

Meal Plan - 1100 calorie macro meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1134 cals ● 93g protein (33%) ● 49g fat (39%) ● 68g carbs (24%) ● 11g fiber (4%)

Breakfast

255 cals, 16g protein, 34g net carbs, 6g fat



Crackers

4 cracker(s)- 68 cals



Grapefruit

1/2 grapefruit- 59 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

420 cals, 42g protein, 9g net carbs, 22g fat



Simple roasted cod

8 oz- 297 cals



Sauteed peppers and onions

125 cals

Lunch

455 cals, 35g protein, 26g net carbs, 21g fat



Steak Bites

4 oz(s)- 282 cals



Lentils

174 cals

Day 2

1096 cals ● 97g protein (35%) ● 33g fat (27%) ● 90g carbs (33%) ● 13g fiber (5%)

Breakfast

255 cals, 16g protein, 34g net carbs, 6g fat



Crackers

4 cracker(s)- 68 cals



Grapefruit

1/2 grapefruit- 59 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

380 cals, 47g protein, 16g net carbs, 12g fat



Lemon pepper chicken breast

6 oz- 222 cals



Lentils

87 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals

Lunch

460 cals, 34g protein, 41g net carbs, 15g fat



Basic chicken breast

4 oz- 159 cals



Couscous

201 cals



Buttered broccoli

3/4 cup(s)- 100 cals

Day 3

1096 cals ● 97g protein (35%) ● 33g fat (27%) ● 90g carbs (33%) ● 13g fiber (5%)

Breakfast

255 cals, 16g protein, 34g net carbs, 6g fat



Crackers
4 cracker(s)- 68 cals



Grapefruit
1/2 grapefruit- 59 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

380 cals, 47g protein, 16g net carbs, 12g fat



Lemon pepper chicken breast
6 oz- 222 cals



Lentils
87 cals



Olive oil drizzled broccoli
1 cup(s)- 70 cals

Lunch

460 cals, 34g protein, 41g net carbs, 15g fat



Basic chicken breast
4 oz- 159 cals



Couscous
201 cals



Buttered broccoli
3/4 cup(s)- 100 cals

Day 4

1081 cals ● 112g protein (41%) ● 35g fat (29%) ● 60g carbs (22%) ● 20g fiber (7%)

Breakfast

245 cals, 17g protein, 15g net carbs, 12g fat



English bubble & squeak
1 patties- 107 cals



Boiled eggs
2 egg(s)- 139 cals

Dinner

430 cals, 62g protein, 18g net carbs, 9g fat



Broccoli
2 cup(s)- 58 cals



Lentils
87 cals



Marinated chicken breast
8 oz- 283 cals

Lunch

410 cals, 33g protein, 28g net carbs, 14g fat



Simple kale & avocado salad
115 cals



Chicken-broccoli-quinoa bowl
293 cals

Day 5

1129 cals ● 101g protein (36%) ● 38g fat (30%) ● 76g carbs (27%) ● 19g fiber (7%)

Breakfast

245 cals, 17g protein, 15g net carbs, 12g fat



English bubble & squeak
1 patties- 107 cals



Boiled eggs
2 egg(s)- 139 cals

Lunch

405 cals, 45g protein, 22g net carbs, 13g fat



Basic chicken breast tenderloins
6 oz- 224 cals



Couscous
100 cals



Garlic collard greens
80 cals

Dinner

480 cals, 40g protein, 39g net carbs, 14g fat



White chicken chili soup
347 cals



Chips and guacamole
131 cals

Day 6

1133 cals ● 91g protein (32%) ● 47g fat (37%) ● 70g carbs (25%) ● 17g fiber (6%)

Breakfast

240 cals, 18g protein, 15g net carbs, 11g fat



Spicy sun dried tomato and feta omelet
177 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals

