

# Meal Plan - 2100 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

2217 cals ● 140g protein (25%) ● 80g fat (32%) ● 201g carbs (36%) ● 35g fiber (6%)

### Breakfast

360 cals, 19g protein, 18g net carbs, 22g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Walnuts**

1/8 cup(s)- 87 cals



**Toast with butter and jelly**

1 slice(s)- 133 cals

### Snacks

300 cals, 10g protein, 56g net carbs, 3g fat



**Banana**

1 banana(s)- 117 cals



**Lowfat yogurt**

1 container(s)- 181 cals

### Lunch

805 cals, 57g protein, 84g net carbs, 19g fat



**Lentils**

347 cals



**Turkey & hummus deli sandwich**

1 sandwich(es)- 349 cals



**Mixed nuts**

1/8 cup(s)- 109 cals

### Dinner

755 cals, 55g protein, 43g net carbs, 35g fat



**Roasted almonds**

1/3 cup(s)- 296 cals



**Cottage cheese & honey**

1 cup(s)- 249 cals



**Salmon & artichoke salad**

210 cals

## Day 2

2134 cals ● 146g protein (27%) ● 80g fat (34%) ● 181g carbs (34%) ● 27g fiber (5%)

### Breakfast

360 cals, 19g protein, 18g net carbs, 22g fat



**Boiled eggs**

2 egg(s)- 139 cals



**Walnuts**

1/8 cup(s)- 87 cals



**Toast with butter and jelly**

1 slice(s)- 133 cals

### Snacks

300 cals, 10g protein, 56g net carbs, 3g fat



**Banana**

1 banana(s)- 117 cals



**Lowfat yogurt**

1 container(s)- 181 cals

### Lunch

725 cals, 57g protein, 41g net carbs, 32g fat



**Lentils**

174 cals



**Buttered lima beans**

165 cals



**Baked chicken thighs**

6 oz- 385 cals

### Dinner

755 cals, 60g protein, 66g net carbs, 23g fat



**Basic chicken thighs**

9 oz- 383 cals



**Farro**

1 cups, cooked- 370 cals

## Day 3

2085 cals ● 189g protein (36%) ● 67g fat (29%) ● 158g carbs (30%) ● 23g fiber (4%)

### Breakfast

360 cals, 22g protein, 28g net carbs, 16g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Snacks

280 cals, 15g protein, 49g net carbs, 1g fat



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals



**Dates**  
1/4 cup- 154 cals

### Lunch

695 cals, 91g protein, 15g net carbs, 27g fat



**Basic chicken breast**  
13 1/3 oz- 529 cals



**Buttered lima beans**  
165 cals

### Dinner

755 cals, 60g protein, 66g net carbs, 23g fat



**Basic chicken thighs**  
9 oz- 383 cals



**Farro**  
1 cups, cooked- 370 cals

## Day 4

2062 cals ● 150g protein (29%) ● 68g fat (30%) ● 184g carbs (36%) ● 28g fiber (5%)

### Breakfast

360 cals, 22g protein, 28g net carbs, 16g fat



**High-protein granola bar**  
1 bar(s)- 204 cals



**Lowfat Greek yogurt**  
1 container(s)- 155 cals

### Snacks

280 cals, 15g protein, 49g net carbs, 1g fat



**Cottage cheese & honey**  
1/2 cup(s)- 125 cals



**Dates**  
1/4 cup- 154 cals

### Lunch

700 cals, 45g protein, 46g net carbs, 33g fat



**Pear**  
1 pear(s)- 113 cals



**Tzatziki chicken salad in pita**  
1/2 pita(s)- 222 cals



**Pumpkin seeds**  
366 cals

### Dinner

725 cals, 69g protein, 61g net carbs, 19g fat



**One pan roasted chicken & veggies**  
447 cals



**Instant mashed potatoes**  
276 cals

## Day 5

2049 cals ● 159g protein (31%) ● 79g fat (35%) ● 150g carbs (29%) ● 26g fiber (5%)

