EAT WELL, AGE LESS

The 7-Day Protein Plan for Women 40+

Steady energy, simple meals, no calorie counting.

7 DAYS · 20 RECIPES · SHOPPING LIST



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WELCOME

What should I eat today?

If this single question drains your mental energy every single day, this guide is built for you.

After 40, your body shifts: your energy dips, your muscles need extra care, and staring into the fridge trying to figure out what to cook feels exhausting. You don't need another punishing diet or hours of calorie counting. You need a done-for-you system.

Inside this book:

- A 7-day steady plan: Complete with a shopping list and two quick weekly prep sessions that save you hours at the stove.
- 20 simple recipes: Most of them take just 10–15 minutes of active cooking time.
- 3 simple rules: Explaining why this approach fuels your energy and protects your lean mass without the guesswork.

How to use this guide:

1. Read "Your First 24 Hours" on the next page and knock out a quick grocery run.
2. Follow the plan: Each day tells you exactly what to eat and which recipe page to open.
3. Swap freely: Don't love an ingredient? Check the easy swaps on page 37.

Drop the guesswork. Just cook, eat, and feel energized.

DISCLAIMER

This book is for general information and is not medical advice. Check with your doctor before changing your diet if you have kidney disease, diabetes or any other medical condition, if you are pregnant or nursing, if you take medication, or if you follow a diet prescribed by a doctor. Nutrition numbers (protein, calories) are estimates and vary by brand and portion size.

DAY 1 PREP

Your First 24 Hours

Today (15 minutes)

1. Go shopping. Short list for Day 1:

   Protein: 1 dozen eggs, 16 oz cottage cheese, 1 can (6 oz) wild pink salmon, 1½ lb chicken breast

   Veggies and fruit: baby spinach, cucumber, cherry tomatoes, broccoli, 2 sweet potatoes, 1 avocado, lemons, berries, apples

   Pantry: olive oil, quinoa, almond butter, kalamata olives, rolled oats, chia seeds, protein powder, almond milk, cinnamon, garlic powder, paprika, salt and pepper

   The full week's shopping list is on page 6.

2. Put the cottage cheese and eggs where you'll see them in the morning.
3. Starting mid-week? Start with Day 1 anyway. Its dinner uses Prep A chicken, so on shopping day roast it fresh (Recipe 14, page 28).

Tomorrow morning (5 minutes)

Make Fluffy Cottage Cheese Scramble (Recipe 2, page 16) with a cup of berries on the side. That's about 28 g of protein.

YOUR FIRST WIN

One breakfast with at least 25 g of protein.

THE PLAN

How the Plan Works

Every day follows the same simple pattern. Two short prep sessions do most of the cooking for the week.

The pattern

- 3 meals and 1 light snack a day.
- At least 25 g of protein at every main meal.
- About 100–115 g of protein and 1,465–1,535 calories a day.
- Hungry or active? Add 1–2 sides from page 14.

Prep A: Sunday (45–60 min)

- Roast about 10 oz chicken breast, 1 cup sweet potato and 1½ cups broccoli on one sheet pan (425°F, 25 min).
- Cook 1 cup dry quinoa and ¾ cup dry brown rice.
- Wash greens, slice cucumber and bell pepper.
- Monday evening: make the Overnight Jar for Tuesday.

Prep B: Wednesday (25–30 min)

- Roast about 14 oz chicken breast, 5 oz turkey breast, 2 cups sweet potato and 3 cups broccoli on two sheet pans.
- Cook another ½ cup dry quinoa or rice.
- Thursday evening: make the Overnight Jar for Friday.

GOOD TO KNOW

Desserts (Recipes 19 and 20) are optional on weekends. The Matcha Latte (Recipe 17) can replace the snack.

WEEK 1

Shopping List

For 1 person, 7 days. Items marked (optional) can be skipped.

