

Meal Plan - 3000 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

2996 cals ● 207g protein (28%) ● 106g fat (32%) ● 247g carbs (33%) ● 57g fiber (8%)

Breakfast

560 cals, 37g protein, 84g net carbs, 4g fat



Green protein shake

261 cals



Banana

1 banana(s)- 117 cals



Lowfat yogurt

1 container(s)- 181 cals

Lunch

1025 cals, 64g protein, 101g net carbs, 32g fat



Orange

2 orange(s)- 170 cals



Mediterranean turkey sandwich

2 sandwich(es)- 674 cals



Pumpkin seeds

183 cals

Snacks

425 cals, 23g protein, 40g net carbs, 17g fat



Sunflower seeds

180 cals



Applesauce

114 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

985 cals, 83g protein, 22g net carbs, 53g fat



Avocado tuna salad stuffed pepper

4 half pepper(s)- 911 cals



Simple mixed greens and tomato salad

76 cals

Day 2

3021 cals ● 193g protein (26%) ● 130g fat (39%) ● 235g carbs (31%) ● 34g fiber (5%)

Breakfast

560 cals, 37g protein, 84g net carbs, 4g fat



Green protein shake
261 cals



Banana
1 banana(s)- 117 cals



Lowfat yogurt
1 container(s)- 181 cals

Snacks

425 cals, 23g protein, 40g net carbs, 17g fat



Sunflower seeds
180 cals



Applesauce
114 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

1025 cals, 64g protein, 86g net carbs, 43g fat



Turkey taco wrap
2 wrap(s)- 959 cals



Simple mixed greens salad
68 cals

Dinner

1010 cals, 70g protein, 26g net carbs, 66g fat



Milk
1 3/4 cup(s)- 261 cals



Buttered broccoli
2 3/4 cup(s)- 367 cals



Basic chicken thighs
9 oz- 383 cals

Day 3

3015 cals ● 201g protein (27%) ● 145g fat (43%) ● 191g carbs (25%) ● 34g fiber (4%)

Breakfast

490 cals, 31g protein, 22g net carbs, 30g fat



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



Cucumber slices
1/2 cucumber- 30 cals



Creamy scrambled eggs
273 cals

Lunch

1025 cals, 64g protein, 86g net carbs, 43g fat



Turkey taco wrap
2 wrap(s)- 959 cals



Simple mixed greens salad
68 cals

Snacks

385 cals, 20g protein, 35g net carbs, 14g fat



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



Orange
2 orange(s)- 170 cals



Turkey pepperoni
24 slices- 103 cals

Dinner

1115 cals, 86g protein, 49g net carbs, 58g fat



Mashed sweet potatoes with butter
249 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Ranch chicken
12 oz- 691 cals

Day 4

3026 cals ● 215g protein (28%) ● 164g fat (49%) ● 134g carbs (18%) ● 37g fiber (5%)

Breakfast

490 cals, 31g protein, 22g net carbs, 30g fat



Milk

1 1/4 cup(s)- 186 cals



Cucumber slices

1/2 cucumber- 30 cals



Creamy scrambled eggs

273 cals

Snacks

385 cals, 20g protein, 35g net carbs, 14g fat



Roasted almonds

1/8 cup(s)- 111 cals



Orange

2 orange(s)- 170 cals



Turkey pepperoni

24 slices- 103 cals

Lunch

1040 cals, 78g protein, 28g net carbs, 62g fat



Avocado tuna salad

582 cals



Mixed nuts

3/8 cup(s)- 327 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

1115 cals, 86g protein, 49g net carbs, 58g fat



Mashed sweet potatoes with butter

249 cals



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals



Ranch chicken

12 oz- 691 cals

Day 5

2967 cals ● 195g protein (26%) ● 170g fat (51%) ● 130g carbs (18%) ● 34g fiber (5%)