### Breakfast

340 cals, 16g protein, 25g net carbs, 18g fat



**Milk**

1 cup(s)- 149 cals



**Grapefruit**

1/2 grapefruit- 59 cals



**Egg & avocado salad**

133 cals

### Snacks

280 cals, 15g protein, 49g net carbs, 1g fat



**Cottage cheese & honey**

1/2 cup(s)- 125 cals



**Dates**

1/4 cup- 154 cals

### Lunch

715 cals, 56g protein, 27g net carbs, 39g fat



**Almond crusted tilapia**

8 oz- 565 cals



**Roasted tomatoes**

2 1/2 tomato(es)- 149 cals

### Dinner

715 cals, 71g protein, 49g net carbs, 22g fat



**Edamame & beet salad**

257 cals



**Grilled chicken sandwich**

1 sandwich(es)- 460 cals

## Day 6

2028 cals ● 168g protein (33%) ● 88g fat (39%) ● 115g carbs (23%) ● 25g fiber (5%)

### Breakfast

340 cals, 16g protein, 25g net carbs, 18g fat



**Milk**

1 cup(s)- 149 cals



**Grapefruit**

1/2 grapefruit- 59 cals



**Egg & avocado salad**

133 cals

### Snacks

255 cals, 25g protein, 14g net carbs, 11g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Beef jerky**

146 cals

### Lunch

715 cals, 56g protein, 27g net carbs, 39g fat



**Almond crusted tilapia**

8 oz- 565 cals



**Roasted tomatoes**

2 1/2 tomato(es)- 149 cals

### Dinner

715 cals, 71g protein, 49g net carbs, 22g fat



**Edamame & beet salad**

257 cals



**Grilled chicken sandwich**

1 sandwich(es)- 460 cals

## Day 7

2117 cals ● 163g protein (31%) ● 79g fat (34%) ● 159g carbs (30%) ● 28g fiber (5%)

### Breakfast

340 cals, 16g protein, 25g net carbs, 18g fat



Milk

1 cup(s)- 149 cals



Grapefruit

1/2 grapefruit- 59 cals



Egg & avocado salad

133 cals

### Snacks

255 cals, 25g protein, 14g net carbs, 11g fat



Roasted almonds

1/8 cup(s)- 111 cals



Beef jerky

146 cals

### Lunch

770 cals, 36g protein, 98g net carbs, 18g fat



Grilled cheese with mushrooms

323 cals



Lentils

289 cals



Clementine

4 clementine(s)- 156 cals

### Dinner

750 cals, 86g protein, 23g net carbs, 34g fat



Instant mashed potatoes

52 cals



Chicken marsala

12 oz chicken- 699 cals

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## Dairy and Egg Products

- ☐ eggs  
7 large (350g)
- ☐ butter  
5 tsp (23g)
- ☐ low fat cottage cheese (1% milkfat)  
2 1/2 cup (565g)
- ☐ lowfat flavored yogurt  
2 container (6 oz) (340g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ lowfat greek yogurt  
2 tbsp (35g)
- ☐ whole milk  
3 1/2 cup(s) (811mL)
- ☐ sliced cheese  
1 slice (3/4 oz ea) (21g)

## Nut and Seed Products

- ☐ walnuts  
4 tbsp, shelled (25g)
- ☐ mixed nuts  
2 tbsp (17g)
- ☐ almonds  
1/3 lbs (155g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Baked Products

- ☐ bread  
6 3/4 oz (192g)
- ☐ pita bread  
1/2 pita, large (6-1/2" dia) (32g)
- ☐ kaiser rolls  
2 roll (3-1/2" dia) (114g)

## Sweets

- ☐ jelly  
2 tsp (14g)
- ☐ honey  
1/4 cup (70g)

## Beverages

- ☐ water  
12 2/3 cup(s) (3003mL)

## Spices and Herbs

## Other

- ☐ mixed greens  
6 1/2 cup (195g)
- ☐ farro  
1 cup (208g)

## Fats and Oils

- ☐ oil  
3 oz (88mL)
- ☐ balsamic vinaigrette  
5 tbsp (75mL)
- ☐ olive oil  
2 tbsp (27mL)

## Finfish and Shellfish Products

- ☐ canned salmon  
3 oz (85g)
- ☐ tilapia, raw  
1 lbs (448g)

## Fruits and Fruit Juices

- ☐ banana  
2 medium (7" to 7-7/8" long) (236g)
- ☐ pitted dates  
3/4 cup (150g)
- ☐ pears  
1 medium (178g)
- ☐ Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)
- ☐ avocados  
1/2 avocado(s) (101g)
- ☐ lemon juice  
3/4 tbsp (11mL)
- ☐ clementines  
4 fruit (296g)

