

3-Day High-Protein Meal Plan Example for Peter Cross

Target: ~200g protein daily | 3 meals only, no snacks | Focus: Front-loaded protein, fiber, metabolic health

DAY 1

Breakfast

- **Protein shake** (30g protein): Wheyprotein powder with unsweetened almond milk, 1 tbsp psyllium husk, handful spinach, berries
- **4 eggs scrambled** (24g protein) with **3 strips bacon** (9g protein)
- **1/2 avocado** sliced
- **Grilled mushrooms and tomato**
- **OPTIONAL: 200g Greek yogurt** (17g protein) with cinnamon and 1 tbsp chia seeds
- Coffee (black or with cream)

Lunch (60g protein)

- **250g grilled/fried in olive oil chicken breast** (55g protein)
- **Large mixed salad:** rocket, cucumber, cherry tomatoes, capsicum, red onion, olive oil & lemon dressing
- **50g cheese** (5g protein)
- **Flaxseed crackers** (2-3) with hummus
- Coffee

Dinner (60g protein)

- **300g lamb chops** (55g protein)
 - **Steamed cabbage** with butter and herbs
 - **Garden peas**
 - **Cauliflower mash** with cream, butter, and grated cheese (5g protein)
 - **Large side salad** with olive oil and pumpkin seeds
 - **Optional:** 2 biscuits as treat
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DAY 2

Breakfast (85g protein)

- **Protein smoothie bowl** (35g protein): Protein powder blended with Greek yogurt (10g), psyllium husk, frozen berries, topped with crushed almonds and chia seeds
- **3-egg omelette** (30g protein) with bacon (9g), mushrooms, spinach, and cheese
- **Cottage cheese 100g** (11g protein) on the side with cherry tomatoes
- **Sliced avocado**
- Coffee

Lunch (55g protein)

- **2 tins canned tuna in spring water** (30g protein)
- **Greek salad:** Mixed greens, cucumber, olives, red onion, feta cheese (10g protein), olive oil vinaigrette dressing
- **Vegetables:** Sliced capsicum and celery sticks
- Coffee

Dinner (60g protein)

- **350g air-fried chicken wings** (55g protein)
- **Steamed broccoli and cauliflower** with butter
- **Peas**
- **Coleslaw** made with cabbage, carrot, Greek yogurt dressing (5g protein)
- **Side salad** with mixed greens
- **Optional:** 2 biscuits OR protein pudding (Greek yoghurt and flavoured protein powder)

DAY 3

Breakfast (80g protein)

- **Large protein shake** (50g protein): Double scoop protein powder, Greek yogurt (10g), psyllium husk, almond milk, berries, handful spinach
- **4 eggs** any style (36g protein) with **3 bacon strips** (9g protein)
- **Grilled tomato** and **sautéed spinach**
- **1/4 avocado**
- Coffee

Lunch (60g protein)

- **220g grilled salmon** (48g protein)
- **Large Greek salad:** lettuce, tomato, cucumber, red onion, olives, feta (10g protein), olive oil dressing

- **Steamed asparagus** with lemon butter
- **Small serve mixed nuts** (2g protein)
- Coffee

Dinner (60g protein)

- **300g beef steak** (55g protein)
- **Fried cabbage** with bacon
- **Cauliflower rice** with butter, herbs, and parmesan (5g protein)
- **Large side salad** with pumpkin seeds
- **Optional:** 2 biscuits OR Greek yogurt dessert

KEY STRATEGIES - 3 MEALS ONLY

Massive Protein Front-Loading

- **Breakfast:** 80-85g protein (40% of daily target achieved in first meal!)
- **Lunch:** 55-60g protein (cumulative 140g by 2pm = 70% of daily goal)
- **Dinner:** 60g protein (completes the approx. 200g target)





How We Achieve 80g+ at Breakfast




1. **Protein shake** (30-35g) - non-negotiable daily
2. **4-5 eggs** (24-30g) - increase from current 2-3 eggs
3. **Bacon** (9g) - keeps current habit
4. **Greek yogurt OR cottage cheese** (10-17g) - added to meal
5. **Total:** 80-85g protein in one sitting

Fiber Optimization (30-40g daily)

- **Psyllium husk:** 1 tbsp in morning shake (5-7g fiber)
- **Chia/flax seeds:** Daily (3-5g fiber)
- **Vegetables:** Cabbage, broccoli, Brussels sprouts, salads (15-20g fiber)
- **Berries and seeds:** Throughout meals (5-8g fiber)

