

Meal Plan - 3100 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

3138 cals ● 211g protein (27%) ● 151g fat (43%) ● 181g carbs (23%) ● 51g fiber (7%)

Breakfast

580 cals, 46g protein, 10g net carbs, 37g fat



Basic fried eggs

1 egg(s)- 80 cals



Protein greek yogurt

1 container- 139 cals



Egg in an eggplant

361 cals

Snacks

350 cals, 8g protein, 47g net carbs, 9g fat



Roasted cashews

1/8 cup(s)- 104 cals



Carrot sticks

4 carrot(s)- 108 cals



Nectarine

2 nectarine(s)- 140 cals

Lunch

1135 cals, 76g protein, 99g net carbs, 39g fat



Turkey sandwich with mustard

2 sandwich(es)- 907 cals



Pear

2 pear(s)- 226 cals

Dinner

1075 cals, 81g protein, 25g net carbs, 66g fat



String cheese

3 stick(s)- 248 cals



Avocado, apple, chicken salad

825 cals

Day 2

3067 cals ● 202g protein (26%) ● 122g fat (36%) ● 246g carbs (32%) ● 45g fiber (6%)

Breakfast

580 cals, 46g protein, 10g net carbs, 37g fat



Basic fried eggs

1 egg(s)- 80 cals



Protein greek yogurt

1 container- 139 cals



Egg in an eggplant

361 cals

Snacks

350 cals, 8g protein, 47g net carbs, 9g fat



Roasted cashews

1/8 cup(s)- 104 cals



Carrot sticks

4 carrot(s)- 108 cals



Nectarine

2 nectarine(s)- 140 cals

Lunch

1135 cals, 76g protein, 99g net carbs, 39g fat



Turkey sandwich with mustard

2 sandwich(es)- 907 cals



Pear

2 pear(s)- 226 cals

Dinner

1000 cals, 72g protein, 89g net carbs, 37g fat



Apple

1 apple(s)- 105 cals



Grilled chicken thigh sub

1 sub(s)- 636 cals



Cottage cheese & fruit cup

2 container- 261 cals

Day 3

3063 cals ● 202g protein (26%) ● 147g fat (43%) ● 184g carbs (24%) ● 48g fiber (6%)

Breakfast

565 cals, 33g protein, 25g net carbs, 29g fat



Boiled eggs

3 egg(s)- 208 cals



Raspberries

1 2/3 cup(s)- 120 cals



Avocado toast with egg

1 slice(s)- 238 cals

Snacks

335 cals, 6g protein, 42g net carbs, 13g fat



Pear

1 pear(s)- 113 cals



Small granola bar

1 bar(s)- 119 cals



Roasted cashews

1/8 cup(s)- 104 cals

Lunch

1120 cals, 80g protein, 97g net carbs, 41g fat



Shredded bbq & ranch chicken sandwich

2 sandwich(es)- 911 cals



Roasted carrots

4 carrots(s)- 211 cals

Dinner

1040 cals, 83g protein, 21g net carbs, 65g fat



Roasted pepper stuffed chicken

12 oz- 858 cals



Tossed salad

182 cals

Day 4

3065 cals ● 196g protein (26%) ● 104g fat (31%) ● 275g carbs (36%) ● 60g fiber (8%)

Breakfast

565 cals, 33g protein, 25g net carbs, 29g fat



Boiled eggs

3 egg(s)- 208 cals



Raspberries

1 2/3 cup(s)- 120 cals



Avocado toast with egg

1 slice(s)- 238 cals

Snacks

335 cals, 6g protein, 42g net carbs, 13g fat



Pear

1 pear(s)- 113 cals



Small granola bar

1 bar(s)- 119 cals



Roasted cashews

1/8 cup(s)- 104 cals

Lunch

1120 cals, 80g protein, 97g net carbs, 41g fat



Shredded bbq & ranch chicken sandwich

2 sandwich(es)- 911 cals



Roasted carrots

4 carrots(s)- 211 cals

Dinner

1040 cals, 77g protein, 111g net carbs, 22g fat



Tossed salad

242 cals



Chicken stir fry with rice

799 cals

Day 5

3056 cals ● 223g protein (29%) ● 160g fat (47%) ● 132g carbs (17%) ● 48g fiber (6%)