## Poultry Products

- ☐ boneless skinless chicken thighs  
18 oz (510g)
- ☐ chicken thighs, with bone and skin, raw  
6 oz (170g)
- ☐ boneless skinless chicken breast, raw  
3 1/2 lbs (1503g)

## Snacks

- ☐ salt  
1/4 oz (8g)
- ☐ black pepper  
1/2 tsp, ground (1g)
- ☐ thyme, dried  
1 tsp, ground (1g)
- ☐ red wine vinegar  
1/2 tbsp (8mL)
- ☐ dill weed, fresh  
1/2 tbsp sprigs (0g)
- ☐ oregano, dried  
1/2 tsp, ground (1g)
- ☐ garlic powder  
4 dash (2g)
- ☐ dijon mustard  
1 tbsp (15g)
- ☐ balsamic vinegar  
3/4 tbsp (11mL)

- ☐ high-protein granola bar  
2 bar (80g)
- ☐ beef jerky  
4 oz (113g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/2 cup(s) (55g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
3/8 cup(s) (mL)

## Legumes and Legume Products

- ☐ lentils, raw  
56 tsp (224g)
- ☐ hummus  
2 tbsp (30g)

## Sausages and Luncheon Meats

- ☐ turkey cold cuts  
4 oz (113g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
5 1/2 medium whole (2-3/5" dia) (677g)
- ☐ artichokes, canned  
1/3 cup hearts (56g)
- ☐ lima beans, frozen  
3/4 package (10 oz) (213g)
- ☐ green onions  
1/2 tbsp, chopped (3g)
- ☐ cucumber  
1/8 cucumber (8-1/4") (38g)
- ☐ garlic  
1 3/4 clove(s) (5g)
- ☐ onion  
1/6 medium (2-1/2" dia) (21g)
- ☐ broccoli  
6 tbsp chopped (34g)
- ☐ red bell pepper  
3/8 medium (approx 2-3/4" long, 2-1/2 dia.) (45g)
- ☐ zucchini  
3/8 medium (74g)
- ☐ mashed potato mix  
3 oz (90g)

- ☐ edamame, frozen, shelled  
1 1/2 cup (177g)
  - ☐ beets, precooked (canned or refrigerated)  
6 beet(s) (300g)
  - ☐ mushrooms  
1/2 lbs (205g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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

### Walnuts

1/8 cup(s) - 87 cal ● 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.

### Toast with butter and jelly

1 slice(s) - 133 cal ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber





For single meal:

**bread**  
1 slice (32g)  
**butter**  
1 tsp (5g)  
**jelly**  
1 tsp (7g)

For all 2 meals:

**bread**  
2 slice (64g)  
**butter**  
2 tsp (9g)  
**jelly**  
2 tsp (14g)

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

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## Breakfast 2 [↗](#)

Eat on day 3 and day 4

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### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**  
1 bar (40g)

For all 2 meals:

**high-protein granola bar**  
2 bar (80g)

1. The recipe has no instructions.

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### 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.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 3 meals:

**whole milk**  
3 cup(s) (720mL)

1. The recipe has no instructions.

### 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)

### Egg & avocado salad

133 cals ● 7g protein ● 10g fat ● 2g carbs ● 3g fiber



For single meal:

**garlic powder**  
1 1/3 dash (1g)  
**avocados**  
1/6 avocado(s) (34g)  
**mixed greens**  
1/3 cup (10g)  
**eggs, hard-boiled and chilled**  
1 large (50g)

For all 3 meals:

**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**mixed greens**  
1 cup (30g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

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. Serve on top of bed of greens.

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## Lunch 1 [↗](#)

Eat on day 1

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### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



**water**  
2 cup(s) (474mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.

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### Turkey & hummus deli sandwich

1 sandwich(es) - 349 cals ● 30g protein ● 9g fat ● 31g carbs ● 7g fiber



Makes 1 sandwich(es)

**turkey cold cuts**  
4 oz (113g)  
**bread**  
2 slice(s) (64g)  
**hummus**  
2 tbsp (30g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick) (54g)  
**mixed greens**  
1/2 cup (15g)  
**oil**  
1/4 tsp (1mL)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and 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 2 [↗](#)

Eat on day 2

### Lentils

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



#### water

1 cup(s) (237mL)

#### salt

1/2 dash (0g)

#### lentils, raw, rinsed

4 tbsp (48g)

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

### Buttered lima beans

165 cals ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



#### salt

1 1/2 dash (1g)

#### lima beans, frozen

3/8 package (10 oz) (107g)

#### butter

1/2 tbsp (7g)

#### black pepper

3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

### Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz

#### chicken thighs, with bone and skin, raw

6 oz (170g)

#### thyme, dried

1/2 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
2. Arrange the chicken thighs on a baking sheet or in a baking dish.
3. Season thighs with thyme and some salt and pepper.
4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.



