360 FITNESS DIET BOOKLET

🥗 Ladies

7-Day High-Protein Meal Plan (1400–1600 Calories, ~120g Protein)

Day 1

- **Breakfast:**
  - 1 cup Greek yogurt (nonfat, plain)
  - 1 scoop whey protein (mixed in)
  - ½ cup berries
  - 15 almonds
    (~350 cal, 40g protein)
- **Lunch:**
  - 4 oz grilled chicken breast
  - 1 cup quinoa (cooked)
  - 1 cup broccoli
    (~400 cal, 35g protein)
- **Snack:**
  - 1 protein bar (low sugar, ~20g protein)
    (~200 cal, 20g protein)
- **Dinner:**
  - 5 oz baked salmon
  - 1 cup roasted zucchini + peppers
  - ½ cup brown rice
    (~500 cal, 30g protein)

Day 2

- **Breakfast:**

- 3 scrambled egg whites + 1 whole egg
- 1 slice whole grain toast
- ½ avocado
  (~300 cal, 25g protein)

- **Lunch:**
  - 5 oz turkey breast (deli or grilled)
  - 1 whole wheat wrap
  - Lettuce, tomato, mustard
  - Side: cucumber slices
    (~350 cal, 35g protein)

- **Snack:**
  - Protein shake (1 scoop whey + unsweetened almond milk)
  - 1 tbsp peanut butter on celery sticks
    (~250 cal, 30g protein)

- **Dinner:**
  - 6 oz grilled shrimp
  - 1 cup cauliflower rice
  - 1 cup roasted asparagus
  - 1 tsp olive oil
    (~500 cal, 35g protein)

Day 3

- **Breakfast:**
  - Protein oatmeal:
    - ½ cup oats, 1 scoop whey, 1 tbsp chia seeds
      (~350 cal, 35g protein)

- **Lunch:**
  - 5 oz grilled chicken
  - 1 cup roasted sweet potato
  - 1 cup green beans
    (~400 cal, 35g protein)

- **Snack:**
    - 2 boiled eggs
    - 1 light string cheese
      (~200 cal, 18g protein)
- **Dinner:**
    - 5 oz lean beef (90/10) burger patty (no bun)
    - Large salad (spinach, tomato, cucumber, balsamic)
    - 1 cup roasted Brussels sprouts
      (~500 cal, 35g protein)

Day 4

- **Breakfast:**
    - 1 cup cottage cheese (low-fat)
    - ½ cup pineapple chunks
    - 1 tbsp flaxseed
      (~300 cal, 28g protein)
- **Lunch:**
    - 5 oz grilled tilapia
    - ½ cup brown rice
    - 1 cup steamed broccoli
      (~400 cal, 35g protein)
- **Snack:**
    - Protein smoothie (1 scoop whey, spinach, almond milk, ½ banana)
      (~200 cal, 25g protein)
- **Dinner:**
    - 6 oz grilled chicken breast
    - 1 medium baked potato
    - 1 cup roasted carrots
      (~550 cal, 35g protein)

Day 5

- **Breakfast:**
  - Protein pancakes (1 scoop whey, ½ banana, egg whites)
  - Sugar-free syrup
    (~350 cal, 35g protein)
- **Lunch:**
  - 5 oz turkey meatballs (lean)
  - 1 cup zucchini noodles with tomato sauce
    (~400 cal, 35g protein)
- **Snack:**
  - Greek yogurt (nonfat, plain)
  - 1 tbsp peanut butter
    (~200 cal, 20g protein)
- **Dinner:**
  - 5 oz grilled salmon
  - 1 cup quinoa
  - 1 cup asparagus
    (~550 cal, 35g protein)

Day 6

- **Breakfast:**
  - 3 scrambled eggs (2 whites, 1 whole)
  - 1 slice whole wheat toast
  - 1 turkey sausage link
    (~300 cal, 30g protein)
- **Lunch:**
  - 5 oz grilled chicken
  - 1 whole wheat wrap with spinach & mustard
    (~350 cal, 35g protein)
- **Snack:**
  - Protein shake + 1 rice cake with 1 tsp almond butter
    (~200 cal, 25g protein)

- **Dinner:**
    - 6 oz lean ground turkey stir-fry with mixed veggies (peppers, broccoli, onion)
    - ½ cup jasmine rice
      (~550 cal, 35g protein)

Day 7

- **Breakfast:**
    - Protein smoothie bowl:
        - 1 scoop whey, ½ banana, ½ cup blueberries, spinach, almond milk
        - Topped with 1 tbsp chia seeds
          (~350 cal, 35g protein)
- **Lunch:**
    - 5 oz grilled cod
    - 1 cup roasted sweet potato
    - 1 cup green beans
      (~400 cal, 35g protein)
- **Snack:**
    - 2 boiled eggs
    - 1 low-fat cheese stick
      (~200 cal, 18g protein)
- **Dinner:**
    - 6 oz grilled chicken breast
    - 1 cup roasted zucchini + cauliflower
    - ½ cup quinoa
      (~550 cal, 35g protein)

✅ Each day is **~1450–1600 calories** and **115–125g protein**.
✅ Can swap proteins (chicken ↔ turkey ↔ fish) or carbs (quinoa ↔ sweet potato ↔ rice).
✅ Whey protein helps hit targets without pushing calories too high.