Breakfast

565 cals, 33g protein, 25g net carbs, 29g fat



Boiled eggs

3 egg(s)- 208 cals



Raspberries

1 2/3 cup(s)- 120 cals



Avocado toast with egg

1 slice(s)- 238 cals

Snacks

335 cals, 6g protein, 42g net carbs, 13g fat



Pear

1 pear(s)- 113 cals



Small granola bar

1 bar(s)- 119 cals



Roasted cashews

1/8 cup(s)- 104 cals

Lunch

1050 cals, 59g protein, 49g net carbs, 63g fat



Simple turkey sandwich

1 1/2 sandwich(es)- 816 cals



Tomato and avocado salad

235 cals

Dinner

1105 cals, 126g protein, 16g net carbs, 56g fat



Tossed salad

121 cals



Broiled tilapia parmesan

20 oz- 983 cals

Day 6

3077 cals ● 240g protein (31%) ● 144g fat (42%) ● 167g carbs (22%) ● 40g fiber (5%)

Breakfast

550 cals, 31g protein, 15g net carbs, 38g fat



Avocado toast

1 slice(s)- 168 cals



Southwest bacon omelet

382 cals

Snacks

425 cals, 63g protein, 8g net carbs, 12g fat



Chocolate protein mug cake

2 mug cake(s)- 389 cals



Raspberries

1/2 cup(s)- 36 cals

Lunch

1055 cals, 73g protein, 90g net carbs, 37g fat



Turkey-mixed veggies-quinoa bowl

914 cals



Tomato cucumber salad

141 cals

Dinner

1045 cals, 72g protein, 54g net carbs, 57g fat



Tomato and avocado salad

117 cals



Blue cheese stuffed chicken thighs

1 1/2 thigh- 678 cals



Couscous

251 cals

Day 7

3077 cals ● 240g protein (31%) ● 144g fat (42%) ● 167g carbs (22%) ● 40g fiber (5%)

Breakfast

550 cals, 31g protein, 15g net carbs, 38g fat



Avocado toast

1 slice(s)- 168 cals



Southwest bacon omelet

382 cals

Snacks

425 cals, 63g protein, 8g net carbs, 12g fat



Chocolate protein mug cake

2 mug cake(s)- 389 cals



Raspberries

1/2 cup(s)- 36 cals

Lunch

1055 cals, 73g protein, 90g net carbs, 37g fat



Turkey-mixed veggies-quinoa bowl

914 cals



Tomato cucumber salad

141 cals

Dinner

1045 cals, 72g protein, 54g net carbs, 57g fat



Tomato and avocado salad

117 cals



Blue cheese stuffed chicken thighs

1 1/2 thigh- 678 cals



Couscous

251 cals

Nut and Seed Products

- ☐ roasted cashews
10 tbsp (86g)

Vegetables and Vegetable Products

- ☐ carrots
19 1/4 medium (1176g)
- ☐ eggplant
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ tomatoes
6 1/4 medium whole (2-3/5" dia) (769g)
- ☐ romaine lettuce
2 head (1182g)
- ☐ raw celery
3 tbsp chopped (19g)
- ☐ iceberg lettuce
4 tbsp shredded (18g)
- ☐ red onion
1 1/3 medium (2-1/2" dia) (132g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (470g)
- ☐ frozen mixed veggies
26 oz (742g)
- ☐ onion
1/2 medium (2-1/2" dia) (57g)
- ☐ bell pepper
2 2/3 tbsp, diced (25g)

Fruits and Fruit Juices

- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ pears
7 medium (1246g)
- ☐ lime juice
1 1/4 fl oz (38mL)
- ☐ avocados
3 avocado(s) (603g)
- ☐ apples
1 3/4 medium (3" dia) (319g)
- ☐ raspberries
6 cup (738g)
- ☐ lemon juice
1 1/4 tbsp (19mL)

Dairy and Egg Products

- ☐ eggs
29 1/3 large (1467g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
22 oz (624g)

Baked Products

- ☐ bread
16 slice (512g)
- ☐ hamburger buns
4 bun(s) (204g)
- ☐ baking powder
2 tsp (10g)

