

Meal Plan - 2300 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

2287 cals ● 203g protein (35%) ● 77g fat (30%) ● 169g carbs (30%) ● 27g fiber (5%)

Breakfast

395 cals, 23g protein, 46g net carbs, 10g fat



Cottage cheese & fruit cup
1 container- 131 cals



Orange
2 orange(s)- 170 cals



Kale & eggs
95 cals

Snacks

375 cals, 28g protein, 52g net carbs, 1g fat



Banana
1 banana(s)- 117 cals



Green protein shake
261 cals

Lunch

740 cals, 74g protein, 56g net carbs, 22g fat



Fruit juice
1 3/4 cup(s)- 201 cals



Chicken shawarma bowl
10 oz chicken- 541 cals

Dinner

775 cals, 76g protein, 16g net carbs, 43g fat



Roasted tomatoes
1 tomato(es)- 60 cals



Basic ground turkey
13 1/3 oz- 625 cals



Sweet potato fries
88 cals

Day 2

2345 cals ● 175g protein (30%) ● 58g fat (22%) ● 252g carbs (43%) ● 30g fiber (5%)

Breakfast

395 cals, 23g protein, 46g net carbs, 10g fat



Cottage cheese & fruit cup
1 container- 131 cals



Orange
2 orange(s)- 170 cals



Kale & eggs
95 cals

Snacks

375 cals, 28g protein, 52g net carbs, 1g fat



Banana
1 banana(s)- 117 cals



Green protein shake
261 cals

Lunch

740 cals, 74g protein, 56g net carbs, 22g fat



Fruit juice
1 3/4 cup(s)- 201 cals



Chicken shawarma bowl
10 oz chicken- 541 cals

Dinner

830 cals, 48g protein, 98g net carbs, 24g fat



Beef burrito
1 burrito(s) - 668 cals



White rice
3/4 cup rice, cooked- 164 cals

Day 3

2359 cals ● 160g protein (27%) ● 64g fat (24%) ● 231g carbs (39%) ● 54g fiber (9%)

Breakfast

395 cals, 23g protein, 46g net carbs, 10g fat



Cottage cheese & fruit cup
1 container- 131 cals



Orange
2 orange(s)- 170 cals



Kale & eggs
95 cals

Snacks

375 cals, 28g protein, 52g net carbs, 1g fat



Banana
1 banana(s)- 117 cals



Green protein shake
261 cals

Lunch

780 cals, 50g protein, 87g net carbs, 21g fat



Orange
2 orange(s)- 170 cals



Turkey, avocado bagel sandwich
1/2 sandwich(es)- 350 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

805 cals, 59g protein, 46g net carbs, 31g fat



Easy chickpea salad
350 cals



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Day 4

2331 cals ● 161g protein (28%) ● 98g fat (38%) ● 161g carbs (28%) ● 40g fiber (7%)

Breakfast

415 cals, 30g protein, 9g net carbs, 28g fat



Basic scrambled eggs
3 egg(s)- 238 cals



Spicy sun dried tomato and feta omelet
177 cals

Snacks

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



Boiled eggs
3 egg(s)- 208 cals



Small toasted bagel with butter
1/2 bagel(s)- 120 cals

Lunch

780 cals, 50g protein, 87g net carbs, 21g fat



Orange
2 orange(s)- 170 cals



Turkey, avocado bagel sandwich
1/2 sandwich(es)- 350 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

805 cals, 59g protein, 46g net carbs, 31g fat



Easy chickpea salad
350 cals



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Day 5

2274 cals ● 162g protein (29%) ● 128g fat (51%) ● 91g carbs (16%) ● 27g fiber (5%)

Breakfast

415 cals, 30g protein, 9g net carbs, 28g fat



Basic scrambled eggs
3 egg(s)- 238 cals



Spicy sun dried tomato and feta omelet
177 cals

Snacks

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



Boiled eggs
3 egg(s)- 208 cals



Small toasted bagel with butter
1/2 bagel(s)- 120 cals

Lunch

775 cals, 29g protein, 53g net carbs, 44g fat



Cream cheese and avocado turkey wrap
2 wrap(s)- 773 cals

Dinner

755 cals, 80g protein, 11g net carbs, 38g fat



Lemon pepper chicken breast
12 oz- 444 cals



Tomato and avocado salad
313 cals

Day 6

2267 cals ● 163g protein (29%) ● 91g fat (36%) ● 163g carbs (29%) ● 35g fiber (6%)

