

# Meal Plan - 2600 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

2637 cals ● 181g protein (27%) ● 102g fat (35%) ● 206g carbs (31%) ● 43g fiber (7%)

### Breakfast

430 cals, 19g protein, 44g net carbs, 16g fat



**Simple cinnamon oatmeal with milk**  
164 cals



**Basic fried eggs**  
2 egg(s)- 159 cals



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

### Snacks

345 cals, 20g protein, 18g net carbs, 17g fat



**Carrots and hummus**  
205 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Lunch

945 cals, 63g protein, 84g net carbs, 33g fat



**Simple salad with celery, cucumber & tomato**  
85 cals



**Pesto chicken sweet potatoes**  
2 sweet potato(s)- 862 cals

### Dinner

920 cals, 79g protein, 60g net carbs, 36g fat



**Teriyaki burgers**  
2 burger(s)- 799 cals



**Garlic collard greens**  
119 cals

## Day 2

2640 cals ● 176g protein (27%) ● 106g fat (36%) ● 202g carbs (31%) ● 43g fiber (7%)

### Breakfast

430 cals, 19g protein, 44g net carbs, 16g fat



**Simple cinnamon oatmeal with milk**  
164 cals



**Basic fried eggs**  
2 egg(s)- 159 cals



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

### Snacks

345 cals, 20g protein, 18g net carbs, 17g fat



**Carrots and hummus**  
205 cals



**Boiled eggs**  
2 egg(s)- 139 cals

### Lunch

950 cals, 59g protein, 80g net carbs, 36g fat



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Chunky canned soup (non-creamy)**  
3 can(s)- 741 cals

### Dinner

920 cals, 79g protein, 60g net carbs, 36g fat



**Teriyaki burgers**  
2 burger(s)- 799 cals



**Garlic collard greens**  
119 cals

## Day 3

2643 cals ● 174g protein (26%) ● 116g fat (39%) ● 175g carbs (27%) ● 51g fiber (8%)

### Breakfast

430 cals, 19g protein, 44g net carbs, 16g fat



**Simple cinnamon oatmeal with milk**  
164 cals



**Basic fried eggs**  
2 egg(s)- 159 cals



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

### Snacks

340 cals, 35g protein, 27g net carbs, 9g fat



**Yogurt and cucumber**  
264 cals



**Milk**  
1/2 cup(s)- 75 cals

### Lunch

950 cals, 59g protein, 80g net carbs, 36g fat



**Roasted cashews**  
1/4 cup(s)- 209 cals



**Chunky canned soup (non-creamy)**  
3 can(s)- 741 cals

### Dinner

925 cals, 62g protein, 24g net carbs, 54g fat



**Garlic collard greens**  
239 cals



**Avocado, apple, chicken salad**  
687 cals

## Day 4

2627 cals ● 178g protein (27%) ● 147g fat (51%) ● 113g carbs (17%) ● 34g fiber (5%)

### Breakfast

410 cals, 24g protein, 14g net carbs, 27g fat



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



**Pesto scrambled eggs**  
2 eggs- 198 cals



**Celery sticks**  
1 celery stalk- 7 cals

### Snacks

340 cals, 35g protein, 27g net carbs, 9g fat



**Yogurt and cucumber**  
264 cals



**Milk**  
1/2 cup(s)- 75 cals

### Lunch

955 cals, 58g protein, 48g net carbs, 57g fat



**Roasted cashews**  
1/8 cup(s)- 104 cals



**Lowfat yogurt**  
1 container(s)- 181 cals



**Philly cheesesteak lettuce wrap**  
3 lettuce wrap(s)- 668 cals

### Dinner

925 cals, 62g protein, 24g net carbs, 54g fat



**Garlic collard greens**  
239 cals



**Avocado, apple, chicken salad**  
687 cals

## Day 5

2567 cals ● 178g protein (28%) ● 151g fat (53%) ● 94g carbs (15%) ● 30g fiber (5%)