Protein

- Eggs, 1 dozen
- Chicken breast, raw, 1½–1¾ lb
- Ground turkey 93%, 1 lb (use 7 oz, freeze the rest)
- Turkey breast, 5 oz
- Wild salmon fillet, 5–6 oz
- Cod or other white fish, 5–6 oz
- Smoked salmon, 3–4 oz
- Canned wild pink salmon, 2 cans (6 oz each)
- Sirloin steak, 5–6 oz
- Cottage cheese, 16 oz
- Plain Greek yogurt 0%, 1 tub
- Feta, 2 oz
- Protein powder, 1 tub
- Collagen peptides (optional)
- Dry red lentils, ⅓ cup
- Frozen edamame, 2–3 cups
- Hummus (optional)

Veggies and fruit

- Leafy greens, about 4 cups
- Romaine or butter lettuce, 1 head
- Cucumber, 1–2
- Cherry tomatoes, 1 pint
- Bell pepper, 1
- Zucchini, 2
- Broccoli, 2–3 heads
- Asparagus, 1 bunch
- Sweet potatoes, 3
- Carrot, 1
- Avocados, 2
- Lemons, 4, and 1 lime
- Garlic and fresh ginger
- Fresh herbs (optional)
- Fresh berries, about 6 cups
- Frozen berries, 1 cup (Recipe 19)
- Apples, 6

Pantry

- Olive oil, avocado oil, sesame oil, ghee
- Quinoa, 1½ cups dry
- Brown rice, ¾ cup dry
- Rolled oats, 1 cup
- Chia seeds, 3 tbsp
- Sesame seeds, 2 tbsp
- Pumpkin seeds, 1 tbsp
- Almond butter, 7 tbsp (1 jar)
- Walnuts, 5
- Unsweetened almond milk, about 3 cups
- Coconut milk (drink), 1 cup
- Coconut aminos, 4 tbsp
- Apple cider vinegar
- Olives
- Baking powder, vanilla extract
- Spices: cinnamon, garlic powder, paprika, cumin
- Sprouted bread, 1 loaf
- Optional: matcha, honey, dark chocolate 85%+, cocoa

DAY 1 · MONDAY

Protein-First Start

MORNING (OPTIONAL)

Warm Lemon-Ginger Morning Elixir

Recipe 16, page 30

0 g protein · 10 kcal

BREAKFAST

Fluffy Cottage Cheese Scramble

+ 1 cup berries

Recipe 2, page 16

28 g protein · 400 kcal

LUNCH

Mediterranean Salmon & Cucumber Bowl

+ ½ cup quinoa

Recipe 6, page 20

34 g protein · 470 kcal

SNACK

Apple + 1 tbsp almond butter

4 g protein · 195 kcal

DINNER

Sheet-Pan Chicken, Sweet Potato & Broccoli

From Prep A

Recipe 14, page 28

38 g protein · 415 kcal

DAY 1 TOTAL

≈105 g protein · ≈1,480 kcal

Tonight: make the Overnight Jar for tomorrow (5 min). Prep A was your Sunday session.

DAY 2 · TUESDAY

Steady Energy

BREAKFAST

Overnight Chia & Oat Protein Jar

+ 1 cup berries

Recipe 3, page 17

30 g protein · 390 kcal

LUNCH

Greek Chicken Salad

Chicken from Prep A

Recipe 8, page 22

42 g protein · 430 kcal

SNACK

Apple + 1 tbsp almond butter

4 g protein · 195 kcal

DINNER

Pan-Seared White Fish with Olive & Tomato Tapenade

Recipe 13, page 27

+ ½ cup rice + ¼ avocado

30 g protein · 465 kcal

DAY 2 TOTAL

≈105 g protein · ≈1,475 kcal

DAY 3 · WEDNESDAY

Smoothie & Salmon

BREAKFAST

Berry & Collagen Smoothie Bowl

Recipe 1, page 15
36 g protein · 380 kcal

LUNCH

Quinoa & Edamame Power Bowl

Recipe 9, page 23
28 g protein · 455 kcal

SNACK

Apple + 1 tbsp almond butter

4 g protein · 195 kcal

DINNER

Sheet-Pan Lemon Salmon & Asparagus
+ ½ cup rice

Recipe 11, page 25
37 g protein · 465 kcal

DAY 3 TOTAL

≈105 g protein · ≈1,495 kcal

Tonight: Prep B (25–30 min). See “How the Plan Works” on page 5.

DAY 4 · THURSDAY

Light & Quick

BREAKFAST

Smoked Salmon & Avocado Protein Toast

+ 1 cup berries

Recipe 4, page 18

28 g protein · 415 kcal

LUNCH

Turkey & Avocado Lettuce Wraps

Turkey from Prep B + ½ cup quinoa

Recipe 7, page 21

43 g protein · 510 kcal

SNACK

Apple + 1 tbsp almond butter

4 g protein · 195 kcal

DINNER

Sheet-Pan Chicken, Sweet Potato & Broccoli

From Prep B

Recipe 14, page 28

38 g protein · 415 kcal

DAY 4 TOTAL

≈113 g protein · ≈1,535 kcal

Tonight: make the Overnight Jar for tomorrow (5 min).