Breakfast

365 cals, 24g protein, 39g net carbs, 10g fat



Basic fried eggs
1 egg(s)- 80 cals



Pumpkin protein pancakes
200 cals



Orange
1 orange(s)- 85 cals

Snacks

300 cals, 21g protein, 23g net carbs, 11g fat



Bell pepper strips and hummus
170 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

745 cals, 51g protein, 45g net carbs, 36g fat



Caesar chicken breasts
6 2/3 oz- 383 cals



Mashed sweet potatoes
183 cals



Roasted tomatoes
3 tomato(es)- 179 cals

Dinner

855 cals, 66g protein, 56g net carbs, 36g fat



Spicy turkey chickpea skillet
559 cals



Milk
2 cup(s)- 298 cals

Day 7

2267 cals ● 163g protein (29%) ● 91g fat (36%) ● 163g carbs (29%) ● 35g fiber (6%)

Breakfast

365 cals, 24g protein, 39g net carbs, 10g fat



Basic fried eggs

1 egg(s)- 80 cals



Pumpkin protein pancakes

200 cals



Orange

1 orange(s)- 85 cals

Snacks

300 cals, 21g protein, 23g net carbs, 11g fat



Bell pepper strips and hummus

170 cals



Cottage cheese & fruit cup

1 container- 131 cals

Lunch

745 cals, 51g protein, 45g net carbs, 36g fat



Caesar chicken breasts

6 2/3 oz- 383 cals



Mashed sweet potatoes

183 cals



Roasted tomatoes

3 tomato(es)- 179 cals

Dinner

855 cals, 66g protein, 56g net carbs, 36g fat



Spicy turkey chickpea skillet

559 cals



Milk

2 cup(s)- 298 cals

Grocery List



Fruits and Fruit Juices

- ☐ banana
5 medium (7" to 7-7/8" long) (590g)
- ☐ orange
15 orange (2310g)
- ☐ fruit juice
28 fl oz (840mL)
- ☐ avocados
2 1/2 avocado(s) (485g)
- ☐ lime juice
1 fl oz (30mL)

Beverages

- ☐ water
1 1/2 cup(s) (341mL)
- ☐ protein powder, vanilla
4 scoop (1/3 cup ea) (124g)

Vegetables and Vegetable Products

- ☐ fresh spinach
3 cup(s) (90g)
- ☐ kale leaves
1 1/2 cup, chopped (60g)
- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1279g)
- ☐ onion
2 medium (2-1/2" dia) (238g)
- ☐ sweet potatoes
2 1/2 sweetpotato, 5" long (496g)
- ☐ romaine lettuce
1/8 head (28g)
- ☐ fresh parsley
4 1/2 sprigs (5g)
- ☐ bell pepper
3 1/2 large (566g)
- ☐ sun-dried tomatoes
1 oz (28g)
- ☐ pumpkin puree
2 tbsp (31g)
- ☐ tomato puree
3/4 small can (170g)
- ☐ carrots
1 1/2 large (108g)
- ☐ garlic
1 1/2 clove(s) (5g)

Other

Spices and Herbs

- ☐ salt
4 g (4g)
- ☐ ground cumin
1 tbsp (6g)
- ☐ garlic powder
1 tbsp (9g)
- ☐ paprika
1/2 tsp (1g)
- ☐ black pepper
1 g (1g)
- ☐ taco seasoning mix
1 1/2 tbsp (13g)
- ☐ balsamic vinegar
1 1/2 tbsp (23mL)
- ☐ cayenne pepper
1 pinch (0g)
- ☐ thyme, dried
1/2 tbsp, ground (2g)
- ☐ lemon pepper
3/4 tbsp (5g)
- ☐ mustard
2 tsp or 1 packet (10g)
- ☐ cinnamon
4 dash (1g)
- ☐ nutmeg
2 dash (1g)
- ☐ ground ginger
3 dash (1g)
- ☐ crushed red pepper
3 dash (1g)
- ☐ chili powder
1/4 tbsp (2g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1274g)
- ☐ ground turkey, raw
1 1/2 lbs (718g)

