

TRY THIS FUEL

Sample 3-Day High-Protein Plan

Nine real meals from the TryThisFuel recipe library — every macro USDA-verified, every recipe linked. You cook five times and eat nine times: two dinners are cooked double for next-day lunches, and Day 1's breakfast batch covers Day 3.

As written, this runs ~1,350–1,550 calories and 115–130g protein per day. [Scale portions to YOUR targets](#) — get them free at trythisfuel.com/tools/macro-calculator. At launch, the TryThisFuel planner does the scaling — and the swapping, and the grocery list — automatically.

Day 1	Cal	Protein	Carbs	Fat
Breakfast — Turkey Sweet Potato Breakfast Bowl 30 min — recipe makes 2 servings; save one for Day 3	528	49.1g	27.7g	25g
Lunch — Desk-Side Tuna Avocado Bowl 8 min · no cook	430	34.7g	13.9g	27.3g
Dinner — Turkey Feta Power Bowl 30 min — cook DOUBLE; tomorrow's lunch	509	42.9g	32.7g	22.9g
Day total	1467	127g	74g	75g

Day 2	Cal	Protein	Carbs	Fat
Breakfast — Chickpea Avocado Breakfast Bowl 15 min	612	27.8g	59.3g	32.5g
Lunch — Turkey Feta Power Bowl (leftovers) 0 min — reheat	509	42.9g	32.7g	22.9g
Dinner — One-Pot Chicken Sweet Potato Skillet 25 min — cook DOUBLE; tomorrow's lunch	415	45.2g	18.9g	17.4g
Day total	1536	116g	111g	73g

Day 3	Cal	Protein	Carbs	Fat
Breakfast — Turkey Sweet Potato Breakfast Bowl (prepped Day 1) 0 min — reheat	528	49.1g	27.7g	25g
Lunch — One-Pot Chicken Sweet Potato Skillet (leftovers) 0 min — reheat	415	45.2g	18.9g	17.4g
Dinner — 15-Minute Chicken Chickpea Skillet 15 min	411	37.3g	24.7g	18.7g
Day total	1354	132g	71g	61g

The grocery list (one trip, by aisle)

PRODUCE Sweet potatoes (4 medium) Baby spinach (1 large bag) Avocados (3) Cherry tomatoes (1 pint) Lemon (1) Red onion (1)	PROTEIN Ground turkey (~2 lb) Chicken breast (~1.5 lb) Canned tuna (1 can) Eggs (1/2 dozen)	DAIRY Feta (1 block/crumbles) Greek yogurt (1 tub)	PANTRY Chickpeas (2 cans) Black beans (1 can) Rice (1 bag) Rolled oats + chia seeds Olive oil Cumin + paprika
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Prep flow

Day 1: breakfast bowl (make both servings — refrigerate one) · no-cook tuna lunch · Turkey Feta Power Bowl for dinner, doubled.

Day 2: 15-minute breakfast · leftover power bowl lunch · chicken skillet dinner, doubled.

Day 3: reheat breakfast · leftover skillet lunch · 15-minute chickpea skillet dinner.

Want the whole week generated to your numbers — with swaps that re-balance and a prep schedule? The TryThisFuel planner launches Q4 2026 at \$12/mo. The founding cohort gets \$8/mo locked for life (first 100) — claim a spot on the free daily-recipe list at trythisfuel.com.

Macros are per serving as published, USDA-verified at publish time; check each linked recipe for ingredients, steps, and swaps. General food information for healthy adults — not medical, dietetic, or treatment advice. © 2026 TryThisFuel.