

# PERFECT HIGH PROTEIN DINNER MEALS

PROTEIN BASED ON 1 SERVING



**Sesame-Crusted Tuna**  
61g protein



**Southwest Chicken**  
42g protein



**Seared Skirt Steak**  
41g protein



**Greek Chicken Bowls**  
36g protein



**Pork Cutlets**  
36g protein



**Cashew Crusted Salmon**  
32g protein