Spices and Herbs

- ☐ dijon mustard
5 tsp (25g)
- ☐ garlic powder
1 tsp (3g)
- ☐ salt
2 tsp (12g)
- ☐ black pepper
3/4 tbsp, ground (5g)
- ☐ paprika
1 tsp (2g)
- ☐ thyme, dried
1/2 tsp, ground (1g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 2/3 lbs (1188g)
- ☐ boneless skinless chicken thighs
1 thigh(s) (148g)
- ☐ boneless chicken thighs, with skin
3/4 lbs (341g)
- ☐ ground turkey, raw
18 3/4 oz (529g)
- ☐ chicken thighs, with bone and skin, raw
3 thigh(s) (510g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/2 cup (136g)

Snacks

- ☐ small granola bar
3 bar (75g)

- ☐ sliced cheese
9 oz (259g)
- ☐ string cheese
3 stick (84g)
- ☐ parmesan cheese
5 tbsp (31g)
- ☐ butter
4 tsp (18g)
- ☐ blue cheese
1 1/2 oz (43g)

Fats and Oils

- ☐ oil
2 oz (64mL)
- ☐ olive oil
2 1/2 oz (81mL)
- ☐ mayonnaise
1/4 cup (66mL)
- ☐ ranch dressing
2 2/3 tbsp (40mL)
- ☐ salad dressing
1/2 cup (127mL)

Other

- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ sub roll(s)
1 roll(s) (85g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ roasted red peppers
1 pepper(s) (70g)
- ☐ stir-fry sauce
4 tbsp (68g)
- ☐ protein powder, chocolate
4 scoop (1/3 cup ea) (124g)
- ☐ calorie-free sweetener
2 2/3 tbsp (28g)
- ☐ flavored quinoa mix
1 1/6 package (4.9 oz) (162g)

Cereal Grains and Pasta

- ☐ long-grain white rice
6 tbsp (69g)
- ☐ instant couscous, flavored
5/6 box (5.8 oz) (137g)

Beverages

- ☐ water
1 cup (230mL)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/4 lbs (560g)

Pork Products

- ☐ bacon, cooked
5 1/3 slice(s) (53g)

Sweets

- ☐ cocoa powder
2 2/3 tbsp (14g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Basic fried eggs

1 egg(s) - 80 cal ● 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.

Protein greek yogurt

1 container - 139 cal ● 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.

Egg in an eggplant

361 cal ● 20g protein ● 28g fat ● 2g carbs ● 5g fiber



For single meal:

eggplant

3 1 inch (2.5 cm) slice(s) (180g)

oil

1 tbsp (15mL)

eggs

3 large (150g)

For all 2 meals:

eggplant

6 1 inch (2.5 cm) slice(s) (360g)

oil

2 tbsp (30mL)

eggs

6 large (300g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Boiled eggs

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



For single meal:

eggs

3 large (150g)

For all 3 meals:

eggs

9 large (450g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Raspberries

1 2/3 cup(s) - 120 cal ● 3g protein ● 1g fat ● 11g carbs ● 13g fiber



For single meal:

raspberries
1 2/3 cup (205g)

For all 3 meals:

raspberries
5 cup (615g)

1. Rinse raspberries and serve.

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
eggs
1 large (50g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
eggs
3 large (150g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
avocados, ripe, sliced
1/2 avocado(s) (101g)

1. Toast the bread.
 2. Top with ripe avocado and use a fork to smash.
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Southwest bacon omelet

382 cals ● 26g protein ● 29g fat ● 3g carbs ● 0g fiber



For single meal:

olive oil
1/2 tbsp (7mL)
bell pepper
4 tsp, diced (12g)
onion
4 tsp chopped (13g)
eggs
2 2/3 large (133g)
bacon, cooked, cooked and chopped
2 2/3 slice(s) (27g)

For all 2 meals:

olive oil
1 tbsp (13mL)
bell pepper
2 2/3 tbsp, diced (25g)
onion
2 2/3 tbsp chopped (27g)
eggs
5 1/3 large (267g)
bacon, cooked, cooked and chopped
5 1/3 slice(s) (53g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the bell pepper, onion, and bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Lunch 1 [↗](#)

