

# Meal Plan - 1900 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

1879 cals ● 130g protein (28%) ● 66g fat (32%) ● 165g carbs (35%) ● 26g fiber (6%)

### Breakfast

375 cals, 18g protein, 60g net carbs, 6g fat



Lowfat Greek yogurt  
1 container(s)- 155 cals



Pretzels  
220 cals

### Snacks

200 cals, 15g protein, 23g net carbs, 3g fat



Grapes  
58 cals



Cottage cheese & fruit cup  
1 container- 131 cals



Celery sticks  
2 celery stalk- 13 cals

### Lunch

690 cals, 53g protein, 39g net carbs, 31g fat



Fruit juice  
1 1/4 cup(s)- 143 cals



Avocado tuna salad  
545 cals

### Dinner

615 cals, 44g protein, 43g net carbs, 27g fat



Baked cinnamon sweet potato  
1 sweet potato(es)- 317 cals



Simple roasted cod  
8 oz- 297 cals

## Day 2

1920 cals ● 145g protein (30%) ● 60g fat (28%) ● 178g carbs (37%) ● 21g fiber (4%)

### Breakfast

375 cals, 18g protein, 60g net carbs, 6g fat



Lowfat Greek yogurt  
1 container(s)- 155 cals



Pretzels  
220 cals

### Snacks

200 cals, 15g protein, 23g net carbs, 3g fat



Grapes  
58 cals



Cottage cheese & fruit cup  
1 container- 131 cals



Celery sticks  
2 celery stalk- 13 cals

### Lunch

730 cals, 68g protein, 52g net carbs, 25g fat



Corn  
277 cals



Broiled tilapia  
10 2/3 oz- 453 cals

### Dinner

615 cals, 44g protein, 43g net carbs, 27g fat



Baked cinnamon sweet potato  
1 sweet potato(es)- 317 cals



Simple roasted cod  
8 oz- 297 cals

## Day 3

1883 cals ● 168g protein (36%) ● 72g fat (34%) ● 121g carbs (26%) ● 20g fiber (4%)

### Breakfast

350 cals, 18g protein, 23g net carbs, 19g fat



#### Apple

1 apple(s)- 105 cals



#### Creamy scrambled eggs

243 cals

### Snacks

230 cals, 20g protein, 22g net carbs, 6g fat



#### Ham, cheese, and spinach pockets

1 pocket(s)- 53 cals



#### Blueberries

1/2 cup(s)- 47 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Lunch

730 cals, 68g protein, 52g net carbs, 25g fat



#### Corn

277 cals



#### Broiled tilapia

10 2/3 oz- 453 cals

### Dinner

575 cals, 62g protein, 24g net carbs, 22g fat



#### Mashed sweet potatoes with butter

125 cals



#### Baked chicken with tomatoes & olives

9 oz- 449 cals

## Day 4

1915 cals ● 131g protein (27%) ● 86g fat (40%) ● 136g carbs (28%) ● 20g fiber (4%)

### Breakfast

350 cals, 18g protein, 23g net carbs, 19g fat



#### Apple

1 apple(s)- 105 cals



#### Creamy scrambled eggs

243 cals

### Snacks

230 cals, 20g protein, 22g net carbs, 6g fat



#### Ham, cheese, and spinach pockets

1 pocket(s)- 53 cals



#### Blueberries

1/2 cup(s)- 47 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Lunch

655 cals, 27g protein, 57g net carbs, 33g fat



#### Chicken salad wrap

1 wrap(s)- 536 cals



#### Grapefruit

1 grapefruit- 119 cals

### Dinner

680 cals, 65g protein, 34g net carbs, 29g fat



#### Grilled chicken sandwich

1 sandwich(es)- 460 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

## Day 5

1942 cals ● 150g protein (31%) ● 88g fat (41%) ● 117g carbs (24%) ● 21g fiber (4%)

### Breakfast

350 cals, 18g protein, 23g net carbs, 19g fat



#### Apple

1 apple(s)- 105 cals



#### Creamy scrambled eggs

243 cals

### Snacks

240 cals, 8g protein, 24g net carbs, 11g fat



#### Milk

3/4 cup(s)- 112 cals



#### Kale chips

69 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Lunch

675 cals, 59g protein, 36g net carbs, 30g fat



#### Avocado, apple, chicken salad

412 cals



#### Cottage cheese & fruit cup

2 container- 261 cals

### Dinner

680 cals, 65g protein, 34g net carbs, 29g fat



#### Grilled chicken sandwich

1 sandwich(es)- 460 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

## Day 6

1888 cals ● 138g protein (29%) ● 73g fat (35%) ● 146g carbs (31%) ● 24g fiber (5%)

