

Meal Plan - 2200 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

2187 cals ● 143g protein (26%) ● 97g fat (40%) ● 148g carbs (27%) ● 37g fiber (7%)

Breakfast

425 cals, 33g protein, 25g net carbs, 18g fat



Carrots and hummus

82 cals



Boiled eggs

2 egg(s)- 139 cals



Pumped up greek yogurt

1 container(s)- 206 cals

Lunch

775 cals, 38g protein, 51g net carbs, 40g fat



Avocado and bacon egg salad sandwich

657 cals



Clementine

3 clementine(s)- 117 cals

Snacks

270 cals, 13g protein, 38g net carbs, 4g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Pear

1 pear(s)- 113 cals

Dinner

720 cals, 59g protein, 33g net carbs, 35g fat



Baked fries

97 cals



Olive oil drizzled lima beans

161 cals



Ranch chicken

8 oz- 461 cals

Day 2

2152 cals ● 141g protein (26%) ● 94g fat (39%) ● 149g carbs (28%) ● 36g fiber (7%)

Breakfast

425 cals, 33g protein, 25g net carbs, 18g fat



Carrots and hummus

82 cals



Boiled eggs

2 egg(s)- 139 cals



Pumped up greek yogurt

1 container(s)- 206 cals

Lunch

775 cals, 38g protein, 51g net carbs, 40g fat



Avocado and bacon egg salad sandwich

657 cals



Clementine

3 clementine(s)- 117 cals

Snacks

270 cals, 13g protein, 38g net carbs, 4g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Pear

1 pear(s)- 113 cals

Dinner

685 cals, 57g protein, 34g net carbs, 32g fat



Blue cheese stuffed chicken thighs

1 thigh- 452 cals



Lentils

231 cals

Day 3

2244 cals ● 148g protein (26%) ● 72g fat (29%) ● 204g carbs (36%) ● 47g fiber (8%)

Breakfast

320 cals, 14g protein, 18g net carbs, 18g fat



Hummus toast

1 slice(s)- 146 cals



Roasted peanuts

1/6 cup(s)- 173 cals

Snacks

325 cals, 8g protein, 25g net carbs, 20g fat



Milk

3/4 cup(s)- 112 cals



Clementine

1 clementine(s)- 39 cals



Carrots and ranch

173 cals

Lunch

845 cals, 24g protein, 121g net carbs, 18g fat



Chickpea stuffed sweet potato

1 1/2 sweet potato(es)- 733 cals



Fruit juice

1 cup(s)- 115 cals

Dinner

755 cals, 102g protein, 40g net carbs, 16g fat



Lentils

260 cals



Lemon pepper chicken breast

13 1/3 oz- 494 cals

Day 4

2244 cals ● 148g protein (26%) ● 72g fat (29%) ● 204g carbs (36%) ● 47g fiber (8%)

Breakfast

320 cals, 14g protein, 18g net carbs, 18g fat



Hummus toast

1 slice(s)- 146 cals



Roasted peanuts

1/6 cup(s)- 173 cals

Snacks

325 cals, 8g protein, 25g net carbs, 20g fat



Milk

3/4 cup(s)- 112 cals



Clementine

1 clementine(s)- 39 cals



Carrots and ranch

173 cals

Lunch

845 cals, 24g protein, 121g net carbs, 18g fat



Chickpea stuffed sweet potato

1 1/2 sweet potato(es)- 733 cals



Fruit juice

1 cup(s)- 115 cals

Dinner

755 cals, 102g protein, 40g net carbs, 16g fat



Lentils

260 cals



Lemon pepper chicken breast

13 1/3 oz- 494 cals

Day 5

2233 cals ● 154g protein (28%) ● 105g fat (42%) ● 141g carbs (25%) ● 27g fiber (5%)

Breakfast

420 cals, 23g protein, 18g net carbs, 27g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Veggie mason jar omelet
1 jar(s)- 155 cals



Toast with butter
1 slice(s)- 114 cals

Snacks

325 cals, 8g protein, 25g net carbs, 20g fat



Milk
3/4 cup(s)- 112 cals



Clementine
1 clementine(s)- 39 cals



Carrots and ranch
173 cals

Lunch

745 cals, 74g protein, 39g net carbs, 27g fat



Lentils
231 cals



Simple sauteed spinach
199 cals



Balsamic chicken breast
8 oz- 316 cals

Dinner

740 cals, 49g protein, 59g net carbs, 32g fat



Salmon alfredo pasta
627 cals



Simple garlic bread
1 slice(s)- 115 cals

Day 6

2160 cals ● 152g protein (28%) ● 104g fat (43%) ● 125g carbs (23%) ● 29g fiber (5%)

