

Meal Plan - 2700 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

2751 cals ● 189g protein (28%) ● 83g fat (27%) ● 275g carbs (40%) ● 36g fiber (5%)

Breakfast

495 cals, 40g protein, 25g net carbs, 21g fat



Overnight mixed berry protein oats w/ water
256 cals



Sunflower seeds
240 cals

Lunch

895 cals, 48g protein, 135g net carbs, 12g fat



Pear
2 pear(s)- 226 cals



Cajun shrimp sandwich
1 sandwich(es)- 369 cals



Kefir
300 cals

Snacks

400 cals, 31g protein, 42g net carbs, 11g fat



Crackers
8 cracker(s)- 135 cals



Yogurt and cucumber
132 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

960 cals, 70g protein, 73g net carbs, 39g fat



Sugar snap peas
82 cals



Couscous
301 cals



Teriyaki steak bites
9 oz steak- 578 cals

Day 2

2675 cals ● 175g protein (26%) ● 96g fat (32%) ● 241g carbs (36%) ● 36g fiber (5%)

Breakfast

495 cals, 40g protein, 25g net carbs, 21g fat



Overnight mixed berry protein oats w/ water
256 cals



Sunflower seeds
240 cals

Lunch

895 cals, 48g protein, 135g net carbs, 12g fat



Pear
2 pear(s)- 226 cals



Cajun shrimp sandwich
1 sandwich(es)- 369 cals



Kefir
300 cals

Snacks

400 cals, 31g protein, 42g net carbs, 11g fat



Crackers
8 cracker(s)- 135 cals



Yogurt and cucumber
132 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

885 cals, 56g protein, 39g net carbs, 51g fat



Lentils
174 cals



Simple mozzarella and tomato salad
403 cals



Beef and cabbage skillet
309 cals

Day 3

2657 cals ● 190g protein (29%) ● 124g fat (42%) ● 157g carbs (24%) ● 37g fiber (6%)

Breakfast

445 cals, 18g protein, 40g net carbs, 19g fat



String cheese
1 stick(s)- 83 cals



Eggs with tomato and avocado
163 cals



Peach
3 peach(es)- 198 cals

Lunch

905 cals, 91g protein, 18g net carbs, 45g fat



Protein greek yogurt
1 container- 139 cals



Avocado tuna salad
764 cals

Snacks

400 cals, 31g protein, 42g net carbs, 11g fat



Crackers
8 cracker(s)- 135 cals



Yogurt and cucumber
132 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

910 cals, 49g protein, 58g net carbs, 49g fat



Brussels sprout, apple & walnut side salad
380 cals



White rice
1/2 cup rice, cooked- 109 cals



Almond crusted tilapia
6 oz- 424 cals

Day 4

2722 cals ● 164g protein (24%) ● 118g fat (39%) ● 213g carbs (31%) ● 38g fiber (6%)

Breakfast

445 cals, 18g protein, 40g net carbs, 19g fat



String cheese
1 stick(s)- 83 cals



Eggs with tomato and avocado
163 cals



Peach
3 peach(es)- 198 cals

Snacks

420 cals, 17g protein, 35g net carbs, 19g fat



Pear
1 pear(s)- 113 cals



Roasted almonds
1/6 cup(s)- 166 cals



Tuna and crackers
142 cals

Lunch

945 cals, 79g protein, 81g net carbs, 30g fat



Cottage cheese & fruit cup
2 container- 261 cals



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

Dinner

910 cals, 49g protein, 58g net carbs, 49g fat



Brussels sprout, apple & walnut side salad
380 cals



White rice
1/2 cup rice, cooked- 109 cals



Almond crusted tilapia
6 oz- 424 cals

Day 5

2739 cals ● 174g protein (25%) ● 120g fat (39%) ● 200g carbs (29%) ● 41g fiber (6%)

