



Happy Thursday!

Protein bowls! I'm a little bit obsessed right now with protein bowls. And, clearly it's trending (at least in my little part of the world). I've seen three restaurants in the past week advertising their new "protein bowl" menus.

So, over the next few weeks, I'm going to do all the copycat restaurant protein bowls I can find. If you have any favorite combo's, send them my way.

In the meantime, I used to call it a "Protein power plate". I have a printable to make your own power plate on my blog here. Check it out "[PROTEIN POWER PLATE](#)" (and even have a TV segment I did a few years ago with my plate.

And onto my meal ideas for the week!

1433 Calories, 142 g Protein, 138 g carbs, and 29 g fat .

Breakfast -Eggs and Toast

180 g egg whites — 98 calories

1 slice Dave's Killer Bread Powerseed — 90 calories

1 serving fat free mozzarella — 45 calories

50 g strawberries — 27 calories

10 raspberries — 10 calories

Meal total: 270 calories

Lunch -Green Salad ([more salad recipes here](#))

4 oz cooked ast tenderloins — 110 calories
45 g avocado — 72 calories
6 tbsp Texas Toast seasoned croutons — 105 calories
2 tbsp Hidden Valley fat free ranch — 30 calories
1 Cuties orange — 40 calories
33 g cherry tomatoes — 6 calories
7 g parmesan crisps — 40 calories

Meal total: 403 calories

Dinner- Protein Bowl

4 oz cooked chicken breast tenderloins — 110 calories
1/3 cup Near East brown rice and quinoa blend — 210 calories
2 cups Birdseye California blend vegetables — 50 calories

Meal total: 370 calories

Snack - Protein bar and Fruit & cottage cheese

1 Built Puff protein bar (Pink Lemonade) — 150 calories
1 cup fat free cottage cheese — 160 calories
1 cup frozen wild blueberries — 80 calories

Meal total: 390 calories

1400 CALORIES

1433 Calories, 142 g Protein, 138 g carbs, and 29 g fat .

♥ Health Beet



breakfast

BREAKFAST

Egg whites, cheese,
Toast and Fruit



lunch

LUNCH

Green salad with
chicken and dressing



snacks

DINNER

Chicken, quinoa & brown
rice, mixed vegetables



dinner

SNACK OR DESSERT

FF Cottage cheese,
blueberries and
a protein bar

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Hope you enjoy! <3

Amy Roskelley

P.S. These meals are similar to the meals in my 1500 calorie meal plans book! You can get 30 days worth of meals that are [high in protein, and 1500 calories here.](#)

P.P.S (Printable for Built your own [power plate here](#)-which I'm going to change to protein bowls!! lol)



BUILD YOUR OWN Protein Power Plate

Health Beet

01 CHOOSE YOUR VEGGIES

Lettuce	broccoli	cucumber
kale	avocado	shredded carrots
spinach	tomatoes	soba noodles
mushrooms	cauliflower	sprouts
zucchini		

02 CHOOSE YOUR PROTEIN

chicken	tofu	lentils
beef	black beans	edamame
fish	chickpeas	eggs

03 CHOOSE YOUR STARCH

quinoa	rice	corn
sweet potatoes	barley	wheat berries
squash		

04 CHOOSE YOUR TOPPINGS

Ranch	teriyaki sauce	hummus
tahini	sesame seeds	cilantro
nut butter	chia seeds	nuts
seed butters	peanut sauce	

DISCOUNT CODES

- [MY SHOP!](#) Weight Loss meal plans and digital cookbooks
- [Clean Simple Eats:](#) Code: HEALTHBEET
- [Built Bar:](#) Code: HEALTHBEET
- [Skinny Syrups:](#) Code; HEALTHBEET
- [Gardyn](#) (indoor veggies- my latest obsession! coupon code IRL37QK8XWR)
- [My Amazon Must-Haves](#)



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