Breakfast

420 cals, 23g protein, 18g net carbs, 27g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Veggie mason jar omelet
1 jar(s)- 155 cals



Toast with butter
1 slice(s)- 114 cals

Lunch

745 cals, 52g protein, 49g net carbs, 31g fat



Roasted almonds
1/4 cup(s)- 222 cals



Turkey & hummus deli sandwich
1 1/2 sandwich(es)- 524 cals

Snacks

230 cals, 19g protein, 26g net carbs, 6g fat



Plain yogurt
1 1/2 cup(s)- 232 cals

Dinner

760 cals, 58g protein, 32g net carbs, 40g fat



Almond crusted tilapia
7 1/2 oz- 529 cals



Roasted cauliflower
231 cals

Day 7

2160 cals ● 152g protein (28%) ● 104g fat (43%) ● 125g carbs (23%) ● 29g fiber (5%)

Breakfast

420 cals, 23g protein, 18g net carbs, 27g fat



Roasted peanuts

1/6 cup(s)- 153 cals



Veggie mason jar omelet

1 jar(s)- 155 cals



Toast with butter

1 slice(s)- 114 cals

Snacks

230 cals, 19g protein, 26g net carbs, 6g fat



Plain yogurt

1 1/2 cup(s)- 232 cals

Lunch

745 cals, 52g protein, 49g net carbs, 31g fat



Roasted almonds

1/4 cup(s)- 222 cals



Turkey & hummus deli sandwich

1 1/2 sandwich(es)- 524 cals

Dinner

760 cals, 58g protein, 32g net carbs, 40g fat



Almond crusted tilapia

7 1/2 oz- 529 cals



Roasted cauliflower

231 cals

Grocery List



Legumes and Legume Products

- hummus
1 cup (225g)
- lentils, raw
1 1/2 cup (272g)
- chickpeas, canned
1 1/2 can(s) (672g)
- roasted peanuts
14 tbsp (128g)

Vegetables and Vegetable Products

- baby carrots
52 medium (520g)
- potatoes
1/4 large (3" to 4-1/4" dia.) (92g)
- lima beans, frozen
3/8 package (10 oz) (107g)
- shallots
1 1/2 clove(s) (85g)
- sweet potatoes
3 sweetpotato, 5" long (630g)
- bell pepper
1 1/2 small (111g)
- onion
3/4 small (53g)
- fresh spinach
9 1/2 cup(s) (285g)
- garlic
1 clove (3g)
- tomatoes
6 slice(s), thick/large (1/2" thick) (162g)
- cauliflower
2 head small (4" dia.) (530g)

Dairy and Egg Products

- eggs
16 large (800g)
- lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- blue cheese
1/2 oz (14g)
- whole milk
2 1/4 cup(s) (540mL)
- butter
4 tsp (18g)
- plain lowfat yogurt
3 cup (735g)

Other

- cacao nibs
2 tsp (7g)
- ranch dressing mix
1/4 packet (1 oz) (7g)
- balsamic glaze
1 1/2 tbsp (23mL)
- alfredo sauce
6 tbsp (90g)
- italian seasoning
2 dash (1g)
- mixed greens
1 1/2 cup (45g)

Spices and Herbs

- salt
1/3 oz (9g)
- garlic powder
1/4 oz (6g)
- black pepper
1/3 tsp, ground (1g)
- thyme, dried
1 g (1g)
- paprika
1 dash (0g)
- lemon pepper
5 tsp (12g)

Pork Products

- bacon, cooked
4 slice(s) (40g)

Baked Products

- bread
18 oz (512g)

Fats and Oils

- oil
2 1/2 oz (72mL)
- olive oil
1/4 cup (54mL)
- ranch dressing
1/2 cup (120mL)
- balsamic vinaigrette
2 tbsp (31mL)

Poultry Products

Beverages

- protein powder
2 tbsp (12g)
- water
5 2/3 cup(s) (1344mL)

Fruits and Fruit Juices

- raspberries
16 raspberries (30g)
- pears
2 medium (356g)
- avocados
1 avocado(s) (201g)
- clementines
9 fruit (666g)
- fruit juice
16 fl oz (480mL)

- boneless skinless chicken breast, raw
2 2/3 lbs (1198g)

- chicken thighs, with bone and skin, raw
1 thigh(s) (170g)

Finfish and Shellfish Products

- salmon
6 oz (170g)
- tilapia, raw
15 oz (420g)

Cereal Grains and Pasta

- uncooked dry pasta
2 1/4 oz (64g)
- all-purpose flour
3/8 cup(s) (52g)

Nut and Seed Products

- almonds
5 oz (139g)

Sausages and Luncheon Meats

- turkey cold cuts
3/4 lbs (340g)

Breakfast 1 ↗

Eat on day 1 and day 2

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 2 meals:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

1. Serve carrots with hummus.

Boiled eggs

2 egg(s) - 139 cals ● 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.