Breakfast

490 cals, 31g protein, 22g net carbs, 30g fat



Milk

1 1/4 cup(s)- 186 cals



Cucumber slices

1/2 cucumber- 30 cals



Creamy scrambled eggs

273 cals

Lunch

1040 cals, 78g protein, 28g net carbs, 62g fat



Avocado tuna salad

582 cals



Mixed nuts

3/8 cup(s)- 327 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

385 cals, 20g protein, 35g net carbs, 14g fat



Roasted almonds

1/8 cup(s)- 111 cals



Orange

2 orange(s)- 170 cals



Turkey pepperoni

24 slices- 103 cals

Dinner

1055 cals, 66g protein, 45g net carbs, 63g fat



Steak and beet salad

937 cals



Grapefruit

1 grapefruit- 119 cals

Day 6

2980 cals ● 195g protein (26%) ● 120g fat (36%) ● 239g carbs (32%) ● 41g fiber (5%)

Breakfast

565 cals, 40g protein, 44g net carbs, 22g fat



Orange

2 orange(s)- 170 cals



Protein greek yogurt

1 container- 139 cals



Scrambled eggs with veggies and bacon

256 cals

Lunch

1035 cals, 66g protein, 83g net carbs, 42g fat



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Chicken marsala

8 oz chicken- 466 cals



Mashed sweet potatoes with butter

498 cals

Dinner

1010 cals, 68g protein, 87g net carbs, 37g fat

Snacks

370 cals, 22g protein, 25g net carbs, 19g fat



Cottage cheese & fruit cup

1 container- 131 cals



Rice cakes with peanut butter

1 cake(s)- 240 cals



Milk

1 cup(s)- 149 cals



Pesto chicken sweet potatoes

2 sweet potato(s)- 862 cals

Day 7

2980 cals ● 195g protein (26%) ● 120g fat (36%) ● 239g carbs (32%) ● 41g fiber (5%)

Breakfast

565 cals, 40g protein, 44g net carbs, 22g fat



Orange

2 orange(s)- 170 cals



Protein greek yogurt

1 container- 139 cals



Scrambled eggs with veggies and bacon

256 cals

Lunch

1035 cals, 66g protein, 83g net carbs, 42g fat



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Chicken marsala

8 oz chicken- 466 cals



Mashed sweet potatoes with butter

498 cals

Dinner

1010 cals, 68g protein, 87g net carbs, 37g fat

Snacks

370 cals, 22g protein, 25g net carbs, 19g fat



Cottage cheese & fruit cup

1 container- 131 cals



Rice cakes with peanut butter

1 cake(s)- 240 cals



Milk

1 cup(s)- 149 cals



Pesto chicken sweet potatoes

2 sweet potato(s)- 862 cals

Nut and Seed Products

- sunflower kernels
2 oz (57g)
- roasted pumpkin seeds, unsalted
4 tbsp (30g)
- almonds
6 tbsp, whole (54g)
- mixed nuts
3/4 cup (101g)

Fruits and Fruit Juices

- applesauce
4 to-go container (~4 oz) (488g)
- banana
3 medium (7" to 7-7/8" long) (354g)
- orange
14 orange (2156g)
- avocados
2 1/3 avocado(s) (469g)
- lime juice
1 1/2 tbsp (23mL)
- Grapefruit
1 large (approx 4-1/2" dia) (332g)
- lemon juice
1 tbsp (15mL)

Other

- cottage cheese & fruit cup
6 container (1020g)
- mixed greens
10 2/3 cup (320g)
- ranch dressing mix
3/4 packet (1 oz) (21g)
- protein greek yogurt, flavored
2 container (300g)

Beverages

- water
1 cup (230mL)
- protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Vegetables and Vegetable Products

- fresh spinach
2 cup(s) (60g)
- tomatoes
3 medium whole (2-3/5" dia) (345g)

Baked Products

- bread
4 slice(s) (128g)
- flour tortillas
4 tortilla (approx 10" dia) (288g)

