

Meal Plan - 2900 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

2891 cals ● 192g protein (27%) ● 138g fat (43%) ● 174g carbs (24%) ● 45g fiber (6%)

Breakfast

555 cals, 32g protein, 53g net carbs, 20g fat



Sunflower seeds

120 cals



Peanut butter & banana breakfast sandwich

190 cals



Protein bar

1 bar- 245 cals

Snacks

415 cals, 17g protein, 12g net carbs, 27g fat



Avocado

176 cals



String cheese

2 stick(s)- 165 cals



Raspberries

1 cup(s)- 72 cals

Lunch

975 cals, 70g protein, 82g net carbs, 33g fat



Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals



Simple kale & avocado salad

230 cals



Milk

1 1/2 cup(s)- 224 cals

Dinner

950 cals, 73g protein, 28g net carbs, 58g fat



Honey mustard chicken thighs w/ skin

10 2/3 oz- 744 cals



Green bean, corn, and tomato salad

206 cals

Day 2

2861 cals ● 237g protein (33%) ● 124g fat (39%) ● 170g carbs (24%) ● 29g fiber (4%)

Breakfast

555 cals, 32g protein, 53g net carbs, 20g fat



Sunflower seeds

120 cals



Peanut butter & banana breakfast sandwich

190 cals



Protein bar

1 bar- 245 cals

Snacks

415 cals, 17g protein, 12g net carbs, 27g fat



Avocado

176 cals



String cheese

2 stick(s)- 165 cals



Raspberries

1 cup(s)- 72 cals

Lunch

945 cals, 59g protein, 66g net carbs, 48g fat



Philly cheesesteak lettuce wrap

3 lettuce wrap(s)- 668 cals



Bone broth rice

276 cals

Dinner

950 cals, 129g protein, 40g net carbs, 30g fat



Buttery white rice

243 cals



Marinaded chicken breast

20 oz- 707 cals

Day 3

2861 cals ● 237g protein (33%) ● 124g fat (39%) ● 170g carbs (24%) ● 29g fiber (4%)

Breakfast

555 cals, 32g protein, 53g net carbs, 20g fat



Sunflower seeds

120 cals



Peanut butter & banana breakfast sandwich

190 cals



Protein bar

1 bar- 245 cals

Snacks

415 cals, 17g protein, 12g net carbs, 27g fat



Avocado

176 cals



String cheese

2 stick(s)- 165 cals



Raspberries

1 cup(s)- 72 cals

Lunch

945 cals, 59g protein, 66g net carbs, 48g fat



Philly cheesesteak lettuce wrap

3 lettuce wrap(s)- 668 cals



Bone broth rice

276 cals

Dinner

950 cals, 129g protein, 40g net carbs, 30g fat



Buttery white rice

243 cals



Marinaded chicken breast

20 oz- 707 cals

Day 4

2891 cals ● 211g protein (29%) ● 108g fat (34%) ● 234g carbs (32%) ● 34g fiber (5%)

Breakfast

530 cals, 18g protein, 68g net carbs, 20g fat



Basic fried eggs

1 egg(s)- 80 cals



Medium toasted bagel with butter and jelly

1 bagel(s)- 450 cals

Lunch

925 cals, 80g protein, 76g net carbs, 27g fat



Lentils

347 cals



Basic ground turkey

9 1/3 oz- 438 cals



Corn

139 cals

Snacks

420 cals, 24g protein, 70g net carbs, 2g fat



Banana

2 banana(s)- 233 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

1020 cals, 89g protein, 21g net carbs, 59g fat



Turkey meatballs

16 meatballs- 730 cals



Simple kale & avocado salad

288 cals

Day 5

2897 cals ● 228g protein (31%) ● 111g fat (34%) ● 215g carbs (30%) ● 33g fiber (5%)

Breakfast

530 cals, 18g protein, 68g net carbs, 20g fat



Basic fried eggs

1 egg(s)- 80 cals



Medium toasted bagel with butter and jelly

1 bagel(s)- 450 cals

Lunch

930 cals, 97g protein, 56g net carbs, 30g fat



Basic chicken breast

14 oz- 555 cals



Mashed sweet potatoes

275 cals



Simple sauteed spinach

100 cals

Snacks

420 cals, 24g protein, 70g net carbs, 2g fat



Banana

2 banana(s)- 233 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

1020 cals, 89g protein, 21g net carbs, 59g fat



Turkey meatballs

16 meatballs- 730 cals



Simple kale & avocado salad

288 cals

Day 6

2912 cals ● 204g protein (28%) ● 125g fat (39%) ● 200g carbs (27%) ● 42g fiber (6%)

