

## Breakfast

### Scrambled Tofu Wrap

- 3 ounces firm tofu (7.5g protein)
- 1 whole wheat tortilla (4g protein)
- 1 cup spinach (5g protein)
- 1/4 cup diced bell peppers (1g protein)
- 1/4 cup diced onions (1g protein)
- Seasonings of choice (e.g., salt, turmeric, black pepper for example)
- 1 teaspoon olive oil for cooking

**Total Protein for Breakfast:** 18.5 grams

## Mid-Morning Snack

### Greek Yogurt Parfait:

- 1 cup Greek yogurt (20g protein)
- 1/2 cup mixed berries (1g protein)
- 1/4 cup granola (4g protein)

**Total Protein for Mid-Morning Snack:** 25 grams

## Lunch

### Grilled Chicken Salad:

- 3 ounces grilled chicken breast (24g protein)
- 2 cups mixed greens (2g protein)
- 1/4 cup cherry tomatoes (1g protein)
- 1/4 cup sliced cucumbers (1g protein)
- 1/4 cup sliced carrots (1g protein)
- 2 tablespoons balsamic vinaigrette dressing

**Total Protein for Lunch:** 29 grams

## Afternoon Snack

Almonds and Cheese:

- 1 ounce almonds (6g protein)
- 1 ounce cheese (7g protein)

**Total Protein for Afternoon Snack:** 13 grams

## Dinner

Quinoa and Black Bean Bowl:

- 3/4 cup cooked quinoa (6g protein)
- 1/2 cup black beans, cooked (8g protein)
- 1/4 cup diced avocado (1g protein)
- 1/4 cup diced tomatoes (1g protein)
- 1/4 cup corn kernels (1g protein)
- 1/4 cup chopped cilantro
- Lime juice and seasonings to taste

**Total Protein for Dinner:** 18 grams

**Total Protein for the Day:** 103.5 grams

**Total Calories for the Day:** Approximately 1600 calories