Breakfast

445 cals, 18g protein, 40g net carbs, 19g fat



String cheese
1 stick(s)- 83 cals



Eggs with tomato and avocado
163 cals



Peach
3 peach(es)- 198 cals

Lunch

945 cals, 79g protein, 81g net carbs, 30g fat



Cottage cheese & fruit cup
2 container- 261 cals



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

Snacks

420 cals, 17g protein, 35g net carbs, 19g fat



Pear
1 pear(s)- 113 cals



Roasted almonds
1/6 cup(s)- 166 cals



Tuna and crackers
142 cals

Dinner

930 cals, 60g protein, 44g net carbs, 52g fat



Brussels sprout, chicken & apple salad
825 cals



Apple
1 apple(s)- 105 cals

Day 6

2707 cals ● 172g protein (25%) ● 109g fat (36%) ● 215g carbs (32%) ● 45g fiber (7%)

Breakfast

505 cals, 17g protein, 69g net carbs, 12g fat



Pear

1 pear(s)- 113 cals



Simple cinnamon oatmeal with water

271 cals



Bacon & egg cups

1 cup(s)- 120 cals

Snacks

350 cals, 8g protein, 26g net carbs, 21g fat



Walnuts

1/3 cup(s)- 219 cals



Peach

2 peach(es)- 132 cals

Lunch

870 cals, 44g protein, 55g net carbs, 46g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Roasted peanuts

3/8 cup(s)- 345 cals



Apple & peanut butter

1/2 apple(s)- 155 cals

Dinner

980 cals, 103g protein, 65g net carbs, 30g fat



Lentils

260 cals



Teriyaki chicken

12 oz- 570 cals



Simple mixed greens and tomato salad

151 cals

Day 7

2707 cals ● 172g protein (25%) ● 109g fat (36%) ● 215g carbs (32%) ● 45g fiber (7%)

Breakfast

505 cals, 17g protein, 69g net carbs, 12g fat



Pear

1 pear(s)- 113 cals



Simple cinnamon oatmeal with water

271 cals



Bacon & egg cups

1 cup(s)- 120 cals

Lunch

870 cals, 44g protein, 55g net carbs, 46g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Roasted peanuts

3/8 cup(s)- 345 cals



Apple & peanut butter

1/2 apple(s)- 155 cals

Dinner

980 cals, 103g protein, 65g net carbs, 30g fat



Lentils

260 cals



Teriyaki chicken

12 oz- 570 cals



Simple mixed greens and tomato salad

151 cals

Grocery List



Baked Products

- crackers
34 crackers (119g)
- flour tortillas
4 tortilla (approx 7-8" dia) (196g)

Vegetables and Vegetable Products

- cucumber
2 cucumber (8-1/4") (556g)
- frozen sugar snap peas
1 1/3 cup (192g)
- tomatoes
5 medium whole (2-3/5" dia) (596g)
- cabbage
1/8 head, small (about 4-1/2" dia) (89g)
- onion
1/2 small (31g)
- brussels sprouts
3 3/4 cup (330g)

Dairy and Egg Products

- lowfat greek yogurt
1 1/2 cup (420g)
- nonfat greek yogurt, plain
2 tbsp (35g)
- kefir, flavored
4 cup (960mL)
- fresh mozzarella cheese
3 1/3 oz (95g)
- string cheese
3 stick (84g)
- eggs
5 large (250g)
- feta cheese
1/2 cup (75g)

Other

- cottage cheese & fruit cup
7 container (1190g)
- frozen mixed berries
1 cup (136g)
- sub roll(s)
2 roll(s) (170g)
- mixed greens
9 3/4 cup (293g)
- teriyaki sauce
14 tbsp (209mL)

Fats and Oils

- mayonnaise
1 tbsp (15mL)
- oil
2 tbsp (28mL)
- balsamic vinaigrette
5 tsp (24mL)
- olive oil
1/3 cup (79mL)
- salad dressing
6 tbsp (90mL)

Spices and Herbs

- cajun seasoning
2 dash (1g)
- salt
4 1/4 g (4g)
- fresh basil
1/4 oz (6g)
- yellow mustard
3 dash (2g)
- black pepper
1/2 tsp (0g)
- apple cider vinegar
1 1/4 tbsp (19g)
- cinnamon
2 1/2 tsp (7g)

