

HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

High-Protein Meal Plan

A full 7-day framework built around your protein targets

Nutrition & Peptide Wellness Cohort · Month 2

This 7-day plan is designed to hit 1.0–1.2g of protein per pound of body weight for a 160 lb woman — approximately 160–190g daily. Scale portions up or down proportionally to match your personal target from the protein table in Month 1.

Month 2 Nutrition Rules

- Protein comes first at every meal — build the plate around it, not as an afterthought

- Aim for 40–55g protein per meal across 3 main meals + 1–2 protein snacks
- Post-workout: consume 30–50g protein within 45 minutes of resistance training
- Continue bone broth daily — gut support amplifies protein absorption
- Stay at or above 0.5 oz water per lb bodyweight — protein metabolism demands hydration
- Track for 7 days this month — you will be surprised at how precise you become

YOUR DAILY TARGET

Protein Targets by Body Weight

Body Weight	Daily Protein Target (0.7–0.9g/lb)	Per Meal (3 meals)
120 lbs	84–108g	28–36g / meal
140 lbs	98–126g	33–42g / meal
160 lbs	112–144g	37–48g / meal
180 lbs	126–162g	42–54g / meal
200 lbs	140–180g	47–60g / meal
220 lbs	154–198g	51–66g / meal

If you are using a GLP-1 analog (Semaglutide, Tirzepatide), prioritize protein above all else at every meal. Appetite suppression makes it easy to under-eat — but your lean mass cannot afford it.

7-DAY PLAN

Week at a Glance

Each day is structured around 3 protein-anchored meals and 1–2 snacks. Protein grams shown per item. Aim to hit your daily total by end of day.

MONDAY ~160g protein		TUESDAY ~157g protein		WEDNESDAY ~159g protein	
Breakfast	38g	Breakfast	45g	Breakfast	40g
3-egg veggie scramble + 4 oz smoked salmon + avocado		Protein smoothie: 2 scoops whey + spinach + frozen berries + almond butter		4-egg omelette with turkey sausage + spinach + feta	
Snack	22g	Snack	14g	Snack	18g
1 cup full-fat Greek yogurt + 2 tbsp hemp seeds		Cottage cheese (1/2 cup) + cucumber slices		Greek yogurt (plain) + 1 tbsp chia seeds	
Lunch	42g	Lunch	44g	Lunch	44g
6 oz grilled chicken breast + large salad + olive oil		Ground turkey taco bowl: 6 oz turkey, cauliflower rice, salsa, guac		6 oz tuna salad (olive oil-based) + celery + romaine wraps	
Snack	18g	Snack	12g	Snack	13g
2 hard-boiled eggs + beef jerky (1 oz)		Collagen peptide drink + mixed nuts (1 oz)		1 hard-boiled egg + 1 oz cheese	
Dinner	40g	Dinner	42g	Dinner	44g
6 oz wild salmon + roasted asparagus + sweet potato		Grass-fed beef stir-fry + broccoli, bok choy, snap peas		Lamb chops (6 oz) + roasted zucchini + cauliflower mash	
THURSDAY ~148g protein		FRIDAY ~156g protein		SATURDAY ~158g protein	
Breakfast	32g	Breakfast	40g	Breakfast	40g
Cottage cheese bowl (1 cup) + berries + collagen peptide + walnuts		Smoked salmon (4 oz) + 3 scrambled eggs + capers + cucumber		Weekend frittata: 5 eggs + sausage + roasted veggies, baked in cast iron	
Snack	14g	Snack	20g	Snack	18g
2 oz deli turkey slices + mustard + pickles		Full-fat Greek yogurt + 2 tbsp pumpkin seeds		Bone broth latte + collagen peptides (2 scoops)	
Lunch	44g	Lunch	40g	Lunch	44g
Chicken Caesar salad: 6 oz chicken, romaine, olive oil dressing, no croutons		Ground bison bowl: 5 oz bison, sauteed peppers, onions, rice (small portion)		Pulled chicken (6 oz) + coleslaw (olive oil dressing) + roasted sweet potato	
Snack	20g	Snack	14g	Snack	12g
Protein bar (clean label, 20g+ protein, <5g sugar)		Beef jerky (1 oz, no sugar) + 1 oz macadamia nuts		2 hard-boiled eggs + sliced avocado + sea salt	
Dinner	38g	Dinner	42g	Dinner	44g
6 oz baked cod + green beans + roasted cherry tomatoes + pesto		Shrimp stir-fry: 7 oz shrimp + bok choy + mushrooms + coconut aminos		Grass-fed ribeye (5 oz) + grilled asparagus + side salad	

