cholesterol: 355 mg</p>
SATURDAY	 <p><b>Granola Parfait</b> (p. 3)</p>	 <p><b>Pesto Salmon &amp; Quinoa with Steamed Broccoli</b> (p. 4)</p>	 <p><b>1 serving Arugula &amp; Brussels Sprouts Chicken Salad</b> (leftovers, p. 5)</p>	<p>Calories: 2,175, Total Fat: 127 g, Sat. Fat: 24 g, Carbs: 138 g, Fiber: 29 g, Sugars: 55 g, Protein: 134 g, Sodium: 1,354 mg, Cholesterol: 220 mg</p>
SUNDAY	 <p><b>1 serving Protein Pancake Stack</b> (leftovers, p. 4)</p>	 <p><b>1 serving Arugula &amp; Brussels Sprouts Chicken Salad</b> (leftovers, p. 5)</p>	 <p><b>Pesto Salmon &amp; Quinoa with Steamed Broccoli</b> (p. 4)</p>	<p>Calories: 2,148, Total Fat: 149 g, Sat. Fat: 23 g, Carbs: 108 g, Fiber: 33 g, Sugars: 38 g, Protein: 112 g, Sodium: 1,445 mg, Cholesterol: 343 mg</p>

# Deconstructed Tuna & Egg Salad

SERVES 1.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES.

Move aside mayo-drenched tuna and egg salads. This deconstructed take on the standard fare uses Greek yogurt for a protein boost and delivers fresh crunch from the cucumber and almonds.

## DRESSING

- ¼ cup** plain Greek yogurt
- 2 tbsp** fresh lemon juice
- ⅛ tsp** each sea salt and ground black pepper

## SALAD

- 1½ cups** loosely packed arugula
- 1 large** egg, hard-boiled and cut into wedges
- 1 3.5-oz can** tuna in water, drained and chunked
- ½ cup** quartered cucumber
- ½ cup** whole almonds, chopped

**1.** Prepare dressing: In a medium bowl, combine yogurt, lemon juice, salt and pepper.

**2.** Assemble salad: Place arugula in a serving bowl and top with egg, tuna, cucumber and almonds. Drizzle with dressing.

**PER SERVING** (1 recipe): Calories: 649, Total Fat: 45 g, Sat. Fat: 6 g, Carbs: 24 g, Fiber: 10 g, Sugars: 8 g, Protein: 45 g, Sodium: 545 mg, Cholesterol: 225 mg

# Cheddar Broccoli Quinoa-Crusted Quiche

SERVES 4. HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 30 MINUTES.

Quiche is the perfect make-ahead recipe as it's delicious warm from the oven, cold or even reheated the next day for a filling breakfast, lunch or dinner.

## CRUST

- 2 cups** cooked quinoa
- 1 large** egg, beaten
- ¼ tsp** each sea salt and ground black pepper

## FILLING

- 4 slices** bacon (**TIP:** Look for lower sodium varieties)
- 1 small** yellow onion, diced
- 1½ cups** broccoli florets
- 5 large** eggs
- 1 cup** shredded cheddar cheese
- ⅓ cup** whole milk
- ½ tsp** each sea salt and ground black pepper

**1.** Preheat oven to 375°F. In a large bowl, combine cooked quinoa, 1 egg and ¼ tsp each salt and pepper. Lightly press mixture evenly into bottom and up sides of a 9-inch pie plate; bake 20 minutes.

**2.** Place bacon slices in a skillet on medium heat. Cook for 10 minutes, turning halfway, until crispy. Remove bacon to a paper towel-lined plate to drain. Chop into pieces.

**3.** Wipe skillet and add onion; sauté 5 minutes. Add broccoli and sauté until broccoli is tender and vibrant green, about 5 minutes more.

**4.** In a bowl, whisk together 5 eggs, cheese and milk. Season with salt and pepper.

**5.** Remove pie pan from oven and spread sautéed onion, broccoli and bacon over baked crust. Gently pour egg mixture over filling. Bake until eggs are set, about 40 minutes.

**PER SERVING** (¼ of quiche): Calories: 403, Total Fat: 22 g, Sat. Fat: 9 g, Carbs: 25 g, Fiber: 4 g, Sugars: 3 g, Protein: 25 g, Sodium: 756 mg, Cholesterol: 318 mg

## Chicken Fingers *with Brussels Sprouts & Fries*

SERVES **3**. HANDS-ON TIME: **20 MINUTES**.  
TOTAL TIME: **1 HOUR, 5 MINUTES**.

This crave-worthy combo (hello chicken fingers and fries!) gets a healthy kick from a nutritious quinoa coating, oven-baked fries and a side of roasted Brussels sprouts.

