30-DAY REAL FOOD
PROTEIN MENU

Snack-Sized Meals · Real Food · Minimal Prep · Protein-Forward

HOW TO USE THIS MENU

This is a rotating template, not a rigid prescription — swap any item for a same-category equivalent based on what's fresh, in season, or in your fridge.

Each day lists **4 small, protein-forward "snack-sized" plates** instead of 2–3 large meals. Assemble and eat every 3–4 hours, or space them to fit your own intermittent-fasting window.

The Basics

Protein first: Aim for a visible protein source on every plate — estimated at roughly 15–25g per plate depending on portion (not a lab-verified figure).

Portions: Intentionally modest — roughly a palm-size of protein per plate. Adjust up or down for your activity level, appetite, and goals.

Minimal cooking: No cooking required for most plates. The few that involve batch cooking (egg bake, egg muffins) can be made once and portioned for the week — see Batch-Prep Notes.

Adjust for You

Carb sensitive? Skip the pineapple and high-glycemic fruits. Use organic berries or apples instead.

Low FODMAP? Modify as needed.

SIBO-prone? Skip dairy.

Swapping plates: Trade any plate for another in the same category of the Plate Library.

Sourcing Standards

- **Protein:** Grass-fed/finished beef, organic poultry, wild-caught or sustainably canned fish, pastured eggs, organic cultured dairy when tolerated
- **Cured/deli meats:** Uncured, nitrate- and nitrite-free (e.g., Applegate or similar clean-label brands)
- **Tuna:** BPA-free pouch or Tonnino in a glass jar — keep to once weekly
- **Avoid:** Glyphosate/GMO ingredients, artificial fragrances on packaging, BPA-lined cans, and plastic food storage when practical — glass or stainless steel preferred

Almonds & almond flour — organic only, due to glyphosate residue on conventional crops (corn, soy, and others, too).

Oils & Dressings

Primary fat: Extra virgin olive oil — single-sourced/estate if available, in a dark glass bottle.

Instant dressing: A splash of raw apple cider vinegar with EVOO.

Also acceptable: Avocado oil, coconut oil, and grass-fed butter.

Abbreviations

EVOO — extra virgin olive oil

ACV — apple cider vinegar (Bragg brand is best)

THE PLATE LIBRARY

All 40 plates in the rotation, grouped by main protein. The color matches the 30-day calendar, so it's easy to swap within a category.

Seafood 11 plates

- Canned wild salmon + avocado-oil mayo + celery sticks
- Precooked wild shrimp + avocado + lime + EVOO
- Lump crab meat + avocado + lemon + Old Bay
- Smoked trout + cucumber + fresh dill + dollop of full-fat Greek yogurt
- Smoked wild salmon + cucumber ribbons + capers + lemon + avocado
- Canned wild sardines + sliced tomato + EVOO + lemon + sea salt
- Organic cottage cheese + smoked salmon + capers + cracked pepper
- Anchovies + olives + tomato + feta (Mediterranean plate)
- Canned wild tuna + avocado-oil mayo + cucumber boats
- Leftover cold poached salmon + cucumber-dill Greek yogurt sauce
- Smoked salmon + hard-boiled egg + avocado + everything seasoning ("power plate")

Deli & Charcuterie 10 plates

- Uncured turkey roll-ups + avocado + mustard
- Uncured ham roll-ups + dill pickle spear + raw-milk swiss
- Roast beef roll-ups + horseradish + cucumber spear
- Sliced turkey breast + guacamole + jicama sticks
- Uncured salami + fresh mozzarella + cherry tomatoes + basil + EVOO drizzle
- Uncured pepperoni + mozzarella + cherry tomato + basil skewers
- Hard salami + provolone + roasted red peppers + olives
- Marinated artichoke hearts + uncured salami + feta + olives
- Prosciutto + cantaloupe + fresh mozzarella pearls
- Blue cheese crumbles + sliced pear + raw walnuts + prosciutto