Finfish and Shellfish Products

- shrimp, cooked
6 oz (170g)
- canned tuna
2 1/4 can (386g)
- tilapia, raw
3/4 lbs (336g)

Cereal Grains and Pasta

- instant couscous, flavored
1/2 box (5.8 oz) (82g)
- long-grain white rice
1/3 cup (62g)
- all-purpose flour
1/3 cup(s) (42g)

Beef Products

- sirloin steak, raw
1/2 lbs (255g)

- ground beef (20% fat)
4 oz (113g)
- protein greek yogurt, flavored
1 container (150g)

Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)
- quick oats
1 1/4 cup (100g)

Beverages

- protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
- water
8 cup(s) (1905mL)

Nut and Seed Products

- sunflower kernels
2 2/3 oz (76g)
- walnuts
1/3 lbs (133g)
- almonds
4 oz (108g)

Fruits and Fruit Juices

- pears
8 medium (1424g)
- avocados
1 1/2 avocado(s) (327g)
- lime juice
1 3/4 tsp (9mL)
- peach
13 medium (2-2/3" dia) (1950g)
- apples
2 2/3 medium (3" dia) (488g)

Legumes and Legume Products

- lentils, raw
1 cup (192g)
- hummus
1/2 cup (120g)
- roasted peanuts
3/4 cup (110g)
- peanut butter
2 tbsp (32g)

Soups, Sauces, and Gravies

- chicken bouillon
1/8 cube (1g)
- chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

Sweets

- maple syrup
5 tsp (25mL)
- sugar
2 1/2 tbsp (33g)

Poultry Products

- boneless skinless chicken breast, raw
2 1/2 lbs (1182g)

Pork Products

- bacon, cooked
2 slice(s) (20g)

Breakfast 1 ↗

Eat on day 1 and day 2

Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 2 meals:

frozen mixed berries
1 cup (136g)
oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
water
1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours.

Serve.

Sunflower seeds

240 cals ● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/3 oz (38g)

For all 2 meals:

sunflower kernels
2 2/3 oz (76g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

salt
1 dash (0g)
eggs
1 large (50g)
black pepper
1 dash (0g)
tomatoes
1 slice(s), thick/large (1/2" thick)
(27g)
avocados, sliced
1/4 avocado(s) (50g)
fresh basil, chopped
1 leaves (1g)

For all 3 meals:

salt
3 dash (1g)
eggs
3 large (150g)
black pepper
3 dash (0g)
tomatoes
3 slice(s), thick/large (1/2" thick)
(81g)
avocados, sliced
3/4 avocado(s) (151g)
fresh basil, chopped
3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



For single meal:
peach
3 medium (2-2/3" dia) (450g)

For all 3 meals:
peach
9 medium (2-2/3" dia) (1350g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

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.

Simple cinnamon oatmeal with water

271 cals ● 7g protein ● 4g fat ● 47g carbs ● 6g fiber



For single meal:
quick oats
10 tbsp (50g)
sugar
1 1/4 tbsp (16g)
cinnamon
1 1/4 tsp (3g)
water
1 cup(s) (222mL)

For all 2 meals:
quick oats
1 1/4 cup (100g)
sugar
2 1/2 tbsp (33g)
cinnamon
2 1/2 tsp (7g)
water
2 cup(s) (444mL)

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.