- 1½ cups** cooked quinoa
- 4½ cups** trimmed and halved Brussels sprouts
- ¼ cup** avocado oil, divided
- sea salt and ground black pepper, to taste
- 3 small** russet potatoes, cut into fries
- 4 tsp** each garlic powder and dried rosemary, divided
- ¾ cup** shredded Parmesan cheese
- 3 5-oz** boneless, skinless chicken breasts, each cut into 3 to 4 thin strips
- 6 tbsp** Dijon mustard

**1.** Preheat oven to 350°F and line 3 large baking sheets with parchment paper. Spread cooked quinoa in an even layer on 1 baking sheet; bake until lightly toasted, 20 minutes.

**2.** Meanwhile, place Brussels sprouts on another baking sheet and drizzle with half of oil, salt and pepper. Add baking sheet to oven after quinoa has been toasting for 15 minutes. Bake Brussels sprouts 35 minutes total.

**3.** In a bowl, toss fries with remaining half of oil, half of each garlic powder and rosemary, and salt; spread on third baking sheet. Add fries to oven when baking sheet with quinoa is removed from oven. Bake fries 30 minutes, turning halfway through. Let quinoa cool, then transfer to a shallow bowl, breaking up any clumps, and stir in Parmesan.

**4.** In a separate bowl, toss chicken strips with mustard, remaining half of each garlic powder and rosemary, salt and pepper. Dip coated chicken in toasted quinoa, turning to coat all sides.

**5.** After fries have been cooking 5 minutes, place chicken strips on baking sheet. Bake chicken until cooked through, 20 to 25 minutes. Remove both baking sheets from oven and serve Brussels sprouts with chicken and fries.

**PER SERVING** (⅓ of recipe): Calories: 718, Total Fat: 32 g, Sat. Fat: 7 g, Carbs: 66 g, Fiber: 11 g, Sugars: 5 g, Protein: 43 g, Sodium: 1,505 mg, Cholesterol: 78 mg

## Granola Parfait

SERVES **1**.  
HANDS-ON TIME: **5 MINUTES**.  
TOTAL TIME: **5 MINUTES**.

Parfaits are a fun way to make breakfast feel fancy while still delivering high-protein nutrition to fuel you through busy mornings.

- 1 scoop** vanilla protein powder
- 1 cup** plain Greek yogurt
- ½ cup** granola
- 1 cup** blackberries

**1.** In a bowl, stir protein powder into yogurt.

**2.** To assemble parfait, place half of yogurt mixture in the bottom of a small jar; top with half of the granola and half of the blackberries. Repeat layers.

**PER SERVING** (1 recipe): Calories: 630, Total Fat: 18 g, Sat. Fat: 8 g, Carbs: 74 g, Fiber: 11 g, Sugars: 36 g, Protein: 47 g, Sodium: 269 mg, Cholesterol: 68 mg

## Protein Pancake Stack

SERVES 2.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

If pressed for time in the morning, fully prepare these protein-stacked pancakes the night before and reheat them in the toaster the next morning.

- 1 cup** almonds
- 2 large** eggs
- 1** banana
- 3 tbsp** vanilla protein powder
- 1 tsp** baking powder
- ½ tsp** ground cinnamon
- ½ tbsp** avocado oil
- ¼ cup** plain Greek yogurt
- ½ cup** blackberries
- ½ tbsp** raw honey

- 1.** In a high-speed blender, place almonds; blend to a flour-like consistency (or use use 1 cup almond flour).
- 2.** To blender, add eggs, banana, protein powder, baking powder and cinnamon; blend until a smooth batter forms.
- 3.** Heat oil in a nonstick skillet or griddle on medium. Working in batches, pour batter into small rounds, using about ¼ cup per pancake. Cook 3 minutes on each side.
- 4.** Stack pancakes on a plate and top with yogurt, blackberries and honey.

**PER SERVING** (½ of recipe): Calories: 603, Total Fat: 40 g, Sat. Fat: 7 g, Carbs: 43 g, Fiber: 15 g, Sugars: 19 g, Protein: 25 g, Sodium: 360 mg, Cholesterol: 191 mg

## Pesto Salmon & Quinoa

*with Steamed Broccoli*

SERVES 1.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **35 MINUTES.**

Homemade pesto is a great way to dress up this flavorful dinner that boasts a plate full of superfoods.