Lunch

415 cals, 34g protein, 16g net carbs, 22g fat



Protein greek yogurt
1 container- 139 cals



Goat cheese and marinara stuffed zucchini
1 zucchini halve(s)- 96 cals



Sunflower seeds
180 cals

Dinner

480 cals, 40g protein, 39g net carbs, 14g fat



White chicken chili soup
347 cals



Chips and guacamole
131 cals

Breakfast

240 calsgreen18g protein, 15g net carbs, 11g fat



Spicy sun dried tomato and feta omelet
177 calsgreen



Cottage cheese & honey
1/4 cup(s)- 62 calsgreen

Dinner

430 calsgreen40g protein, 43g net carbs, 8g fat



Simple mixed greens and tomato salad
38 calsgreen



Shrimp-broccoli-rice bowl
392 calsgreen

Lunch

415 calsgreen34g protein, 16g net carbs, 22g fat



Protein greek yogurt
1 container- 139 calsgreen



Goat cheese and marinara stuffed zucchini
1 zucchini halve(s)- 96 calsgreen



Sunflower seeds
180 calsgreen

Fats and Oils

- ☐ olive oil
1 1/4 oz (41mL)
- ☐ oil
1 oz (35mL)
- ☐ marinade sauce
4 tbsp (60mL)
- ☐ salad dressing
3/4 tbsp (11mL)

Finfish and Shellfish Products

- ☐ cod, raw
1/2 lbs (227g)
- ☐ shrimp, raw
1/3 lbs (151g)

Vegetables and Vegetable Products

- ☐ onion
1/2 medium (2-1/2" dia) (55g)
- ☐ bell pepper
1 large (164g)
- ☐ garlic
1 1/4 clove(s) (4g)
- ☐ frozen broccoli
1 1/2 lbs (666g)
- ☐ kale leaves
1/4 bunch (43g)
- ☐ brussels sprouts
1 cup, shredded (50g)
- ☐ potatoes
2 small (1-3/4" to 2-1/4" dia.) (184g)
- ☐ collard greens
4 oz (113g)
- ☐ sun-dried tomatoes
1 oz (28g)
- ☐ zucchini
1 large (323g)
- ☐ tomatoes
2 tbsp cherry tomatoes (19g)

Beef Products

- ☐ sirloin steak, raw
4 oz (113g)

Dairy and Egg Products

- ☐ butter
1 3/4 tbsp (25g)

Legumes and Legume Products

- ☐ lentils, raw
10 tbsp (120g)
- ☐ canned great northern beans
2/3 can (~15 oz) (283g)

Baked Products

- ☐ crackers
12 crackers (42g)

Fruits and Fruit Juices

- ☐ Grapefruit
1 1/2 large (approx 4-1/2" dia) (498g)
- ☐ avocados
1/4 avocado(s) (50g)
- ☐ lemon
1/4 small (15g)

Other

- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ flavored quinoa mix
1/4 package (4.9 oz) (35g)
- ☐ chicken breast tenderloins, raw
6 oz (170g)
- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ mixed greens
3/4 cup (23g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1123g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
5/6 box (5.8 oz) (137g)

Soups, Sauces, and Gravies

- ☐ chicken broth
2 cup(s) (mL)
- ☐ salsa verde
2/3 cup (171g)

- ☐ nonfat greek yogurt, plain
2 tbsp (35g)
- ☐ eggs
6 large (300g)
- ☐ feta cheese
4 tbsp, crumbled (38g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ goat cheese
1 oz (28g)

Beverages

- ☐ water
2 1/2 cup(s) (593mL)

Spices and Herbs

- ☐ salt
1/8 oz (4g)
- ☐ black pepper
1/8 oz (1g)
- ☐ lemon pepper
3/4 tbsp (5g)
- ☐ ground cumin
1/4 tbsp (1g)
- ☐ cayenne pepper
1 pinch (0g)
- ☐ thyme, dried
1/2 tbsp, ground (2g)

- ☐ pasta sauce
4 tbsp (65g)

Snacks

- ☐ tortilla chips
1 oz (28g)

Sweets

- ☐ honey
2 tsp (14g)

Nut and Seed Products

- ☐ sunflower kernels
2 oz (57g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/3 pouch (~5.6 oz) (53g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Crackers

4 cracker(s) - 68 cals ● 1g protein ● 3g fat ● 9g carbs ● 1g fiber



For single meal:

crackers

4 crackers (14g)

For all 3 meals:

crackers

12 crackers (42g)

1. Enjoy.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

English bubble & squeak

1 patties - 107 cal ● 4g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

oil
1/2 tsp (3mL)
nonfat greek yogurt, plain
1 tbsp (18g)
brussels sprouts, shredded
1/2 cup, shredded (25g)
potatoes, peeled & cut into chunks
1 small (1-3/4" to 2-1/4" dia.) (92g)