Dairy-Forward 7 plates

- Feta + sliced cucumber + tomato + Kalamata olives + EVOO + splash of ACV (Greek plate)
- Organic cottage cheese + sliced cucumber + everything-bagel seasoning + EVOO
- Organic cottage cheese + fresh pineapple + cinnamon
- Organic cottage cheese + raw walnuts + raw honey drizzle + cinnamon
- Raw-milk string cheese + raw pistachios + apple
- Full-fat organic Greek yogurt + berries + raw walnuts
- Full-fat Greek yogurt + cucumber + dill + mint (tzatziki dip) + cut veggies

Chicken & Meat 7 plates

- Organic rotisserie chicken (shredded) + mixed greens + EVOO & ACV vinaigrette
- Organic rotisserie chicken + cucumber + tomato + feta + EVOO (Greek chicken plate)
- Chicken salad (avocado-oil mayo, grapes, walnuts) over greens
- Grass-fed/organic turkey meatballs (premade) + marinara + parmesan
- Bacon-wrapped asparagus spears, precooked (nitrate-free bacon)
- Grass-fed beef sticks/jerky + organic apple slices + organic almond butter
- Grass-fed beef jerky + raw cheddar cubes + grapes

Eggs 5 plates

- Hard-boiled eggs (pastured) + avocado + cherry tomatoes + sea salt
- Batch-made spinach & feta egg muffin bites + side of pesto for dipping
- Batch-baked spinach, cottage cheese & egg bake square + side of pesto
- Egg salad (avocado-oil mayo) + cucumber rounds
- Deviled eggs (avocado-oil mayo) + smoked paprika — **tip:** mix all in a bowl if too labor-intensive

Keep On Hand

Hard-boil a dozen eggs Sunday; keep a rotisserie chicken and a block of feta or cottage cheese on hand at all times — that alone covers a large share of this menu.