Sausages and Luncheon Meats

- turkey cold cuts
6 oz (170g)
- turkey pepperoni
72 slices (127g)

Spices and Herbs

- salt
1/4 oz (7g)
- black pepper
2 1/4 g (2g)
- taco seasoning mix
1 packet (35g)
- balsamic vinegar
1 tbsp (15mL)

Finfish and Shellfish Products

- canned tuna
4 2/3 can (803g)

Fats and Oils

- salad dressing
1/2 cup (128mL)
- oil
3 oz (92mL)
- olive oil
3 tbsp (45mL)
- ranch dressing
6 tbsp (90mL)

Poultry Products

- boneless skinless chicken thighs
1/2 lbs (255g)
- ground turkey, raw
1 lbs (454g)
- boneless skinless chicken breast, raw
3 1/2 lbs (1574g)

Soups, Sauces, and Gravies

- cucumber**
2 cucumber (8-1/4") (602g)
- onion**
2 1/2 medium (2-1/2" dia) (274g)
- bell pepper**
3 large (477g)
- frozen broccoli**
9 3/4 cup (887g)
- romaine lettuce**
1 1/3 cup chopped (63g)
- sweet potatoes**
10 sweetpotato, 5" long (2100g)
- broccoli**
1 cup chopped (91g)
- beets, precooked (canned or refrigerated)**
2 beet(s) (100g)
- mushrooms**
1/2 lbs (227g)
- garlic**
2 clove(s) (6g)

Dairy and Egg Products

- lowfat flavored yogurt**
2 container (6 oz) (340g)
- feta cheese**
4 tbsp (38g)
- whole milk**
8 1/4 cup(s) (1987mL)
- butter**
1 stick (113g)
- nonfat greek yogurt, plain**
4 tbsp (70g)
- eggs**
13 large (650g)

- salsa**
4 tbsp (72g)
- vegetable broth**
1/2 cup(s) (mL)
- pesto sauce**
1/2 cup (128g)

Beef Products

- sirloin steak, raw**
10 oz (284g)

Pork Products

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

Legumes and Legume Products

- peanut butter**
4 tbsp (64g)

Snacks

- rice cakes, any flavor**
2 cakes (18g)

Breakfast 1 ↗

Eat on day 1 and day 2

Green protein shake

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



For single meal:

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

For all 2 meals:

water
1/2 cup(s) (119mL)
fresh spinach
2 cup(s) (60g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
banana, frozen
1 medium (7" to 7-7/8" long) (118g)
orange, peeled, sliced, and deseeded
2 orange (308g)

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

Banana

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



For single meal:

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

For all 2 meals:

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

1. The recipe has no instructions.

Lowfat yogurt

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



For single meal:

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

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. The recipe has no instructions.

Breakfast 2

Eat on day 3, day 4, and day 5

Milk

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



For single meal:

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

For all 3 meals:

whole milk
3 3/4 cup(s) (900mL)

1. The recipe has no instructions.

Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

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

1. Slice cucumber into rounds and serve.

Creamy scrambled eggs

273 cals ● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
butter
1/2 tbsp (7g)
whole milk
1/8 cup(s) (23mL)

For all 3 meals:

eggs
9 large (450g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
butter
1 1/2 tbsp (20g)
whole milk
1/4 cup(s) (68mL)

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Orange

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



For single meal:

orange
2 orange (308g)

For all 2 meals:

orange
4 orange (616g)

1. The recipe has no instructions.

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 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Scrambled eggs with veggies and bacon

256 cals ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

onion
2 tbsp, chopped (20g)
olive oil
1 tsp (5mL)
eggs
2 large (100g)
bell pepper
1/2 cup, chopped (75g)
bacon, cooked, cooked and chopped
1 slice(s) (10g)

For all 2 meals:

onion
4 tbsp, chopped (40g)
olive oil
2 tsp (10mL)
eggs
4 large (200g)
bell pepper
1 cup, chopped (149g)
bacon, cooked, cooked and chopped
2 slice(s) (20g)

