

Weekly High-Protein Chicken Meal Plan

7 delicious dinners to fuel your week with flavor and protein. Clickable links included to view full recipes on getchickenrecipes.com.

How to Use This Plan

1. Review each day's recipe.
2. Use the grocery list to stock up.
3. Prep ahead with included tips.

Weekly Meal Plan

Monday – Quick & Easy Kickstart

Recipe: [Easy High-Protein Chicken Dinner](#)

One-pan, 30-minute skillet meal that's fast and flavorful.

Tuesday – Global Flavors

Recipe: [High-Protein Chicken Enchiladas](#)

Bold Mexican-style comfort with loads of protein.

Wednesday – Comfort Food Classic

Recipe: [Chicken & Rice High-Protein](#)

Hearty and wholesome, perfect for a midweek recharge.

Thursday – Leftover Makeover

Recipe: [High-Protein Chicken Burrito](#)

Repurpose extra chicken in a delicious, wrap-and-go format.

Friday – Fun & Family-Friendly

Recipe: [High-Protein Chicken Salad](#)

Creamy, crunchy, and ideal for wraps, sandwiches or bowls.

Saturday – Weekend Project

Recipe: [High-Protein Delicious Chicken Recipe](#)

A showpiece recipe worth the time and effort.

Sunday – Slow Cooker Sunday

Recipe: [High-Protein Chicken Noodle Soup](#)

Set it and forget it! A classic comfort with lean protein.

Grocery List

- 8–10 Chicken breasts
- Whole wheat tortillas
- Cheese (shredded cheddar/Mexican blend)
- Greek yogurt
- Black beans, white rice, quinoa
- Chicken broth, egg noodles
- Fresh produce (lettuce, onion, tomato, garlic, etc.)
- Pantry spices (cumin, paprika, chili powder, salt, pepper)

Pro Tips for Success

- **Cook Once, Eat Twice:** Make extra shredded chicken for use in multiple meals.
- **Pre-Marinate:** Bag chicken with marinade ahead for fast cooking later.
- **Make Broth:** Use bones or leftover meat for homemade stock.