Legumes and Legume Products

- ☐ hummus
1/2 lbs (237g)
- ☐ chickpeas, canned
2 1/4 can(s) (1008g)

Baked Products

- ☐ cottage cheese & fruit cup
9 container (1530g)
- ☐ mixed greens
4 tbsp (8g)

Fats and Oils

- ☐ oil
2 1/2 oz (74mL)
- ☐ olive oil
1/2 oz (16mL)
- ☐ mayonnaise
1 tbsp (15mL)
- ☐ caesar salad dressing
1/4 cup (49g)

Dairy and Egg Products

- ☐ eggs
23 medium (1006g)
- ☐ feta cheese
3 oz (85g)
- ☐ cheddar cheese
2 tbsp, shredded (14g)
- ☐ nonfat greek yogurt, plain
3/4 container (123g)
- ☐ cheese
2 oz (56g)
- ☐ butter
1/2 tbsp (7g)
- ☐ cream cheese
2 tbsp (29g)
- ☐ parmesan cheese
3 1/3 tbsp (17g)
- ☐ whole milk
4 cup(s) (960mL)

- ☐ flour tortillas
4 1/2 tortilla (approx 7-8" dia) (215g)
- ☐ bagel
1 2/3 medium bagel (3-1/2" to 4" dia) (174g)

Beef Products

- ☐ ground beef (93% lean)
5 oz (142g)

Cereal Grains and Pasta

- ☐ long-grain white rice
4 tbsp (46g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
6 oz (173g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/2 tbsp (1mL)

Finfish and Shellfish Products

- ☐ canned tuna
2 can (344g)

Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats
1 1/2 tbsp (8g)

Sweets

- ☐ maple syrup
2 tbsp (30mL)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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.

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 3 meals:

orange
6 orange (924g)

1. The recipe has no instructions.

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
salt
1/2 dash (0g)

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
3 large (150g)
kale leaves
3/4 cup, chopped (30g)
salt
1 1/2 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Basic scrambled eggs

3 egg(s) - 238 cal ● 19g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 large (150g)

For all 2 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

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.

Spicy sun dried tomato and feta omelet

177 cal ● 11g protein ● 10g fat ● 8g carbs ● 2g fiber



For single meal:

- eggs**
1 large (50g)
- sun-dried tomatoes**
1/2 oz (14g)
- feta cheese**
2 tbsp, crumbled (19g)
- olive oil**
1/4 tsp (1mL)
- cayenne pepper**
1/2 pinch (0g)
- thyme, dried**
1/4 tbsp, ground (1g)

For all 2 meals:

- eggs**
2 large (100g)
- sun-dried tomatoes**
1 oz (28g)
- feta cheese**
4 tbsp, crumbled (38g)
- olive oil**
1/2 tsp (3mL)
- cayenne pepper**
1 pinch (0g)
- thyme, dried**
1/2 tbsp, ground (2g)

1. Break the eggs into a small bowl and scramble them. Mix in thyme, cayenne, and some pepper.
2. Heat the oil in a frying pan and add the egg mixture, making an even layer.
3. Sprinkle the rest of the ingredients over the egg and let it cook for a minute or two.
4. Using a spatula, flip half of the omelette onto the other half and continue cooking for another minute or two until fully cooked. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Basic fried eggs

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



For single meal:

- eggs**
1 large (50g)
- oil**
1/4 tsp (1mL)

For all 2 meals:

- eggs**
2 large (100g)
- oil**
1/2 tsp (3mL)

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

Pumpkin protein pancakes

200 cals ● 17g protein ● 3g fat ● 23g carbs ● 3g fiber



For single meal:

- pumpkin puree**
1 tbsp (15g)
- banana**
1/4 medium (7" to 7-7/8" long) (30g)
- eggs**
1/2 extra large (28g)
- cinnamon**
2 dash (1g)
- nutmeg**
1 dash (0g)
- oatmeal, old-fashioned oats, rolled oats**
3/4 tbsp (4g)
- maple syrup**
1 tbsp (15mL)
- protein powder, vanilla**
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