### Breakfast

315 cals, 20g protein, 20g net carbs, 15g fat



#### Orange

1 orange(s)- 85 cals



#### Scrambled eggs with veggies and ham

232 cals

### Snacks

240 cals, 8g protein, 24g net carbs, 11g fat



#### Milk

3/4 cup(s)- 112 cals



#### Kale chips

69 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Lunch

665 cals, 56g protein, 80g net carbs, 9g fat



#### Fruit juice

1/2 cup(s)- 57 cals



#### Chicken tzatziki pita sandwich

2 pita sandwich(es)- 607 cals

### Dinner

665 cals, 53g protein, 21g net carbs, 37g fat



#### Pesto chicken & quinoa stuffed peppers

3 half pepper(s)- 550 cals



#### Tomato and avocado salad

117 cals

## Day 7

1888 cals ● 138g protein (29%) ● 73g fat (35%) ● 146g carbs (31%) ● 24g fiber (5%)

### Breakfast

315 cals, 20g protein, 20g net carbs, 15g fat



#### Orange

1 orange(s)- 85 cals



#### Scrambled eggs with veggies and ham

232 cals

### Snacks

240 cals, 8g protein, 24g net carbs, 11g fat



#### Milk

3/4 cup(s)- 112 cals



#### Kale chips

69 cals



#### Grapefruit

1/2 grapefruit- 59 cals

### Lunch

665 cals, 56g protein, 80g net carbs, 9g fat



#### Fruit juice

1/2 cup(s)- 57 cals



#### Chicken tzatziki pita sandwich

2 pita sandwich(es)- 607 cals

### Dinner

665 cals, 53g protein, 21g net carbs, 37g fat



#### Pesto chicken & quinoa stuffed peppers

3 half pepper(s)- 550 cals



#### Tomato and avocado salad

117 cals

# Grocery List



## Dairy and Egg Products

- lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)
- butter**  
1/2 stick (60g)
- eggs**  
12 large (600g)
- whole milk**  
2 3/4 cup(s) (660mL)
- cheese**  
2 tbsp, shredded (14g)
- mozzarella cheese, shredded**  
3/4 cup (65g)

## Snacks

- pretzels, hard, salted**  
4 oz (113g)

## Fruits and Fruit Juices

- fruit juice**  
18 fl oz (540mL)
- avocados**  
1 1/2 avocado(s) (302g)
- lime juice**  
5/6 fl oz (25mL)
- grapes**  
2 cup (184g)
- lemon juice**  
1 1/2 tbsp (24mL)
- green olives**  
9 large (40g)
- apples**  
3 1/2 medium (3" dia) (614g)
- blueberries**  
1 cup (148g)
- Grapefruit**  
2 1/2 large (approx 4-1/2" dia) (830g)
- orange**  
2 orange (308g)

## Spices and Herbs

- salt**  
3/4 oz (18g)
- black pepper**  
4 1/4 g (4g)
- cinnamon**  
1/4 tbsp (2g)

## Finfish and Shellfish Products

- canned tuna**  
1 1/4 can (215g)
- cod, raw**  
1 lbs (453g)
- tilapia, raw**  
1 1/3 lbs (597g)

## Vegetables and Vegetable Products

- tomatoes**  
4 1/2 medium whole (2-3/5" dia) (541g)
- onion**  
2/3 medium (2-1/2" dia) (77g)
- sweet potatoes**  
2 1/2 sweetpotato, 5" long (525g)
- raw celery**  
1/3 bunch (179g)
- frozen corn kernels**  
4 cup (544g)
- fresh spinach**  
10 leaves (10g)
- kale leaves**  
1 bunch (170g)
- cucumber**  
16 slices (112g)
- green pepper**  
4 tbsp, chopped (37g)
- bell pepper**  
3 medium (357g)

## Sweets

- sugar**  
1 tbsp (13g)

## Fats and Oils

- olive oil**  
1/4 lbs (107mL)
- oil**  
1/4 oz (9mL)
- mayonnaise**  
2 tbsp (31mL)

