

THE 70 g PROTEIN COOKBOOK

Your Free 7-Day Protein Plan

21 high-protein, low-sugar meals · ~210 g protein a day

by Bengisu Sengul · Head Chef

Balanced Week — Classic — your week at a glance

Each day pairs a breakfast, lunch and dinner for about 210 g of protein with very little sugar. Cook in any order; batch what you can.

Day	Breakfast	Lunch	Dinner
Monday	Spinach & Feta Egg-White Scramble with Turkey Sausage	Grilled Chicken & Feta Power Bowl	Baked Salmon with Asparagus & Parmesan
Tuesday	Greek Yogurt & Berry Protein Bowl	Beef & Broccoli Stir-Fry	Mustard-Glazed Pork Tenderloin with Green Beans
Wednesday	Western Omelette with Egg Whites, Ham & Cheddar	Tuna & Avocado Salad Lettuce Wraps	Sheet-Pan Chicken Thighs with Brussels Sprouts
Thursday	Chocolate Peanut Butter Protein Smoothie	Turkey Cobb Salad	Garlic Butter Steak with Sauteed Mushrooms
Friday	Cottage Cheese & Smoked Salmon Breakfast Bowl	Chicken Caesar Salad (No Croutons)	Shrimp Scampi over Zucchini Noodles
Saturday	Fluffy Protein Pancakes	Shrimp & Avocado Cauliflower-Rice Bowl	Low-Carb Beef Chili
Sunday	Smoked Salmon & Cream Cheese Egg Roll-Ups	Egg Salad & Smoked Turkey Protein Plate	Greek Chicken Souvlaki Bowl with Tzatziki

This is a taste of **The 70 g Protein Cookbook** — 100 recipes, 3 plans, auto shopping lists and the science. A few full recipes follow →

A few recipes to start



Spinach & Feta Egg-White Scramble with Turkey Sausage

70 g protein · 5 g net carbs · 520 kcal · Easy

Ingredients

- 250 g Liquid egg whites
- 2 Large eggs
- 150 g Lean turkey breakfast sausage
- 40 g Feta cheese
- 60 g Baby spinach
- 1 tsp Olive oil
- Salt & black pepper

Method

1. Brown the turkey sausage in a non-stick skillet over medium heat, breaking it up, 4-5 min. Push to one side.
2. Add olive oil and the spinach; wilt for 30 seconds.
3. Whisk the whole eggs into the egg whites, season, and pour into the pan.
4. Stir gently until just set, fold in the crumbled feta, and serve hot.



Grilled Chicken & Feta Power Bowl

71 g protein · 10 g net carbs · 520 kcal · Easy

Ingredients

- 210 g Chicken breast
- 40 g Feta cheese
- 80 g Mixed salad greens
- 80 g Cucumber
- 60 g Cherry tomatoes
- 6 Kalamata olives
- 1 tbsp Olive oil
- Lemon juice, oregano, salt

Method

1. Season the chicken with oregano, salt and pepper and grill or pan-sear ~6-7 min per side until 74C/165F. Rest, then slice.
2. Toss greens, cucumber, tomatoes and olives with olive oil and lemon.
3. Top with the sliced chicken and crumbled feta.



Baked Salmon with Asparagus & Parmesan

70 g protein · 5 g net carbs · 600 kcal · Easy

Ingredients

- 280 g Salmon fillet
- 150 g Asparagus
- 15 g Parmesan cheese
- 1 tbsp Olive oil
- Lemon, garlic, salt, pepper

Method

1. Heat oven to 200C/400F. Place salmon and asparagus on a lined sheet pan.
2. Drizzle with olive oil, garlic, salt and pepper.
3. Roast 12-15 min until salmon flakes; sprinkle parmesan over the asparagus for the last 3 min.
4. Finish with a squeeze of lemon.



Greek Yogurt & Berry Protein Bowl

71 g protein · 16 g net carbs · 470 kcal · Easy

Ingredients

- 300 g Plain 0% Greek yogurt
- 45 g Vanilla whey protein powder
- 15 g Chia seeds
- 15 g Sliced almonds
- 50 g Mixed berries
- Cinnamon

Method

1. Stir the whey powder into the Greek yogurt with a splash of water until smooth and mousse-like.
2. Top with chia seeds, almonds, berries and a dusting of cinnamon.
3. For a thicker texture, let it sit 5 minutes so the chia hydrates.

Hungry for the other 96?

Get all 100 high-protein, low-sugar recipes — with photos, dietary swaps, three meal-plan weeks and the cited science — in the full cookbook.

[Get the full cookbook \(PDF\) →](#)

Greetings to yourself — you started, and that's everything. — Bengisu