

High Protein Dinner



1 Steak Fajitas

Prepare 4 ounces of steak with grilled onions and bell peppers. Serve in tortillas topped with salsa. Serve with 1 cup of [black beans](#) to get a total of 55 grams of protein.



2 Shrimp Stir Fry

Stir fry 10 shrimp with broccoli, onions and zucchini for 34+ grams of protein. Flavor with teriyaki coconut aminos and you have a delicious and healthy meal.



3 Grilled Chicken Breast and Veggies

Grill up a chicken breast and serve with an artichoke, green beans or brussels sprouts for 34+ grams of protein.



4 High Protein Recipes

Check out my high protein [recipes](#) for dinner inspiration.