## Poultry Products

- boneless skinless chicken breast, raw**  
2 2/3 lbs (1262g)

## Sausages and Luncheon Meats

- chili powder  
1/2 tbsp (4g)
- fresh basil  
9 leaves (5g)
- dijon mustard  
1 tbsp (15g)
- garlic powder  
1/2 tsp (1g)

## Other

- mixed greens  
3 3/4 cup (113g)
- cottage cheese & fruit cup  
6 container (1020g)
- tzatziki  
1/2 cup (112g)

- ham cold cuts  
1/4 lbs (103g)
- chicken cold cuts  
1 lbs (454g)

## Baked Products

- flour tortillas  
1 tortilla (approx 10" dia) (72g)
- kaiser rolls  
2 roll (3-1/2" dia) (114g)
- pita bread  
4 pita, medium (5" dia) (200g)

## Nut and Seed Products

- almonds  
1/2 cup, whole (72g)

## Soups, Sauces, and Gravies

- pesto sauce  
1/2 jar (6.25 oz) (89g)

## Cereal Grains and Pasta

- quinoa, uncooked  
2 3/4 tbsp (28g)
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## Breakfast 1 ↗

Eat on day 1 and day 2

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**  
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

### Pretzels

220 cals ● 6g protein ● 2g fat ● 44g carbs ● 2g fiber



For single meal:

**pretzels, hard, salted**  
2 oz (57g)

For all 2 meals:

**pretzels, hard, salted**  
4 oz (113g)

1. The recipe has no instructions.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**  
1 medium (3" dia) (182g)

For all 3 meals:

**apples**  
3 medium (3" dia) (546g)

1. The recipe has no instructions.

### Creamy scrambled eggs

243 cals ● 17g protein ● 18g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 2/3 large (133g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**butter**  
1/2 tbsp (6g)  
**whole milk**  
1/8 cup(s) (20mL)

For all 3 meals:

**eggs**  
8 large (400g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**butter**  
4 tsp (18g)  
**whole milk**  
1/4 cup(s) (60mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.

### Scrambled eggs with veggies and ham

232 cals ● 19g protein ● 15g fat ● 4g carbs ● 1g fiber



For single meal:

**whole milk**  
1/8 cup(s) (30mL)  
**butter**  
1 tsp (5g)  
**eggs**  
2 large (100g)  
**onion, diced**  
2 tbsp, chopped (20g)  
**green pepper, chopped**  
2 tbsp, chopped (19g)  
**ham cold cuts, chopped**  
1 oz (28g)

For all 2 meals:

**whole milk**  
1/4 cup(s) (60mL)  
**butter**  
2 tsp (9g)  
**eggs**  
4 large (200g)  
**onion, diced**  
4 tbsp, chopped (40g)  
**green pepper, chopped**  
4 tbsp, chopped (37g)  
**ham cold cuts, chopped**  
2 oz (57g)

1. Beat eggs, milk, onions, green peppers, ham, and some salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

## Lunch 1

Eat on day 1

### Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber

Makes 1 1/4 cup(s)



**fruit juice**  
10 fl oz (300mL)

1. The recipe has no instructions.

### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



**avocados**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tsp (6mL)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)  
**mixed greens**  
1 1/4 cup (38g)  
**canned tuna**  
1 1/4 can (215g)  
**tomatoes**  
5 tbsp, chopped (56g)  
**onion, minced**  
1/3 small (22g)

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.

## Lunch 2

Eat on day 2 and day 3

### Corn

277 cals ● 8g protein ● 2g fat ● 51g carbs ● 6g fiber



For single meal:

**frozen corn kernels**  
2 cup (272g)

For all 2 meals:

**frozen corn kernels**  
4 cup (544g)

1. Prepare according to instructions on package.

## Broiled tilapia

10 2/3 oz - 453 cals ● 60g protein ● 23g fat ● 1g carbs ● 0g fiber



For single meal:

**lemon juice**  
2 tsp (10mL)  
**black pepper**  
1/3 tsp, ground (1g)  
**tilapia, raw**  
2/3 lbs (299g)  
**olive oil**  
4 tsp (20mL)  
**salt**  
1/3 tsp (2g)

For all 2 meals:

**lemon juice**  
4 tsp (20mL)  
**black pepper**  
1/4 tbsp, ground (2g)  
**tilapia, raw**  
1 1/3 lbs (597g)  
**olive oil**  
2 2/3 tbsp (40mL)  
**salt**  
1/4 tbsp (4g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