### Breakfast

410 cals, 24g protein, 14g net carbs, 27g fat



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



**Pesto scrambled eggs**  
2 eggs- 198 cals



**Celery sticks**  
1 celery stalk- 7 cals

### Snacks

295 cals, 22g protein, 25g net carbs, 9g fat



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



**Bell pepper strips and hummus**  
170 cals

### Lunch

920 cals, 54g protein, 29g net carbs, 60g fat



**Roasted cashews**  
1/2 cup(s)- 417 cals



**Chicken avocado salad**  
500 cals

### Dinner

945 cals, 80g protein, 27g net carbs, 54g fat



**Caprese chicken**  
8 oz- 597 cals



**Milk**  
1 1/4 cup(s)- 186 cals



**Olive oil drizzled sugar snap peas**  
163 cals

## Day 6

2571 cals ● 165g protein (26%) ● 110g fat (38%) ● 193g carbs (30%) ● 38g fiber (6%)

### Breakfast

505 cals, 28g protein, 22g net carbs, 32g fat



**Basic scrambled eggs**  
2 2/3 egg(s)- 212 cals



**Simple cinnamon oatmeal with water**  
108 cals



**Pumpkin seeds**  
183 cals

### Snacks

295 cals, 22g protein, 25g net carbs, 9g fat



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



**Bell pepper strips and hummus**  
170 cals

### Lunch

870 cals, 61g protein, 74g net carbs, 30g fat



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



**Honey mustard chicken salad**  
554 cals



**Grapes**  
77 cals

### Dinner

905 cals, 54g protein, 72g net carbs, 39g fat



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



**Buttery brown rice**  
125 cals

## Day 7

2571 cals ● 165g protein (26%) ● 110g fat (38%) ● 193g carbs (30%) ● 38g fiber (6%)

### Breakfast

505 cals, 28g protein, 22g net carbs, 32g fat



**Basic scrambled eggs**  
2 2/3 egg(s)- 212 cals



**Simple cinnamon oatmeal with water**  
108 cals



**Pumpkin seeds**  
183 cals

### Snacks

295 cals, 22g protein, 25g net carbs, 9g fat



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



**Bell pepper strips and hummus**  
170 cals

### Lunch

870 cals, 61g protein, 74g net carbs, 30g fat



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



**Honey mustard chicken salad**  
554 cals



**Grapes**  
77 cals

### Dinner

905 cals, 54g protein, 72g net carbs, 39g fat



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



**Buttery brown rice**  
125 cals

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## Legumes and Legume Products

- ☐ hummus  
14 oz (394g)

## Vegetables and Vegetable Products

- ☐ baby carrots  
40 medium (400g)
- ☐ raw celery  
1/4 bunch (138g)
- ☐ cucumber  
2 3/4 cucumber (8-1 1/4") (814g)
- ☐ tomatoes  
1 1/2 medium whole (2-3 5/8" dia) (182g)
- ☐ sweet potatoes  
2 sweetpotato, 5" long (420g)
- ☐ collard greens  
2 1/4 lbs (1021g)
- ☐ garlic  
6 3/4 clove(s) (20g)
- ☐ romaine lettuce  
3 leaf inner (18g)
- ☐ bell pepper  
3 large (468g)
- ☐ onion  
5/6 medium (2-1 1/2" dia) (93g)
- ☐ frozen sugar snap peas  
1 1/3 cup (192g)
- ☐ brussels sprouts  
5 sprouts (95g)
- ☐ cabbage  
1/2 cup, shredded (35g)

## Dairy and Egg Products

- ☐ eggs  
19 1/3 large (967g)
- ☐ whole milk  
3 1/2 cup(s) (811mL)
- ☐ lowfat greek yogurt  
2 cup (560g)
- ☐ lowfat flavored yogurt  
1 container (6 oz) (170g)
- ☐ provolone cheese  
1 1/2 slice(s) (42g)
- ☐ low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- ☐ fresh mozzarella cheese  
2 oz (57g)
- ☐ butter  
3/4 tbsp (11g)

## Breakfast Cereals

- ☐ quick oats  
1 1/4 cup (100g)

## Fats and Oils

- ☐ oil  
1/4 lbs (112mL)
- ☐ salad dressing  
1 tbsp (15mL)
- ☐ olive oil  
1 1/2 oz (48mL)

## Fruits and Fruit Juices

- ☐ apples  
4 1/4 medium (3" dia) (774g)
- ☐ lime juice  
1 1/2 tbsp (23mL)
- ☐ avocados  
3 1/4 avocado(s) (653g)
- ☐ grapes  
2 2/3 cup (245g)
- ☐ limes  
1 fruit (2" dia) (67g)

