

Meal Plan - 1200 calorie macro meal plan

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

Day 1

1191 cals ● 103g protein (35%) ● 40g fat (30%) ● 90g carbs (30%) ● 16g fiber (5%)

Breakfast

275 cals, 11g protein, 16g net carbs, 18g fat



Walnuts

1/8 cup(s)- 87 cals



Boiled eggs

1 egg(s)- 69 cals



Small granola bar

1 bar(s)- 119 cals

Lunch

435 cals, 39g protein, 45g net carbs, 8g fat



Chunky canned soup (non-creamy)

1 can(s)- 247 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

480 cals, 53g protein, 29g net carbs, 13g fat



Simple mixed greens and tomato salad

38 cals



Pork-broccoli-sweet potato bowl

443 cals

Day 2

1182 cals ● 101g protein (34%) ● 48g fat (37%) ● 63g carbs (21%) ● 24g fiber (8%)

Breakfast

275 cals, 11g protein, 16g net carbs, 18g fat



Walnuts

1/8 cup(s)- 87 cals



Boiled eggs

1 egg(s)- 69 cals



Small granola bar

1 bar(s)- 119 cals

Lunch

405 cals, 19g protein, 42g net carbs, 11g fat



Simple mixed greens and tomato salad

38 cals



Teriyaki chickpea stir fry

369 cals

Dinner

500 cals, 72g protein, 5g net carbs, 19g fat



Lemon pepper chicken breast

10 2/3 oz- 395 cals



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals

Day 3

1162 cals ● 119g protein (41%) ● 40g fat (31%) ● 67g carbs (23%) ● 16g fiber (5%)

Breakfast

260 cals, 16g protein, 18g net carbs, 12g fat



Grapefruit

1/2 grapefruit- 59 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Lunch

400 cals, 31g protein, 44g net carbs, 8g fat



Mashed sweet potatoes

183 cals



Teriyaki chicken

4 oz- 190 cals



Simple kale salad

1/2 cup(s)- 28 cals

Dinner

500 cals, 72g protein, 5g net carbs, 19g fat



Lemon pepper chicken breast

10 2/3 oz- 395 cals



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals

Day 4

1173 cals ● 122g protein (42%) ● 38g fat (29%) ● 68g carbs (23%) ● 18g fiber (6%)

Breakfast

260 cals, 16g protein, 18g net carbs, 12g fat



Grapefruit

1/2 grapefruit- 59 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Lunch

400 cals, 31g protein, 44g net carbs, 8g fat



Mashed sweet potatoes

183 cals



Teriyaki chicken

4 oz- 190 cals



Simple kale salad

1/2 cup(s)- 28 cals

Dinner

510 cals, 75g protein, 6g net carbs, 17g fat



Broccoli

3 cup(s)- 87 cals



Basic chicken breast

10 2/3 oz- 423 cals

Day 5

1206 cals ● 99g protein (33%) ● 42g fat (31%) ● 91g carbs (30%) ● 18g fiber (6%)

Breakfast

270 cals, 14g protein, 13g net carbs, 16g fat



Grapes
73 cals



Pesto scrambled eggs
2 eggs- 198 cals

Dinner

490 cals, 55g protein, 42g net carbs, 9g fat



Mashed sweet potatoes
183 cals



Pork souvlaki & tzatziki
2 skewer(s)- 307 cals

Lunch

445 cals, 30g protein, 36g net carbs, 17g fat



Mediterranean turkey sandwich
1 sandwich(es)- 337 cals



Mixed nuts
1/8 cup(s)- 109 cals

Day 6

1165 cals ● 98g protein (33%) ● 32g fat (25%) ● 105g carbs (36%) ● 16g fiber (5%)

Breakfast

270 cals, 14g protein, 13g net carbs, 16g fat



Grapes
73 cals



Pesto scrambled eggs
2 eggs- 198 cals

Dinner

490 cals, 55g protein, 42g net carbs, 9g fat



Mashed sweet potatoes
183 cals



Pork souvlaki & tzatziki
2 skewer(s)- 307 cals

Lunch

405 cals, 29g protein, 50g net carbs, 8g fat



Buffalo deli chicken wrap
1 wrap(s)- 345 cals



Grapefruit
1/2 grapefruit- 59 cals

Day 7

1165 cals ● 96g protein (33%) ● 50g fat (39%) ● 70g carbs (24%) ● 12g fiber (4%)

Breakfast

270 cals, 14g protein, 13g net carbs, 16g fat



Grapes
73 cals



Pesto scrambled eggs
2 eggs- 198 cals

Dinner

490 cals, 54g protein, 7g net carbs, 26g fat



Broccoli
1 cup(s)- 29 cals



Ranch chicken
8 oz- 461 cals

Lunch

405 cals, 29g protein, 50g net carbs, 8g fat



Buffalo deli chicken wrap
1 wrap(s)- 345 cals



Grapefruit
1/2 grapefruit- 59 cals



Other

- ☐ mixed greens
1 3/4 cup (53g)
- ☐ teriyaki sauce
6 tbsp (91mL)
- ☐ tzatziki
1/2 cup(s) (112g)
- ☐ skewer(s)
4 skewer(s) (4g)
- ☐ coleslaw mix
1/2 cup (45g)
- ☐ ranch dressing mix
1/4 packet (1 oz) (7g)

