

Breakfast (~300 kcal | ~32g protein)

- Smoked Salmon Scramble:
  - 2 whole eggs (140 kcal, 12g protein)
  - 2 egg whites (34 kcal, 7g protein)
  - 2 oz smoked salmon (66 kcal, 13g protein)
  - 1 tsp olive oil for cooking (40 kcal)
- Optional garnish: chopped chives or parsley

Lunch (~340 kcal | ~34g protein)

- Grilled Tuna Salad:
  - 4 oz grilled yellowfin tuna steak (130 kcal, 28g protein)
  - Mixed greens (1.5 cups, 15 kcal)
  - Cherry tomatoes, cucumber, red onion (30 kcal)
  - 1 tsp olive oil + 1 tsp balsamic vinegar dressing (50 kcal)
  - 1 slice whole-grain bread or crispbread (115 kcal, 5g protein)

Dinner (~375 kcal | ~34g protein)

- Baked Salmon with Steamed Veggies:
  - 4 oz baked Atlantic salmon (233 kcal, 26g protein)
  - Steamed broccoli and carrots (1 cup total, 50 kcal)
  - ½ cup cooked quinoa (92 kcal, 3.5g protein)

Tips:

- Drink water or herbal tea with meals.
- Adjust portion sizes slightly if you need to hit exactly 1,000 calories.
- You can swap tuna for cod, halibut, or sardines depending on preference.