## Lunch 3 ↗

Eat on day 4

### Chicken salad wrap

1 wrap(s) - 536 cals ● 25g protein ● 32g fat ● 34g carbs ● 3g fiber



Makes 1 wrap(s)

**oil**  
1/4 tbsp (4mL)  
**boneless skinless chicken breast, raw**  
1/2 piece (85g)  
**lemon juice**  
1/4 tbsp (4mL)  
**black pepper**  
1 dash, ground (0g)  
**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**mayonnaise**  
2 tbsp (30mL)  
**raw celery, chopped**  
1/4 stalk, medium (7-1/2" - 8" long)  
(10g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken breasts with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until done.
4. Let chicken cool and chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread the mixture on a tortilla and wrap up.

## Grapefruit

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



Makes 1 grapefruit

**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)

## Lunch 4 ↗

Eat on day 5

### Avocado, apple, chicken salad

412 cals ● 31g protein ● 25g fat ● 10g carbs ● 7g fiber



**raw celery**

1 1/2 tbsp chopped (9g)

**olive oil**

3/4 tbsp (11mL)

**garlic powder**

1 1/2 dash (1g)

**salt**

3/4 dash (1g)

**black pepper**

3/4 dash, ground (0g)

**lime juice**

1/4 tbsp (4mL)

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

1/4 lbs (128g)

**avocados, chopped**

3/8 avocado(s) (75g)

**apples, finely chopped**

3/8 medium (3" dia) (68g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

### Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

**cottage cheese & fruit cup**

2 container (340g)

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

## Lunch 5 ↗

Eat on day 6 and day 7

### Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

**fruit juice**  
4 fl oz (120mL)

For all 2 meals:

**fruit juice**  
8 fl oz (240mL)

1. The recipe has no instructions.

### Chicken tzatziki pita sandwich

2 pita sandwich(es) - 607 cals ● 55g protein ● 9g fat ● 68g carbs ● 8g fiber



For single meal:

**pita bread**  
2 pita, medium (5" dia) (100g)  
**chicken cold cuts**  
1/2 lbs (227g)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**cucumber**  
8 slices (56g)  
**tzatziki**  
4 tbsp (56g)

For all 2 meals:

**pita bread**  
4 pita, medium (5" dia) (200g)  
**chicken cold cuts**  
1 lbs (454g)  
**mixed greens**  
2 cup (60g)  
**tomatoes**  
12 slice(s), thin/small (180g)  
**cucumber**  
16 slices (112g)  
**tzatziki**  
1/2 cup (112g)

1. Slice pita open. Spread tzatziki sauce inside of pita. Stuff with sliced chicken, mixed greens, sliced tomato and sliced cucumber. Serve.

## Snacks 1 ↗

Eat on day 1 and day 2

### Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

**grapes**  
1 cup (92g)

For all 2 meals:

**grapes**  
2 cup (184g)

1. The recipe has no instructions.

### 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.

### Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**  
2 stalk, medium (7-1/2" - 8" long)  
(80g)

For all 2 meals:

**raw celery**  
4 stalk, medium (7-1/2" - 8" long)  
(160g)

1. Slice celery into sticks and serve.

## Snacks 2 ↗

Eat on day 3 and day 4

### Ham, cheese, and spinach pockets

1 pocket(s) - 53 cals ● 6g protein ● 3g fat ● 0g carbs ● 0g fiber



For single meal:

**ham cold cuts**  
1 slice (23g)  
**cheese**  
1 tbsp, shredded (7g)  
**fresh spinach**  
5 leaves (5g)

For all 2 meals:

**ham cold cuts**  
2 slice (46g)  
**cheese**  
2 tbsp, shredded (14g)  
**fresh spinach**  
10 leaves (10g)

1. Lay a slice of ham down flat.
2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
3. Fold the other half over.
4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

### 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.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup(s) (180mL)

For all 3 meals:

**whole milk**  
2 1/4 cup(s) (540mL)

1. The recipe has no instructions.

### Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**salt**  
1/3 tsp (2g)  
**kale leaves**  
1/3 bunch (57g)  
**olive oil**  
1 tsp (5mL)

For all 3 meals:

**salt**  
1 tsp (6g)  
**kale leaves**  
1 bunch (170g)  
**olive oil**  
1 tbsp (15mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