Vegetables and Vegetable Products

- ☐ tomatoes
2 1/4 medium whole (2-3/5" dia) (271g)
- ☐ frozen broccoli
26 oz (732g)
- ☐ sweet potatoes
4 2/3 sweetpotato, 5" long (980g)
- ☐ frozen mixed veggies
1/2 10oz package (142g)
- ☐ kale leaves
3 cup, chopped (120g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ onion
4 slices, thin (36g)

Fats and Oils

- ☐ salad dressing
2 1/2 tbsp (38mL)
- ☐ olive oil
1 oz (32mL)
- ☐ oil
1 oz (35mL)
- ☐ ranch dressing
2 tbsp (30mL)

Spices and Herbs

- ☐ paprika
1 1/2 dash (0g)
- ☐ salt
1/8 oz (2g)
- ☐ black pepper
1/2 g (1g)

Pork Products

- ☐ pork tenderloin, raw
1 1/2 lbs (680g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)
- ☐ pesto sauce
3 tbsp (48g)
- ☐ Frank's Red Hot sauce
2 tsp (10mL)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- ☐ eggs
12 large (600g)
- ☐ feta cheese
2 tbsp (19g)
- ☐ nonfat greek yogurt, plain
2 tbsp (35g)

Sweets

- ☐ honey
1 tbsp (21g)

Nut and Seed Products

- ☐ walnuts
4 tbsp, shelled (25g)
- ☐ mixed nuts
2 tbsp (17g)

Snacks

- ☐ small granola bar
2 bar (50g)

Legumes and Legume Products

- ☐ chickpeas, canned
1/2 can(s) (224g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1344g)

- ☐ **lemon pepper**
4 tsp (9g)
- ☐ **balsamic vinegar**
2 tsp (10mL)
- ☐ **rosemary, dried**
4 dash (1g)
- ☐ **dried dill weed**
4 dash (1g)

Fruits and Fruit Juices

- ☐ **Grapefruit**
2 large (approx 4-1/2" dia) (664g)
- ☐ **grapes**
3 3/4 cup (345g)

Beverages

- ☐ **water**
6 tbsp (90mL)

Baked Products

- ☐ **bread**
2 slice(s) (64g)
- ☐ **flour tortillas**
2 tortilla (approx 10" dia) (144g)

Sausages and Luncheon Meats

- ☐ **turkey cold cuts**
3 oz (85g)
 - ☐ **chicken cold cuts**
1/2 lbs (227g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:
small granola bar
1 bar (25g)

For all 2 meals:
small granola bar
2 bar (50g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

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 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

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)

Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

- oil
- 1/2 tsp (3mL)
- water
- 3 tbsp (45mL)
- balsamic vinegar
- 1 tsp (5mL)
- rosemary, dried
- 2 dash (0g)
- tomatoes
- 1/2 cup, chopped (90g)
- eggs
- 2 large (100g)
- kale leaves
- 1 cup, chopped (40g)

For all 2 meals:

- oil
- 1 tsp (5mL)
- water
- 6 tbsp (90mL)
- balsamic vinegar
- 2 tsp (10mL)
- rosemary, dried
- 4 dash (1g)
- tomatoes
- 1 cup, chopped (180g)
- eggs
- 4 large (200g)
- kale leaves
- 2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3 [🔗](#)

Eat on day 5, day 6, and day 7

Grapes

73 cal ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

- grapes
- 1 1/4 cup (115g)

For all 3 meals:

- grapes
- 3 3/4 cup (345g)

1. The recipe has no instructions.

Pesto scrambled eggs

2 eggs - 198 cal ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
pesto sauce
1 tbsp (16g)

For all 3 meals:

eggs
6 large (300g)
pesto sauce
3 tbsp (48g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked.
Serve.

Lunch 1 [🔗](#)
Eat on day 1

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



Makes 3/4 cup(s)

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

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

Lunch 2 [↗](#)

Eat on day 2

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.

Teriyaki chickpea stir fry

369 cals ● 18g protein ● 9g fat ● 39g carbs ● 16g fiber



frozen mixed veggies

1/2 10oz package (142g)

oil

1/4 tbsp (4mL)

teriyaki sauce

2 tbsp (30mL)

chickpeas, canned, drained and rinsed

1/2 can(s) (224g)

1. Heat oil in a skillet over medium heat. Add chickpeas and stir occasionally, cooking for about 5 minutes until lightly browned.
 2. Add in frozen vegetables with a splash of water and cook for about 6-8 minutes until vegetables are soft and heated.
 3. Stir in teriyaki sauce and cook until heated through, 1-2 minutes. Serve.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Teriyaki chicken