DAY 5 · FRIDAY

Lentils & Steak

BREAKFAST

Overnight Chia & Oat Protein Jar

+ 1 tbsp almond butter

Recipe 3, page 17

33 g protein · 405 kcal

LUNCH

Red Lentil Wraps

With chicken from Prep B

Recipe 10, page 24

40 g protein · 440 kcal

SNACK

Golden Milk + apple

Recipe 18, page 32

1 g protein · 165 kcal

DINNER

Garlic-Herb Steak Bites

+ ½ cup rice + green salad with lemon

Recipe 15, page 29

33 g protein · 450 kcal

DAY 5 TOTAL

≈105 g protein · ≈1,465 kcal

Tip: soak the lentils for the wraps this morning.

DAY 6 · SATURDAY

Weekend Easy

BREAKFAST

Greek Yogurt Protein Pancakes
+ 1 tbsp almond butter

Recipe 5, page 19
32 g protein · 455 kcal

LUNCH

Quinoa & Edamame Power Bowl

Recipe 9, page 23
28 g protein · 455 kcal

SNACK

Apple + 1 tbsp almond butter

4 g protein · 195 kcal

DINNER

Sheet-Pan Chicken, Sweet Potato & Broccoli
From Prep B

Recipe 14, page 28
38 g protein · 415 kcal

OPTIONAL DESSERT

Cottage Cheese Berry "Ice Cream"

Recipe 19, page 33
+25 g protein · +280 kcal

DAY 6 TOTAL

≈100 g protein · ≈1,520 kcal

With dessert: ≈125 g protein · ≈1,800 kcal

DAY 7 · SUNDAY

Reset & Prep

BREAKFAST

Fluffy Cottage Cheese Scramble
+ 1 cup berries

Recipe 2, page 16
28 g protein · 400 kcal

LUNCH

Mediterranean Salmon & Cucumber Bowl
+ ½ cup quinoa

Recipe 6, page 20
34 g protein · 470 kcal

SNACK

2 squares dark chocolate (85%+) + ½ cup berries

2 g protein · 140 kcal

DINNER

Ground Turkey & Zucchini Stir-Fry
+ ½ cup rice

Recipe 12, page 26
42 g protein · 495 kcal

OPTIONAL DESSERT

High-Protein Chocolate Avocado Pudding

Recipe 20, page 34
+25 g protein · +300 kcal

DAY 7 TOTAL

≈105 g protein · ≈1,510 kcal

With dessert: ≈130 g protein · ≈1,810 kcal

This evening: do Prep A for next week.

Sides & Energy Add-ons

Mix and match to add energy to any meal in the plan.

SIDE	PROTEIN · KCAL
1 slice sprouted toast	5 g · 80 kcal
1 cup berries	1 g · 80 kcal
1 apple or banana	1 g · 95–105 kcal
½ cup cooked quinoa	4 g · 110 kcal
½ cup cooked brown rice	2–3 g · 110 kcal
¼ avocado	1 g · 80 kcal
1 tbsp almond butter	3 g · 100 kcal
1 oz almonds	6 g · 165 kcal

ENERGY ADD-ONS

Hungry or active? Add 1–2 sides (150–300 kcal).

Not very hungry? Skip the sides.

Need a recipe fast? Open the Recipe Index on page 41.

Values are estimates (±10%) based on typical ingredient data.



Berry & Collagen Smoothie Bowl

In the plan: Day 3 breakfast

5 MIN | ≈36 G PROTEIN | ≈380 KCAL | 1 SERVING

INGREDIENTS

- 1 scoop vanilla protein powder (about 22 g protein)
- 1 scoop unflavored collagen peptides
- 1 cup frozen blueberries
- 1 tbsp chia seeds
- ¾ cup unsweetened almond milk
- Toppings: 5 walnuts, a few mint leaves

STEPS

1. Blend everything except the toppings until thick and creamy. Add a splash of milk if it's too thick.
2. Pour into a bowl and add the walnuts and mint.

Why it works

Protein powder plus fiber from the berries and chia keeps you full longer than a fruit-only smoothie.

Tip

About 9 g of the protein is collagen. No collagen? Skip it. The bowl still has about 27 g of protein. Numbers assume a protein powder with about 22 g per scoop, so check your label.