### 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)

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## Dinner 1 ↗

Eat on day 1 and day 2

### Baked cinnamon sweet potato

1 sweet potato(es) - 317 cals ● 4g protein ● 12g fat ● 43g carbs ● 7g fiber



For single meal:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

**sugar**

1/2 tbsp (7g)

**cinnamon**

3 dash (1g)

**butter**

1 tbsp (14g)

For all 2 meals:

**sweet potatoes**

2 sweetpotato, 5" long (420g)

**sugar**

1 tbsp (13g)

**cinnamon**

1/4 tbsp (2g)

**butter**

2 tbsp (28g)

1. OVEN:
  2. Preheat oven to 400°F (200°C).
  3. Bake sweet potatoes for 45 to 75 minutes (bigger ones take longer to cook).
  4. When they are done, the outside will have darkened and the inside will be soft.
5. MICROWAVE:
  6. Pierce the sweet potato skins 5-6 times.
  7. Place on a microwaveable plate and microwave for 5-8 minutes, rotating halfway through. The potato is ready when the skin puffs to a crisp finish and the inside is soft. Cooking time will be longer if microwaving multiple potatoes at once.
  8. Mix the sugar and cinnamon together and set aside.
  9. To serve, slice a potato down the center. Add butter, then sprinkle some cinnamon/sugar over the top.

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### Simple roasted cod

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



For single meal:

**olive oil**  
1 tbsp (15mL)  
**cod, raw**  
1/2 lbs (227g)

For all 2 meals:

**olive oil**  
2 tbsp (30mL)  
**cod, raw**  
1 lbs (453g)

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.

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## Dinner 2 ↗

Eat on day 3

### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



**sweet potatoes**  
1/2 sweetpotato, 5" long (105g)  
**butter**  
1 tsp (5g)

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, top with butter, and serve.

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### Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

**tomatoes**

9 cherry tomatoes (153g)

**olive oil**

1/2 tbsp (8mL)

**salt**

3 dash (2g)

**green olives**

9 large (40g)

**black pepper**

3 dash (0g)

**chili powder**

1/2 tbsp (4g)

**boneless skinless chicken breast, raw**

1/2 lbs (255g)

**fresh basil, shredded**

9 leaves (5g)

1. Heat the oven to 425 F (220 C)

2. Put chicken breast in a small baking dish.

3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.

4. On top of the chicken put the tomato, basil, and olives.

5. Put the baking dish in the oven and cook for about 25 minutes.

6. Check the chicken is cooked through. If not then add a few minutes of cook time.

## Dinner 3 ↗

Eat on day 4 and day 5

### Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**tomatoes**

3 slice(s), thin/small (45g)

**mixed greens**

4 tbsp (8g)

**dijon mustard**

1/2 tbsp (8g)

**kaiser rolls**

1 roll (3-1/2" dia) (57g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

1 lbs (454g)

**tomatoes**

6 slice(s), thin/small (90g)

**mixed greens**

1/2 cup (15g)

**dijon mustard**

1 tbsp (15g)

**kaiser rolls**

2 roll (3-1/2" dia) (114g)

**oil**

1 tsp (5mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:  
**almonds**  
4 tbsp, whole (36g)

For all 2 meals:  
**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 6 and day 7

### Pesto chicken & quinoa stuffed peppers

3 half pepper(s) - 550 cals ● 51g protein ● 28g fat ● 18g carbs ● 5g fiber



For single meal:  
**bell pepper**  
1 1/2 medium (179g)  
**mozzarella cheese, shredded**  
6 tbsp (32g)  
**pesto sauce**  
1/4 jar (6.25 oz) (44g)  
**quinoa, uncooked**  
4 tsp (14g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)

For all 2 meals:  
**bell pepper**  
3 medium (357g)  
**mozzarella cheese, shredded**  
3/4 cup (65g)  
**pesto sauce**  
1/2 jar (6.25 oz) (89g)  
**quinoa, uncooked**  
2 2/3 tbsp (28g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)

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. Set aside.
3. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.
4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.
5. Preheat oven to 350 F (180 C).
6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.
7. When peppers have cooled, cut in half and remove seeds.
8. Fill pepper halves with chicken mixture and top with cheese.
9. Bake for 10 minutes. Serve.

### Tomato and avocado salad

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



For single meal:

**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)

For all 2 meals:

**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia)  
(62g)

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.
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