

HIGH PROTEIN PREP TIMELINE

Target: 150g+ Protein/Day | Preparation Cycle: 5 Days

Date: _____

TIMELINE	ACTION TASK	HIGH-PROTEIN FOCUS & NOTES
0-15 Min	Oven & Grains	Preheat oven to 400F. Start 2 cups dry Quinoa or Brown Rice. Set timer for 20 mins.
15-30 Min	Poultry & Fish	Season 3lbs Chicken Breast / Salmon fillets. Place on lined baking sheets. MAIN MACRO SOURCE
30-50 Min	Vegetable Roast	Chop broccoli, asparagus, and peppers. Toss with olive oil. Add to oven bottom rack.
50-70 Min	Stovetop/Egg Prep	Boil 1 dozen eggs. Brown 1lb Lean Ground Turkey with taco seasoning. SNACK & LUNCH BASE
70-90 Min	Cool & Portion	Divide proteins into 10 containers (5 lunch/5 dinner). Add carbs and fiber. Let cool before sealing.
Post-Prep	Quick Shakes	Pre-fill shaker bottles with 1 scoop Whey/Vegan protein powder (dry) for grab-and-go.

Shopping List Reminders:

- Greek Yogurt (0% Fat)
- Liquid Egg Whites
- Cottage Cheese
- Lean Grass-fed Beef

Daily Target: _____ kcal
Protein Goal: _____ g
Water Goal: 3-4 Liters