

# Meal Plan - 1500 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

1543 cals ● 99g protein (26%) ● 42g fat (24%) ● 152g carbs (39%) ● 41g fiber (11%)

### Breakfast

270 cals, 14g protein, 24g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Applesauce**

57 cals



**String cheese**

2 stick(s)- 165 cals

### Snacks

250 cals, 17g protein, 34g net carbs, 3g fat



**Grapefruit**

1 grapefruit- 119 cals



**Yogurt and cucumber**

132 cals

### Lunch

545 cals, 25g protein, 68g net carbs, 9g fat



**Naan bread**

1/2 piece(s)- 131 cals



**Black bean & sweet potato stew**

415 cals

### Dinner

480 cals, 42g protein, 26g net carbs, 19g fat



**Sugar snap peas**

82 cals



**Lentils**

87 cals



**Chipotle honey pork chops**

309 cals

## Day 2

1543 cals ● 99g protein (26%) ● 42g fat (24%) ● 152g carbs (39%) ● 41g fiber (11%)

### Breakfast

270 cals, 14g protein, 24g net carbs, 12g fat



**Kiwi**

1 kiwi- 47 cals



**Applesauce**

57 cals



**String cheese**

2 stick(s)- 165 cals

### Snacks

250 cals, 17g protein, 34g net carbs, 3g fat



**Grapefruit**

1 grapefruit- 119 cals



**Yogurt and cucumber**

132 cals

### Lunch

545 cals, 25g protein, 68g net carbs, 9g fat



**Naan bread**

1/2 piece(s)- 131 cals



**Black bean & sweet potato stew**

415 cals

### Dinner

480 cals, 42g protein, 26g net carbs, 19g fat



**Sugar snap peas**

82 cals



**Lentils**

87 cals



**Chipotle honey pork chops**

309 cals

## Day 3

1494 cals ● 99g protein (26%) ● 71g fat (43%) ● 96g carbs (26%) ● 20g fiber (5%)

### Breakfast

290 cals, 17g protein, 14g net carbs, 17g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Egg & avocado salad on toast**

1 toast(s)- 212 cals

### Snacks

250 cals, 17g protein, 34g net carbs, 3g fat



**Grapefruit**

1 grapefruit- 119 cals



**Yogurt and cucumber**

132 cals

### Lunch

465 cals, 26g protein, 21g net carbs, 28g fat



**Kiwi**

2 kiwi- 94 cals



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Rotisserie chicken & tomato salad**

257 cals

### Dinner

485 cals, 38g protein, 28g net carbs, 23g fat



**Cottage cheese & honey**

3/4 cup(s)- 187 cals



**Salmon patty salad**

1 patty (~3oz each)- 299 cals

## Day 4

1499 cals ● 98g protein (26%) ● 73g fat (44%) ● 95g carbs (25%) ● 19g fiber (5%)

### Breakfast

290 cals, 17g protein, 14g net carbs, 17g fat



**Basic fried eggs**

1 egg(s)- 80 cals



**Egg & avocado salad on toast**

1 toast(s)- 212 cals

### Snacks

255 cals, 17g protein, 33g net carbs, 5g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**Cottage cheese & fruit cup**

1 container- 131 cals



**Toast with butter and jelly**

1/2 slice(s)- 67 cals

### Lunch

465 cals, 26g protein, 21g net carbs, 28g fat



**Kiwi**

2 kiwi- 94 cals



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Rotisserie chicken & tomato salad**

257 cals

### Dinner

485 cals, 38g protein, 28g net carbs, 23g fat



**Cottage cheese & honey**

3/4 cup(s)- 187 cals



**Salmon patty salad**

1 patty (~3oz each)- 299 cals

## Day 5

1486 cals ● 99g protein (27%) ● 74g fat (45%) ● 81g carbs (22%) ● 25g fiber (7%)

### Breakfast

315 cals, 16g protein, 11g net carbs, 20g fat



**Eggs with avocado and salsa**

254 cals



**Cottage cheese & honey**

1/4 cup(s)- 62 cals

### Snacks

255 cals, 17g protein, 33g net carbs, 5g fat



**Grapefruit**

1/2 grapefruit- 59 cals



**Cottage cheese & fruit cup**

1 container- 131 cals



**Toast with butter and jelly**

1/2 slice(s)- 67 cals

### Lunch

470 cals, 31g protein, 30g net carbs, 22g fat



**Carrot sticks**

4 carrot(s)- 108 cals



**Bbq chicken wings**

8 oz- 363 cals

### Dinner

440 cals, 35g protein, 7g net carbs, 27g fat



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Avocado tuna salad**

327 cals

## Day 6

1463 cals ● 100g protein (27%) ● 67g fat (41%) ● 92g carbs (25%) ● 21g fiber (6%)