- pumpkin puree**
2 tbsp (31g)
- banana**
1/2 medium (7" to 7-7/8" long) (59g)
- eggs**
1 extra large (56g)
- cinnamon**
4 dash (1g)
- nutmeg**
2 dash (1g)
- oatmeal, old-fashioned oats, rolled oats**
1 1/2 tbsp (8g)
- maple syrup**
2 tbsp (30mL)
- protein powder, vanilla**
1 scoop (1/3 cup ea) (31g)

1. Put all ingredients (besides the maple syrup) into a food processor or blender and blend until smooth.
2. Spray some non-stick spray in a skillet and place over medium heat.
3. Pour about 1/4 cup of batter into skillet for each pancake. Cook for about 2-3 minutes then flip and cook the other side for another minute or so.
4. Top with maple syrup.
5. To store excess pancakes: wrap tightly in plastic wrap and store in the fridge for up to 2 days. Reheat in microwave.

Orange

1 orange(s) - 85 cal ● 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.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Fruit juice

1 3/4 cup(s) - 201 cal ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

fruit juice
14 fl oz (420mL)

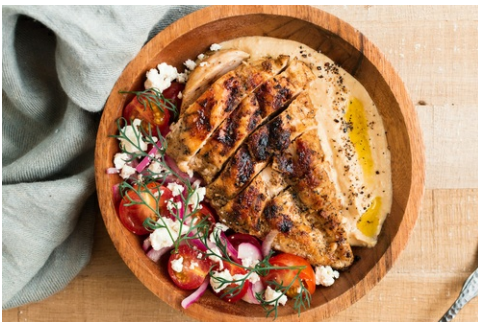
For all 2 meals:

fruit juice
28 fl oz (840mL)

1. The recipe has no instructions.

Chicken shawarma bowl

10 oz chicken - 541 cal ● 72g protein ● 21g fat ● 12g carbs ● 4g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
feta cheese
2 1/2 tbsp (24g)
hummus
2 1/2 tbsp (38g)
ground cumin
1 1/4 tsp (3g)
garlic powder
1 1/4 tsp (4g)
oil
1 tsp (5mL)
tomatoes, sliced
10 tbsp cherry tomatoes (93g)
onion, sliced
3 1/3 tbsp, sliced (24g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
feta cheese
5 tbsp (47g)
hummus
5 tbsp (75g)
ground cumin
2 1/2 tsp (5g)
garlic powder
2 1/2 tsp (8g)
oil
2 tsp (9mL)
tomatoes, sliced
1 1/4 cup cherry tomatoes (186g)
onion, sliced
6 2/3 tbsp, sliced (48g)

1. Coat chicken in oil and rub cumin and garlic powder all over until coated.
2. Add chicken to a skillet or grill pan over medium heat and cook until done, about 10 minutes on each side.
3. Meanwhile, mix together the tomatoes, onion, and feta.
4. Slice the chicken and assemble the bowl with chicken, tomato salad, and hummus. Serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Orange

2 orange(s) - 170 cals ● 3g protein ● 0g fat ● 32g carbs ● 7g fiber



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. The recipe has no instructions.

Turkey, avocado bagel sandwich

1/2 sandwich(es) - 350 cals ● 19g protein ● 16g fat ● 30g carbs ● 3g fiber



For single meal:

tomatoes
1 slice, medium (1/4" thick) (20g)
mixed greens
2 tbsp (4g)
mayonnaise
1/2 tbsp (8mL)
turkey cold cuts
2 oz (57g)
cheese
1/2 slice (1 oz each) (14g)
bagel
1/2 medium bagel (3-1/2" to 4" dia) (53g)
avocados, sliced
1/8 avocado(s) (25g)

For all 2 meals:

tomatoes
2 slice, medium (1/4" thick) (40g)
mixed greens
4 tbsp (8g)
mayonnaise
1 tbsp (15mL)
turkey cold cuts
4 oz (113g)
cheese
1 slice (1 oz each) (28g)
bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
avocados, sliced
1/4 avocado(s) (50g)

1. Build the sandwich to your liking.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

Lunch 3 [🔗](#)

