

# Meal Plan - 2400 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

2378 cals ● 205g protein (34%) ● 107g fat (41%) ● 114g carbs (19%) ● 34g fiber (6%)

### Breakfast

455 cals, 23g protein, 50g net carbs, 16g fat



#### Boiled eggs

3 egg(s)- 208 cals



#### Peach

2 peach(es)- 132 cals



#### Fruit juice

1 cup(s)- 115 cals

### Lunch

785 cals, 96g protein, 12g net carbs, 35g fat



#### Lemon pepper chicken breast

14 oz- 518 cals



#### Buttered sugar snap peas

268 cals

### Snacks

350 cals, 13g protein, 20g net carbs, 21g fat



#### Roasted cashews

1/6 cup(s)- 139 cals



#### Bell pepper strips and hummus

213 cals

### Dinner

785 cals, 73g protein, 32g net carbs, 36g fat



#### Basic chicken thighs

12 oz- 510 cals



#### Sugar snap peas

82 cals



#### Baked fries

193 cals

## Day 2

2446 cals ● 162g protein (26%) ● 127g fat (47%) ● 134g carbs (22%) ● 31g fiber (5%)

### Breakfast

455 cals, 23g protein, 50g net carbs, 16g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Peach**  
2 peach(es)- 132 cals



**Fruit juice**  
1 cup(s)- 115 cals

### Snacks

350 cals, 13g protein, 20g net carbs, 21g fat



**Roasted cashews**  
1/6 cup(s)- 139 cals



**Bell pepper strips and hummus**  
213 cals

### Lunch

855 cals, 53g protein, 32g net carbs, 55g fat



**Simple mixed greens and tomato salad**  
113 cals



**Buffalo drumsticks**  
10 2/3 oz- 622 cals



**Grapefruit**  
1 grapefruit- 119 cals

### Dinner

785 cals, 73g protein, 32g net carbs, 36g fat



**Basic chicken thighs**  
12 oz- 510 cals



**Sugar snap peas**  
82 cals



**Baked fries**  
193 cals

## Day 3

2374 cals ● 165g protein (28%) ● 94g fat (36%) ● 188g carbs (32%) ● 30g fiber (5%)

### Breakfast

455 cals, 23g protein, 50g net carbs, 16g fat



**Boiled eggs**  
3 egg(s)- 208 cals



**Peach**  
2 peach(es)- 132 cals



**Fruit juice**  
1 cup(s)- 115 cals

### Snacks

300 cals, 6g protein, 41g net carbs, 10g fat



**Grapefruit**  
1/2 grapefruit- 59 cals



**Small granola bar**  
2 bar(s)- 238 cals

### Lunch

835 cals, 53g protein, 66g net carbs, 34g fat



**White rice**  
1/4 cup rice, cooked- 55 cals



**Fish taco**  
2 tortilla(s)- 778 cals

### Dinner

790 cals, 83g protein, 31g net carbs, 34g fat



**Baked chicken with tomatoes & olives**  
12 oz- 599 cals



**Simple mixed greens salad**  
68 cals



**Buttery white rice**  
121 cals

## Day 4

2366 cals ● 160g protein (27%) ● 83g fat (32%) ● 217g carbs (37%) ● 28g fiber (5%)

### Breakfast

445 cals, 18g protein, 79g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cals



**Lowfat yogurt**  
2 container(s)- 362 cals

### Snacks

300 cals, 6g protein, 41g net carbs, 10g fat



**Grapefruit**  
1/2 grapefruit- 59 cals



**Small granola bar**  
2 bar(s)- 238 cals

### Lunch

835 cals, 53g protein, 66g net carbs, 34g fat



**White rice**  
1/4 cup rice, cooked- 55 cals



**Fish taco**  
2 tortilla(s)- 778 cals

### Dinner

790 cals, 83g protein, 31g net carbs, 34g fat



**Baked chicken with tomatoes & olives**  
12 oz- 599 cals



**Simple mixed greens salad**  
68 cals



**Buttery white rice**  
121 cals

## Day 5

2413 cals ● 151g protein (25%) ● 82g fat (31%) ● 239g carbs (40%) ● 29g fiber (5%)