Fluffy Cottage Cheese Scramble

In the plan: Day 1 breakfast; Day 7 breakfast

5 MIN	≈27 G PROTEIN	≈320 KCAL	1 SERVING

INGREDIENTS

- 3 large eggs
- ⅓ cup low-fat cottage cheese
- 1 tsp olive oil
- ½ cup baby spinach
- Salt and pepper

STEPS

1. Whisk the eggs and cottage cheese together.

2. Heat the oil in a non-stick pan over medium heat. Add the spinach for 30 seconds, until wilted.

3. Pour in the eggs and fold gently until soft curds form. Season and serve right away.

Why it works

Eggs and cottage cheese together give about 27 g of protein in under 5 minutes, an easy start for a protein-first breakfast.

Tip

Medium heat keeps it fluffy. Add a cup of berries on the side.



Overnight Chia & Oat Protein Jar

In the plan: Day 2 breakfast; Day 5 breakfast

5 MIN	≈29 G PROTEIN	≈310 KCAL	1 SERVING

INGREDIENTS

- ⅓ cup rolled oats
- 1 tbsp chia seeds
- 1 scoop vanilla protein powder (about 22 g protein)
- ¾ cup unsweetened almond milk
- ¼ tsp cinnamon

STEPS

1. Put everything in a jar, close the lid, and shake until smooth.
2. Refrigerate overnight (at least 4 hours).
3. Stir and eat cold, or warm it for 1 minute in the microwave.

Why it works

Chia and oats soak up the liquid overnight, so protein and fiber are ready before you are.

Tip

Add berries or 1 tbsp almond butter. Keeps 2 days in the fridge.



Smoked Salmon & Avocado Protein Toast

In the plan: Day 4 breakfast

7 MIN	≈28 G PROTEIN	≈335 KCAL	1 SERVING

INGREDIENTS

- 1 slice sprouted whole-grain bread
- ¼ avocado
- 3 oz smoked salmon
- 1 egg, hard-boiled or poached
- Squeeze of lemon, pinch of salt
- Capers (optional)

STEPS

1. Toast the bread.

2. Mash the avocado and spread it on the toast.

3. Layer the salmon, add the sliced egg, a squeeze of lemon, and a little salt.

Why it works

Salmon brings protein and omega-3 fats, and the avocado and egg make the toast more filling than toast alone.

Tip

Boil a few eggs on Sunday to save time. Smoked salmon is salty, so go easy on the salt.



Greek Yogurt Protein Pancakes

In the plan: Day 6 breakfast

10 MIN	≈29 G PROTEIN	≈355 KCAL	1 SERVING

INGREDIENTS

- ½ cup plain 0% Greek yogurt
- 2 eggs
- ¼ cup rolled oats
- ½ tsp baking powder
- ½ tsp cinnamon
- 1 tsp avocado oil for the pan
- Topping: ¼ cup berries

STEPS

1. Blend the yogurt, eggs, oats, baking powder, and cinnamon until smooth. Let the batter rest for 2 minutes.

2. Heat a non-stick pan over medium-low heat with a little oil.

3. Pour small pancakes (about 3 tbsp each). Cook 2 minutes, until bubbles appear, then flip and cook 1 more minute.

4. Top with berries.

Why it works

Greek yogurt and eggs replace most of the flour, so protein goes up and refined carbs go down.

Tip

Makes 3–4 small pancakes. Keep them small and the heat low, so they flip easily.



Mediterranean Salmon & Cucumber Bowl

In the plan: Day 1 lunch; Day 7 lunch

10 MIN	≈30 G PROTEIN	≈360 KCAL	1 SERVING

INGREDIENTS

- 5 oz drained wild pink salmon (one 6-oz can)
- 1 cup chopped cucumber
- ½ cup cherry tomatoes, halved
- 2 tbsp pitted kalamata olives
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Fresh dill (optional)

STEPS

1. Combine the salmon, cucumber, tomatoes, and olives in a bowl.

2. Flake the salmon with a fork.

3. Drizzle with olive oil and lemon juice, toss gently, and top with dill.

Why it works

Canned wild salmon is a budget-friendly protein with omega-3 fats, and there is no cooking.

Tip

Add ½ cup cooked quinoa to make it a heartier meal.



Turkey & Avocado Lettuce Wraps

In the plan: Day 4 lunch

10 MIN | ≈39 G PROTEIN | ≈400 KCAL | 1 SERVING

INGREDIENTS

- 4 oz cooked turkey breast, sliced (roasted, not thin deli slices)
- 4 large romaine or butter lettuce leaves
- ½ avocado, sliced
- ½ carrot, shredded
- 1 tbsp pumpkin seeds
- Squeeze of lime

STEPS

1. Lay the lettuce leaves flat.
2. Divide the turkey, avocado, and carrot among the leaves.
3. Add the pumpkin seeds and lime, then fold and eat.

