

Meal Plan - 2000 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

2054 cals ● 136g protein (26%) ● 124g fat (54%) ● 77g carbs (15%) ● 21g fiber (4%)

Breakfast

390 cals, 21g protein, 12g net carbs, 26g fat



Scrambled eggs with kale, tomatoes, rosemary
203 cals



Pistachios
188 cals

Snacks

250 cals, 17g protein, 11g net carbs, 15g fat



String cheese
1 stick(s)- 83 cals



Sunflower seeds
90 cals



Plain yogurt
1/2 cup(s)- 77 cals

Lunch

735 cals, 44g protein, 40g net carbs, 39g fat



Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals



Pumpkin seeds
366 cals

Dinner

675 cals, 53g protein, 14g net carbs, 44g fat



Honey mustard chicken thighs w/ skin
8 oz- 558 cals



Roasted tomatoes
2 tomato(es)- 119 cals

Day 2

2039 cals ● 151g protein (30%) ● 95g fat (42%) ● 118g carbs (23%) ● 26g fiber (5%)

Breakfast

390 cals, 21g protein, 12g net carbs, 26g fat



Scrambled eggs with kale, tomatoes, rosemary
203 cals



Pistachios
188 cals

Lunch

760 cals, 45g protein, 56g net carbs, 35g fat



Mashed sweet potatoes
183 cals



Honey mustard chicken thighs
1 thigh(s)- 427 cals



Simple mixed greens and tomato salad
151 cals

Snacks

250 cals, 17g protein, 11g net carbs, 15g fat



String cheese
1 stick(s)- 83 cals



Sunflower seeds
90 cals



Plain yogurt
1/2 cup(s)- 77 cals

Dinner

635 cals, 68g protein, 39g net carbs, 19g fat



Pork-broccoli-sweet potato bowl
554 cals



Simple kale salad
1 1/2 cup(s)- 83 cals

Day 3

1979 cals ● 146g protein (29%) ● 87g fat (40%) ● 123g carbs (25%) ● 30g fiber (6%)

Breakfast

345 cals, 26g protein, 6g net carbs, 24g fat



Carrot sticks

1 carrot(s)- 27 cals



Basic scrambled eggs

4 egg(s)- 318 cals

Lunch

695 cals, 43g protein, 63g net carbs, 25g fat



Tossed salad

121 cals



Teriyaki burgers

1 burger(s)- 399 cals



Sweet potato wedges

174 cals

Snacks

305 cals, 9g protein, 15g net carbs, 20g fat



Roasted almonds

1/6 cup(s)- 148 cals



Apple & peanut butter

1/2 apple(s)- 155 cals

Dinner

635 cals, 68g protein, 39g net carbs, 19g fat



Pork-broccoli-sweet potato bowl

554 cals



Simple kale salad

1 1/2 cup(s)- 83 cals

Day 4

1960 cals ● 130g protein (26%) ● 87g fat (40%) ● 131g carbs (27%) ● 32g fiber (7%)

Breakfast

345 cals, 26g protein, 6g net carbs, 24g fat



Carrot sticks

1 carrot(s)- 27 cals



Basic scrambled eggs

4 egg(s)- 318 cals

Lunch

695 cals, 43g protein, 63g net carbs, 25g fat



Tossed salad

121 cals



Teriyaki burgers

1 burger(s)- 399 cals



Sweet potato wedges

174 cals

Snacks

305 cals, 9g protein, 15g net carbs, 20g fat



Roasted almonds

1/6 cup(s)- 148 cals



Apple & peanut butter

1/2 apple(s)- 155 cals

Dinner

620 cals, 52g protein, 48g net carbs, 19g fat



Chicken-broccoli-sweet potato bowl

477 cals



Tomato cucumber salad

141 cals

Day 5

1997 cals ● 132g protein (26%) ● 59g fat (27%) ● 197g carbs (39%) ● 37g fiber (7%)