YOUR 30-DAY CALENDAR

■ Seafood ■ Eggs ■ Chicken & Meat ■ Deli & Charcuterie ■ Dairy-Forward

Day	Meal 1	Meal 2	Meal 3	Meal 4
WEEK 1 · DAYS 1–7				
1	Canned wild salmon + avocado-oil mayo + celery sticks	Precooked wild shrimp + avocado + lime + EVOO	Lump crab meat + avocado + lemon + Old Bay	Smoked trout + cucumber + fresh dill + dollop of full-fat Greek yogurt
2	Feta + sliced cucumber + tomato + Kalamata olives + EVOO + splash of ACV (Greek plate)	Blue cheese crumbles + sliced pear + raw walnuts + prosciutto	Smoked wild salmon + cucumber ribbons + capers + lemon + avocado	Canned wild sardines + sliced tomato + EVOO + lemon + sea salt
3	Uncured salami + fresh mozzarella + cherry tomatoes + basil + EVOO drizzle	Prosciutto + cantaloupe + fresh mozzarella pearls	Organic cottage cheese + sliced cucumber + everything-bagel seasoning + EVOO	Organic cottage cheese + fresh pineapple + cinnamon
4	Hard-boiled eggs (pastured) + avocado + cherry tomatoes + sea salt	Batch-made spinach & feta egg muffin bites + side of pesto for dipping	Egg salad (avocado-oil mayo) + cucumber rounds	Deviled eggs (avocado-oil mayo) + smoked paprika
5	Uncured turkey roll-ups + avocado + mustard	Uncured ham roll-ups + dill pickle spear + raw-milk swiss	Roast beef roll-ups + horseradish + cucumber spear	Organic rotisserie chicken (shredded) + mixed greens + EVOO & ACV vinaigrette
6	Organic rotisserie chicken + cucumber + tomato + feta + EVOO (Greek chicken plate)	Chicken salad (avocado-oil mayo, grapes, walnuts) over greens	Grass-fed/organic turkey meatballs (premade) + marinara + parmesan	Bacon-wrapped asparagus spears, precooked (nitrate-free bacon)
7	Grass-fed beef sticks/jerky + organic apple slices + organic almond butter	Grass-fed beef jerky + raw cheddar cubes + grapes	Raw-milk string cheese + raw pistachios + apple	Full-fat organic Greek yogurt + berries + raw walnuts
WEEK 2 · DAYS 8–14				
8	Full-fat Greek yogurt + cucumber + dill + mint (tzatziki dip) + cut veggies	Organic cottage cheese + smoked salmon + capers + cracked pepper	Anchovies + olives + tomato + feta (Mediterranean plate)	Marinated artichoke hearts + uncured salami + feta + olives
9	Sliced turkey breast + guacamole + jicama sticks	Canned wild tuna + avocado-oil mayo + cucumber boats	Hard salami + provolone + roasted red peppers + olives	Leftover cold poached salmon + cucumber-dill Greek yogurt sauce
10	Organic cottage cheese + raw walnuts + raw honey drizzle + cinnamon	Uncured pepperoni + mozzarella + cherry tomato + basil skewers	Batch-baked spinach, cottage cheese & egg bake square + side of pesto	Smoked salmon + hard-boiled egg + avocado + everything seasoning ("power plate")
11	Batch-made spinach & feta egg muffin bites + side of pesto for dipping	Egg salad (avocado-oil mayo) + cucumber rounds	Deviled eggs (avocado-oil mayo) + smoked paprika	Uncured turkey roll-ups + avocado + mustard
12	Uncured ham roll-ups + dill pickle spear + raw-milk swiss	Roast beef roll-ups + horseradish + cucumber spear	Organic rotisserie chicken (shredded) + mixed greens + EVOO & ACV vinaigrette	Organic rotisserie chicken + cucumber + tomato + feta + EVOO (Greek chicken plate)
13	Chicken salad (avocado-oil mayo, grapes, walnuts) over greens	Grass-fed/organic turkey meatballs (premade) + marinara + parmesan	Bacon-wrapped asparagus spears, precooked (nitrate-free bacon)	Grass-fed beef sticks/jerky + organic apple slices + organic almond butter
14	Grass-fed beef jerky + raw cheddar cubes + grapes	Raw-milk string cheese + raw pistachios + apple	Full-fat organic Greek yogurt + berries + raw walnuts	Full-fat Greek yogurt + cucumber + dill + mint (tzatziki dip) + cut veggies
WEEK 3 · DAYS 15–21				
15	Organic cottage cheese + smoked salmon + capers + cracked pepper	Anchovies + olives + tomato + feta (Mediterranean plate)	Marinated artichoke hearts + uncured salami + feta + olives	Sliced turkey breast + guacamole + jicama sticks
16	Canned wild tuna + avocado-oil mayo + cucumber boats	Hard salami + provolone + roasted red peppers + olives	Leftover cold poached salmon + cucumber-dill Greek yogurt sauce	Organic cottage cheese + raw walnuts + raw honey drizzle + cinnamon
17	Uncured pepperoni + mozzarella + cherry tomato + basil skewers	Batch-baked spinach, cottage cheese & egg bake square + side of pesto	Smoked salmon + hard-boiled egg + avocado + everything seasoning ("power plate")	Uncured salami + fresh mozzarella + cherry tomatoes + basil + EVOO drizzle