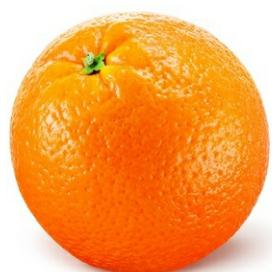
1. Beat eggs with onions, peppers, bacon, and some salt and pepper in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Lunch 1 ↗

Eat on day 1

Orange

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



Makes 2 orange(s)

orange
2 orange (308g)

1. The recipe has no instructions.

Mediterranean turkey sandwich

2 sandwich(es) - 674 cals ● 53g protein ● 17g fat ● 67g carbs ● 11g fiber



Makes 2 sandwich(es)

bread

4 slice(s) (128g)

mixed greens

1/2 cup (15g)

turkey cold cuts

6 oz (170g)

feta cheese

4 tbsp (38g)

tomatoes, sliced

4 slice(s), thick/large (1/2" thick)

(108g)

cucumber, sliced

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

onion, sliced

8 slices, thin (72g)

1. Build sandwich by layering all ingredients inside of the bread. Serve.

Pumpkin seeds

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



roasted pumpkin seeds, unsalted

4 tbsp (30g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Turkey taco wrap

2 wrap(s) - 959 cals ● 62g protein ● 38g fat ● 81g carbs ● 10g fiber



For single meal:

nonfat greek yogurt, plain
2 tbsp (35g)
oil
2 tsp (10mL)
water
4 tbsp (60mL)
taco seasoning mix
1/2 packet (18g)
salsa
2 tbsp (36g)
romaine lettuce
2/3 cup chopped (31g)
ground turkey, raw
1/2 lbs (227g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
tomatoes, chopped
2 slice, medium (1/4" thick) (40g)
onion, diced
4 tbsp chopped (40g)

For all 2 meals:

nonfat greek yogurt, plain
4 tbsp (70g)
oil
4 tsp (20mL)
water
1/2 cup (120mL)
taco seasoning mix
1 packet (35g)
salsa
4 tbsp (72g)
romaine lettuce
1 1/3 cup chopped (63g)
ground turkey, raw
1 lbs (454g)
flour tortillas
4 tortilla (approx 10" dia) (288g)
tomatoes, chopped
4 slice, medium (1/4" thick) (80g)
onion, diced
1/2 cup chopped (80g)

1. Heat oil in a skillet over medium-high heat. Add onions and cook until softened, 5-8 minutes. Add turkey, break apart, and cook until browned. Add taco seasoning and water. Stir and simmer uncovered 3-4 minutes.
2. Place meat and all remaining ingredients into the tortilla. Wrap up and serve.

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.

Lunch 3 ↗

Eat on day 4 and day 5

Avocado tuna salad

582 cals ● 54g protein ● 32g fat ● 8g carbs ● 11g fiber



For single meal:

avocados
2/3 avocado(s) (134g)
lime juice
1/2 tbsp (7mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash (0g)
mixed greens
1 1/3 cup (40g)
canned tuna
1 1/3 can (229g)
tomatoes
1/3 cup, chopped (60g)
onion, minced
1/3 small (23g)

For all 2 meals:

avocados
1 1/3 avocado(s) (268g)
lime juice
2 2/3 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 2/3 cup (80g)
canned tuna
2 2/3 can (459g)
tomatoes
2/3 cup, chopped (120g)
onion, minced
2/3 small (47g)

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.