### Breakfast

315 cals, 16g protein, 11g net carbs, 20g fat



**Eggs with avocado and salsa**  
254 cals



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

### Snacks

170 cals, 15g protein, 13g net carbs, 5g fat



**Turkey pepperoni**  
26 slices- 111 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Lunch

470 cals, 31g protein, 30g net carbs, 22g fat



**Carrot sticks**  
4 carrot(s)- 108 cals



**Bbq chicken wings**  
8 oz- 363 cals

### Dinner

505 cals, 38g protein, 38g net carbs, 20g fat



**Teriyaki burgers**  
1 burger(s)- 399 cals



**Roasted carrots**  
2 carrots(s)- 106 cals

## Day 7

1506 cals ● 94g protein (25%) ● 68g fat (41%) ● 103g carbs (27%) ● 25g fiber (7%)

### Breakfast

315 cals, 16g protein, 11g net carbs, 20g fat



**Eggs with avocado and salsa**  
254 cals



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

### Snacks

170 cals, 15g protein, 13g net carbs, 5g fat



**Turkey pepperoni**  
26 slices- 111 cals



**Grapefruit**  
1/2 grapefruit- 59 cals

### Lunch

515 cals, 25g protein, 41g net carbs, 23g fat



**Mashed sweet potatoes**  
183 cals



**Tomato and avocado salad**  
117 cals



**Coriander and cumin rubbed pork chops**  
1/2 chop(s)- 214 cals

### Dinner

505 cals, 38g protein, 38g net carbs, 20g fat



**Teriyaki burgers**  
1 burger(s)- 399 cals



**Roasted carrots**  
2 carrots(s)- 106 cals

## Fruits and Fruit Juices

- ☐ Grapefruit  
5 large (approx 4-1/2" dia) (1660g)
- ☐ kiwi  
6 fruit (414g)
- ☐ applesauce  
2 to-go container (~4 oz) (244g)
- ☐ lemon juice  
1 fl oz (30mL)
- ☐ avocados  
3 avocado(s) (595g)
- ☐ lime juice  
3/8 fl oz (11mL)

## Vegetables and Vegetable Products

- ☐ cucumber  
2 cucumber (8-1/4") (583g)
- ☐ kale leaves  
1 cup, chopped (40g)
- ☐ tomato paste  
4 tsp (21g)
- ☐ sweet potatoes  
1 2/3 sweetpotato, 5" long (350g)
- ☐ onion  
5/8 medium (2-1/2" dia) (67g)
- ☐ garlic  
2 clove(s) (6g)
- ☐ frozen sugar snap peas  
2 2/3 cup (384g)
- ☐ tomatoes  
2 medium whole (2-3/5" dia) (236g)
- ☐ carrots  
12 3/4 medium (776g)

## Dairy and Egg Products

- ☐ lowfat greek yogurt  
1 1/2 cup (420g)
- ☐ string cheese  
4 stick (112g)
- ☐ ghee  
2 tsp (9g)
- ☐ eggs  
8 large (400g)
- ☐ low fat cottage cheese (1% milkfat)  
2 1/4 cup (509g)
- ☐ butter  
1 tsp (5g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (50mL)
- ☐ olive oil  
5 tsp (24mL)
- ☐ salad dressing  
2 tbsp (30mL)

## Legumes and Legume Products

- ☐ black beans  
1 1/3 can(s) (585g)
- ☐ lentils, raw  
4 tbsp (48g)
- ☐ roasted peanuts  
6 tbsp (55g)

## Pork Products

- ☐ pork loin chops, boneless, raw  
13 1/4 oz (376g)

## Sweets

- ☐ honey  
1/4 cup (77g)
- ☐ jelly  
1 tsp (7g)

## Other

- ☐ rotisserie chicken, cooked  
6 oz (170g)
- ☐ mixed greens  
4 cup (122g)
- ☐ cottage cheese & fruit cup  
2 container (340g)
- ☐ teriyaki sauce  
2 tbsp (30mL)