Why it works

Lettuce swaps the bread for crunch, while turkey and avocado cover protein and healthy fat.

Tip

Deli turkey has less protein per slice, so check the label. Roasted turkey breast is best.



Greek Chicken Salad

In the plan: Day 2 lunch

10 MIN	≈42 G PROTEIN	≈430 KCAL	1 SERVING

INGREDIENTS

- 4 oz cooked chicken breast, sliced
- 2 cups mixed salad greens
- ¼ cup diced feta
- ½ cup sliced bell pepper
- 1 tbsp olive oil
- 1 tsp apple cider vinegar

STEPS

1. Toss the greens, bell pepper, and feta in a bowl.
2. Top with the chicken.
3. Whisk the oil and vinegar, drizzle over the salad, and serve.

Why it works

Chicken is a lean, complete protein, and the olive oil and feta add fat that helps you feel satisfied.

Tip

Use the chicken from your Sunday prep.



Quinoa & Edamame Power Bowl

In the plan: Day 3 lunch; Day 6 lunch

12 MIN	≈28 G PROTEIN	≈455 KCAL	1 SERVING

INGREDIENTS

- ½ cup cooked quinoa
- 1 cup shelled edamame, steamed
- 1 cup broccoli florets, steamed
- 1 tbsp toasted sesame seeds
- 1 tbsp coconut aminos (or low-sodium tamari)
- 1 tsp sesame oil

STEPS

1. Steam the edamame and broccoli for 4–5 minutes (the microwave works too).

2. Put the warm quinoa, edamame, and broccoli in a bowl.

3. Drizzle with the aminos and sesame oil, and sprinkle with sesame seeds.

Why it works

Quinoa and edamame are two plant proteins that pair well, a good option for meatless days.

Tip

Frozen edamame and frozen broccoli work great.



Red Lentil Wraps

In the plan: Day 5 lunch

15 MIN + SOAK	≈40 G PROTEIN	≈440 KCAL	1 SERVING

INGREDIENTS

- ¼ cup dry red lentils
- ⅓ cup water, plus water for soaking
- ¼ tsp salt, ¼ tsp cumin, pinch of turmeric
- 1 tsp avocado oil for the pan
- Filling: 3 oz cooked chicken (or 2 tbsp hummus), a handful of greens, ¼ avocado, sliced cucumber

STEPS

1. Soak the lentils in water for 2 hours (or overnight). Drain.

2. Blend the lentils with ⅓ cup water, salt, cumin, and turmeric into a thin, pourable batter.

3. Heat a non-stick pan over medium heat with a little oil. Pour half the batter and swirl into a thin circle.

4. Cook 2–3 minutes, flip, and cook 1 minute more. Repeat for the second wrap.

5. Fill with chicken, greens, avocado, and cucumber, then fold.

Why it works

Red lentils add plant protein and fiber, and chicken brings the protein up.

Tip

Makes 2 wraps. The 40 g includes 3 oz chicken; with 2 tbsp hummus instead, about 16 g. Thin batter, medium heat, and a good non-stick pan. If it sticks, the batter is too thick or the pan isn't hot enough.



Sheet-Pan Lemon Salmon & Asparagus

In the plan: Day 3 dinner

17 MIN TOTAL | ≈35 G PROTEIN | ≈355 KCAL | 1 SERVING

INGREDIENTS

- 5 oz wild salmon fillet (raw weight)
- 10 asparagus spears, trimmed
- 1 tbsp olive oil
- 2 lemon slices
- ½ tsp garlic powder, salt

STEPS

1. Heat the oven to 400°F. Line a baking sheet with parchment.
2. Put the salmon and asparagus on the sheet. Drizzle with oil and sprinkle with garlic powder and salt.
3. Lay the lemon slices on the salmon.
4. Bake 12 minutes, until the salmon flakes easily with a fork.

Why it works

One pan, 12 minutes in the oven, over 30 g of protein with omega-3 fats.

Tip

Add ½ cup cooked rice on the side. Frozen salmon works, just thaw it first.



