FREE NUTRITION RESOURCE

One Day of High-Protein Meal Inspiration

Simple, balanced meals for busy women





~1,800 kcal **~125 g protein** **~45 g fibre**

2 whole fruits + raspberries | 5+ cups of vegetables

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An example day, not a personalised meal prescription.
Individual nutrition needs and appropriate portions vary.

YOUR ONE-DAY MEAL INSPIRATION

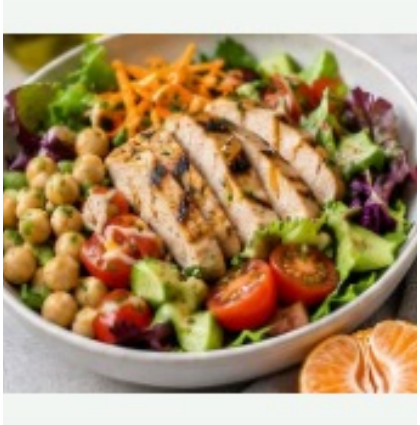
Breakfast, lunch and morning snack



BREAKFAST | Peanut butter toast

2 slices Bakers Delight high-protein bread (78 g)
2 tbsp peanut butter (32 g)
Flat white with 200 mL reduced-fat milk

~457 kcal | ~27 g protein | ~16.5 g fibre



LUNCH | Chicken & chickpea salad

Chicken breast, 150 g (raw weight), cooked
1/2 cup canned chickpeas (80 g, drained)
200 g non-starchy vegetables (~3 cups raw salad)
2 tsp olive oil TOTAL: cook chicken + dress salad
1 mandarin (whole fruit serve 1)

~458 kcal | ~42 g protein | ~10 g fibre



MORNING SNACK | Fresh apple

1 medium green apple (150 g)
(whole fruit serve 2)

~78 kcal | <1 g protein | ~3.6 g fibre

MAKE THE VEGETABLES YOUR OWN

Choose green, orange and yellow non-starchy vegetables: lettuce, cucumber, tomato, capsicum, green beans, cauliflower, broccoli or Brussels sprouts.
Serve raw, steamed, roasted or lightly sauteed; cup volumes vary.

YOUR ONE-DAY MEAL INSPIRATION

Afternoon snack, dinner and next steps



AFTERNOON SNACK | Yoghurt bowl

Farmers Union High Protein Yoghurt, 200 g
1/2 cup frozen raspberries (60 g)
2 tbsp dry rolled oats (15 g); 3/4 tsp honey (5 g)

~215 kcal | ~20 g protein | ~5 g fibre



DINNER | Salmon, potato & vegetables

Atlantic salmon, 150 g (raw weight), cooked
Potato, 180 g (raw weight), cooked
Broccoli and carrots, ~300 g (raw weight)
Serve at least 2 cups of cooked vegetables
1 tsp olive oil used in cooking

~590 kcal | ~38 g protein | ~12 g fibre

ESTIMATED DAILY TOTAL

~1,800 kcal | ~127 g protein | ~47 g fibre

A NOTE ON PORTIONS

Meat, fish, potato and vegetable weights are raw, before cooking. Cup measures are approximate; 3 cups raw salad plus 2 cups cooked vegetables is the target. Values are estimates based on specified brands and typical ingredients. Increase fibre gradually and drink adequate fluids. Adjust to individual needs.

MORE MEAL INSPIRATION

Find more recipes at www.nourishwithai.com

WANT AN INDIVIDUALISED MEAL PLAN?

Contact Ai for personalised nutrition support at www.nourishwithai.com.