## Finfish and Shellfish Products

- ☐ canned salmon  
5 oz (142g)
- ☐ canned tuna  
3/4 can (129g)

## Soups, Sauces, and Gravies

- ☐ salsa  
1/4 cup (81g)

## Baked Products

- ☐ naan bread  
1 piece(s) (90g)
- ☐ bread  
1/4 lbs (96g)
- ☐ hamburger buns  
2 bun(s) (102g)

## Beverages

- ☐ water  
3 cup (730mL)

## Spices and Herbs

- ☐ ground cumin  
1/8 oz (4g)
- ☐ salt  
2 1/4 g (2g)
- ☐ chipotle seasoning  
4 dash (1g)
- ☐ garlic powder  
1/2 tsp (1g)
- ☐ black pepper  
1/4 g (0g)
- ☐ ground coriander  
1/4 tbsp (1g)

- ☐ barbecue sauce  
4 tbsp (70g)

## Poultry Products

- ☐ chicken wings, with skin, raw  
1 lbs (454g)

## Sausages and Luncheon Meats

- ☐ turkey pepperoni  
52 slices (92g)

## Beef Products

- ☐ ground beef (93% lean)  
3/4 lbs (340g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Kiwi

1 kiwi - 47 cal ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**  
1 fruit (69g)

For all 2 meals:

**kiwi**  
2 fruit (138g)

1. Slice the kiwi and serve.

### Applesauce

57 cal ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

**applesauce**  
1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**  
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

### String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

**string cheese**  
2 stick (56g)

For all 2 meals:

**string cheese**  
4 stick (112g)

1. The recipe has no instructions.



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## Breakfast 2 [↗](#)

Eat on day 3 and day 4

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### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**

1 large (50g)

**oil**

1/4 tsp (1mL)

For all 2 meals:

**eggs**

2 large (100g)

**oil**

1/2 tsp (3mL)

1. Heat oil in a skillet over medium low heat.
  2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.
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### Egg & avocado salad on toast

1 toast(s) - 212 cal ● 11g protein ● 11g fat ● 13g carbs ● 4g fiber



For single meal:

**mixed greens**

2 2/3 tbsp (5g)

**avocados**

1/6 avocado(s) (34g)

**garlic powder**

1 1/3 dash (1g)

**bread**

1 slice(s) (32g)

**eggs, hard-boiled and chilled**

1 large (50g)

For all 2 meals:

**mixed greens**

1/3 cup (10g)

**avocados**

1/3 avocado(s) (67g)

**garlic powder**

1/3 tsp (1g)

**bread**

2 slice(s) (64g)

**eggs, hard-boiled and chilled**

2 large (100g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
  2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
  3. Toast bread and top with greens and egg salad mixture. Serve.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Eggs with avocado and salsa

254 cals ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

**salsa**  
1 1/2 tbsp (27g)  
**eggs**  
1 large (50g)  
**avocados, diced**  
1/2 avocado(s) (101g)

For all 3 meals:

**salsa**  
1/4 cup (81g)  
**eggs**  
3 large (150g)  
**avocados, diced**  
1 1/2 avocado(s) (302g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with some salt and pepper and top with the diced avocado and salsa.
3. Serve.

### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 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 3 meals:

**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 1 [↗](#)

Eat on day 1 and day 2

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

#### naan bread

1/2 piece(s) (45g)

For all 2 meals:

#### naan bread

1 piece(s) (90g)

1. The recipe has no instructions.

### Black bean & sweet potato stew

415 cals ● 20g protein ● 6g fat ● 46g carbs ● 24g fiber



For single meal:

#### water

1 cup(s) (237mL)

#### ground cumin

4 dash (1g)

#### lemon juice

1 tsp (5mL)

#### kale leaves

1/2 cup, chopped (20g)

#### oil

1 tsp (5mL)

#### tomato paste

2 tsp (11g)

#### black beans, drained

2/3 can(s) (293g)

#### sweet potatoes, cubed

1/3 sweetpotato, 5" long (70g)

#### onion, chopped

1/3 small (23g)

#### garlic, diced

2/3 clove(s) (2g)

For all 2 meals:

#### water

2 cup(s) (474mL)

#### ground cumin

1 tsp (2g)

#### lemon juice

2 tsp (10mL)

