

💖 High-Protein Fat Loss Meal Plan for the Girlies 💖

Trying to hit your protein goals without spending hours in the kitchen? Same, bestie. This simple meal plan is packed with protein, keeps you feeling full, supports fat loss goals, and is pregnancy-friendly. No complicated recipes. No weird ingredients. Just good food that tastes good.

✨ Goal: Protein first, progress over perfection.

☀️ Breakfast Options

The Protein Princess Plate

- 2 eggs
- ½ cup cottage cheese
- Breakfast potatoes

Protein: ~30g

Yogurt Girl Era

- High-protein Greek yogurt
- Fresh berries
- Sprinkle of granola

Protein: ~20-25g

💖 Lunch Options

Shrimp Girl Lunch Bowl

- 5-6 oz shrimp
- Roasted potatoes
- Green beans

Protein: ~35g

Hot Girl Chicken Plate

- 5-6 oz grilled chicken
- Sweet potato
- Collard Greens

Protein: ~35-40g

✨ Snack Time

Choose 1-2 snacks daily:

- Cottage cheese + fruit
- Greek yogurt
- Cheese stick + turkey slices
- Protein shake
- Hard-boiled eggs

Protein: 15-25g

🍴 Dinner Options

Steak & Potatoes (Because We Deserve Nice Things)

- 5-6 oz lean steak
- Roasted potatoes
- Green beans

Protein: ~40g

Garlic Butter Shrimp Night

- 5-6 oz shrimp
- Potatoes or rice
- Side salad

Protein: ~35-40g

Evening Snack (Optional)

- Greek yogurt
 - Cottage cheese
 - Glass of milk
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Grocery List for the Girlies

Protein

- ✓ Eggs
- ✓ Chicken breast
- ✓ Shrimp
- ✓ Lean steak
- ✓ Greek yogurt
- ✓ Cottage cheese
- ✓ Turkey slices
- ✓ Protein shakes

Carbs

- ✓ Potatoes
- ✓ Sweet potatoes
- ✓ Rice
- ✓ Fruit
- ✓ Granola

Veggies

- ✓ Green beans
 - ✓ Salad mix
 - ✓ Broccoli
 - ✓ Cucumbers

 - ✓ Collard greens
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Reminder Bestie

You do NOT have to eat perfectly to see progress.

Focus on:

- 💖 Protein at every meal
- 💖 Drinking your water
- 💖 Moving your body when you can
- 💖 Being consistent, not perfect

The goal is to feel strong, energized, and confident while hitting those protein goals one meal at a time.