## Lunch 3 [↗](#)

Eat on day 3

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### Basic chicken breast

13 1/3 oz - 529 cal ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**boneless skinless chicken breast, raw**

13 1/3 oz (373g)

**oil**

2 1/2 tsp (13mL)

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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### Buttered lima beans

165 cal ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



**salt**  
1 1/2 dash (1g)  
**lima beans, frozen**  
3/8 package (10 oz) (107g)  
**butter**  
1/2 tbsp (7g)  
**black pepper**  
3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

## Lunch 4 [🔗](#)

Eat on day 4

### Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



Makes 1 pear(s)

**pears**  
1 medium (178g)

1. The recipe has no instructions.

### Tzatziki chicken salad in pita

1/2 pita(s) - 222 cals ● 26g protein ● 3g fat ● 19g carbs ● 2g fiber



Makes 1/2 pita(s)

**red wine vinegar**  
1/2 tbsp (8mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**green onions**  
1/2 tbsp, chopped (3g)  
**boneless skinless chicken breast, raw**  
3 oz (85g)  
**pita bread**  
1/2 pita, large (6-1/2" dia) (32g)  
**lowfat greek yogurt, plain**  
2 tbsp (35g)  
**cucumber, diced**  
1/8 cucumber (8-1/4") (38g)  
**garlic, minced**  
1/4 clove (1g)  
**dill weed, fresh, chopped**  
1/2 tbsp sprigs (0g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. Combined completely cooled chicken with all other ingredients into a medium bowl.
4. Cover and refrigerate until ready to serve.
5. Stuff a heaping cup of the mixture into each large pita.
6. Serve.

### 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.

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## Lunch 5 [🔗](#)

Eat on day 5 and day 6

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### Almond crusted tilapia

8 oz - 565 cals ● 54g protein ● 27g fat ● 21g carbs ● 5g fiber



For single meal:

**almonds**  
1/3 cup, slivered (36g)  
**tilapia, raw**  
1/2 lbs (224g)  
**all-purpose flour**  
1/4 cup(s) (28g)  
**salt**  
1 1/3 dash (1g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**almonds**  
2/3 cup, slivered (72g)  
**tilapia, raw**  
16 oz (448g)  
**all-purpose flour**  
1/2 cup(s) (55g)  
**salt**  
1/3 tsp (1g)  
**olive oil**  
4 tsp (20mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

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### Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



For single meal:

**oil**

2 1/2 tsp (13mL)

**tomatoes**

2 1/2 small whole (2-2/5" dia)  
(228g)

For all 2 meals:

**oil**

5 tsp (25mL)

**tomatoes**

5 small whole (2-2/5" dia) (455g)

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.

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## Lunch 6 [↗](#)

Eat on day 7

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### Grilled cheese with mushrooms

323 cals ● 14g protein ● 16g fat ● 25g carbs ● 5g fiber



**mushrooms**

1/2 cup, chopped (35g)

**olive oil**

1/2 tbsp (8mL)

**thyme, dried**

1 tsp, ground (1g)

**bread**

2 slice(s) (64g)

**sliced cheese**

1 slice (3/4 oz ea) (21g)

1. In a skillet over medium heat, add the oil, mushrooms, thyme, and salt and pepper to taste. Sauté until golden.
2. Put the cheese on one slice of bread and put the mushrooms on top.
3. Close the sandwich and put it back in the pan until cheese has melted and bread is toasty. Serve.
4. Note: To make in bulk, make all of the mushrooms and store in an air-tight container. Heat up and build the sandwich as usual when ready to eat.

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## Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber





**water**  
1 2/3 cup(s) (395mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

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.