Ground Turkey & Zucchini Stir-Fry

In the plan: Day 7 dinner

10 MIN	≈40 G PROTEIN	≈385 KCAL	1 SERVING

INGREDIENTS

- 7 oz lean ground turkey, 93% (raw weight)
- 1 medium zucchini, sliced into half-moons
- 1 clove garlic, minced
- ½ tsp grated fresh ginger
- 1 tbsp coconut aminos
- 1 tsp avocado oil

STEPS

1. Heat the oil in a skillet over high heat.

2. Add the garlic, ginger, and turkey. Cook about 5 minutes, breaking it up, until browned and cooked through (165°F).

3. Add the zucchini and aminos. Stir-fry 3 more minutes, until tender.

Why it works

Lean turkey and zucchini give high protein with few carbs, ready in 10 minutes.

Tip

Serve with ½ cup rice for a fuller plate.



Pan-Seared White Fish with Olive & Tomato Tapenade

In the plan: Day 2 dinner

10 MIN	≈26 G PROTEIN	≈275 KCAL	1 SERVING

INGREDIENTS

- 5 oz cod or other white fish fillet (raw weight)
- ½ cup cherry tomatoes, halved
- 2 tbsp chopped green olives
- 1 clove garlic, minced
- 1 tbsp olive oil
- Salt

STEPS

1. Pat the fish dry and season with salt.

2. Heat the oil in a pan over medium-high heat. Cook the fish 3–4 minutes per side, until it flakes.

3. Remove the fish. In the same pan, cook the tomatoes, olives, and garlic for 2 minutes, until the tomatoes soften.

4. Spoon over the fish.

Why it works

Cod is a lean protein, and the olive-tomato topping adds flavor and healthy fat without a heavy sauce.

Tip

Add ½ cup cooked rice and ¼ avocado to make it a full meal.



Sheet-Pan Chicken, Sweet Potato & Broccoli

In the plan: Day 1, Day 4 and Day 6 dinner

35 MIN TOTAL | ≈38 G PROTEIN | ≈415 KCAL | 1 SERVING

INGREDIENTS

- 5 oz raw chicken breast, cut into pieces
- 1 cup cubed sweet potato (¾-inch cubes)
- 1½ cups broccoli florets
- 2 tsp olive oil
- ½ tsp garlic powder, ½ tsp paprika, salt and pepper

STEPS

1. Heat the oven to 425°F.

2. Toss everything with the oil and spices on a sheet pan, in a single layer.

3. Roast about 25 minutes, stirring once, until the chicken is cooked through (no pink inside, 165°F) and the sweet potato is tender.

Why it works

Protein, complex carbs, and fiber cook together on one tray, which makes it your prep base.

Tip

Make 2–3 portions at once. It keeps 3–4 days in the fridge.



Garlic-Herb Steak Bites

In the plan: Day 5 dinner

10 MIN	≈31 G PROTEIN	≈340 KCAL	1 SERVING

INGREDIENTS

- 5 oz sirloin steak (raw weight), cut into ¾-inch cubes
- 1 tbsp ghee or butter
- 1 clove garlic, minced
- 1 tbsp chopped parsley
- Salt and black pepper

STEPS

1. Pat the steak dry and season with salt and pepper.
2. Melt the ghee in a heavy skillet over high heat.
3. Add the steak in a single layer and sear 2 minutes without moving it.
4. Flip, add the garlic and parsley, and cook 2 more minutes.

Why it works

Beef is a rich source of protein, iron, and vitamin B12, and small cubes cook in minutes.

Tip

Don't crowd the pan, or the steak steams instead of searing. Serve with ½ cup rice and a green salad with lemon.



Warm Lemon-Ginger Morning Elixir

In the plan: Day 1 optional, any morning

3 MIN	0 G PROTEIN	≈10 KCAL	1 SERVING

INGREDIENTS

- 8 oz warm water
- 1 tbsp lemon juice
- ½ tsp ground turmeric
- ¼ tsp ginger (fresh grated or ground)
- Pinch of black pepper

STEPS

1. Stir everything into the warm water until dissolved.
2. Drink it before your coffee.

Why it works

A simple morning habit. Black pepper helps your body absorb curcumin from the turmeric.

Tip

Add 1 tsp honey if you like it sweeter. Turmeric stains, so rinse your cup right away.



Matcha Collagen Latte

In the plan: Optional swap for any afternoon snack.