#### kale leaves

16 tbsp, chopped (40g)

#### oil

2 tsp (10mL)

#### tomato paste

4 tsp (21g)

#### black beans, drained

1 1/3 can(s) (585g)

#### sweet potatoes, cubed

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

#### onion, chopped

2/3 small (47g)

#### garlic, diced

1 1/3 clove(s) (4g)

1. Preheat oven to 350 °F (180 °C). Place cubed sweet potato on a baking sheet and cook for 30-40 minutes until soft.
2. Meanwhile prep veggies. Heat oil in a large pot over medium heat. Add garlic and onion and cook until softened, 15 minutes.
3. Add cumin and a large pinch of salt/pepper to the pot and mix. Heat until fragrant, about a minute.
4. Add in tomato paste, water, and black beans and stir. Simmer for 15 minutes.
5. Once sweet potatoes are soft, add them to the pot along with the kale and lemon juice. Stir and serve.

## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

**kiwi**  
2 fruit (138g)

For all 2 meals:

**kiwi**  
4 fruit (276g)

1. Slice the kiwi and serve.

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 2 meals:

**roasted peanuts**  
4 tbsp (37g)

1. The recipe has no instructions.

### Rotisserie chicken & tomato salad

257 cals ● 20g protein ● 18g fat ● 3g carbs ● 1g fiber



For single meal:

**rotisserie chicken, cooked**  
3 oz (85g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon juice**  
1/2 tsp (3mL)  
**cucumber, sliced**  
1/8 cucumber (8-1/4") (38g)  
**tomatoes, cut into wedges**  
1/4 large whole (3" dia) (46g)

For all 2 meals:

**rotisserie chicken, cooked**  
6 oz (170g)  
**olive oil**  
1 tbsp (15mL)  
**lemon juice**  
1 tsp (5mL)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, cut into wedges**  
1/2 large whole (3" dia) (91g)

1. Transfer chicken meat into a bowl and shred with two forks.
2. Arrange chicken with tomatoes and cucumber.
3. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste. Serve.

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## Lunch 3 [↗](#)

Eat on day 5 and day 6

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### Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

**carrots**  
4 medium (244g)

For all 2 meals:

**carrots**  
8 medium (488g)

1. Cut carrots into strips and serve.
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### Bbq chicken wings

8 oz - 363 cals ● 29g protein ● 21g fat ● 14g carbs ● 0g fiber



For single meal:

**chicken wings, with skin, raw**  
1/2 lbs (227g)  
**barbecue sauce**  
2 tbsp (35g)

For all 2 meals:

**chicken wings, with skin, raw**  
1 lbs (454g)  
**barbecue sauce**  
4 tbsp (70g)

1. Preheat oven to 400 F (200 C).
  2. Place wings on large baking sheet, and season with salt and pepper to taste.
  3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
  4. Optional: When the chicken is getting close to being done, add the barbeque sauce to a saucepan and heat until warmed through.
  5. Take wings out of the oven when done and toss with the barbeque sauce to coat.
  6. Serve.
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## Lunch 4 [↗](#)

Eat on day 7

### Mashed sweet potatoes

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



#### sweet potatoes

1 sweetpotato, 5" long (210g)

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.

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



#### onion

1/2 tbsp minced (8g)

#### lime juice

1/2 tbsp (8mL)

#### olive oil

3/8 tsp (2mL)

#### garlic powder

1 dash (0g)

#### salt

1 dash (1g)

#### black pepper

1 dash, ground (0g)

#### avocados, cubed

1/4 avocado(s) (50g)

#### tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

### Coriander and cumin rubbed pork chops

1/2 chop(s) - 214 cals ● 21g protein ● 14g fat ● 1g carbs ● 1g fiber





Makes 1/2 chop(s)

**salt**  
1 dash (1g)  
**ground cumin**  
1/4 tbsp (2g)  
**ground coriander**  
1/4 tbsp (1g)  
**pork loin chops, boneless, raw**  
1/2 chop (93g)  
**black pepper**  
1/2 dash (0g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**olive oil, divided**  
1/2 tbsp (8mL)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

## Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

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

For all 3 meals:

**Grapefruit**  
3 large (approx 4-1/2" dia) (996g)

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)

### Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

**cucumber**  
1/2 cucumber (8-1/4") (151g)  
**lowfat greek yogurt**  
1/2 cup (140g)

For all 3 meals:

