

7-Day High-Protein Breakfast Plan

| Day | Meal | Key Ingredients | Protein | Prep Style |
|-----------|--|--|---------|---------------------|
| Monday | Baked Cottage Cheese Eggs + Side Salad | Eggs, cottage cheese, herbs, arugula | 25g | Bake ahead |
| Tuesday | Peanut Butter Smoothie + Hard-Boiled Egg | PB, milk, oats, 1 egg | 28g | Blend + grab |
| Wednesday | Avocado Toast + Cottage Cheese + Fried Egg | Toast, avocado, cottage cheese, egg | 30g | Assemble fresh |
| Thursday | Yogurt Drink + Protein Banana Bread Slice | Plain yogurt, berries, spiced bread | 26g | Prep 1–2 days ahead |
| Friday | Tofu Scramble + Whole Grain Toast | Tofu, spinach, yeast, whole grain bread | 22g | Quick sauté |
| Saturday | Savory Skyr Bowl + Boiled Egg | Skyr, chia, walnuts, fresh herbs, 1 egg | 27g | Cold, 5 min prep |
| Sunday | Greek Yogurt Bowl + Hemp + Almond Butter + Berries | Greek yogurt, berries, almond butter, hemp seeds | 30g | No cook |