4 MIN	≈10 G PROTEIN	≈55 KCAL	1 SERVING

INGREDIENTS

- 1 tsp matcha powder
- 1 scoop unflavored collagen peptides
- 4 oz warm water (not boiling)
- 4 oz unsweetened almond milk

STEPS

1. Whisk the matcha and collagen into the warm water until frothy.

2. Heat the almond milk and pour it over.

Why it works

Matcha has caffeine and L-theanine, and collagen adds about 10 g of protein, a gentler alternative to a second coffee.

Tip

A small handheld frother makes it smooth. Matcha has caffeine, so skip it late in the day.



Golden Milk

In the plan: Day 5 snack

5 MIN	≈1 G PROTEIN	≈70 KCAL	1 SERVING

INGREDIENTS

- 8 oz unsweetened coconut milk (the drink, not canned)
- ½ tsp turmeric
- ¼ tsp cinnamon
- Pinch of nutmeg and black pepper
- ½ tsp ghee

STEPS

1. Warm the milk in a small saucepan.
2. Whisk in the turmeric, cinnamon, nutmeg, pepper, and ghee.
3. Serve warm.

Why it works

A warm, caffeine-free drink that makes an easy evening wind-down habit.

Tip

Pair it with a piece of fruit, so it's a snack.



Cottage Cheese Berry “Ice Cream”

In the plan: Day 6 optional dessert

5 MIN	≈25 G PROTEIN	≈280 KCAL	1 SERVING

INGREDIENTS

- 1 cup 2% cottage cheese
- 1 cup frozen berries
- 1 tsp honey
- ½ tsp vanilla

STEPS

1. Blend everything in a blender or food processor until it looks like soft-serve. Scrape down the sides once or twice.

2. Eat right away, or freeze 20 minutes for a firmer scoop.

Why it works

Blending cottage cheese gives a creamy dessert with about 25 g of protein and just a teaspoon of honey for sweetness.

Tip

A small splash of milk helps a weaker blender.



High-Protein Chocolate Avocado Pudding

In the plan: Day 7 optional dessert

5 MIN	≈25 G PROTEIN	≈300 KCAL	1 SERVING

INGREDIENTS

- ½ ripe avocado
- 1 scoop chocolate protein powder (about 22 g protein)
- 1 tbsp unsweetened cacao powder
- 3–4 tbsp unsweetened almond milk

STEPS

1. Blend everything in a small blender or food processor until completely smooth.

2. Eat cold. Chill 10 minutes if you like it firmer.

Why it works

Avocado gives the creamy texture and healthy fat, and the protein powder adds protein, so a sweet craving comes with something that fills you up.

Tip

With chocolate collagen instead of protein powder: about 12 g protein, about 215 kcal.

The 3 Simple Rules

Every recipe and every day of the 7-Day Plan already follows these three rules. You don't have to memorize anything. Just cook and eat.

1

Protein first.

Start your day with about 25–35 g of protein. Example: 3 eggs scrambled with ⅓ cup cottage cheese.

Why it works: spreading protein across your meals, instead of saving it for dinner, works better for your muscles.[1] Many people also feel full longer.

2

Pair your carbs.

Don't eat carbs alone. Add protein, healthy fat, or fiber. Example: an apple with 1 tbsp almond butter instead of a plain apple.

Why it works: protein, fat, and fiber slow digestion, so most people get steadier energy and fewer cravings.

3

Build your plate.

Half non-starchy veggies, a quarter protein, a quarter smart carbs (quinoa, sweet potato, rice, beans), plus 1–2 tbsp healthy fat such as olive oil or avocado.

Why it works: the fat helps your body absorb nutrients from the vegetables, so skip the fat-free dressing.[2]

Still hungry? Add a side from the sides list. This is a plan, not a diet.

Your first win: tomorrow morning, eat a breakfast with at least 25 g of protein.

REFERENCE

Protein Cheat Sheet

Cooked weights, typical US grocery items. Approximate; brands vary, so check the label.

FOOD	PORTION	PROTEIN
Chicken breast, cooked	4 oz	≈35 g
Turkey breast, cooked	4 oz	≈33 g
Sirloin steak, cooked	4 oz	≈32 g
Wild salmon, cooked	4 oz	≈30 g
Cod, cooked	4 oz	≈26 g
Canned wild salmon, drained	3 oz	≈17 g
Eggs, large	2	≈13 g
Greek yogurt, plain nonfat	1 cup	≈20–24 g
Cottage cheese, low-fat	½ cup	≈13 g
Edamame, shelled	1 cup	≈18 g
Lentils, cooked	½ cup	≈9 g
Tofu, firm	4 oz	≈9–10 g
Quinoa, cooked	1 cup	≈8 g
Protein powder	1 scoop	≈20–25 g
Collagen peptides	1 scoop	≈9–10 g*
Almonds	1 oz	≈6 g