🥗 Mens

7-Day High-Protein Meal Plan (1800 Calories, 150g Protein)

Day 1

- **Breakfast**
  - 1 cup Greek yogurt (nonfat)
  - 1 scoop whey protein
  - 1 cup berries
  - 20 almonds
    (~400 cal, 45g protein)
- **Lunch**
  - 6 oz grilled chicken breast
  - 1 cup quinoa (cooked)
  - 1 cup broccoli
    (~500 cal, 45g protein)
- **Snack**
  - 1 protein bar (~20g protein)
  - 1 boiled egg
    (~250 cal, 25g protein)
- **Dinner**
  - 6 oz baked salmon
  - 1 cup roasted zucchini + peppers
  - ¾ cup brown rice
    (~600 cal, 35g protein)

Day 2

- **Breakfast**
  - 4 scrambled egg whites + 2 whole eggs
  - 1 slice whole grain toast
  - ½ avocado
    (~400 cal, 35g protein)
- **Lunch**
  - 6 oz turkey breast (grilled or deli)
  - 1 whole wheat wrap
  - Lettuce, tomato, mustard
  - Side: cucumber slices + 1 oz hummus
    (~450 cal, 40g protein)
- **Snack**
  - Protein shake (1 scoop whey + almond milk)
  - 2 rice cakes with 1 tbsp peanut butter
    (~300 cal, 30g protein)
- **Dinner**
  - 7 oz grilled shrimp
  - 1 cup cauliflower rice
  - 1 cup asparagus
  - 1 tsp olive oil
    (~600 cal, 45g protein)

Day 3

- **Breakfast**
  - Protein oatmeal: ½ cup oats, 1 scoop whey, 1 tbsp chia seeds
  - 1 boiled egg on the side
    (~400 cal, 40g protein)
- **Lunch**
  - 6 oz grilled chicken

- 1 cup roasted sweet potato
- 1 cup green beans
  (~500 cal, 45g protein)

- **Snack**
  - 2 boiled eggs
  - 1 light string cheese
  - 1 small apple
    (~250 cal, 22g protein)

- **Dinner**
  - 6 oz lean beef (90/10) burger patty (no bun)
  - Large salad (spinach, tomato, cucumber, balsamic)
  - 1 cup roasted Brussels sprouts
  - ½ cup brown rice
    (~650 cal, 45g protein)

Day 4

- **Breakfast**
  - 1 cup cottage cheese (low-fat)
  - ½ cup pineapple
  - 1 tbsp flaxseed
  - 1 boiled egg
    (~400 cal, 35g protein)

- **Lunch**
  - 6 oz grilled tilapia
  - ¾ cup brown rice
  - 1 cup steamed broccoli
    (~500 cal, 45g protein)

- **Snack**
  - Protein smoothie (1 scoop whey, spinach, almond milk, ½ banana)
  - 10 almonds
    (~250 cal, 28g protein)

- **Dinner**
    - 7 oz grilled chicken breast
    - 1 medium baked potato
    - 1 cup roasted carrots
      (~650 cal, 42g protein)

Day 5

- **Breakfast**
    - Protein pancakes (1 scoop whey, ½ banana, egg whites)
    - 1 tbsp peanut butter
      (~400 cal, 40g protein)
- **Lunch**
    - 6 oz turkey meatballs (lean)
    - 1 cup zucchini noodles with tomato sauce
    - Side salad with olive oil + vinegar
      (~500 cal, 45g protein)
- **Snack**
    - Greek yogurt (nonfat)
    - 1 tbsp peanut butter
    - 1 string cheese
      (~250 cal, 25g protein)
- **Dinner**
    - 6 oz grilled salmon
    - 1 cup quinoa
    - 1 cup asparagus
      (~650 cal, 40g protein)

Day 6

- **Breakfast**
    - 3 scrambled eggs (2 whites, 1 whole)
    - 1 slice whole wheat toast

- 2 turkey sausage links
  (~400 cal, 35g protein)

- **Lunch**
  - 6 oz grilled chicken breast
  - 1 whole wheat wrap with spinach & mustard
  - Side: 1 cup baby carrots
    (~500 cal, 45g protein)

- **Snack**
  - Protein shake (1 scoop whey)
  - 2 rice cakes with 1 tsp almond butter
    (~250 cal, 28g protein)

- **Dinner**
  - 7 oz lean ground turkey stir-fry with mixed veggies (peppers, broccoli, onion)
  - 1 cup jasmine rice
    (~650 cal, 45g protein)

Day 7

- **Breakfast**
  - Protein smoothie bowl: 1 scoop whey, ½ banana, ½ cup blueberries, spinach, almond milk
  - Topped with 1 tbsp chia seeds + 1 boiled egg on side
    (~400 cal, 38g protein)

- **Lunch**
  - 6 oz grilled cod
  - 1 cup roasted sweet potato
  - 1 cup green beans
    (~500 cal, 45g protein)

- **Snack**
  - 2 boiled eggs
  - 1 cheese stick
  - 1 rice cake
    (~250 cal, 25g protein)

- **Dinner**
  - 7 oz grilled chicken breast
  - 1 cup roasted zucchini + cauliflower
  - 1 cup quinoa
    (~650 cal, 42g protein)

✅ Each day ~**1750–1850 calories** and **150–155g protein**.
✅ More carbs & fats compared to the 1400 plan, while protein is evenly spread.
✅ Meals stay flexible & meal-prep friendly.