### Breakfast

445 cals, 18g protein, 79g net carbs, 5g fat



**Orange**  
1 orange(s)- 85 cals



**Lowfat yogurt**  
2 container(s)- 362 cals

### Snacks

355 cals, 24g protein, 30g net carbs, 12g fat



**Protein greek yogurt**  
1 container- 139 cals



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Apple**  
1 apple(s)- 105 cals

### Lunch

820 cals, 54g protein, 63g net carbs, 35g fat



**Grilled chicken hummus wrap**  
2 wrap(s)- 683 cals



**Simple mixed greens salad**  
136 cals

### Dinner

790 cals, 55g protein, 67g net carbs, 30g fat



**Caprese salad**  
178 cals



**Pork stir fry with rice**  
615 cals

## Day 6

2391 cals ● 162g protein (27%) ● 110g fat (41%) ● 147g carbs (25%) ● 41g fiber (7%)

### Breakfast

380 cals, 20g protein, 31g net carbs, 17g fat



#### Peach

1 peach(es)- 66 cals



#### Toast with butter

1 slice(s)- 114 cals



#### Scrambled eggs with kale, tomatoes, rosemary

203 cals

### Snacks

355 cals, 24g protein, 30g net carbs, 12g fat



#### Protein greek yogurt

1 container- 139 cals



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Apple

1 apple(s)- 105 cals

### Lunch

820 cals, 54g protein, 63g net carbs, 35g fat



#### Grilled chicken hummus wrap

2 wrap(s)- 683 cals



#### Simple mixed greens salad

136 cals

### Dinner

835 cals, 64g protein, 23g net carbs, 46g fat



#### Simple mixed greens and tomato salad

151 cals



#### Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

## Day 7

2372 cals ● 153g protein (26%) ● 99g fat (37%) ● 181g carbs (31%) ● 36g fiber (6%)

### Breakfast

380 cals, 20g protein, 31g net carbs, 17g fat



#### Peach

1 peach(es)- 66 cals



#### Toast with butter

1 slice(s)- 114 cals



#### Scrambled eggs with kale, tomatoes, rosemary

203 cals

### Snacks

355 cals, 24g protein, 30g net carbs, 12g fat



#### Protein greek yogurt

1 container- 139 cals



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Apple

1 apple(s)- 105 cals

### Lunch

800 cals, 45g protein, 97g net carbs, 23g fat



#### Chicken curry with rice

521 cals



#### Fruit juice

1 1/4 cup(s)- 143 cals



#### Simple mixed greens salad

136 cals

### Dinner

835 cals, 64g protein, 23g net carbs, 46g fat



#### Simple mixed greens and tomato salad

151 cals



#### Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

# Grocery List



## Nut and Seed Products

- roasted cashews**  
1/3 cup (46g)
- almonds**  
6 tbsp, whole (54g)

## Legumes and Legume Products

- hummus**  
3/4 lbs (323g)

## Vegetables and Vegetable Products

- bell pepper**  
5 large (790g)
- frozen sugar snap peas**  
4 1/3 cup (624g)
- potatoes**  
1 large (3" to 4-1/4" dia.) (369g)
- tomatoes**  
7 1/2 medium whole (2-3/5" dia) (915g)
- cabbage**  
1/2 cup, shredded (35g)
- frozen mixed veggies**  
1/2 10oz package (142g)
- cucumber**  
1 cup slices (104g)
- kale leaves**  
2 cup, chopped (80g)
- onion**  
3/4 small (53g)

## Dairy and Egg Products

- eggs**  
13 large (650g)
- butter**  
3/8 stick (42g)
- lowfat flavored yogurt**  
4 container (6 oz) (680g)
- fresh mozzarella cheese**  
1 1/4 oz (35g)
- feta cheese**  
1/2 cup (75g)