*** Collagen is not a complete protein. Treat it as a bonus.**

Swaps & Snack Ideas

SWAPS

Don't like fish	Salmon bowl: 5 oz canned tuna or 4 oz chicken. Fish dinners: chicken or turkey. Toast: turkey and an egg.
Are vegetarian	Replace chicken, fish, turkey, and steak with eggs, Greek yogurt, cottage cheese, edamame, lentils, or firm tofu. Tofu is lower in protein (4 oz ≈ 9–10 g), so pair it with an egg or a scoop of protein powder to reach 25 g at meals. Skip the collagen.
Avoid dairy	Plant-based protein powder and unsweetened soy yogurt. Skip cottage cheese and feta.
Have a nut allergy	Sunflower or pumpkin seed butter instead of almond butter; seeds instead of nuts.
Are on a budget	Eggs, canned salmon or tuna, frozen fish, lentils, cottage cheese, frozen berries and vegetables.
Don't have a blender	Overnight Jar (Recipe 3), Scramble (Recipe 2), or any salad or bowl.
No protein powder	Greek yogurt, eggs, or cottage cheese at breakfast.

SNACK LIST · ≈3–20 GRAMS OF PROTEIN

- 2 hard-boiled eggs (≈13 g)
- 1 cup plain Greek yogurt with berries (≈20 g)
- ½ cup cottage cheese with fruit (≈13 g)
- Turkey slices rolled with cucumber (≈15 g)
- 1 cup edamame, steamed (≈18 g)
- 1 pouch (3 oz) tuna (≈17 g)
- Apple with 1 tbsp almond butter (≈3 g; pair with Greek yogurt to reach ≈20 g)
- 1 oz almonds (≈6 g)

FAQ

Questions

1. I'm not hungry in the morning. What do I do?

Start small: a cup of Greek yogurt or the Overnight Jar (Recipe 3). Add a little more each day until you reach 25 g of protein.

2. Do I need to count calories?

No. The portions in the plan are already set. Nutrition numbers are estimates and vary by brand and portion size.

3. Can I swap meals between days?

Yes. Swap any breakfast for another breakfast, any lunch for another lunch, and so on. Just keep protein in every meal.

4. Do I need protein powder or collagen?

No. Food covers the plan. Powder is optional and only helps you reach 25 g when a meal falls short.

5. How long does meal prep keep?

Cooked food keeps 3–4 days in the fridge. The Overnight Jar keeps 2 days.

6. Can I cook for two?

Yes. Double the ingredients. Every recipe is written for 1 serving.

7. I'm smaller and eat less. Should I change portions?

Use smaller protein portions (3 oz) and skip the sides. If you have a medical condition, check with your doctor.

8. Is this a weight-loss plan?

No. It is built around protein and steady energy, not around a weight target.

WHAT'S NEXT

You've got a system now.

1. Build your own week. Pick a breakfast (Recipes 1 to 5), a lunch (6 to 10) and a dinner (11 to 15) you loved. Repeat them or mix in new ones.

2. Keep Rule 1. Protein first at breakfast. If you only keep one habit from this book, keep this one. It's the easiest win of your day.

3. Missed a day? Just eat your next meal. No restarting, no guilt. The plan is here whenever you want it, so you can jump back in any time.

Recommended Resources

Milk frother · Small blender · Glass jars
Collagen peptides · Protein powder







REFERENCES

Sources

1. Mamerow MM et al. Dietary protein distribution positively influences 24-h muscle protein synthesis in healthy adults. *J Nutr,* 2014.

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3. Institute of Medicine. Dietary Reference Intakes (protein RDA 0.8 g/kg).

4. Jäger R et al. International Society of Sports Nutrition Position Stand: protein and exercise. *J Int Soc Sports Nutr,* 2017.

5. Bauer J et al. Evidence-based recommendations for optimal dietary protein intake in older people (PROT-AGE). *J Am Med Dir Assoc,* 2013.

6. National Kidney Foundation. CKD diet: how much protein is the right amount?

7. USDA FoodData Central (typical nutrient values per ingredient).

Protein and calorie values in this book are approximate. Real values can differ by about ±10% depending on brand, ingredients, and portion size. This is normal and will not change how the plan works.

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FIND A RECIPE

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Tap a recipe to jump to it. Recipe numbers match the 7-Day Plan.