Pumped up greek yogurt

1 container(s) - 206 cals ● 17g protein ● 6g fat ● 18g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
protein powder
1 tbsp (6g)
raspberries
8 raspberries (15g)
cacao nibs
1 tsp (3g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
protein powder
2 tbsp (12g)
raspberries
16 raspberries (30g)
cacao nibs
2 tsp (7g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Breakfast 2 ↗

Eat on day 3 and day 4

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 3 meals:

eggs
6 large (300g)
bell pepper, chopped
1 1/2 small (111g)
onion, diced
3/4 small (53g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

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

Lunch 1 ↗

Eat on day 1 and day 2

Avocado and bacon egg salad sandwich

657 cals ● 36g protein ● 39g fat ● 29g carbs ● 11g fiber



For single meal:

salt
2 dash (2g)
garlic powder
1 tsp (3g)
bacon, cooked
2 slice(s) (20g)
avocados
1/2 avocado(s) (101g)
bread
2 slice (64g)
eggs, hard-boiled and chilled
3 large (150g)

For all 2 meals:

salt
4 dash (3g)
garlic powder
2 tsp (6g)
bacon, cooked
4 slice(s) (40g)
avocados
1 avocado(s) (201g)
bread
4 slice (128g)
eggs, hard-boiled and chilled
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, salt, and garlic in a bowl. Mash with a fork until fully combined.
4. Crumble bacon and add in. Mix.
5. Put egg salad in between bread to form sandwich.
6. Serve.
7. (Note: You can store any leftover egg salad in the fridge for a day or two)

Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

clementines
3 fruit (222g)

For all 2 meals:

clementines
6 fruit (444g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 3 and day 4

Chickpea stuffed sweet potato

1 1/2 sweet potato(es) - 733 cals ● 23g protein ● 17g fat ● 96g carbs ● 26g fiber



For single meal:

oil
3/4 tbsp (11mL)
balsamic glaze
3/4 tbsp (11mL)
shallots, chopped
3/4 clove(s) (43g)
sweet potatoes, halved lengthwise
1 1/2 sweetpotato, 5" long (315g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
balsamic glaze
1 1/2 tbsp (23mL)
shallots, chopped
1 1/2 clove(s) (85g)
sweet potatoes, halved lengthwise
3 sweetpotato, 5" long (630g)
chickpeas, canned, drained & rinsed
1 1/2 can(s) (672g)

1. Preheat the oven to 425°F (220°C).
2. Rub a few drops of the oil on the sweet potato halves and season with salt and pepper. Place the sweet potato cut-side down on one half of a baking sheet. Roast in the oven for 20 minutes.
3. In a small bowl, mix the chickpeas and shallot with the remaining oil and season with some salt and pepper.
4. Remove the baking sheet from the oven and add the chickpea mixture to the other half of the pan. Roast for an additional 18-20 minutes, or until sweet potato is tender and the shallots are beginning to char.
5. Transfer the sweet potato to a plate and gently mash the flesh inside the skin. Make a divot in the mashed sweet potato and stuff it with the chickpea mixture.
6. Drizzle with balsamic glaze and serve.

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice

8 fl oz (240mL)

For all 2 meals:

fruit juice

16 fl oz (480mL)

1. The recipe has no instructions.

Lunch 3

Eat on day 5

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

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.

Simple sauteed spinach

199 cals ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (227g)
balsamic vinaigrette
2 tbsp (30mL)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and Italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Lunch 4 ↗

Eat on day 6 and day 7

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.

Turkey & hummus deli sandwich

1 1/2 sandwich(es) - 524 cals ● 45g protein ● 14g fat ● 46g carbs ● 10g fiber



For single meal:

turkey cold cuts
6 oz (170g)
bread
3 slice(s) (96g)
hummus
3 tbsp (45g)
tomatoes
3 slice(s), thick/large (1/2" thick)
(81g)
mixed greens
3/4 cup (23g)
oil
3/8 tsp (2mL)

For all 2 meals:

turkey cold cuts
3/4 lbs (340g)
bread
6 slice(s) (192g)
hummus
6 tbsp (90g)
tomatoes
6 slice(s), thick/large (1/2" thick)
(162g)
mixed greens
1 1/2 cup (45g)
oil
1/4 tbsp (4mL)

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.

