

# 5-Day High Protein Wellness Meal Plan

## Day 1

Meal Time	Meal Details
Breakfast (8:00 AM)	High Protein Carrot Cake Smoothie – carrots, bananas, walnuts, dates, almond milk, cinnamon
Lunch (1:00 PM)	White Eyed Bean Stew Protein Bowl – white eyed beans, quinoa, green beans, raw carrots
Dinner (7:00 PM)	Cabbage Soup – onions, carrots, celery, chilli powder, black pepper, white eyed beans, rice

~1,650 kcal | ~110g protein

## Day 2

Meal Time	Meal Details
Breakfast (8:00 AM)	High Protein Liver Detox Smoothie – carrot, beetroot, apples, ginger, parsley, flax seed, greek yogurt
Lunch (1:00 PM)	West African Peanut Stew Bowl – beans, quinoa, carrots, lemon, peanuts, cilantro, sweet potatoes
Dinner (7:00 PM)	Hearty Quinoa Gut Cleanse Soup – onions, carrots, ginger, celery, cumin, red lentils & quinoa

~1,500 kcal | ~95g protein

## Day 3

Meal Time	Meal Details
Breakfast (8:00 AM)	Heavy Metal Detox Smoothie – bananas, blueberries, parsley, barley powder, Atlantic dulse
Lunch (1:00 PM)	Green Mung & Tempeh Protein Bowl – sprouted mung, tempeh, edamame, carrots with lemon
Dinner (7:00 PM)	Tofu & Spinach Soup – spinach, onions, tomatoes, tofu, ginger, coconut milk & almond milk

~1,600 kcal | ~105g protein

## Day 4

Meal Time	Meal Details
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Breakfast (8:00 AM)	Flax Seed Protein Smoothie – banana, flaxseed, peanut butter, berries, vegan cashew ch
Lunch (1:00 PM)	Tempeh Rendang Bowl – tempeh, rendang sauce, edamame, sautéed spinach & green b
Dinner (7:00 PM)	Tomato Basil Soup – tomatoes, onion, basil, vinegar & black pepper.

~1,550 kcal | ~100g protein

## Day 5

Meal Time	Meal Details
Breakfast (8:00 AM)	Mean Green Smoothie – cucumber, celery, apples, lemon, banana, kale, collagen green,
Lunch (1:00 PM)	Tofu & Veggie Noodle Bowl – tofu, veggie noodles, chickpeas, edamame, spinach with ch
Dinner (7:00 PM)	Courgette Lemon Mint Soup – courgette, lemon, mint, onions, celery, leeks, potato, thym

~1,650 kcal | ~115g protein