## Fruits and Fruit Juices

- peach**  
8 medium (2-2/3" dia) (1200g)
- fruit juice**  
34 fl oz (1020mL)

## Fats and Oils

- olive oil**  
1 oz (26mL)
- oil**  
2 oz (63mL)
- salad dressing**  
1 1/4 cup (304mL)
- balsamic vinaigrette**  
2 1/2 tsp (12mL)

## Spices and Herbs

- lemon pepper**  
2 1/2 tsp (6g)
- black pepper**  
2 1/2 g (2g)
- salt**  
11 g (11g)
- cajun seasoning**  
2 2/3 tbsp (18g)
- chili powder**  
4 tsp (11g)
- fresh basil**  
1/2 oz (17g)
- balsamic vinegar**  
2 tsp (10mL)
- rosemary, dried**  
4 dash (1g)

## Other

- mixed greens**  
4 1/2 package (5.5 oz) (702g)
- Chicken, drumsticks, with skin**  
2/3 lbs (302g)
- protein greek yogurt, flavored**  
3 container (450g)
- stir-fry sauce**  
2 3/4 tbsp (45g)
- curry sauce**  
1/3 jar (15 oz) (142g)

## Soups, Sauces, and Gravies

- Frank's Red Hot sauce**  
1 3/4 tbsp (26mL)

## Beverages

- water**  
1 3/4 cup (422mL)

- Grapefruit**  
2 large (approx 4-1/2" dia) (664g)
- limes**  
1 fruit (2" dia) (67g)
- avocados**  
2 1/2 avocado(s) (503g)
- green olives**  
24 large (106g)
- orange**  
2 orange (308g)
- apples**  
3 medium (3" dia) (546g)
- lime juice**  
1 tbsp (15mL)

### **Poultry Products**

- boneless skinless chicken breast, raw**  
3 1/2 lbs (1505g)
- boneless skinless chicken thighs**  
1 1/2 lbs (680g)

### **Cereal Grains and Pasta**

- long-grain white rice**  
1 cup (185g)

### **Finfish and Shellfish Products**

- cod, raw**  
4 4oz fillet(s) (453g)
- canned tuna**  
3 can (516g)

### **Baked Products**

- flour tortillas**  
8 tortilla (approx 7-8" dia) (392g)
- bread**  
2 slice (64g)

### **Snacks**

- small granola bar**  
4 bar (100g)

### **Pork Products**

- boneless pork loin**  
6 oz (170g)

---

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Boiled eggs

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



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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.

### Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

**peach**  
2 medium (2-2/3" dia) (300g)

For all 3 meals:

**peach**  
6 medium (2-2/3" dia) (900g)

1. The recipe has no instructions.

### 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 3 meals:

**fruit juice**

24 fl oz (720mL)

1. The recipe has no instructions.

---

## Breakfast 2 ↗

Eat on day 4 and day 5

---

### Orange

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



For single meal:

**orange**

1 orange (154g)

For all 2 meals:

**orange**

2 orange (308g)

1. The recipe has no instructions.

---

## Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**

2 container (6 oz) (340g)

For all 2 meals:

**lowfat flavored yogurt**

4 container (6 oz) (680g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

### 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 2 meals:

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

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

### 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.

---

## Lunch 1

Eat on day 1

---

### Lemon pepper chicken breast

14 oz - 518 cals  89g protein  16g fat  2g carbs  2g fiber



Makes 14 oz

**boneless skinless chicken breast, raw**  
14 oz (392g)  
**olive oil**  
1/2 tbsp (7mL)  
**lemon pepper**  
2 1/2 tsp (6g)

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.