Mixed nuts

3/8 cup(s) - 327 cals ● 10g protein ● 27g fat ● 7g carbs ● 3g fiber



For single meal:

mixed nuts
6 tbsp (50g)

For all 2 meals:

mixed nuts
3/4 cup (101g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Lunch 4

Eat on day 6 and day 7

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Chicken marsala

8 oz chicken - 466 cals ● 56g protein ● 22g fat ● 9g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
vegetable broth
1/4 cup(s) (mL)
whole milk
1/4 cup(s) (60mL)
lemon juice
1/2 tbsp (8mL)
balsamic vinegar
1/2 tbsp (8mL)
oil, divided
1 tbsp (15mL)
mushrooms, sliced
4 oz (113g)
garlic, diced
1 clove(s) (3g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
vegetable broth
1/2 cup(s) (mL)
whole milk
1/2 cup(s) (120mL)
lemon juice
1 tbsp (15mL)
balsamic vinegar
1 tbsp (15mL)
oil, divided
2 tbsp (30mL)
mushrooms, sliced
1/2 lbs (227g)
garlic, diced
2 clove(s) (6g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)
butter
2 2/3 tbsp (36g)

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, top with butter, and serve.

Snacks 1 ↗

Eat on day 1 and day 2

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels
1 oz (28g)

For all 2 meals:

sunflower kernels
2 oz (57g)

1. The recipe has no instructions.

Applesauce

114 cals ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce
2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce
4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Snacks 2 ↗

Eat on day 3, day 4, and day 5

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.

Orange

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



For single meal:

orange
2 orange (308g)

For all 3 meals:

orange
6 orange (924g)

1. The recipe has no instructions.

Turkey pepperoni

24 slices - 103 cals ● 13g protein ● 5g fat ● 2g carbs ● 0g fiber



For single meal:

turkey pepperoni
24 slices (42g)

For all 3 meals:

turkey pepperoni
72 slices (127g)

1. Enjoy.

Snacks 3 ↗

Eat on day 6 and day 7

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Rice cakes with peanut butter

1 cake(s) - 240 cals ● 8g protein ● 17g fat ● 12g carbs ● 2g fiber



For single meal:

peanut butter
2 tbsp (32g)
rice cakes, any flavor
1 cakes (9g)

For all 2 meals:

peanut butter
4 tbsp (64g)
rice cakes, any flavor
2 cakes (18g)

1. Spread peanut butter over top of rice cake.

Dinner 1 ↗

Eat on day 1

Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



Makes 4 half pepper(s)

avocados

1 avocado(s) (201g)

lime juice

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

bell pepper

2 large (328g)

onion

1/2 small (35g)

canned tuna, drained

2 can (344g)

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

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

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

Dinner 2 ↗

Eat on day 2

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber

Makes 1 3/4 cup(s)



whole milk

1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

Buttered broccoli

2 3/4 cup(s) - 367 cals ● 8g protein ● 32g fat ● 5g carbs ● 7g fiber



Makes 2 3/4 cup(s)

salt
1 1/2 dash (1g)
frozen broccoli
2 3/4 cup (250g)
black pepper
1 1/2 dash (0g)
butter
2 3/4 tbsp (39g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

boneless skinless chicken thighs
1/2 lbs (255g)
oil
1 tsp (6mL)

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.

Dinner 3 ↗

Eat on day 3 and day 4

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)
butter
2 tsp (9g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

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, top with butter, and serve.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen broccoli
5 cup (455g)
olive oil
5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

ranch dressing
3 tbsp (45mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)
oil
3/4 tbsp (11mL)
ranch dressing mix
3/8 packet (1 oz) (11g)

For all 2 meals:

ranch dressing
6 tbsp (90mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
oil
1 1/2 tbsp (23mL)
ranch dressing mix
3/4 packet (1 oz) (21g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 4 ↗

Eat on day 5

Steak and beet salad

937 cals ● 64g protein ● 63g fat ● 22g carbs ● 6g fiber



sirloin steak, raw
10 oz (284g)
mixed greens
3 cup (90g)
broccoli
1 cup chopped (91g)
salad dressing
4 tbsp (60mL)
oil
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beet(s) (100g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. 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)

Dinner 5

Eat on day 6 and day 7

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk

1 cup(s) (240mL)

For all 2 meals:

whole milk

2 cup(s) (480mL)

1. The recipe has no instructions.

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.

