

- ◆ Total Protein: ~100–110g
- ◆ Total Calories: ~1,000 kcal

Breakfast (350 kcal, ~35g protein)

- 4 egg whites (68 kcal, 14g protein)
- 1 whole egg (70 kcal, 6g protein)
- 1 slice whole grain toast (80 kcal, 4g protein)
- 1/2 cup low-fat cottage cheese (80 kcal, 14g protein)
- Black coffee or tea (0 kcal)

Lunch (300 kcal, ~35g protein)

- 4 oz grilled chicken breast (130 kcal, 26g protein)
- 1 cup steamed broccoli (55 kcal, 5g protein)
- 1/2 cup quinoa (110 kcal, 4g protein)

Dinner (350 kcal, ~35g protein)

- 5 oz lean sirloin steak, grilled (350 kcal, 35g protein)
 - 1 cup steamed broccoli, season with herbs/spices only