Breakfast

345 cals, 26g protein, 6g net carbs, 24g fat



Carrot sticks

1 carrot(s)- 27 cals



Basic scrambled eggs

4 egg(s)- 318 cals

Snacks

235 cals, 15g protein, 34g net carbs, 3g fat



Apple

1 apple(s)- 105 cals



Cottage cheese & fruit cup

1 container- 131 cals

Lunch

690 cals, 63g protein, 67g net carbs, 13g fat



Edamame & beet salad

171 cals



Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals

Dinner

725 cals, 29g protein, 90g net carbs, 20g fat



Cheese ravioli

544 cals



Tossed salad

182 cals

Day 6

1955 cals ● 162g protein (33%) ● 56g fat (26%) ● 168g carbs (34%) ● 32g fiber (7%)

Breakfast

420 cals, 28g protein, 51g net carbs, 9g fat



Milk

2/3 cup(s)- 99 cals



Banana & cottage cheese toast

2 toast(s)- 322 cals

Snacks

235 cals, 15g protein, 34g net carbs, 3g fat



Apple

1 apple(s)- 105 cals



Cottage cheese & fruit cup

1 container- 131 cals

Lunch

690 cals, 63g protein, 67g net carbs, 13g fat



Edamame & beet salad

171 cals



Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals

Dinner

610 cals, 57g protein, 16g net carbs, 31g fat



Ranch chicken

8 oz- 461 cals



Simple salad with tomatoes and carrots

147 cals

Day 7

2046 cals ● 127g protein (25%) ● 67g fat (29%) ● 200g carbs (39%) ● 34g fiber (7%)

Breakfast

420 cals, 28g protein, 51g net carbs, 9g fat



Milk

2/3 cup(s)- 99 cals



Banana & cottage cheese toast

2 toast(s)- 322 cals

Lunch

780 cals, 28g protein, 100g net carbs, 24g fat



Banana

1 banana(s)- 117 cals



Small granola bar

2 bar(s)- 238 cals



Chicken noodle soup

3 can(s)- 427 cals

Snacks

235 cals, 15g protein, 34g net carbs, 3g fat



Apple

1 apple(s)- 105 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

610 cals, 57g protein, 16g net carbs, 31g fat



Ranch chicken

8 oz- 461 cals



Simple salad with tomatoes and carrots

147 cals

Grocery List



Fats and Oils

- oil
2 oz (61mL)
- olive oil
5 tsp (25mL)
- salad dressing
1/2 lbs (206mL)
- balsamic vinaigrette
2 tbsp (30mL)
- ranch dressing
4 tbsp (60mL)

Beverages

- water
6 tbsp (90mL)

Spices and Herbs

- balsamic vinegar
2 tsp (10mL)
- rosemary, dried
4 dash (1g)
- brown deli mustard
1 1/4 tbsp (19g)
- thyme, dried
1 tsp, ground (1g)
- salt
1/2 tbsp (10g)
- paprika
1/4 tbsp (2g)
- black pepper
1 tsp, ground (3g)
- cinnamon
4 dash (1g)

Vegetables and Vegetable Products

- tomatoes
7 1/3 medium whole (2-3/5" dia) (903g)
- kale leaves
5 cup, chopped (200g)
- frozen broccoli
1 1/4 package (355g)
- sweet potatoes
7 sweetpotato, 5" long (1435g)
- romaine lettuce
3 1/4 hearts (1625g)
- red onion
3/4 medium (2-1/2" dia) (83g)

Nut and Seed Products

- pistachios, shelled
1/2 cup (62g)
- roasted pumpkin seeds, unsalted
1/2 cup (59g)
- sunflower kernels
1 oz (28g)
- almonds
1/3 cup, whole (48g)

Soups, Sauces, and Gravies

- chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)
- barbecue sauce
1/3 cup (95g)
- pasta sauce
1/3 jar (24 oz) (224g)
- condensed canned chicken noodle soup
3 can (10.5 oz) (894g)

Sweets

- honey
1 tbsp (21g)

Poultry Products

- chicken thighs, with bone and skin, raw
14 oz (397g)
- boneless skinless chicken breast, raw
2 1/2 lbs (1083g)

Pork Products

- pork tenderloin, raw
1 1/4 lbs (567g)