**cucumber**  
1 1/2 cucumber (8-1/4") (452g)  
**lowfat greek yogurt**  
1 1/2 cup (420g)

1. Slice cucumber and dip in yogurt.

## Snacks 2 [↗](#)

Eat on day 4 and day 5

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### 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)
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### 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 2 meals:

#### cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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### Toast with butter and jelly

1/2 slice(s) - 67 cals ● 2g protein ● 2g fat ● 8g carbs ● 1g fiber



For single meal:

#### bread

1/2 slice (16g)

#### butter

4 dash (2g)

#### jelly

4 dash (4g)

For all 2 meals:

#### bread

1 slice (32g)

#### butter

1 tsp (5g)

#### jelly

1 tsp (7g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.



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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Turkey pepperoni

26 slices - 111 cals ● 14g protein ● 5g fat ● 2g carbs ● 0g fiber



For single meal:

**turkey pepperoni**  
26 slices (46g)

For all 2 meals:

**turkey pepperoni**  
52 slices (92g)

1. Enjoy.

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### 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)
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## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

### 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.

### Chipotle honey pork chops

309 cals ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

**ghee**  
1 tsp (5g)  
**pork loin chops, boneless, raw**  
5 oz (142g)  
**honey**  
1 tsp (7g)  
**chipotle seasoning**  
2 dash (1g)  
**water**  
1/2 tbsp (8mL)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**ghee**  
2 tsp (9g)  
**pork loin chops, boneless, raw**  
10 oz (283g)  
**honey**  
2 tsp (14g)  
**chipotle seasoning**  
4 dash (1g)  
**water**  
1 tbsp (15mL)  
**oil**  
2 tsp (10mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Cottage cheese & honey

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



For single meal:

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

For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)  
**honey**  
2 tbsp (42g)

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

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### Salmon patty salad

1 patty (~3oz each) - 299 cals ● 17g protein ● 21g fat ● 6g carbs ● 5g fiber



For single meal:

**canned salmon**  
2 1/2 oz (71g)  
**eggs**  
1/2 large (25g)  
**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 tbsp (15mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**oil**  
1/2 tbsp (8mL)  
**tomatoes, chopped**  
1/2 roma tomato (40g)  
**avocados, sliced**  
1/4 avocado(s) (50g)

For all 2 meals:

**canned salmon**  
5 oz (142g)  
**eggs**  
1 large (50g)  
**mixed greens**  
3 cup (90g)  
**salad dressing**  
2 tbsp (30mL)  
**lemon juice**  
1 tbsp (15mL)  
**oil**  
1 tbsp (15mL)  
**tomatoes, chopped**  
1 roma tomato (80g)  
**avocados, sliced**  
1/2 avocado(s) (101g)

1. In a small bowl, mix salmon, egg, lemon, and salt/pepper (to taste) until well incorporated. Form into patties (approximately 3oz per patty).
2. Heat oil in a skillet over medium heat and add salmon patties and cook for a few minutes on each side until crispy on the outside and done on the inside.
3. Toss mixed greens with avocado, tomato, and dressing and top with salmon patty. Serve.

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## Dinner 3 [↗](#)

Eat on day 5

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### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

**roasted peanuts**  
2 tbsp (18g)



1. The recipe has no instructions.

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### Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)  
**onion, minced**  
1/6 small (13g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### Teriyaki burgers

1 burger(s) - 399 cal ● 37g protein ● 15g fat ● 28g carbs ● 1g fiber



For single meal:  
**ground beef (93% lean)**  
6 oz (170g)  
**cucumber**  
4 slices (28g)  
**teriyaki sauce**  
1 tbsp (15mL)  
**hamburger buns**  
1 bun(s) (51g)  
**oil**  
1/4 tsp (1mL)

For all 2 meals:  
**ground beef (93% lean)**  
3/4 lbs (340g)  
**cucumber**  
8 slices (56g)  
**teriyaki sauce**  
2 tbsp (30mL)  
**hamburger buns**  
2 bun(s) (102g)  
**oil**  
1/2 tsp (3mL)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

### Roasted carrots

2 carrots(s) - 106 cal ● 1g protein ● 5g fat ● 10g carbs ● 4g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**carrots, sliced**  
2 large (144g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**carrots, sliced**  
4 large (288g)

1. Preheat oven to 400°F (200°C).
  2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.
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