Breakfast

495 cals, 30g protein, 20g net carbs, 32g fat



Toast with butter and jelly
1 slice(s)- 133 cals



Creamy scrambled eggs
364 cals

Snacks

395 cals, 12g protein, 39g net carbs, 19g fat



Walnuts
1/6 cup(s)- 117 cals



Instant oatmeal with milk
1 packet(s)- 276 cals

Lunch

930 cals, 97g protein, 56g net carbs, 30g fat



Basic chicken breast
14 oz- 555 cals



Mashed sweet potatoes
275 cals



Simple sauteed spinach
100 cals

Dinner

1090 cals, 65g protein, 84g net carbs, 45g fat



Simple kale & avocado salad
230 cals



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

Day 7

2893 cals ● 200g protein (28%) ● 111g fat (35%) ● 234g carbs (32%) ● 38g fiber (5%)

Breakfast

495 cals, 30g protein, 20g net carbs, 32g fat



Toast with butter and jelly
1 slice(s)- 133 cals



Creamy scrambled eggs
364 cals

Snacks

395 cals, 12g protein, 39g net carbs, 19g fat



Walnuts
1/6 cup(s)- 117 cals



Instant oatmeal with milk
1 packet(s)- 276 cals

Lunch

910 cals, 93g protein, 91g net carbs, 16g fat



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



Chicken-broccoli-rice bowl
786 cals

Dinner

1090 cals, 65g protein, 84g net carbs, 45g fat



Simple kale & avocado salad
230 cals



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

Grocery List



Fruits and Fruit Juices

- avocados**
4 1/4 avocado(s) (854g)
- lemon juice**
1/2 tbsp (8mL)
- raspberries**
3 cup (369g)
- banana**
5 1/2 medium (7" to 7-7/8" long) (649g)
- lemon**
2 3/4 small (160g)
- black olives**
1 1/2 tbsp (13g)

Dairy and Egg Products

- string cheese**
6 stick (168g)
- whole milk**
3 1/4 cup(s) (780mL)
- butter**
2/3 stick (77g)
- provolone cheese**
3 slice(s) (84g)
- low fat cottage cheese (1% milkfat)**
2 cup (452g)
- eggs**
10 large (500g)
- nonfat greek yogurt, plain**
13 tbsp (224g)

Nut and Seed Products

- sunflower kernels**
2 oz (57g)
- walnuts**
1/3 cup, shelled (33g)

Legumes and Legume Products

- peanut butter**
1 1/2 tbsp (24g)
- lentils, raw**
1/2 cup (96g)

Baked Products

- bread**
5 slice (160g)
- bagel**
2 medium bagel (3-1/2" to 4" dia) (210g)

Spices and Herbs

- brown deli mustard**
1 tbsp (15g)
- thyme, dried**
1/4 tbsp, ground (1g)
- salt**
1 oz (26g)
- dijon mustard**
1 1/2 dash (1g)
- sherry vinegar**
1/2 tbsp (8mL)
- black pepper**
1 1/3 tsp, ground (3g)
- oregano, dried**
2 1/2 tsp, leaves (2g)
- garlic powder**
2 1/2 tsp (8g)
- onion powder**
2 1/2 tsp (6g)

Sweets

- honey**
2 1/2 oz (70g)
- jelly**
2 oz (56g)

Fats and Oils

- olive oil**
1 oz (32mL)
- marinade sauce**
1 1/4 cup (300mL)
- oil**
3 oz (87mL)

Beverages

- water**
3 cup(s) (711mL)

Cereal Grains and Pasta

- long-grain white rice**
1 1/4 cup (231g)

Beef Products

- sirloin steak, raw**
3/4 lbs (340g)

Other

- protein bar (20g protein)
3 bar (150g)
- italian seasoning
1/4 tbsp (3g)
- chicken bone broth
1 1/2 cup(s) (mL)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Meals, Entrees, and Side Dishes

- flavored rice mix
5/8 pouch (~5.6 oz) (99g)

Soups, Sauces, and Gravies

- barbecue sauce
2 3/4 tbsp (48g)
- pesto sauce
1/2 cup (128g)

Poultry Products

- boneless skinless chicken breast, raw
6 1/2 lbs (2862g)
- chicken thighs, with bone and skin, raw
2/3 lbs (302g)
- ground turkey, raw
35 oz (990g)

Vegetables and Vegetable Products

- sweet potatoes
8 sweetpotato, 5" long (1680g)
- kale leaves
2 3/4 bunch (468g)
- frozen corn kernels
1 1/2 cup (187g)
- tomatoes
6 tbsp cherry tomatoes (56g)
- fresh green beans
3 oz (85g)
- onion
1 1/2 medium (2-1/2" dia) (172g)
- romaine lettuce
6 leaf inner (36g)
- bell pepper
3 small (222g)
- fresh spinach
8 cup(s) (240g)
- garlic
1 clove (3g)
- frozen broccoli
5/8 package (178g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
2/3 oz (19g)