- 1 clove** garlic
- 2 tbsp** pine nuts
- 1 cup** packed fresh basil
- 4 tsp** extra-virgin olive oil, divided
- 1 tbsp** water
- ½ tbsp** fresh lemon juice
- ½ tbsp** Parmesan cheese
- ⅛ tsp** each sea salt and ground black pepper
- 1 5-oz** wild salmon fillet
- 1½ cups** broccoli florets
- ½ cup** cooked quinoa

- 1.** Preheat oven to 400°F. In a food processor, place garlic clove; pulse until minced. Add pine nuts, basil, three-quarters of oil, water, lemon juice, Parmesan and half of each salt and pepper; pulse until well blended. Set aside ⅓ cup pesto.
- 2.** Cut a large square of parchment paper. Place salmon on parchment and spread remaining pesto in a thick layer over salmon. Fold parchment around salmon to form a pouch and fold and crimp ends of parchment together to seal pouch. Bake until salmon is cooked through and flaky, 20 minutes.
- 3.** Meanwhile, bring a pot of water to boil. Place broccoli in a steamer basket and place over boiling water; steam, covered, until broccoli is vibrant green, 5 minutes. Toss broccoli with remaining one-quarter of oil and half of each salt and pepper.
- 4.** In a small saucepan, stir cooked quinoa with reserved ⅓ cup pesto. Serve quinoa with salmon and broccoli.

**PER SERVING** (1 recipe): Calories: 656, Total Fat: 42 g, Sat. Fat: 6 g, Carbs: 30 g, Fiber: 7 g, Sugars: 3 g, Protein: 42 g, Sodium: 388 mg, Cholesterol: 66 mg

# Arugula & Brussels Sprouts Chicken Salad

SERVES **4**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **40 MINUTES**.\*

\*PLUS MARINATING TIME.

This simple salad is jam-packed with textures and flavors that makes every bite varied and satisfying.

- 1 tbsp** lemon zest
- ¾ cup** fresh lemon juice, divided
- 2 tbsp** avocado oil
- 2 cloves** garlic, minced
- 4 tsp** dried rosemary
- 1½ tsp** each sea salt and ground black pepper, divided
- 4 5-oz** boneless skinless chicken breasts
- ½ cup** extra-virgin olive oil
- 2 tbsp** raw honey
- 8 cups** loosely packed arugula
- 8 cups** shaved Brussels sprouts
- 1** avocado, diced
- ½ cup** shredded Parmesan cheese
- 1 cup** pine nuts, toasted

**1.** In a sealable bag or dish, combine lemon zest, half of lemon juice, avocado oil, garlic, rosemary and two-thirds of each salt and pepper. Add chicken and turn to coat with marinade. Seal container and refrigerate 1 to 2 hours.

**2.** Preheat oven to 450°F and line a baking sheet with parchment paper. Remove chicken from marinade and place on baking sheet; bake until cooked through, 25 minutes. Remove from oven and cut into slices.

**3.** Meanwhile, prepare vinaigrette: In a bowl, whisk together remaining half of lemon juice, olive oil, honey and remaining one-third of each salt and pepper.

**4.** To make 1 serving, toss together one-quarter of each arugula, Brussels sprouts and vinaigrette. Place in a bowl and top with one-quarter of chicken, avocado, Parmesan and pine nuts.

**PER SERVING** (¼ of recipe): Calories: 889, Total Fat: 67 g, Sat. Fat: 10 g, Carbs: 35 g, Fiber: 11 g, Sugars: 16 g, Protein: 45 g, Sodium: 697 mg, Cholesterol: 86 mg

# SHOPPING LIST

## PROTEINS & DAIRY

- 1 dozen large eggs
- 1 qt dairy or unsweetened non-dairy milk
- 32-oz carton plain Greek yogurt
- 1 carton vanilla protein powder
- 4 oz shredded cheddar cheese
- 5 oz Parmesan cheese
- 7 5-oz boneless, skinless chicken breasts
- 1 package reduced-sodium bacon
- 2 3.5-oz cans tuna in water
- 3 5-oz wild salmon fillets

## VEGGIES & FRUITS

- 1 banana
- 1 qt blackberries
- 7 lemons
- 1 avocado
- 2 heads broccoli
- 3½ lb Brussels sprouts
- 1 cucumber
- 1 small yellow onion
- 1 head garlic
- 8 oz arugula
- 1 large bunch basil
- 3 small russet potatoes

## WHOLE GRAINS

- 1 bag quinoa
- 6 oz unsweetened or naturally sweetened granola

## NUTS, SEEDS & OILS

- 10 oz whole almonds
- 7 oz pine nuts
- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil

## PANTRY STAPLES

- 1 bottle Dijon mustard
- 1 jar raw honey
- 1 container baking powder
- 1 bottle ground cinnamon
- 1 bottle garlic powder
- 1 bottle dried rosemary
- 1 bottle sea salt
- 1 bottle ground black pepper