Bacon & egg cups

1 cup(s) - 120 cals ● 10g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
bacon, cooked
1 slice(s) (10g)

For all 2 meals:

eggs
2 large (100g)
bacon, cooked
2 slice(s) (20g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

Lunch 1 ↗

Eat on day 1 and day 2

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

1. The recipe has no instructions.

Cajun shrimp sandwich

1 sandwich(es) - 369 cals ● 31g protein ● 8g fat ● 43g carbs ● 2g fiber



For single meal:

sub roll(s)
1 roll(s) (85g)
mayonnaise
1/2 tbsp (8mL)
mixed greens
1/2 cup (15g)
nonfat greek yogurt, plain
1 tbsp (18g)
cajun seasoning
1 dash (0g)
shrimp, cooked, peeled & deveined
3 oz (85g)

For all 2 meals:

sub roll(s)
2 roll(s) (170g)
mayonnaise
1 tbsp (15mL)
mixed greens
1 cup (30g)
nonfat greek yogurt, plain
2 tbsp (35g)
cajun seasoning
2 dash (1g)
shrimp, cooked, peeled & deveined
6 oz (170g)

1. In a medium bowl, mix the mayonnaise, greek yogurt, cajun seasoning, and some salt and pepper.
2. Spread about 1/3 of the sauce inside the roll. Add the shrimp to the bowl and toss to coat with remaining sauce.
3. Stuff rolls with greens and shrimp. Serve.

Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

kefir, flavored
2 cup (480mL)

For all 2 meals:

kefir, flavored
4 cup (960mL)

1. Pour into a glass and drink.

Lunch 2 ↗

Eat on day 3

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Avocado tuna salad

764 cals ● 71g protein ● 42g fat ● 10g carbs ● 15g fiber



avocados
7/8 avocado(s) (176g)
lime juice
1 3/4 tsp (9mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
1 3/4 cup (53g)
canned tuna
1 3/4 can (301g)
tomatoes
1/2 cup, chopped (79g)
onion, minced
1/2 small (31g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lunch 3 ↗

Eat on day 4 and day 5

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.

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.

Lunch 4 ↗

Eat on day 6 and day 7

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

For all 2 meals:

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

1. Prepare according to instructions on package.

Roasted peanuts

3/8 cup(s) - 345 cals ● 13g protein ● 27g fat ● 7g carbs ● 5g fiber



For single meal:

roasted peanuts
6 tbsp (55g)

For all 2 meals:

roasted peanuts
3/4 cup (110g)

1. The recipe has no instructions.

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 2 meals:

apples
1 medium (3" dia) (182g)
peanut butter
2 tbsp (32g)

1. Slice an apple and spread peanut butter evenly over each slice.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Crackers

8 cracker(s) - 135 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

crackers
8 crackers (28g)

For all 3 meals:

crackers
24 crackers (84g)

1. Enjoy.

Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber

1/2 cucumber (8-1/4") (151g)

lowfat greek yogurt

1/2 cup (140g)

For all 3 meals:

cucumber

1 1/2 cucumber (8-1/4") (452g)

lowfat greek yogurt

1 1/2 cup (420g)

1. Slice cucumber and dip in yogurt.

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.

Snacks 2 ↗

Eat on day 4 and day 5

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.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
3 tbsp, whole (27g)

For all 2 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Tuna and crackers

142 cals ● 10g protein ● 6g fat ● 11g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 oz (43g)
crackers
5 crackers (18g)

For all 2 meals:

canned tuna
3 oz (85g)
crackers
10 crackers (35g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Walnuts

1/3 cup(s) - 219 cals ● 5g protein ● 20g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
5 tbsp, shelled (31g)

For all 2 meals:

walnuts
10 tbsp, shelled (63g)

1. The recipe has no instructions.

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 2 meals:

peach

4 medium (2-2/3" dia) (600g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Sugar snap peas

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



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

1. Prepare according to instructions on package.

Couscous

301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



instant couscous, flavored
1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

Teriyaki steak bites

9 oz steak - 578 cals ● 54g protein ● 38g fat ● 6g carbs ● 0g fiber



Makes 9 oz steak

teriyaki sauce

2 tbsp (30mL)

oil

1 tsp (6mL)

sirloin steak, raw, cubed

1/2 lbs (255g)

1. Heat oil in a skillet over medium high heat. Add steak cubes and cook for a couple minutes on each side until it is almost done to your liking.