For all 3 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Peanut butter & banana breakfast sandwich

190 cals ● 6g protein ● 5g fat ● 25g carbs ● 4g fiber



For single meal:

peanut butter
1/2 tbsp (8g)
bread, toasted
1 slice (32g)
banana, sliced
1/2 medium (7" to 7-7/8" long)
(59g)

For all 3 meals:

peanut butter
1 1/2 tbsp (24g)
bread, toasted
3 slice (96g)
banana, sliced
1 1/2 medium (7" to 7-7/8" long)
(177g)

1. Toast bread if desired and spread with peanut butter.
2. Add as many slices of banana as you can and top with other half of bread. Any left over banana can be eaten on the side.

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 3 meals:

protein bar (20g protein)
3 bar (150g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 4 and day 5

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.

Medium toasted bagel with butter and jelly

1 bagel(s) - 450 cals ● 11g protein ● 14g fat ● 68g carbs ● 3g fiber



For single meal:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

For all 2 meals:

bagel
2 medium bagel (3-1/2" to 4" dia)
(210g)
butter
2 tbsp (28g)
jelly
2 tbsp (42g)

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

Breakfast 3 ↗

Eat on day 6 and day 7

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

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

Creamy scrambled eggs

364 cals ● 26g protein ● 27g fat ● 3g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

For all 2 meals:

eggs
8 large (400g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
butter
4 tsp (18g)
whole milk
1/4 cup(s) (60mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

Lunch 1 ↗

Eat on day 1

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cals ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



Makes 1 potato(es)

barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
sweet potatoes, halved
1 sweetpotato, 5" long (210g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber

Makes 1 1/2 cup(s)



whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Philly cheesesteak lettuce wrap

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



For single meal:

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)

For all 2 meals:

romaine lettuce
6 leaf inner (36g)
provolone cheese
3 slice(s) (84g)
italian seasoning
1/4 tbsp (3g)
oil
2 tbsp (30mL)
sirloin steak, raw, cut into strips
3/4 lbs (340g)
bell pepper, cut into strips
3 small (222g)
onion, sliced
1 1/2 medium (2-1/2" dia) (165g)

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.

Bone both rice

276 cals ● 12g protein ● 1g fat ● 55g carbs ● 1g fiber



For single meal:

chicken bone broth
3/4 cup(s) (mL)
long-grain white rice
6 tbsp (69g)

For all 2 meals:

chicken bone broth
1 1/2 cup(s) (mL)
long-grain white rice
3/4 cup (139g)

1. In a saucepan with a good fitting lid bring bone broth 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! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

Lunch 3 ↗

Eat on day 4

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.

Basic ground turkey

9 1/3 oz - 438 cals ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

ground turkey, raw
9 1/3 oz (265g)
oil
1 tsp (6mL)

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.

Corn

139 cals ● 4g protein ● 1g fat ● 25g carbs ● 3g fiber



frozen corn kernels
1 cup (136g)

1. Prepare according to instructions on package.

Lunch 4 ↗

Eat on day 5 and day 6

Basic chicken breast

14 oz - 555 cals ● 88g protein ● 23g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
14 oz (392g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 3/4 lbs (784g)
oil
1 3/4 tbsp (26mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. STOVETOP: Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. BAKED: Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. BROILED/GRILLED: Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. ALL: Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

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.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

garlic, diced

1/2 clove (2g)

For all 2 meals:

black pepper

2 dash, ground (1g)

salt

2 dash (2g)

olive oil

1 tbsp (15mL)

fresh spinach

8 cup(s) (240g)

garlic, diced

1 clove (3g)

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

Lunch 5 ↗

Eat on day 7

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



Makes 1/2 cup(s)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

honey

2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Chicken-broccoli-rice bowl

786 cals ● 79g protein ● 15g fat ● 76g carbs ● 9g fiber



frozen broccoli
5/8 package (178g)
flavored rice mix
5/8 pouch (~5.6 oz) (99g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1 1/4 tsp (6mL)
boneless skinless chicken breast, raw
10 oz (280g)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 3 meals:

string cheese

6 stick (168g)

1. The recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 3 meals:

raspberries

3 cup (369g)

1. Rinse raspberries and serve.

Snacks 2 ↗

Eat on day 4 and day 5

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana

4 medium (7" to 7-7/8" long) (472g)

1. The recipe has no instructions.

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

honey

1 tbsp (21g)

For all 2 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.