Other

- mixed greens
5 cup (150g)
- teriyaki sauce
2 tbsp (30mL)
- cottage cheese & fruit cup
3 container (510g)
- ranch dressing mix
1/2 packet (1 oz) (14g)

Beef Products

- cucumber**
1 cucumber (8-1/4") (338g)
- carrots**
5 medium (316g)
- edamame, frozen, shelled**
1 cup (118g)
- beets, precooked (canned or refrigerated)**
4 beet(s) (200g)

Dairy and Egg Products

- eggs**
16 large (800g)
- string cheese**
2 stick (56g)
- plain lowfat yogurt**
1 cup (245g)
- whole milk**
1 1/3 cup(s) (319mL)
- low fat cottage cheese (1% milkfat)**
1 cup (226g)

- ground beef (93% lean)**
3/4 lbs (340g)

Baked Products

- hamburger buns**
2 bun(s) (102g)
- bread**
4 slice (128g)

Fruits and Fruit Juices

- apples**
4 medium (3" dia) (728g)
- banana**
2 1/2 medium (7" to 7-7/8" long) (280g)

Legumes and Legume Products

- peanut butter**
2 tbsp (32g)

Meals, Entrees, and Side Dishes

- frozen cheese ravioli**
1/2 lbs (227g)

Snacks

- small granola bar**
2 bar (50g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 3 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1 tsp (5mL)

eggs

4 large (200g)

For all 3 meals:

oil

1 tbsp (15mL)

eggs

12 large (600g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

Breakfast 3 ↗

Eat on day 6 and day 7

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

whole milk
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

Banana & cottage cheese toast

2 toast(s) - 322 cals ● 23g protein ● 4g fat ● 43g carbs ● 6g fiber



For single meal:

bread
2 slice (64g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
cinnamon
2 dash (1g)
banana, sliced
1 extra small (less than 6" long)
(81g)

For all 2 meals:

bread
4 slice (128g)
low fat cottage cheese (1% milkfat)
1 cup (226g)
cinnamon
4 dash (1g)
banana, sliced
2 extra small (less than 6" long)
(162g)

1. Toast bread.
2. Top toast with cottage cheese and sliced banana.
3. Sprinkle cinnamon on top and serve!

Lunch 1 ↗

Eat on day 1

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2

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.

Honey mustard chicken thighs

1 thigh(s) - 427 cals ● 39g protein ● 26g fat ● 9g carbs ● 1g fiber



Makes 1 thigh(s)

brown deli mustard

1/2 tbsp (8g)

thyme, dried

4 dash, ground (1g)

honey

1/2 tbsp (11g)

chicken thighs, with bone and skin, raw

1 thigh(s) (170g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

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

Lunch 3 ↗

Eat on day 3 and day 4

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

romaine lettuce, shredded
1/2 hearts (250g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)
red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)

For all 2 meals:

romaine lettuce, shredded
1 hearts (500g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)
red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Teriyaki burgers

1 burger(s) - 399 cals ● 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.

Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Lunch 4

Eat on day 5 and day 6

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

mixed greens
1 cup (30g)
balsamic vinaigrette
1 tbsp (15mL)
edamame, frozen, shelled
1/2 cup (59g)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

For all 2 meals:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cals ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
sweet potatoes, halved
1 sweetpotato, 5" long (210g)

For all 2 meals:

barbecue sauce
1/3 cup (95g)
boneless skinless chicken breast, raw
1 lbs (448g)
sweet potatoes, halved
2 sweetpotato, 5" long (420g)

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. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Lunch 5

Eat on day 7

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



Makes 1 banana(s)

banana
1 medium (7" to 7-7/8" long) (118g)

1. The recipe has no instructions.

Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



Makes 2 bar(s)

small granola bar
2 bar (50g)

1. The recipe has no instructions.

Chicken noodle soup

3 can(s) - 427 cals ● 21g protein ● 14g fat ● 46g carbs ● 8g fiber



Makes 3 can(s)

condensed canned chicken noodle

soup

3 can (10.5 oz) (894g)

1. Prepare according to instructions on package.

Snacks 1

Eat on day 1 and day 2

String cheese

1 stick(s) - 83 cals  7g protein  6g fat  2g carbs  0g fiber



For single meal:

string cheese

1 stick (28g)

For all 2 meals:

string cheese

2 stick (56g)

1. The recipe has no instructions.

Sunflower seeds

90 cals  4g protein  7g fat  1g carbs  1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. The recipe has no instructions.

