



MY HIGH-PROTEIN LIST

"If a meal does not help me meet my protein goal, I do not eat it."

Mostly meat, vegetables, things that came from the earth. Keep the processed stuff to a minimum.

GRAB-AND-GO SNACKS

- Greek yogurt with berries
- Hard-boiled eggs
- Turkey or chicken breast roll-ups with cheese and lettuce
- Cottage cheese with peaches or pineapple
- Tuna salad with whole wheat crackers
- Roasted chickpeas
- Edamame
- Beef jerky (no sugar added)
- Nut butter (almond, peanut or cashew) with celery or apple slices
- Protein shake, or a protein bar with no seed oils or added sugar
- Hummus and veggies (carrots, celery, bell pepper)
- Nuts and seeds (almonds, pumpkin seeds, sunflower seeds)
- String cheese
- Boiled eggs with avocado and salsa

LUNCH

- Grilled chicken breast with roasted vegetables and quinoa
- Tuna salad (avocado-oil mayo) sandwich on whole wheat bread
- Turkey and cheese wrap with mixed greens and avocado
- Beef and broccoli stir-fry with brown rice
- Egg salad (avocado-oil mayo) sandwich on whole wheat bread with mixed greens
- Grilled shrimp with sweet potato and mixed greens
- Turkey chili with black beans and quinoa
- Grilled salmon with roasted vegetables and a mixed green salad
- Chicken Caesar salad with grilled chicken breast (avocado-oil Caesar dressing)
- Turkey and cheese melt on whole wheat bread with mixed greens

BREAKFAST

- Greek yogurt parfait with berries and no-sugar-added granola
- Scrambled eggs with spinach and diced tomatoes
- Turkey and cheese omelet with mixed veggies
- Peanut butter and banana smoothie with protein powder
- High-protein pancakes made with cottage cheese, eggs and oats
- Baked eggs in avocado with turkey bacon
- Quinoa and turkey breakfast bowl with diced tomatoes and avocado
- Sausage and egg breakfast burrito with spinach and bell peppers
- High-protein overnight oats made with Greek yogurt, chia seeds and berries
- Turkey bacon and eggs with a side of roasted sweet potato

DINNER

- Grilled steak with roasted vegetables and quinoa
- Baked salmon with sweet potatoes and mixed greens
- Chicken alfredo with whole wheat pasta and steamed vegetables
- Turkey meatballs with whole wheat spaghetti and no-sugar-added marinara
- Grilled shrimp skewers with a mixed green salad
- Grilled chicken breast with sweet potatoes and mixed greens
- Turkey and vegetable soup with quinoa
- Lentil and ground turkey chili with mixed greens

Cook with olive oil, avocado oil or butter. No seed oils, no added sugar. Protein target: your body weight in grams.

Want the standard that goes with the food? The Brotherhood is where men hold each other to it every day.
brotherhood.thecommandproject.com