---

### Buttered sugar snap peas

268 cals ● 7g protein ● 19g fat ● 10g carbs ● 8g fiber



**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**butter**  
5 tsp (23g)  
**frozen sugar snap peas**  
1 2/3 cup (240g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

## Lunch 2 ↗

Eat on day 2

### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**salad dressing**  
2 1/4 tbsp (34mL)

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

### Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



Makes 10 2/3 oz

**Frank's Red Hot sauce**  
1 3/4 tbsp (27mL)  
**oil**  
1 tsp (5mL)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**Chicken, drumsticks, with skin**  
2/3 lbs (302g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

### Grapefruit

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



Makes 1 grapefruit

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

---

## Lunch 3

Eat on day 3 and day 4

---

### White rice

1/4 cup rice, cooked - 55 cals ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber



For single meal:

**water**  
1/6 cup(s) (39mL)  
**long-grain white rice**  
4 tsp (15g)

For all 2 meals:

**water**  
1/3 cup(s) (79mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

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.

---

### Fish taco

2 tortilla(s) - 778 cals ● 52g protein ● 34g fat ● 54g carbs ● 13g fiber



For single meal:

**cod, raw**  
2 4oz fillet(s) (227g)  
**oil**  
2 tsp (10mL)  
**limes**  
1/2 fruit (2" dia) (34g)  
**cajun seasoning**  
4 tsp (9g)  
**cabbage**  
4 tbsp, shredded (18g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**avocados, mashed**  
1/2 avocado(s) (101g)

For all 2 meals:

**cod, raw**  
4 4oz fillet(s) (453g)  
**oil**  
4 tsp (20mL)  
**limes**  
1 fruit (2" dia) (67g)  
**cajun seasoning**  
2 2/3 tbsp (18g)  
**cabbage**  
1/2 cup, shredded (35g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**avocados, mashed**  
1 avocado(s) (201g)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

---

## Lunch 4 ↗

Eat on day 5 and day 6

### Grilled chicken hummus wrap

2 wrap(s) - 683 cals ● 51g protein ● 25g fat ● 55g carbs ● 8g fiber



For single meal:

**boneless skinless chicken breast, raw**  
5 oz (142g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**mixed greens**  
1/2 cup (15g)  
**hummus**  
4 tbsp (60g)  
**feta cheese**  
4 tbsp (38g)  
**cucumber, chopped**  
1/2 cup slices (52g)  
**tomatoes, chopped**  
2 slice(s), thin/small (30g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
10 oz (284g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**mixed greens**  
1 cup (30g)  
**hummus**  
1/2 cup (120g)  
**feta cheese**  
1/2 cup (75g)  
**cucumber, chopped**  
1 cup slices (104g)  
**tomatoes, chopped**  
4 slice(s), thin/small (60g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

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

## Lunch 5 ↗

Eat on day 7

### Chicken curry with rice

521 cals ● 40g protein ● 13g fat ● 57g carbs ● 3g fiber



#### long-grain white rice

1/3 cup (62g)

#### curry sauce

1/3 jar (15 oz) (142g)

**boneless skinless chicken breast, raw,  
cut into 1/2 inch chunks**

1/3 lbs (149g)

1. Cook rice according to package.
2. Meanwhile, cook cubed chicken in a non-stick skillet until it's nearly cooked-through.
3. Drain any excess liquid and pour in curry sauce. Bring to a simmer and cook until chicken is done.
4. Serve chicken curry over rice.

### Fruit juice

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

Makes 1 1/4 cup(s)



#### fruit juice

10 fl oz (300mL)

1. The recipe has no instructions.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



#### mixed greens

3 cup (90g)

#### salad dressing

3 tbsp (45mL)

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

## Snacks 1 ↗

Eat on day 1 and day 2

### Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 2/3 tbsp (23g)

For all 2 meals:

**roasted cashews**  
1/3 cup (46g)

1. The recipe has no instructions.

### Bell pepper strips and hummus

213 cals ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



For single meal:

**hummus**  
6 1/2 tbsp (101g)  
**bell pepper**  
1 1/4 medium (149g)

For all 2 meals:

**hummus**  
13 tbsp (203g)  
**bell pepper**  
2 1/2 medium (298g)

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

## Snacks 2 ↗

Eat on day 3 and day 4

### 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 2 meals:

#### Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

### Small granola bar

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



For single meal:

#### small granola bar

2 bar (50g)

For all 2 meals:

#### small granola bar

4 bar (100g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

1. Enjoy.

### 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 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### 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.