Plain yogurt

1/2 cup(s) - 77 cals  6g protein  2g fat  9g carbs  0g fiber



For single meal:

plain lowfat yogurt

1/2 cup (123g)

For all 2 meals:

plain lowfat yogurt

1 cup (245g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds

1/3 cup, whole (48g)

1. The recipe has no instructions.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples

1/2 medium (3" dia) (91g)

peanut butter

1 tbsp (16g)

For all 2 meals:

apples

1 medium (3" dia) (182g)

peanut butter

2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

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.

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.

Dinner 1 ↗

Eat on day 1

Honey mustard chicken thighs w/ skin

8 oz - 558 cals ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



Makes 8 oz

brown deli mustard

3/4 tbsp (11g)

honey

1/2 tbsp (11g)

thyme, dried

4 dash, ground (1g)

salt

1 dash (1g)

chicken thighs, with bone and skin, raw

1/2 lbs (227g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

Pork-broccoli-sweet potato bowl

554 cals ● 66g protein ● 14g fat ● 33g carbs ● 9g fiber



For single meal:

paprika
1/4 tsp (0g)
frozen broccoli
3/8 package (118g)
salt
1/4 tsp (1g)
black pepper
1/4 tsp, ground (0g)
olive oil
1/2 tbsp (8mL)
sweet potatoes, cut into bite-sized cubes
5/6 sweetpotato, 5" long (175g)
pork tenderloin, raw, cut into bite-sized cubes
10 oz (284g)

For all 2 meals:

paprika
1/2 tsp (1g)
frozen broccoli
5/6 package (237g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
olive oil
1 tbsp (17mL)
sweet potatoes, cut into bite-sized cubes
1 2/3 sweetpotato, 5" long (350g)
pork tenderloin, raw, cut into bite-sized cubes
1 1/4 lbs (567g)

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.

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

kale leaves
1 1/2 cup, chopped (60g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

kale leaves
3 cup, chopped (120g)
salad dressing
3 tbsp (45mL)

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

Dinner 3 ↗

Eat on day 4

Chicken-broccoli-sweet potato bowl

477 cals ● 49g protein ● 13g fat ● 33g carbs ● 9g fiber



frozen broccoli
3/8 package (118g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
olive oil
1/2 tbsp (8mL)
paprika
1/2 tsp (1g)
boneless skinless chicken breast, raw, cut into bite-sized cubes
6 2/3 oz (187g)
sweet potatoes, cut into bite-sized cubes
5/6 sweetpotato, 5" long (175g)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of 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 spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

Dinner 4 ↗

Eat on day 5

Cheese ravioli

544 cals ● 22g protein ● 14g fat ● 75g carbs ● 8g fiber



pasta sauce
1/3 jar (24 oz) (224g)
frozen cheese ravioli
1/2 lbs (227g)

1. Prepare the ravioli as instructed on the package.
2. Top with pasta sauce and enjoy.

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



romaine lettuce, shredded
3/4 hearts (375g)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
salad dressing
1 1/2 tbsp (23mL)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Dinner 5 ↗

Eat on day 6 and day 7

Ranch chicken

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



For single meal:

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)

For all 2 meals:

ranch dressing
4 tbsp (60mL)
boneless skinless chicken breast, raw
1 lbs (448g)
oil
1 tbsp (15mL)
ranch dressing mix
1/2 packet (1 oz) (14g)

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.

Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



For single meal:

salad dressing
1 tbsp (17mL)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)

For all 2 meals:

salad dressing
2 1/4 tbsp (34mL)
carrots, sliced
3/4 medium (46g)
romaine lettuce, roughly chopped
1 1/2 hearts (750g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.