2. Pour teriyaki sauce into the skillet and bring to a simmer. Cook for 1-2 minutes.

3. Serve.

Dinner 2 ↗

Eat on day 2

Lentils

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



water

1 cup(s) (237mL)

salt

1/2 dash (0g)

lentils, raw, rinsed

4 tbsp (48g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.

2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



balsamic vinaigrette

5 tsp (25mL)

fresh basil

5 tsp, chopped (4g)

fresh mozzarella cheese, sliced

1/4 lbs (95g)

tomatoes, sliced

1 1/4 large whole (3" dia) (228g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.

2. Sprinkle the basil over the slices and drizzle with dressing.

Beef and cabbage skillet

309 cals ● 21g protein ● 23g fat ● 3g carbs ● 2g fiber



yellow mustard
3 dash (2g)
chicken bouillon
1/8 cube (1g)
ground beef (20% fat)
4 oz (113g)
cabbage, sliced
1/8 head, small (about 4-1/2" dia) (89g)

1. Heat a large, walled skillet over medium heat.
2. Add the ground beef and break up into pieces. Using your fingers, break up the bouillon cube and sprinkle and mix in. Add a splash of water if necessary so that the bouillon fully dissolves.
3. Cook until beef is browned and mostly done.
4. Add in the mustard and mix.
5. Add the cabbage and mix.
6. Cook until cabbage is soft, but still firm, about 5 minutes.
7. Serve.

Dinner 3 ↗

Eat on day 3 and day 4

Brussels sprout, apple & walnut side salad

380 cals ● 6g protein ● 29g fat ● 18g carbs ● 6g fiber



For single meal:

maple syrup
1/2 tbsp (8mL)
walnuts
3 tbsp, chopped (21g)
apple cider vinegar
1 tsp (6g)
olive oil
1 tbsp (17mL)
apples, chopped
1/4 small (2-3/4" dia) (37g)
brussels sprouts, ends trimmed and discarded
1 cup (99g)

For all 2 meals:

maple syrup
1 tbsp (15mL)
walnuts
6 tbsp, chopped (42g)
apple cider vinegar
3/4 tbsp (11g)
olive oil
2 1/4 tbsp (34mL)
apples, chopped
1/2 small (2-3/4" dia) (74g)
brussels sprouts, ends trimmed and discarded
2 1/4 cup (198g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

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.

Almond crusted tilapia

6 oz - 424 cals ● 41g protein ● 20g fat ● 16g carbs ● 4g fiber



For single meal:

almonds
4 tbsp, slivered (27g)
tilapia, raw
6 oz (168g)
all-purpose flour
1/6 cup(s) (21g)
salt
1 dash (0g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

almonds
1/2 cup, slivered (54g)
tilapia, raw
3/4 lbs (336g)
all-purpose flour
1/3 cup(s) (42g)
salt
2 dash (1g)
olive oil
1 tbsp (15mL)

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.

Dinner 4 ↗

Eat on day 5

Brussels sprout, chicken & apple salad

825 cals ● 59g protein ● 51g fat ● 23g carbs ● 8g fiber



walnuts

4 tbsp, chopped (28g)

apple cider vinegar

1/2 tbsp (7g)

maple syrup

2 tsp (10mL)

olive oil

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

brussels sprouts, ends trimmed and discarded

1 1/2 cup (132g)

apples, chopped

1/3 small (2-3/4" dia) (50g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



Makes 1 apple(s)

apples

1 medium (3" dia) (182g)

1. The recipe has no instructions.

Dinner 5 ↗

Eat on day 6 and day 7

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.

Teriyaki chicken

12 oz - 570 cals ● 82g protein ● 19g fat ● 17g carbs ● 0g fiber



For single meal:

oil
3/4 tbsp (11mL)
teriyaki sauce
6 tbsp (90mL)
boneless skinless chicken breast, raw, cubed
3/4 lbs (336g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
teriyaki sauce
3/4 cup (180mL)
boneless skinless chicken breast, raw, cubed
1 1/2 lbs (672g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

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.