## Dinner 1 ↗

Eat on day 1 and day 2

### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
3/4 lbs (340g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken thighs**  
1 1/2 lbs (680g)  
**oil**  
1 tbsp (15mL)

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.

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



For single meal:

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

**oil**

1 tbsp (15mL)

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.

## Dinner 2

Eat on day 3 and day 4

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

**tomatoes**

12 cherry tomatoes (204g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**green olives**

12 large (53g)

**black pepper**

4 dash (0g)

**chili powder**

2 tsp (5g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**fresh basil, shredded**

12 leaves (6g)

For all 2 meals:

**tomatoes**

24 cherry tomatoes (408g)

**olive oil**

4 tsp (20mL)

**salt**

1 tsp (6g)

**green olives**

24 large (106g)

**black pepper**

1 tsp (1g)

**chili powder**

4 tsp (11g)

**boneless skinless chicken breast, raw**

1 1/2 lbs (680g)

**fresh basil, shredded**

24 leaves (12g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

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

## Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**salt**  
1 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**long-grain white rice**  
2 tbsp (23g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**butter**  
3/4 tbsp (11g)  
**salt**  
2 dash (2g)  
**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. **DO NOT LIFT LID!**
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

## Dinner 3 ↗

Eat on day 5

### Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



**fresh mozzarella cheese**  
1 1/4 oz (35g)  
**mixed greens**  
3/8 package (5.5 oz) (65g)  
**fresh basil**  
1/4 cup leaves, whole (5g)  
**balsamic vinaigrette**  
2 1/2 tsp (13mL)  
**tomatoes, halved**  
6 2/3 tbsp cherry tomatoes (62g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Pork stir fry with rice

615 cals ● 44g protein ● 19g fat ● 61g carbs ● 6g fiber



**long-grain white rice**  
4 tbsp (46g)  
**water**  
1/2 cup(s) (119mL)  
**salt**  
1 dash (1g)  
**black pepper**  
2 dash, ground (1g)  
**frozen mixed veggies**  
1/2 10oz package (142g)  
**stir-fry sauce**  
2 2/3 tbsp (45g)  
**oil, divided**  
1/4 tbsp (4mL)  
**boneless pork loin, cubed**  
6 oz (170g)

1. In a pot with a lid, add the water and bring to a boil. Add the rice, stir, reduce heat to medium-low, and cover with the lid. The temperature will be correct when a little steam is visibly leaking from the lid. Keep the lid on for 20 minutes without removing. When done, fluff with a fork and set aside.
2. Meanwhile, heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork and set aside.
3. Put remaining oil into the skillet and add the frozen vegetables. Stir-fry 4-5 minutes or until crisp but warmed through.
4. Return pork to skillet, stir.
5. Pour in stir-fry sauce and mix until it is well distributed.
6. Reduce heat to low and simmer until pork is fully cooked.
7. Serve over rice.

## Dinner 4 ↗

Eat on day 6 and day 7

### Simple mixed greens and tomato salad

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



For single meal:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**tomatoes**  
1 cup cherry tomatoes (149g)  
**salad dressing**  
6 tbsp (90mL)

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

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



For single meal:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**bell pepper**  
1 1/2 large (246g)  
**onion**  
3/8 small (26g)  
**canned tuna, drained**  
1 1/2 can (258g)

For all 2 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lime juice**  
1 tbsp (15mL)  
**salt**  
3 dash (1g)  
**black pepper**  
3 dash (0g)  
**bell pepper**  
3 large (492g)  
**onion**  
3/4 small (53g)  
**canned tuna, drained**  
3 can (516g)

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.