Eat on day 1 and day 2

Turkey sandwich with mustard

2 sandwich(es) - 907 cals ● 74g protein ● 39g fat ● 56g carbs ● 9g fiber



For single meal:

turkey cold cuts
1/2 lbs (227g)
sliced cheese
4 slice (3/4 oz ea) (84g)
bread
4 slice (128g)
tomatoes
4 slice(s), thin/small (60g)
romaine lettuce
2 leaf inner (12g)
dijon mustard
2 tsp (10g)

For all 2 meals:

turkey cold cuts
1 lbs (454g)
sliced cheese
8 slice (3/4 oz ea) (168g)
bread
8 slice (256g)
tomatoes
8 slice(s), thin/small (120g)
romaine lettuce
4 leaf inner (24g)
dijon mustard
4 tsp (20g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

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.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Shredded bbq & ranch chicken sandwich

2 sandwich(es) - 911 cals ● 78g protein ● 31g fat ● 77g carbs ● 3g fiber



For single meal:

barbecue sauce
4 tbsp (68g)
hamburger buns
2 bun(s) (102g)
ranch dressing
4 tsp (20mL)
romaine lettuce
2 leaf inner (12g)
olive oil
2 tsp (10mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

For all 2 meals:

barbecue sauce
1/2 cup (136g)
hamburger buns
4 bun(s) (204g)
ranch dressing
2 2/3 tbsp (40mL)
romaine lettuce
4 leaf inner (24g)
olive oil
4 tsp (20mL)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)

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.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

For all 2 meals:

oil
4 tsp (20mL)
carrots, sliced
8 large (576g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Lunch 3 [↗](#)

Eat on day 5

Simple turkey sandwich

1 1/2 sandwich(es) - 816 cals ● 56g protein ● 44g fat ● 42g carbs ● 6g fiber



Makes 1 1/2 sandwich(es)

turkey cold cuts
6 oz (170g)
sliced cheese
3 slice (3/4 oz ea) (63g)
bread
3 slice (96g)
mayonnaise
1 1/2 tbsp (23mL)
tomatoes
3 slice(s), thin/small (45g)
romaine lettuce
1 1/2 leaf inner (9g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mayonnaise on the other slice of bread and place it mayonnaise-down on top of the turkey/cheese/lettuce/tomato.
3. Serve.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
 2. Meanwhile, prepare the avocado and tomato.
 3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
 4. Serve chilled.
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Lunch 4 [↗](#)

Eat on day 6 and day 7

Turkey-mixed veggies-quinoa bowl

914 cals ● 70g protein ● 31g fat ● 75g carbs ● 15g fiber



For single meal:

salt
1/4 tsp (2g)
black pepper
1/4 tsp, ground (1g)
ground turkey, raw
9 1/3 oz (265g)
flavored quinoa mix
5/8 package (4.9 oz) (81g)
frozen mixed veggies
5/8 package (16 oz ea) (265g)
olive oil
1 tsp (6mL)

For all 2 meals:

salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
ground turkey, raw
18 2/3 oz (529g)
flavored quinoa mix
1 1/6 package (4.9 oz) (162g)
frozen mixed veggies
1 1/6 package (16 oz ea) (529g)
olive oil
3/4 tbsp (12mL)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) and serve.

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



For single meal:

salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

salad dressing
4 tbsp (60mL)
red onion, thinly sliced
1 small (70g)
cucumber, thinly sliced
1 cucumber (8-1/4") (301g)
tomatoes, thinly sliced
2 medium whole (2-3/5" dia) (246g)

1. Mix ingredients together in a bowl and serve.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Roasted cashews

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



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Carrot sticks

4 carrot(s) - 108 cals ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 2 meals:

carrots
8 medium (488g)

1. Cut carrots into strips and serve.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Snacks 2 [↗](#)

Eat on day 3, 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 3 meals:

pears
3 medium (534g)

1. The recipe has no instructions.
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Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 3 meals:

small granola bar
3 bar (75g)

1. The recipe has no instructions.
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Roasted cashews

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



For single meal:

roasted cashews
2 tbsp (17g)

For all 3 meals:

roasted cashews
6 tbsp (51g)