Snacks 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.

Pear

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



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. The recipe has no instructions.

Snacks 2

Eat on day 3, day 4, and day 5

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.

Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 3 meals:

clementines

3 fruit (222g)

1. The recipe has no instructions.

Carrots and ranch

173 cals 1g protein 14g fat 8g carbs 4g fiber



For single meal:

baby carrots
12 medium (120g)
ranch dressing
2 tbsp (30mL)

For all 3 meals:

baby carrots
36 medium (360g)
ranch dressing
6 tbsp (90mL)

1. slice carrots into thin strips. Serve with ranch to dip in.

Snacks 3 ↗

Eat on day 6 and day 7

Plain yogurt

1 1/2 cup(s) - 232 cals ● 19g protein ● 6g fat ● 26g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 1/2 cup (368g)

For all 2 meals:

plain lowfat yogurt
3 cup (735g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Baked fries

97 cals ● 2g protein ● 4g fat ● 12g carbs ● 2g fiber



potatoes

1/4 large (3" to 4-1/4" dia.) (92g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



black pepper

3/4 dash, ground (0g)

salt

1 1/2 dash (1g)

lima beans, frozen

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

olive oil

1 tsp (6mL)

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

Ranch chicken

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



Makes 8 oz

ranch dressing

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

ranch dressing mix

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

1. Preheat oven to 350 F (180 C).

2. Spread oil evenly over all chicken.

3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.

4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.

5. Serve with a side of ranch dressing.

Dinner 2

Eat on day 2

Blue cheese stuffed chicken thighs

1 thigh - 452 cals ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



Makes 1 thigh

blue cheese

1/2 oz (14g)

thyme, dried

1 1/2 dash, ground (0g)

olive oil

3/8 tsp (2mL)

paprika

1 dash (0g)

chicken thighs, with bone and skin, raw

1 thigh(s) (170g)

1. Combine blue cheese and thyme in a small bowl.

2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.

3. Sprinkle paprika on all sides of the chicken.

4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

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.

Dinner 3 ↗

Eat on day 3 and day 4

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

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.

Lemon pepper chicken breast

13 1/3 oz - 494 cals ● 85g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
13 1/3 oz (373g)
olive oil
1 1/4 tsp (6mL)
lemon pepper
2 1/2 tsp (6g)

For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
olive oil
2 1/2 tsp (13mL)
lemon pepper
5 tsp (12g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. STOVETOP
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. BAKED
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. BROILED/GRILLED
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Dinner 4 ↗

Eat on day 5

Salmon alfredo pasta

627 cals ● 45g protein ● 27g fat ● 47g carbs ● 3g fiber



salmon

6 oz (170g)

fresh spinach

1 1/2 cup(s) (45g)

alfredo sauce

6 tbsp (90g)

uncooked dry pasta

2 1/4 oz (64g)

1. Preheat oven to 350°F (180°C).
2. Cook pasta according to package instructions. Set aside.
3. Place salmon skin side down on a baking sheet and season with some salt and pepper. Bake 14-16 minutes until the salmon flesh flakes.
4. Meanwhile, heat alfredo sauce in a saucepan over medium heat until it starts to bubble. Add in spinach and stir. Cook for 1-2 minutes until spinach has wilted.
5. Remove salmon from the oven and when it is cool enough to handle, cut it into large chunks.
6. Add pasta to a plate and pour the alfredo sauce over the pasta. Top with salmon and some pepper. Serve.

Simple garlic bread

1 slice(s) - 115 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



Makes 1 slice(s)

bread

1 slice (32g)

butter

1 tsp (5g)

garlic powder

1/2 dash (0g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Dinner 5 ↗

Eat on day 6 and day 7

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:

almonds
5 tbsp, slivered (34g)
tilapia, raw
1/2 lbs (210g)
all-purpose flour
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

almonds
10 tbsp, slivered (68g)
tilapia, raw
15 oz (420g)
all-purpose flour
3/8 cup(s) (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

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.

Roasted cauliflower

231 cals ● 7g protein ● 15g fat ● 12g carbs ● 5g fiber



For single meal:

oil
1 tbsp (15mL)
thyme, dried
4 dash, leaves (1g)
cauliflower, cut into florets
1 head small (4" dia.) (265g)

For all 2 meals:

oil
2 tbsp (30mL)
thyme, dried
1 tsp, leaves (1g)
cauliflower, cut into florets
2 head small (4" dia.) (530g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.