Eat on day 5

Cream cheese and avocado turkey wrap

2 wrap(s) - 773 cals ● 29g protein ● 44g fat ● 53g carbs ● 12g fiber



Makes 2 wrap(s)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

tomatoes

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

cream cheese

2 tbsp (29g)

mustard

2 tsp or 1 packet (10g)

turkey cold cuts

4 slice (60g)

cheese

4 tbsp, shredded (28g)

avocados

4 slices (100g)

romaine lettuce

2 leaf inner (12g)

1. Spread the cream cheese and mustard over the tortilla.
 2. Arrange shredded lettuce on the tortilla and press the lettuce down into the cream cheese and mustard. Place turkey over the lettuce and sprinkle with the shredded cheese. Top tortilla with tomato and avocado slices.
 3. Roll tortilla up tightly, and cut in half across the middle with a slightly diagonal cut.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Caesar chicken breasts

6 2/3 oz - 383 cals ● 46g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
6 2/3 oz (189g)
caesar salad dressing
5 tsp (24g)
parmesan cheese
5 tsp (8g)

For all 2 meals:

boneless skinless chicken breast, raw
13 1/3 oz (378g)
caesar salad dressing
1/4 cup (49g)
parmesan cheese
1/4 cup (17g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

Mashed sweet potatoes

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



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)

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.

Roasted tomatoes

3 tomato(es) - 179 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



For single meal:

oil
1 tbsp (15mL)
tomatoes
3 small whole (2-2/5" dia) (273g)

For all 2 meals:

oil
2 tbsp (30mL)
tomatoes
6 small whole (2-2/5" dia) (546g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Banana

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



For single meal:

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

For all 3 meals:

banana
3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:

water
1/4 cup(s) (59mL)
fresh spinach
1 cup(s) (30g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
banana, frozen
1/2 medium (7" to 7-7/8" long)
(59g)
**orange, peeled, sliced, and
deseeded**
1 orange (154g)

For all 3 meals:

water
3/4 cup(s) (178mL)
fresh spinach
3 cup(s) (90g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
banana, frozen
1 1/2 medium (7" to 7-7/8" long)
(177g)
**orange, peeled, sliced, and
deseeded**
3 orange (462g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
2. Blend thoroughly. Add more water, if needed.
3. Serve promptly.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

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.

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter

1/4 tbsp (4g)

bagel

1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter

1/2 tbsp (7g)

bagel

1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus

1/3 cup (81g)

bell pepper

1 medium (119g)

For all 2 meals:

hummus

2/3 cup (162g)

bell pepper

2 medium (238g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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.
-

Dinner 1 [↗](#)

Eat on day 1

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

oil

1 tsp (5mL)

tomatoes

1 small whole (2-2/5" dia) (91g)

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.

Basic ground turkey

13 1/3 oz - 625 cals ● 74g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

ground turkey, raw

13 1/3 oz (378g)

oil

1/2 tbsp (8mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Sweet potato fries

88 cals ● 1g protein ● 2g fat ● 13g carbs ● 2g fiber



olive oil

1/2 tsp (3mL)

garlic powder

2/3 dash (0g)

paprika

2/3 dash (0g)

salt

2/3 dash (1g)

black pepper

1/3 dash, ground (0g)

sweet potatoes, peeled

2 2/3 oz (76g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Dinner 2 [↗](#)

Eat on day 2

Beef burrito

1 burrito(s) - 668 cal ● 45g protein ● 24g fat ● 61g carbs ● 6g fiber



Makes 1 burrito(s)

flour tortillas

1 tortilla (approx 12" dia) (117g)

cheddar cheese

2 tbsp, shredded (14g)

nonfat greek yogurt, plain

1 tbsp (18g)

tomatoes

1/4 roma tomato (20g)

romaine lettuce

1/3 cup shredded (16g)

taco seasoning mix

1 1/2 tbsp (13g)

ground beef (93% lean)

5 oz (142g)

1. Heat a skillet over medium-high heat. Add the ground beef and cook, breaking it apart with a spoon, until browned, about 8-10 minutes.
2. Stir in the taco seasoning and a small splash of water, mixing until well combined. Turn off the heat.
3. To assemble the burrito, place the ground beef in the center of the tortilla and top with romaine lettuce, tomatoes, Greek yogurt, and shredded cheddar cheese. Wrap the burrito tightly and serve.
4. Meal prep note: To prep in advance, cook the ground beef and store it in an airtight container in the fridge for up to 3 days. When you're ready to assemble, simply reheat the beef and add your fresh toppings before wrapping.