## Other

- ☐ mixed greens  
1 package (5.5 oz) (172g)
- ☐ teriyaki sauce  
4 tbsp (60mL)
- ☐ italian seasoning  
1 tsp (3g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 1/3 lbs (1500g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
1/2 cup (128g)
- ☐ chunky canned soup (non-creamy varieties)  
6 can (~19 oz) (3156g)

## Beef Products

- ☐ ground beef (93% lean)  
1 1/2 lbs (680g)

## Sweets

- ☐ sugar  
2 1/2 tbsp (33g)
- ☐ honey  
4 oz (110g)

## Spices and Herbs

- ☐ cinnamon  
2 1/2 tsp (7g)
- ☐ salt  
1/4 oz (7g)
- ☐ garlic powder  
5 dash (2g)
- ☐ black pepper  
1 g (1g)
- ☐ fresh basil  
2 tbsp, chopped (5g)
- ☐ dijon mustard  
3 tbsp (50g)
- ☐ cajun seasoning  
2 2/3 tbsp (18g)

- ☐ sirloin steak, raw  
6 oz (170g)

## Baked Products

- ☐ hamburger buns  
4 bun(s) (204g)
- ☐ flour tortillas  
4 tortilla (approx 7-8" dia) (196g)

## Nut and Seed Products

- ☐ roasted cashews  
1 cup (154g)
- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Snacks

- ☐ high-protein granola bar  
2 bar (80g)
- ☐ small granola bar  
4 bar (100g)

## Beverages

- ☐ water  
1 1/4 cup(s) (296mL)

## Finfish and Shellfish Products

- ☐ cod, raw  
4 4oz fillet(s) (453g)

## Cereal Grains and Pasta

- ☐ brown rice  
4 tbsp (48g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Simple cinnamon oatmeal with milk

164 cal ● 6g protein ● 4g fat ● 23g carbs ● 3g fiber



For single meal:

**sugar**  
1/2 tbsp (7g)  
**cinnamon**  
4 dash (1g)  
**whole milk**  
3/8 cup(s) (90mL)  
**quick oats**  
4 tbsp (20g)

For all 3 meals:

**sugar**  
1 1/2 tbsp (20g)  
**cinnamon**  
1/2 tbsp (4g)  
**whole milk**  
1 cup(s) (270mL)  
**quick oats**  
3/4 cup (60g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

### Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

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

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.

### Apple

1 apple(s) - 105 cal ● 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.

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## Breakfast 2 [↗](#)

Eat on day 4 and day 5

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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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### Pesto scrambled eggs

2 eggs - 198 cals ● 13g protein ● 15g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**

2 large (100g)

**pesto sauce**

1 tbsp (16g)

For all 2 meals:

**eggs**

4 large (200g)

**pesto sauce**

2 tbsp (32g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.

### Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

For all 2 meals:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

1. Slice celery into sticks and serve.

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### Breakfast 3 [🔗](#)

Eat on day 6 and day 7

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#### Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**

1/4 tbsp (3mL)

**eggs**

2 2/3 large (133g)

For all 2 meals:

**oil**

1/2 tbsp (7mL)

**eggs**

5 1/3 large (267g)

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.

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#### Simple cinnamon oatmeal with water

108 cals ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

**quick oats**  
4 tbsp (20g)  
**sugar**  
1/2 tbsp (7g)  
**cinnamon**  
4 dash (1g)  
**water**  
3/8 cup(s) (89mL)

For all 2 meals:

**quick oats**  
1/2 cup (40g)  
**sugar**  
1 tbsp (13g)  
**cinnamon**  
1 tsp (3g)  
**water**  
3/4 cup(s) (178mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

1. The recipe has no instructions.

Lunch 1 [🔗](#)  
Eat on day 1

Simple salad with celery, cucumber & tomato

85 cals ● 3g protein ● 3g fat ● 9g carbs ● 3g fiber



**salad dressing**  
3 tsp (15mL)  
**raw celery, chopped**  
2/3 stalk, medium (7-1/2" - 8" long) (27g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**cucumber, sliced**  
1/3 cucumber (8-1/4") (100g)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia) (41g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Pesto chicken sweet potatoes

2 sweet potato(s) - 862 cals ● 60g protein ● 29g fat ● 75g carbs ● 14g fiber



Makes 2 sweet potato(s)

**sweet potatoes**

2 sweetpotato, 5" long (420g)

**boneless skinless chicken breast, raw**

1/2 lbs (227g)

**pesto sauce**

4 tbsp (64g)

1. Microwave sweet potato(s) for 4-7 minutes, or until soft. (Optional: bake in 400F (200 C) oven for 45 min to 1 hr instead)
2. Meanwhile, put raw chicken in a pot and cover with about an inch of water. Bring to a boil and cook for 15-20 minutes until chicken is done.
3. Transfer chicken to a bowl and shred with 2 forks.
4. Add pesto to chicken and mix well. Stuff sweet potatoes with chicken mixture. Serve.