Building on Current Habits

-  Keeps eggs, bacon, tomato, mushroom, avocado at breakfast (just more of it!)
-  Maintains large dinner portions of meat (lamb, chicken wings, beef)
-  Continues cabbage and peas as vegetables
-  Allows 2 biscuits daily if desired

-  Keeps coffee at breakfast and lunch
-  Avoids potatoes and rice (uses cauliflower alternatives)
-  Large portions remain acceptable

Critical Lunch Transformation

OLD: Crackers/biscuits with coffee (maybe 5g protein, mostly carbs)

NEW: 250g protein source + large salad + cheese (55-60g protein)

This single change adds 50-55g protein daily and eliminates the blood sugar spike from crackers/biscuits.

PRACTICAL IMPLEMENTATION

Morning Routine (Most Important!)

1. **Prepare protein shake first** - drink while cooking eggs
2. **Cook 4-5 eggs** with bacon as usual
3. **Have Greek yogurt ready** - pre-portioned in fridge
4. **Take your time** - this is a substantial breakfast (may take 20-30 minutes to eat)

Lunch Prep Tips

- **Batch cook proteins** on Sunday (grill chicken breasts, bake salmon)
- **Pre-make salads** in containers for grab-and-go
- **Keep canned tuna/salmon** stocked for easy options
- **Rotisserie chicken** works if no time to cook

Dinner (Easiest Meal)







- Continue current pattern of large meat portions
 - Add extra vegetables for fibre
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EQUIPMENT NEEDED





- **Blender** for protein shakes (essential)
 - **Protein powder** (whey or pea, low-carb/sugar)
 - **Psyllium husk** (fibre supplement)
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WHAT THIS SOLVES

Metabolic Benefits

-  **Massive protein at breakfast:** Stabilizes blood sugar all morning
-  **No mid-meal crashes:** Eliminates need for crackers/biscuits at lunch
-  **Better satiety:** Won't be hungry between meals with this protein load
-  **Muscle preservation:** Critical at age
-  **Lower triglycerides:** High protein + low processed carbs
-  **Improved insulin sensitivity:** Consistent protein timing

Practical Benefits

-  **No snacking required:** 3 substantial meals keep hunger at bay
 -  **Simple routine:** Same breakfast pattern, proper lunch, familiar dinner
 -  **Flexible:** Can swap proteins within same meal structure
 -  **Sustainable:** Builds on what he already enjoys
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INITIAL ADJUSTMENT PERIOD

Week 1-2: The breakfast may feel like a LOT of food initially

- Start with 70g protein if 80g feels overwhelming
- The protein shake + existing breakfast + Greek yogurt takes time to eat
- Stop eating if feeling fullness

Week 3-4: Should notice:

- Less hunger during the day
 - More stable energy
 - Easier to skip the crackers at lunch
 - Better satiety lasting 5-6 hours between meals
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MONITORING PROGRESS

Check in with self

- Energy levels throughout day
 - Hunger between meals (should be minimal)
 - Bowel movements (fiber increase)
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SAMPLE SHOPPING LIST

Proteins

- Eggs
- Bacon
- Greek yogurt
- Cottage cheese
- Protein powder
- Chicken breasts
- Salmon fillets
- Lamb chops
- Beef steaks
- Chicken wings
- Canned tuna

Fiber & Vegetables

- Psyllium husk
- Chia seeds, flaxseeds
- Mixed salad greens
- Cabbage, broccoli, Brussels sprouts
- Peas (frozen)
- Tomatoes, cucumber, capsicum
- Avocados
- Mushrooms, spinach
- Cauliflower (fresh or frozen)

Fats & Extras

- Olive oil
- Butter
- Cheese (cheddar, feta, parmesan)
- Nuts (almonds, walnuts)
- Berries (frozen or fresh)
- Unsweetened almond milk

THE BOTTOM LINE

This plan delivers approx. 200g protein daily in **just 3 meals** by:

1. **Supercharging breakfast** to 80g (double protein shake + more eggs + yogurt)
2. **Transforming lunch** from crackers to 60g protein meal
3. **Maintaining dinner** at 60g (already doing this)

The key is **committing to the big breakfast**. Once that becomes routine, everything else falls into place.