

Here's a high-protein, chicken-based meal plan totaling approximately 1000 calories, split across breakfast, lunch, and dinner. Each meal features chicken and focuses on lean proteins and nutrient density.

Breakfast: Chicken & Egg White Scramble Wrap

- 3 egg whites
- 1 whole egg
- 75g cooked shredded chicken breast
- 1 whole wheat wrap (8-inch)
- 1/4 avocado
- 1/2 cup spinach (sautéed or raw)
- Salsa (2 tbsp)

≡ Approx. 320 kcal

≡ ~30g protein

Lunch: Chicken Veggie Bowl

- 100g grilled chicken breast
- 1/2 cup cooked quinoa
- 1 cup steamed broccoli
- 1/4 cup chopped bell peppers
- 1 tbsp olive oil (for roasting or dressing)
- Lemon juice and herbs for flavor

≡ Approx. 350 kcal

≡ ~35g protein

Dinner: Chicken Soup with Veggies

- 100g shredded chicken breast
- 1.5 cups low-sodium chicken broth
- 1/2 cup chopped carrots
- 1/2 cup chopped zucchini or celery
- 1/4 cup cooked lentils or chickpeas (optional for extra protein/fiber)
- Herbs, garlic, black pepper

≡ Approx. 330 kcal

≡ ~30g protein

Totals:

Calories: ~1000 kcal

Protein: ~95g