**Lunch 2** [↗](#)

Eat on day 2 and day 3

**Roasted cashews**

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

**roasted cashews**

4 tbsp (34g)

For all 2 meals:

**roasted cashews**

1/2 cup (69g)

1. The recipe has no instructions.

**Chunky canned soup (non-creamy)**

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
3 can (~19 oz) (1578g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

Lunch 3

Eat on day 4

**Roasted cashews**  
1/8 cup(s) - 104 cals 3g protein 8g fat 5g carbs 1g fiber



Makes 1/8 cup(s)

**roasted cashews**  
2 tbsp (17g)

1. The recipe has no instructions.

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



Makes 1 container(s)

**lowfat flavored yogurt**  
1 container (6 oz) (170g)

1. The recipe has no instructions.

**Philly cheesesteak lettuce wrap**  
3 lettuce wrap(s) - 668 cals 47g protein 47g fat 11g carbs 4g fiber



Makes 3 lettuce wrap(s)

**romaine lettuce**  
3 leaf inner (18g)  
**provolone cheese**  
1 1/2 slice(s) (42g)  
**italian seasoning**  
3 dash (1g)  
**oil**  
1 tbsp (15mL)  
**sirloin steak, raw, cut into strips**  
6 oz (170g)  
**bell pepper, cut into strips**  
1 1/2 small (111g)  
**onion, sliced**  
3/4 medium (2-1/2" dia) (83g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

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## Lunch 4 [🔗](#)

Eat on day 5

**Roasted cashews**  
1/2 cup(s) - 417 cal ● 10g protein ● 32g fat ● 20g carbs ● 2g fiber



Makes 1/2 cup(s)  
**roasted cashews**  
1/2 cup (69g)

1. The recipe has no instructions.

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**Chicken avocado salad**  
500 cal ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



**boneless skinless chicken breast, raw**  
6 oz (170g)  
**onion**  
1 tbsp chopped (10g)  
**lime juice**  
2 tsp (10mL)  
**oil**  
2 tsp (10mL)  
**brussels sprouts**  
5 sprouts (95g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

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## Lunch 5 [↗](#)

Eat on day 6 and day 7

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### 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.

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### Honey mustard chicken salad

554 cals ● 55g protein ● 20g fat ● 32g carbs ● 6g fiber



For single meal:

**dijon mustard**  
5 tsp (25g)  
**honey**  
5 tsp (34g)  
**oil**  
1 tsp (6mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**mixed greens**  
2 cup (60g)  
**tomatoes, sliced**  
4 tbsp, sliced (45g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**dijon mustard**  
3 tbsp (50g)  
**honey**  
3 tbsp (68g)  
**oil**  
2 1/2 tsp (12mL)  
**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**mixed greens**  
4 cup (120g)  
**tomatoes, sliced**  
1/2 cup, sliced (90g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Grapes

77 cal ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/3 cup (123g)

For all 2 meals:

**grapes**  
2 2/3 cup (245g)

1. The recipe has no instructions.
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## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Carrots and hummus

205 cals ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



For single meal:

**hummus**  
5 tbsp (75g)  
**baby carrots**  
20 medium (200g)

For all 2 meals:

**hummus**  
10 tbsp (150g)  
**baby carrots**  
40 medium (400g)

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.
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## Snacks 2 [↗](#)

Eat on day 3 and day 4

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### Yogurt and cucumber

264 cal ● 31g protein ● 5g fat ● 22g carbs ● 2g fiber



For single meal:

**cucumber**

1 cucumber (8-1/4") (301g)

**lowfat greek yogurt**

1 cup (280g)

For all 2 meals:

**cucumber**

2 cucumber (8-1/4") (602g)