**Clementine**

4 clementine(s) - 156 cals ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



Makes 4 clementine(s)  
**clementines**  
4 fruit (296g)

1. The recipe has no instructions.

**Snacks 1** [↗](#)

Eat on day 1 and day 2

**Banana**

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



For single meal:	For all 2 meals:
<b>banana</b> 1 medium (7" to 7-7/8" long) (118g)	<b>banana</b> 2 medium (7" to 7-7/8" long) (236g)

1. The recipe has no instructions.

**Lowfat yogurt**

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:  
**lowfat flavored yogurt**  
1 container (6 oz) (170g)

For all 2 meals:  
**lowfat flavored yogurt**  
2 container (6 oz) (340g)

1. The recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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### Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

For all 3 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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### Dates

1/4 cup - 154 cals ● 1g protein ● 0g fat ● 34g carbs ● 3g fiber



For single meal:  
**pitted dates**  
4 tbsp (50g)

For all 3 meals:  
**pitted dates**  
3/4 cup (150g)

1. Enjoy.
-

## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Beef jerky

146 cals ● 21g protein ● 2g fat ● 12g carbs ● 0g fiber



For single meal:

**beef jerky**  
2 oz (57g)

For all 2 meals:

**beef jerky**  
4 oz (113g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Roasted almonds

1/3 cup(s) - 296 cals ● 10g protein ● 24g fat ● 4g carbs ● 6g fiber



Makes 1/3 cup(s)

**almonds**  
1/3 cup, whole (48g)

1. The recipe has no instructions.

### Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**honey**  
4 tsp (28g)

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

## Salmon & artichoke salad

210 cal ● 17g protein ● 10g fat ● 10g carbs ● 5g fiber



**canned salmon**  
3 oz (85g)  
**artichokes, canned**  
1/3 cup hearts (56g)  
**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)

For all 2 meals:

**boneless skinless chicken thighs**  
18 oz (510g)  
**oil**  
3/4 tbsp (11mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

## Farro

1 cups, cooked - 370 cal ● 12g protein ● 2g fat ● 66g carbs ● 10g fiber





For single meal:

**farro**

1/2 cup (104g)

**water**

4 cup(s) (948mL)

For all 2 meals:

**farro**

1 cup (208g)

**water**

8 cup(s) (1896mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

## Dinner 3 [↗](#)

Eat on day 4

### One pan roasted chicken & veggies

447 cals ● 60g protein ● 18g fat ● 7g carbs ● 4g fiber



**tomatoes**

3 tbsp cherry tomatoes (28g)

**oil**

3/4 tbsp (11mL)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (1g)

**onion, sliced**

1/6 medium (2-1/2" dia) (21g)

**broccoli**

6 tbsp chopped (34g)

**oregano, dried**

1/2 tsp, ground (1g)

**boneless skinless chicken breast, raw**

1/2 lbs (255g)

**red bell pepper, deseeded and sliced**

3/8 medium (approx 2-3/4" long, 2-1/2" dia.) (45g)

**zucchini, sliced**

3/8 medium (74g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

### Instant mashed potatoes

276 cals ● 8g protein ● 1g fat ● 54g carbs ● 5g fiber



**mashed potato mix**

2 2/3 oz (76g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

## Dinner 4 [↗](#)

Eat on day 5 and day 6

### Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**balsamic vinaigrette**  
1 1/2 tbsp (23mL)  
**edamame, frozen, shelled**  
3/4 cup (89g)  
**beets, precooked (canned or refrigerated), chopped**  
3 beet(s) (150g)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**edamame, frozen, shelled**  
1 1/2 cup (177g)  
**beets, precooked (canned or refrigerated), chopped**  
6 beet(s) (300g)

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

### 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.

## Dinner 5 [↗](#)

Eat on day 7

### Instant mashed potatoes

52 cals ● 2g protein ● 0g fat ● 10g carbs ● 1g fiber



#### mashed potato mix

1/2 oz (14g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

### Chicken marsala

12 oz chicken - 699 cals ● 84g protein ● 33g fat ● 13g carbs ● 2g fiber



Makes 12 oz chicken

#### boneless skinless chicken breast, raw

3/4 lbs (336g)

#### vegetable broth

3/8 cup(s) (mL)

#### whole milk

3/8 cup(s) (90mL)

#### lemon juice

3/4 tbsp (11mL)

#### balsamic vinegar

3/4 tbsp (11mL)

#### oil, divided

1 1/2 tbsp (23mL)

#### mushrooms, sliced

6 oz (170g)

#### garlic, diced

1 1/2 clove(s) (5g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.