- Breakfast (Approx. 300 kcal, 20g protein)
 - Greek Yogurt Parfait:
 - 150g nonfat Greek yogurt (15g protein)
 - ½ cup mixed berries (35 kcal)
 - 1 tbsp chia seeds (3g protein)
 - 1 tbsp sliced almonds (2g protein)
- Lunch (Approx. 350 kcal, 30g protein)
 - Tofu & Quinoa Bowl:
 - o 100g firm tofu, grilled (11g protein)
 - ½ cup cooked quinoa (4g protein)
 - 1 cup steamed broccoli (3g protein)
 - 1 tbsp tahini-lemon dressing
 - o 2 tbsp hemp seeds (6g protein)
 - 1 tbsp nutritional yeast (2g protein)
- Dinner (Approx. 350 kcal, 30g protein)
 - Lentil & Cottage Cheese Wrap:
 - o ½ cup cooked lentils (9g protein)
 - 100g low-fat cottage cheese (11g protein)
 - 1 high-protein whole wheat wrap (~8g protein)
 - o Lettuce, tomato, and cucumber
 - Dash of hot sauce or mustard for flavor

Total Macros (approximate):

• Calories: 1000 kcal

Protein: 80gCarbs: ~85–95gFat: ~30–35g