4 oz - 190 cals ● 27g protein ● 6g fat ● 6g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

teriyaki sauce

2 tbsp (30mL)

**boneless skinless chicken breast,
raw, cubed**

4 oz (112g)

For all 2 meals:

oil

1/2 tbsp (8mL)

teriyaki sauce

4 tbsp (60mL)

**boneless skinless chicken breast,
raw, cubed**

1/2 lbs (224g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



For single meal:

kale leaves

1/2 cup, chopped (20g)

salad dressing

1/2 tbsp (8mL)

For all 2 meals:

kale leaves

1 cup, chopped (40g)

salad dressing

1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

Lunch 4 [🔗](#)

Eat on day 5

Mediterranean turkey sandwich

1 sandwich(es) - 337 cals ● 26g protein ● 8g fat ● 33g carbs ● 6g fiber



Makes 1 sandwich(es)

bread

2 slice(s) (64g)

mixed greens

4 tbsp (8g)

turkey cold cuts

3 oz (85g)

feta cheese

2 tbsp (19g)

tomatoes, sliced

2 slice(s), thick/large (1/2" thick) (54g)

cucumber, sliced

1/4 cucumber (8-1/4") (75g)

onion, sliced

4 slices, thin (36g)

1. Build sandwich by layering all ingredients inside of the bread. Serve.

Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



Makes 1/8 cup(s)

mixed nuts

2 tbsp (17g)

1. The recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

Buffalo deli chicken wrap

1 wrap(s) - 345 cal ● 28g protein ● 8g fat ● 38g carbs ● 3g fiber



For single meal:

flour tortillas

1 tortilla (approx 10" dia) (72g)

chicken cold cuts

4 oz (113g)

nonfat greek yogurt, plain

1 tbsp (18g)

coleslaw mix

4 tbsp (23g)

Frank's Red Hot sauce

1 tsp (5mL)

For all 2 meals:

flour tortillas

2 tortilla (approx 10" dia) (144g)

chicken cold cuts

1/2 lbs (227g)

nonfat greek yogurt, plain

2 tbsp (35g)

coleslaw mix

1/2 cup (45g)

Frank's Red Hot sauce

2 tsp (10mL)

1. Mix greek yogurt and Frank's red hot sauce in a small bowl. Set aside.
2. Top tortilla with chicken and coleslaw mix and then drizzle yogurt mixture on top.
3. Wrap up and serve.

Grapefruit

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



For single meal:

Grapefruit

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

For all 2 meals:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

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)

Dinner 1 [↗](#)

Eat on day 1

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.

Pork-broccoli-sweet potato bowl

443 cals ● 53g protein ● 11g fat ● 26g carbs ● 7g fiber



paprika

1 1/3 dash (0g)

frozen broccoli

1/3 package (95g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

olive oil

1/2 tbsp (7mL)

sweet potatoes, cut into bite-sized cubes

2/3 sweetpotato, 5" long (140g)

pork tenderloin, raw, cut into bite-sized cubes

1/2 lbs (227g)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Lemon pepper chicken breast

10 2/3 oz - 395 cal ● 68g protein ● 13g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
2/3 lbs (299g)
olive oil
1 tsp (5mL)
lemon pepper
2 tsp (5g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
olive oil
2 tsp (10mL)
lemon pepper
4 tsp (9g)

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.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

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

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



Makes 3 cup(s)

frozen broccoli
3 cup (273g)

- 1. Prepare according to instructions on package.

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

boneless skinless chicken breast, raw
2/3 lbs (299g)
oil
2 tsp (10mL)

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.
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Dinner 4 [↗](#)

Eat on day 5 and day 6

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Pork souvlaki & tzatziki

2 skewer(s) - 307 cals ● 52g protein ● 8g fat ● 6g carbs ● 0g fiber



For single meal:

dried dill weed

2 dash (0g)

tzatziki

1/4 cup(s) (56g)

oil

1/2 gram (1mL)

skewer(s)

2 skewer(s) (2g)

pork tenderloin, raw, cut into bite-sized cubes

1/2 lbs (227g)

For all 2 meals:

dried dill weed

4 dash (1g)

tzatziki

1/2 cup(s) (112g)

oil

1 gram (1mL)

skewer(s)

4 skewer(s) (4g)

pork tenderloin, raw, cut into bite-sized cubes

1 lbs (454g)

1. Season cubed pork with dill and salt/pepper to taste. Assemble the pork evenly on the skewers.
2. Heat a large skillet over medium-high heat and add the oil. Add the skewers and cook for 3-4 minutes on each side or until done.
3. Serve skewers with tzatziki.

Dinner 5 [↗](#)

Eat on day 7

Broccoli

1 cup(s) - 29 cal ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

frozen broccoli

1 cup (91g)

1. Prepare according to instructions on package.

Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



Makes 8 oz

ranch dressing

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

ranch dressing mix

1/4 packet (1 oz) (7g)

1. Preheat oven to 350 F (180 C).
 2. Spread oil evenly over all chicken.
 3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
 4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
 5. Serve with a side of ranch dressing.
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