Snacks 3

Eat on day 6 and day 7

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts

2 2/3 tbsp, shelled (17g)

For all 2 meals:

walnuts

1/3 cup, shelled (33g)

1. The recipe has no instructions.

Instant oatmeal with milk

1 packet(s) - 276 cals ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

whole milk

3/4 cup(s) (180mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

whole milk

1 1/2 cup(s) (360mL)

1. Put the oatmeal in a bowl and pour the milk over it.
2. Microwave for 90 seconds - 2 minutes.

Dinner 1 ↗

Eat on day 1

Honey mustard chicken thighs w/ skin

10 2/3 oz - 744 cals ● 69g protein ● 46g fat ● 12g carbs ● 1g fiber



Makes 10 2/3 oz

brown deli mustard

1 tbsp (15g)

honey

2 tsp (14g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/3 dash (1g)

chicken thighs, with bone and skin, raw

2/3 lbs (302g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Green bean, corn, and tomato salad

206 cals ● 4g protein ● 12g fat ● 15g carbs ● 5g fiber



dijon mustard

1 1/2 dash (1g)

sherry vinegar

1/2 tbsp (8mL)

olive oil

3/4 tbsp (11mL)

frozen corn kernels

6 tbsp (51g)

tomatoes

6 tbsp cherry tomatoes (56g)

fresh green beans, trimmed and halved

3 oz (85g)

onion, sliced

1/8 small (7g)

black olives, sliced

1 1/2 tbsp (13g)

1. Prepare vinaigrette by whisking together mustard, vinegar, oil, (salt and pepper if desired). Set aside.
2. Pan fry corn kernels with a few drops of oil until slightly toasted. Let corn cool and move to bowl.
3. Add beans, tomatoes, olives (optional), and onion to corn; toss to combine.
4. Drizzle vinaigrette over salad when serving.

Dinner 2 ↗

Eat on day 2 and day 3

Buttery white rice

243 cals ● 3g protein ● 9g fat ● 37g carbs ● 1g fiber



For single meal:

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)

For all 2 meals:

black pepper
2 dash, ground (1g)
butter
1 1/2 tbsp (21g)
salt
4 dash (3g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

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.

Marinaded chicken breast

20 oz - 707 cals ● 126g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 1/2 lbs (1120g)
marinade sauce
1 1/4 cup (300mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Dinner 3 ↗

Eat on day 4 and day 5

Turkey meatballs

16 meatballs - 730 cals ● 84g protein ● 40g fat ● 9g carbs ● 1g fiber



For single meal:

ground turkey, raw
13 oz (363g)
oil
2 1/2 tsp (12mL)
salt
1 tsp (7g)
oregano, dried
1 tsp, leaves (1g)
garlic powder
1 tsp (4g)
onion powder
1 tsp (3g)
nonfat greek yogurt, plain
6 1/2 tbsp (112g)

For all 2 meals:

ground turkey, raw
25 1/2 oz (726g)
oil
5 tsp (24mL)
salt
2 1/2 tsp (14g)
oregano, dried
2 1/2 tsp, leaves (2g)
garlic powder
2 1/2 tsp (8g)
onion powder
2 1/2 tsp (6g)
nonfat greek yogurt, plain
13 tbsp (224g)

1. In a large bowl, mix together the ground turkey, onion powder, garlic powder, oregano, and salt with your hands until well incorporated. Form into small meatballs (use the number of meatballs listed in the recipes serving details).
2. Heat oil in a large skillet over medium heat. Add meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
3. Serve.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped
5/8 bunch (106g)
avocados, chopped
5/8 avocado(s) (126g)
lemon, juiced
5/8 small (36g)

For all 2 meals:

kale leaves, chopped
1 1/4 bunch (213g)
avocados, chopped
1 1/4 avocado(s) (251g)
lemon, juiced
1 1/4 small (73g)

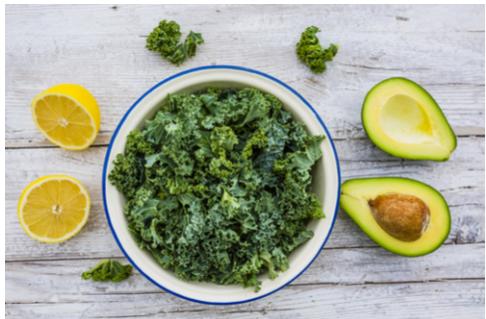
1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Dinner 4 ↗

Eat on day 6 and day 7

Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



For single meal:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Pesto chicken sweet potatoes

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



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
pesto sauce
4 tbsp (64g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)
boneless skinless chicken breast, raw
1 lbs (454g)
pesto sauce
1/2 cup (128g)

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.