Day	Meal 1	Meal 2	Meal 3	Meal 4
18	Prosciutto + cantaloupe + fresh mozzarella pearls	Organic cottage cheese + sliced cucumber + everything-bagel seasoning + EVOO	Organic cottage cheese + fresh pineapple + cinnamon	Feta + sliced cucumber + tomato + Kalamata olives + EVOO + splash of ACV (Greek plate)
19	Blue cheese crumbles + sliced pear + raw walnuts + prosciutto	Smoked wild salmon + cucumber ribbons + capers + lemon + avocado	Canned wild sardines + sliced tomato + EVOO + lemon + sea salt	Canned wild salmon + avocado-oil mayo + celery sticks
20	Precooked wild shrimp + avocado + lime + EVOO	Lump crab meat + avocado + lemon + Old Bay	Smoked trout + cucumber + fresh dill + dollop of full-fat Greek yogurt	Hard-boiled eggs (pastured) + avocado + cherry tomatoes + sea salt
21	Full-fat organic Greek yogurt + berries + raw walnuts	Full-fat Greek yogurt + cucumber + dill + mint (tzatziki dip) + cut veggies	Organic cottage cheese + smoked salmon + capers + cracked pepper	Anchovies + olives + tomato + feta (Mediterranean plate)
WEEK 4 · DAYS 22–28				
22	Marinated artichoke hearts + uncured salami + feta + olives	Sliced turkey breast + guacamole + jicama sticks	Canned wild tuna + avocado-oil mayo + cucumber boats	Hard salami + provolone + roasted red peppers + olives
23	Leftover cold poached salmon + cucumber-dill Greek yogurt sauce	Organic cottage cheese + raw walnuts + raw honey drizzle + cinnamon	Uncured pepperoni + mozzarella + cherry tomato + basil skewers	Batch-baked spinach, cottage cheese & egg bake square + side of pesto
24	Smoked salmon + hard-boiled egg + avocado + everything seasoning ("power plate")	Uncured salami + fresh mozzarella + cherry tomatoes + basil + EVOO drizzle	Prosciutto + cantaloupe + fresh mozzarella pearls	Organic cottage cheese + sliced cucumber + everything-bagel seasoning + EVOO
25	Organic cottage cheese + fresh pineapple + cinnamon	Feta + sliced cucumber + tomato + Kalamata olives + EVOO + splash of ACV (Greek plate)	Blue cheese crumbles + sliced pear + raw walnuts + prosciutto	Smoked wild salmon + cucumber ribbons + capers + lemon + avocado
26	Canned wild sardines + sliced tomato + EVOO + lemon + sea salt	Canned wild salmon + avocado-oil mayo + celery sticks	Precooked wild shrimp + avocado + lime + EVOO	Lump crab meat + avocado + lemon + Old Bay
27	Smoked trout + cucumber + fresh dill + dollop of full-fat Greek yogurt	Hard-boiled eggs (pastured) + avocado + cherry tomatoes + sea salt	Batch-made spinach & feta egg muffin bites + side of pesto for dipping	Egg salad (avocado-oil mayo) + cucumber rounds
28	Deviled eggs (avocado-oil mayo) + smoked paprika	Uncured turkey roll-ups + avocado + mustard	Uncured ham roll-ups + dill pickle spear + raw-milk swiss	Roast beef roll-ups + horseradish + cucumber spear
WEEK 5 · DAYS 29–30				
29	Organic rotisserie chicken (shredded) + mixed greens + EVOO & ACV vinaigrette	Organic rotisserie chicken + cucumber + tomato + feta + EVOO (Greek chicken plate)	Chicken salad (avocado-oil mayo, grapes, walnuts) over greens	Grass-fed/organic turkey meatballs (premade) + marinara + parmesan
30	Bacon-wrapped asparagus spears, precooked (nitrate-free bacon)	Grass-fed beef sticks/jerky + organic apple slices + organic almond butter	Grass-fed beef jerky + raw cheddar cubes + grapes	Raw-milk string cheese + raw pistachios + apple

BATCH-PREP NOTES

Spinach, Cottage Cheese & Egg Bake

Whisk 8–10 pastured eggs with cottage cheese, fresh or sautéed spinach, and sea salt. Bake at 350°F for ~30 min; cut into squares for the week. Serve with a spoon of pesto on the side.

Egg Muffin Bites

Pour the same batter into a muffin tin with feta and spinach. Bake 18–20 min. Freezes well.

Make it your own: Find other easy-prep healthy ideas that fit your tastes — chicken salad, egg salad, various egg bakes with cottage cheese, steamed veg with a precooked sausage, one-pot meat and vegetable dishes, etc.

Want heartier make-ahead meals? See the companion handout, **Protein & Fiber Batch Recipes** — 8 soups, stews, veggie-noodle dishes, and casseroles.

This menu is an educational template for general wellness planning and is not individualized medical or nutrition advice. Protein and portion figures are estimates, not laboratory-verified values. If you have a diagnosed condition (e.g., SIBO, kidney disease, food allergies) or take medications, review this plan with your provider before starting.