For all 2 meals:

oil
1 tsp (5mL)
nonfat greek yogurt, plain
2 tbsp (35g)
brussels sprouts, shredded
1 cup, shredded (50g)
potatoes, peeled & cut into chunks
2 small (1-3/4" to 2-1/4" dia.) (184g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with a dollop of Greek yogurt.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Spicy sun dried tomato and feta omelet

177 cal ● 11g protein ● 10g fat ● 8g carbs ● 2g fiber



For single meal:

eggs
1 large (50g)
sun-dried tomatoes
1/2 oz (14g)
feta cheese
2 tbsp, crumbled (19g)
olive oil
1/4 tsp (1mL)
cayenne pepper
1/2 pinch (0g)
thyme, dried
1/4 tbsp, ground (1g)

For all 2 meals:

eggs
2 large (100g)
sun-dried tomatoes
1 oz (28g)
feta cheese
4 tbsp, crumbled (38g)
olive oil
1/2 tsp (3mL)
cayenne pepper
1 pinch (0g)
thyme, dried
1/2 tbsp, ground (2g)

1. Break the eggs into a small bowl and scramble them. Mix in thyme, cayenne, and some pepper.
2. Heat the oil in a frying pan and add the egg mixture, making an even layer.
3. Sprinkle the rest of the ingredients over the egg and let it cook for a minute or two.
4. Using a spatula, flip half of the omelette onto the other half and continue cooking for another minute or two until fully cooked. Serve.

Cottage cheese & honey

1/4 cup(s) - 62 cal ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Lunch 1 [↗](#)

Eat on day 1

Steak Bites

4 oz(s) - 282 cals ● 23g protein ● 21g fat ● 1g carbs ● 0g fiber



Makes 4 oz(s)

sirloin steak, raw
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, diced
1/2 clove(s) (2g)
butter, room-temperature
1/4 tbsp (4g)

1. In a small bowl, mash butter and garlic together until creamy. Set aside.
2. Cube steak into 1 inch sized cubes and season with a dash of salt and pepper.
3. Heat skillet with oil. Once hot, add steak cubes and let cook for about 3 minutes without stirring to allow steak to sear. Once the few minutes is up, stir steak and continue cooking about 3-5 more minutes until steak is cooked to your liking.
4. When steak is just about done, reduce heat to low and add in garlic butter. Let melt and stir around to coat the steak. Serve.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Basic chicken breast

4 oz - 159 cals ● 25g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:
boneless skinless chicken breast, raw
4 oz (112g)
oil
1/4 tbsp (4mL)

For all 2 meals:
boneless skinless chicken breast, raw
1/2 lbs (224g)
oil
1/2 tbsp (8mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



For single meal:
instant couscous, flavored
1/3 box (5.8 oz) (55g)

For all 2 meals:
instant couscous, flavored
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

Buttered broccoli

3/4 cup(s) - 100 cals ● 2g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:
salt
3/8 dash (0g)
frozen broccoli
3/4 cup (68g)
black pepper
3/8 dash (0g)
butter
3/4 tbsp (11g)

For all 2 meals:
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
black pepper
3/4 dash (0g)
butter
1 1/2 tbsp (21g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lunch 3 [🔗](#)
Eat on day 4

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



kale leaves, chopped
1/4 bunch (43g)
avocados, chopped
1/4 avocado(s) (50g)
lemon, juiced
1/4 small (15g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Chicken-broccoli-quinoa bowl

293 cals ● 31g protein ● 7g fat ● 23g carbs ● 4g fiber



salt
1 dash (1g)
black pepper
1 dash, ground (0g)
olive oil
1/2 tsp (3mL)
frozen broccoli
1/4 package (71g)
flavored quinoa mix
1/4 package (4.9 oz) (35g)
boneless skinless chicken breast, raw, cubed
4 oz (112g)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!) Serve.

Lunch 4 [🔗](#)

Eat on day 5

Basic chicken breast tenderloins

6 oz - 224 cals ● 38g protein ● 8g fat ● 0g carbs ● 0g fiber



Makes 6 oz

oil
1/2 tbsp (8mL)
chicken breast tenderloins, raw
6 oz (170g)

1. Season tenderloins with salt, pepper, or your favorite seasoning blend.
2. Stove: Heat oil in a skillet or grill pan over medium heat and cook tenderloins for 3-4 minutes per side until golden brown and cooked through. Oven: Preheat the oven to 400°F (200°C), place tenderloins on a baking sheet, and bake for 15-20 minutes or until internal temperature reaches 165°F (74°C).

