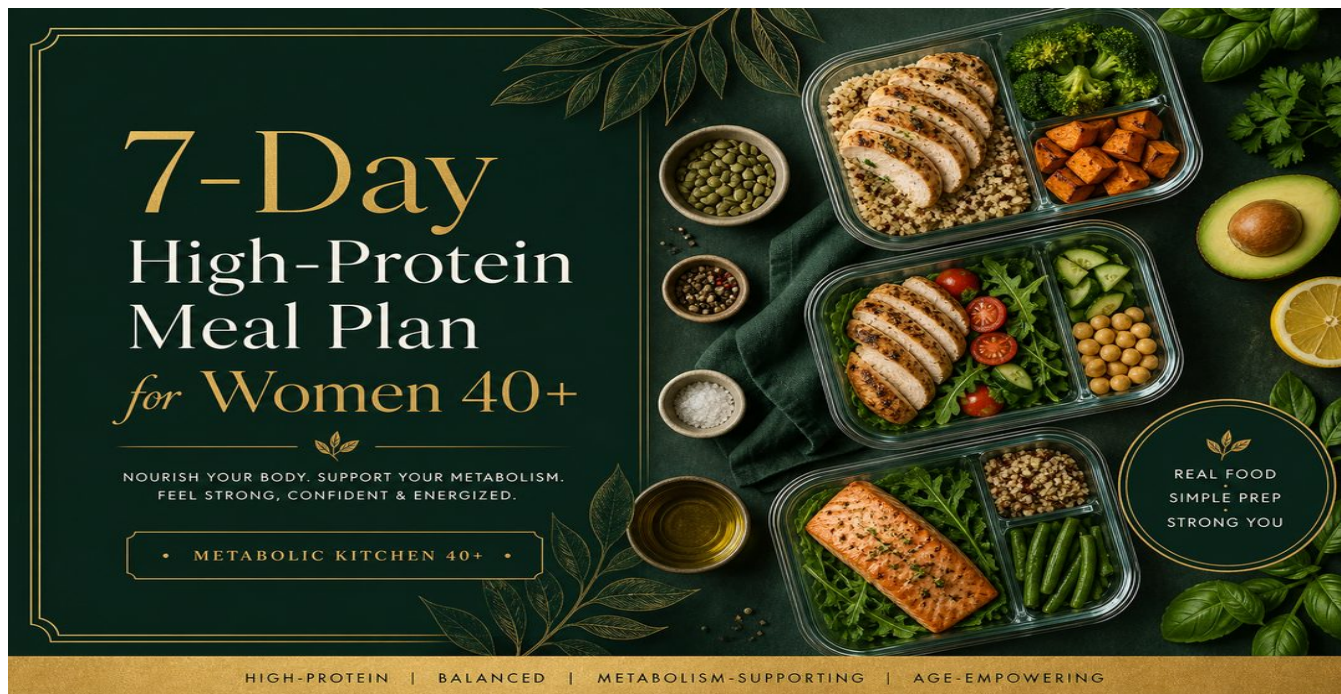




7-Day High-Protein Meal Plan

For Women 40+ · Lose Belly Fat · Meal Prep Friendly

A free gift from **Olga** · *Metabolic Kitchen 40+*
Pair with *Fit After 40 Studio* workouts for the full Belly Reset.

✓ 30g+ protein daily ✓ Under 30 min prep ✓ Grocery-friendly

DAY 1 · KICKSTART PROTEIN

High-Protein Overnight Oats

32g protein	380 calories	\$1.80 / serving
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Ingredients

- 1 cup rolled oats
- 2 cups Greek yogurt 2%
- 2 cups unsweetened almond milk
- 4 tbsp chia seeds
- 2 scoops vanilla protein powder
- 1 cup berries

Steps

1. Mix oats, chia, and protein powder in a large bowl
2. Stir in yogurt and almond milk until smooth
3. Divide into 4 jars, top with berries
4. Refrigerate overnight — grab and go

Prep 5 min · Cook 0 min · Makes 4 servings

DAY 2 · KICKSTART PROTEIN

Egg White Veggie Scramble

28g protein	220 calories	\$2.10 / serving
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Ingredients

- 16 egg whites (or 2 cups liquid whites)
- 2 cups spinach
- 1 bell pepper diced
- 1 cup mushrooms
- 1/2 cup feta crumbles
- Olive oil spray

Steps

1. Sauté peppers and mushrooms 3 min
2. Add spinach until wilted
3. Pour in egg whites, stir gently
4. Top with feta, divide into 4 containers

Prep 8 min · Cook 10 min · Makes 4 servings

DAY 3 · KICKSTART PROTEIN

Lemon Herb Chicken Quinoa Bowl

42g protein	450 calories	\$3.20 / serving
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Ingredients

- 1.5 lb chicken breast
- 2 cups cooked quinoa
- 2 cups broccoli florets
- Lemon juice, garlic, olive oil
- Cherry tomatoes

Steps

1. Season chicken, bake at 400°F 22 min
2. Steam broccoli 5 min
3. Slice chicken, layer quinoa + veg + chicken
4. Drizzle lemon garlic dressing

Prep 15 min · Cook 25 min · Makes 4 servings

DAY 4 · KICKSTART PROTEIN

Turkey Lettuce Wraps Meal Prep

35g protein	320 calories	\$2.90 / serving
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Ingredients

- 1.25 lb ground turkey 93% lean
- Butter lettuce heads
- Water chestnuts diced
- Low-sodium soy sauce
- Ginger, garlic

Steps

1. Brown turkey with garlic and ginger
2. Add water chestnuts and soy sauce
3. Cool filling, store separate from lettuce
4. Assemble wraps at lunch — 2 min

Prep 10 min · Cook 15 min · Makes 4 servings

DAY 5 · KICKSTART PROTEIN

Sheet Pan Salmon & Asparagus

38g protein	410 calories	\$4.50 / serving
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Ingredients

- 4 salmon fillets 5oz each
- 1 bunch asparagus
- 2 cups sweet potato cubes
- Olive oil, dill, lemon

Steps

1. Toss sweet potato cubes with oil, roast 12 min
2. Add salmon and asparagus to the pan
3. Bake 12 more min until salmon flakes
4. Portion into 4 containers

Prep 10 min · Cook 18 min · Makes 4 servings

Cottage Cheese Power Bowl

30g protein	340 calories	\$2.40 / serving
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Ingredients

- 3 cups low-fat cottage cheese
- 2 cups cucumber tomato salad
- 1/2 cup pumpkin seeds
- Everything bagel seasoning
- Hard-boiled eggs x4

Steps

1. Boil eggs 10 min, ice bath, peel
2. Dice cucumber and tomatoes
3. Layer cottage cheese, salad, seeds
4. Halve egg on top each bowl

Prep 8 min · Cook 0 min · Makes 4 servings

Sunday Chicken Batch Prep

40g protein	420 calories	\$2.80 / serving
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Ingredients

- 3 lb chicken breast
- 4 cups brown rice
- 4 cups green beans
- Taco + Italian seasoning split

Steps

1. Bake all chicken at 400°F — split seasonings
2. Cook rice in broth for flavor
3. Steam green beans
4. Portion 5 lunches: half taco, half Italian

Prep 20 min · Cook 30 min · Makes 5 servings

Ready for the full transformation?

28-Day Belly Reset — 28 high-protein meals + 28 low-impact workouts
Grocery lists · Batch prep guides · One structured plan

→ **bellyreset.studio · \$97**

■ Olga's Energy — coming soon

Clean daily energy bar or drink — built around how Olga actually lives.

Join the waitlist at **bellyreset.studio**

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