White rice

3/4 cup rice, cooked - 164 cal ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber

Makes 3/4 cup rice, cooked



water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Dinner 3 [🔗](#)

Eat on day 3 and day 4

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



For single meal:

balsamic vinegar
3/4 tbsp (11mL)
apple cider vinegar
3/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
3/4 can(s) (336g)
onion, thinly sliced
3/8 small (26g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
fresh parsley, chopped
2 1/4 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 1/2 tbsp (23mL)
apple cider vinegar
1 1/2 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/2 can(s) (672g)
onion, thinly sliced
3/4 small (53g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
fresh parsley, chopped
4 1/2 sprigs (5g)

1. Add all ingredients to a bowl and toss. Serve!

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

- avocados**
1/2 avocado(s) (101g)
- lime juice**
1 tsp (5mL)
- salt**
1 dash (0g)
- black pepper**
1 dash (0g)
- bell pepper**
1 large (164g)
- onion**
1/4 small (18g)
- canned tuna, drained**
1 can (172g)

For all 2 meals:

- avocados**
1 avocado(s) (201g)
- lime juice**
2 tsp (10mL)
- salt**
2 dash (1g)
- black pepper**
2 dash (0g)
- bell pepper**
2 large (328g)
- onion**
1/2 small (35g)
- canned tuna, drained**
2 can (344g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Dinner 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

12 oz - 444 cals ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

olive oil

1 tsp (6mL)

lemon pepper

3/4 tbsp (5g)

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.

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)

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.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Spicy turkey chickpea skillet

559 cal ● 50g protein ● 20g fat ● 32g carbs ● 12g fiber



For single meal:

oil
1/2 tsp (3mL)
ground turkey, raw
6 oz (170g)
tomato puree
3/8 small can (85g)
water
1/8 cup(s) (22mL)
kale leaves
6 tbsp, chopped (15g)
nonfat greek yogurt, plain
3 tbsp (53g)
ground cumin
1 1/2 dash (0g)
ground ginger
1 1/2 dash (0g)
crushed red pepper
1 1/2 dash (0g)
chili powder
3 dash (1g)
paprika
1 1/2 dash (0g)
onion, diced
3/8 medium (2-1/2" dia) (41g)
carrots, cut into short sticks
3/4 large (54g)
chickpeas, canned, drained
3/8 can(s) (168g)
garlic, minced
3/4 clove(s) (2g)

For all 2 meals:

oil
1 tsp (6mL)
ground turkey, raw
3/4 lbs (340g)
tomato puree
3/4 small can (170g)
water
1/6 cup(s) (44mL)
kale leaves
3/4 cup, chopped (30g)
nonfat greek yogurt, plain
6 tbsp (105g)
ground cumin
3 dash (1g)
ground ginger
3 dash (1g)
crushed red pepper
3 dash (1g)
chili powder
1/4 tbsp (2g)
paprika
3 dash (1g)
onion, diced
3/4 medium (2-1/2" dia) (83g)
carrots, cut into short sticks
1 1/2 large (108g)
chickpeas, canned, drained
3/4 can(s) (336g)
garlic, minced
1 1/2 clove(s) (5g)

1. Heat oil in a skillet over medium heat. Add onion and carrots and saute until they are softened, 5-10 minutes. Add in garlic and cook until fragrant, about 1 minute.
2. Add in the ground turkey and break it apart, cooking until it's browned and cooked through.
3. Stir in spices and a large pinch of salt and pepper, then add tomato puree and water and bring to a simmer.
4. Add in the chickpeas and kale and cook until chickpeas are heated through and kale is wilted, a couple of minutes.
5. Serve and top with yogurt.

Milk

2 cup(s) - 298 cal● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

whole milk
2 cup(s) (480mL)

For all 2 meals:

whole milk
4 cup(s) (960mL)

1. The recipe has no instructions.