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



instant couscous, flavored
1/6 box (5.8 oz) (27g)

1. Follow instructions on package.

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
salt
1/2 dash (0g)
garlic, minced
3/4 clove(s) (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:
protein greek yogurt, flavored
1 container (150g)

For all 2 meals:
protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Goat cheese and marinara stuffed zucchini

1 zucchini halve(s) - 96 cals ● 5g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

pasta sauce
2 tbsp (33g)
goat cheese
1/2 oz (14g)
zucchini
1/2 large (162g)

For all 2 meals:

pasta sauce
4 tbsp (65g)
goat cheese
1 oz (28g)
zucchini
1 large (323g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.
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Dinner 1 [↗](#)

Eat on day 1

Simple roasted cod

8 oz - 297 cals ● 40g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 8 oz

olive oil

1 tbsp (15mL)

cod, raw

1/2 lbs (227g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Sauteed peppers and onions

125 cals ● 2g protein ● 7g fat ● 9g carbs ● 4g fiber



oil

1/2 tbsp (8mL)

onion, sliced

1/2 medium (2-1/2" dia) (55g)

bell pepper, sliced into strips

1 large (164g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
 2. Season with some salt and pepper and serve.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Lemon pepper chicken breast

6 oz - 222 cals ● 38g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (168g)
olive oil
1/2 tsp (3mL)
lemon pepper
1 tsp (3g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (336g)
olive oil
1 tsp (6mL)
lemon pepper
3/4 tbsp (5g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Dinner 3 [↗](#)

Eat on day 4

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)
frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Marinated chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (224g)
marinade sauce
4 tbsp (60mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
 2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
 3. **BAKE**
 4. Preheat the oven to 400 degrees F.
 5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
 6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
 7. **BROIL/GRILL**
 8. Preheat the oven to broil/grill.
 9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.
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Dinner 4 [↗](#)

Eat on day 5 and day 6

White chicken chili soup

347 cals ● 38g protein ● 6g fat ● 30g carbs ● 7g fiber



For single meal:

chicken broth
1 cup(s) (mL)
ground cumin
1/3 tsp (1g)
salsa verde
1/3 cup (85g)
boneless skinless chicken breast, raw
4 oz (113g)
canned great northern beans, drained
1/3 can (~15 oz) (142g)

For all 2 meals:

chicken broth
2 cup(s) (mL)
ground cumin
1/4 tbsp (1g)
salsa verde
2/3 cup (171g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
canned great northern beans, drained
2/3 can (~15 oz) (283g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. In a new pot, add broth, chicken, beans, salsa, and cumin over medium-high heat and stir.
4. Allow to cook for about 5 minutes. Serve.
5. *Crock pot method: Add all ingredients (including the uncooked chicken) into the crock pot. Cook on low for 6-8 hours, or high for 3-4. Once finished, shred the chicken with two forks and serve.

Chips and guacamole

131 cals ● 2g protein ● 8g fat ● 10g carbs ● 3g fiber



For single meal:

tortilla chips
1/2 oz (14g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

tortilla chips
1 oz (28g)
guacamole, store-bought
4 tbsp (62g)

1. Serve guacamole with the tortilla chips.

Dinner 5 [↗](#)

Eat on day 7

Simple mixed greens and tomato salad

38 cals ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



mixed greens

3/4 cup (23g)

tomatoes

2 tbsp cherry tomatoes (19g)

salad dressing

3/4 tbsp (11mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Shrimp-broccoli-rice bowl

392 cals ● 39g protein ● 6g fat ● 41g carbs ● 5g fiber



olive oil

1 tsp (5mL)

flavored rice mix

1/3 pouch (~5.6 oz) (53g)

frozen broccoli

1/3 package (95g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

shrimp, raw, peeled and deveined

1/3 lbs (151g)

1. Prepare the rice mix and broccoli according to the instructions on the package.
 2. Meanwhile, heat the oil in a skillet over medium-high heat.
 3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
 4. When everything is ready mix it all together and serve.
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