**lowfat greek yogurt**

2 cup (560g)

1. Slice cucumber and dip in yogurt.
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### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**

1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.
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## Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

### 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.

### 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 3 meals:

**hummus**

1 cup (244g)

**bell pepper**

3 medium (357g)

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

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Teriyaki burgers

2 burger(s) - 799 cal ● 74g protein ● 30g fat ● 57g carbs ● 2g fiber



For single meal:

**ground beef (93% lean)**  
3/4 lbs (340g)  
**cucumber**  
8 slices (56g)  
**teriyaki sauce**  
2 tbsp (30mL)  
**hamburger buns**  
2 bun(s) (102g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**ground beef (93% lean)**  
1 1/2 lbs (680g)  
**cucumber**  
16 slices (112g)  
**teriyaki sauce**  
4 tbsp (60mL)  
**hamburger buns**  
4 bun(s) (204g)  
**oil**  
1 tsp (5mL)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

### Garlic collard greens

119 cal ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



For single meal:

**collard greens**  
6 oz (170g)  
**oil**  
1 tsp (6mL)  
**salt**  
3/4 dash (1g)  
**garlic, minced**  
1 clove(s) (3g)

For all 2 meals:

**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
2 1/4 clove(s) (7g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



For single meal:

**collard greens**  
3/4 lbs (340g)  
**oil**  
3/4 tbsp (11mL)  
**salt**  
1 1/2 dash (1g)  
**garlic, minced**  
2 1/4 clove(s) (7g)

For all 2 meals:

**collard greens**  
1 1/2 lbs (680g)  
**oil**  
1 1/2 tbsp (23mL)  
**salt**  
3 dash (2g)  
**garlic, minced**  
4 1/2 clove(s) (14g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Avocado, apple, chicken salad

687 cals ● 51g protein ● 41g fat ● 17g carbs ● 12g fiber



For single meal:

**raw celery**  
2 1/2 tbsp chopped (16g)  
**olive oil**  
1 1/4 tbsp (19mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash, ground (0g)  
**lime juice**  
1 1/4 tsp (6mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (213g)  
**avocados, chopped**  
5/8 avocado(s) (126g)  
**apples, finely chopped**  
5/8 medium (3" dia) (114g)

For all 2 meals:

**raw celery**  
5 tbsp chopped (32g)  
**olive oil**  
2 1/2 tbsp (38mL)  
**garlic powder**  
5 dash (2g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**lime juice**  
2 1/2 tsp (13mL)  
**boneless skinless chicken breast, raw, cubed**  
15 oz (425g)  
**avocados, chopped**  
1 1/4 avocado(s) (251g)  
**apples, finely chopped**  
1 1/4 medium (3" dia) (228g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

## Dinner 3 [↗](#)

Eat on day 5

### Caprese chicken

8 oz - 597 cals ● 65g protein ● 35g fat ● 5g carbs ● 1g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**fresh basil**

2 tbsp, chopped (5g)

**oil**

1 tsp (5mL)

**pesto sauce**

2 tbsp (32g)

**italian seasoning**

4 dash (2g)

**fresh mozzarella cheese, sliced**

2 oz (57g)

**tomatoes, quartered**

3 cherry tomatoes (51g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

### Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



Makes 1 1/4 cup(s)

**whole milk**

1 1/4 cup(s) (300mL)

1. The recipe has no instructions.

### Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

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## Dinner 4 [↗](#)

Eat on day 6 and day 7

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### Fish taco

2 tortilla(s) - 778 cal ● 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.

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### Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



For single meal:

**butter**  
1 tsp (5g)  
**brown rice**  
2 tbsp (24g)  
**salt**  
3/4 dash (1g)  
**water**  
1/4 cup(s) (59mL)  
**black pepper**  
3/4 dash, ground (0g)

For all 2 meals:

**butter**  
3/4 tbsp (11g)  
**brown rice**  
4 tbsp (48g)  
**salt**  
1 1/2 dash (1g)  
**water**  
1/2 cup(s) (119mL)  
**black pepper**  
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
  2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
  3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
  4. Pour the rice into a strainer over the sink and drain for 10 seconds.
  5. Return the rice to the same pot, off the heat.
  6. Cover immediately and set aside for 10 minutes (this is the steaming part).
  7. Uncover, mix in butter, and season with salt and pepper.
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