SUNDAY	
~158g protein	
Breakfast	42g
Protein pancakes: 1 cup cottage cheese + 3 eggs + oat flour + collagen powder	
Snack	16g
Smoked salmon (2 oz) + cream cheese + cucumber rounds	
Lunch	40g
Chicken soup with bone broth base + vegetables + chickpeas	
Snack	18g
Greek yogurt + berries + hemp seeds	
Dinner	42g
Roasted whole chicken thighs (6 oz) + roasted root vegetables + herb sauce	

MEAL PREP

Sunday Batch Cooking Guide

Spending 90 minutes on Sunday sets you up to hit your protein targets effortlessly Monday through Wednesday. Here's exactly what to prep:

Protein Source	Quantity	Cook Method	Uses Through Week
Chicken breast/thighs	2.5 lbs	Roast at 400F, 25 min	Lunch bowls, wraps, soups Mon–Wed
Ground turkey or beef	1.5 lbs	Brown in skillet, season	Taco bowls, stir-fry, egg scramble
Hard-boiled eggs	8–10 eggs	Boil 10 min, ice bath	Snacks + breakfasts all week
Egg muffins	12 muffins	Bake 350F, 20 min	Grab-and-go breakfasts Mon–Thu
Salmon or tuna patties	4–6 patties	Pan-sear 3 min each side	Lunch option Tue–Fri
Roasted vegetables	4–5 cups	Sheet pan, 425F, 25 min	Side at lunch + dinner

Protein Source	Quantity	Cook Method	Uses Through Week
Bone broth	8 cups (or buy)	Simmer 6+ hrs or store-bought	Daily cup + soup base

SUPPLEMENTAL PROTEIN

Choosing the Right Protein Powder

Best Options (Prioritize These)

- Whey protein isolate — highest bioavailability, complete amino acid profile
- Collagen peptides — supports gut, skin, joints; pair with vitamin C
- Whey protein concentrate — slightly lower purity, still excellent
- Egg white protein — complete, dairy-free alternative
- Casein protein — slow-digesting; ideal before bed for overnight muscle synthesis

Use With Caution / Avoid

- Most plant blends — incomplete amino acids, lower bioavailability unless combined
- Soy protein isolate — phytoestrogen concerns for hormone-sensitive individuals
- Mass gainers — loaded with sugar and maltodextrin
- Anything with artificial sweeteners (sucralose, aspartame) — gut disrupting
- Check label: >5g sugar per serving, artificial colors, or proprietary blends = red flag

Label Rule: A clean protein powder has 3–5 ingredients max: protein source, natural flavor, sunflower or sunflower lecithin, stevia or monk fruit. That's it.

SPECIAL NOTE

If You Are Using a GLP-1 Analog

Protein Priority on GLP-1 Medications (Semaglutide / Tirzepatide / Ozempic / Mounjaro)

GLP-1 medications reduce appetite dramatically — which is the goal for weight loss. But this creates a serious risk: inadequate protein intake leading to muscle loss alongside fat loss. Muscle loss slows your metabolism long-term and can reverse your results. The strategies below are non-negotiable if you are using these medications.

Protein Strategies on GLP-1 Medications

- Eat protein FIRST at every meal, before vegetables or any other food
- If appetite is too low for a full meal, prioritize protein shakes — liquid protein is easier to consume
- Set a timer: eat every 4 hours even if not hungry — do not rely on appetite cues alone
- Minimum 100g protein daily even on lowest appetite days — this is your floor, not your ceiling
- Pair with resistance training 3x/week minimum — this is what tells your body to keep muscle
- Track protein daily via app — appetite suppression makes guessing dangerously inaccurate
- Discuss dose timing with your prescriber if appetite suppression is preventing adequate intake

Your Month 2 Action Step

- Track protein intake for all 7 days using Cronometer, Carb Manager, or MyFitnessPal
- Calculate your average daily protein at the end of each day — are you hitting your target?
- Identify your 2 biggest protein gap meals and develop a strategy to close the gap
- Bring your 7-day log to Session 3 — we'll review it together