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

Eat on day 6 and day 7

Chocolate protein mug cake

2 mug cake(s) - 389 cals ● 62g protein ● 11g fat ● 4g carbs ● 5g fiber



For single meal:

protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
baking powder
1 tsp (5g)
cocoa powder
4 tsp (7g)
eggs
2 large (100g)
water
4 tsp (20mL)
calorie-free sweetener
4 tsp (14g)

For all 2 meals:

protein powder, chocolate
4 scoop (1/3 cup ea) (124g)
baking powder
2 tsp (10g)
cocoa powder
2 2/3 tbsp (14g)
eggs
4 large (200g)
water
8 tsp (40mL)
calorie-free sweetener
2 2/3 tbsp (28g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Dinner 1 [↗](#)

Eat on day 1

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



Makes 3 stick(s)

string cheese

3 stick (84g)

1. The recipe has no instructions.

Avocado, apple, chicken salad

825 cals ● 61g protein ● 49g fat ● 20g carbs ● 14g fiber



raw celery

3 tbsp chopped (19g)

olive oil

1 1/2 tbsp (23mL)

garlic powder

3 dash (1g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

lime juice

1/2 tbsp (8mL)

boneless skinless chicken breast, raw, cubed

1/2 lbs (255g)

avocados, chopped

3/4 avocado(s) (151g)

apples, finely chopped

3/4 medium (3" dia) (137g)

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.
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Dinner 2 [↗](#)

Eat on day 2

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.

Grilled chicken thigh sub

1 sub(s) - 636 cals ● 44g protein ● 31g fat ● 43g carbs ● 3g fiber



Makes 1 sub(s)

sub roll(s)

1 roll(s) (85g)

sliced cheese

1 slice (1 oz ea) (28g)

iceberg lettuce

4 tbsp shredded (18g)

tomatoes

2 slice(s), thin/small (30g)

mayonnaise

1 tbsp (15mL)

dijon mustard

1 tsp (5g)

boneless skinless chicken thighs

1 thigh(s) (148g)

1. Season the chicken with some salt and pepper. Lightly spray a grill, grill pan, or skillet with cooking spray, then add the chicken.
2. Grill until cooked through, flipping halfway.
3. Transfer the chicken to a plate. Once cool enough to handle, slice into strips.
4. Spread mayo and mustard on the top half of the bun. On the bottom half, layer the chicken, cheese, lettuce, and tomato. Add any other low-calorie toppings you like.
5. Press the sandwich together and serve.
6. Meal Prep Note: Cook and slice the chicken in advance. Store separately from the buns and toppings to keep everything fresh. Assemble just before eating.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

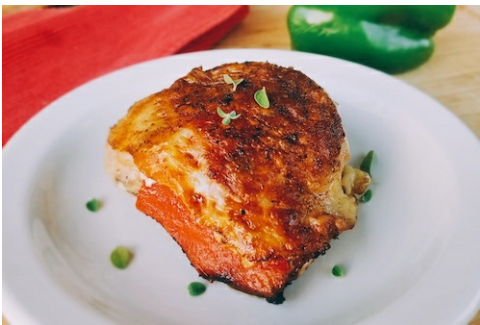
1. Mix cottage cheese and fruit portions of the container together and serve.

Dinner 3 [↗](#)

Eat on day 3

Roasted pepper stuffed chicken

12 oz - 858 cals ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber



Makes 12 oz

boneless chicken thighs, with skin
3/4 lbs (341g)
paprika
4 dash (1g)
oil
1/2 tbsp (8mL)
roasted red peppers, cut into thick strips
1 pepper(s) (70g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



romaine lettuce, shredded
3/4 hearts (375g)
tomatoes, diced
3/4 small whole (2-2/5" dia) (68g)
salad dressing
1 1/2 tbsp (23mL)
red onion, sliced
1/6 medium (2-1/2" dia) (21g)
cucumber, sliced or diced
1/6 cucumber (8-1/4") (56g)
carrots, peeled and shredded or sliced
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
 2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.
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Dinner 4 [↗](#)

Eat on day 4

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



romaine lettuce, shredded

1 hearts (500g)

tomatoes, diced

1 small whole (2-2/5" dia) (91g)

salad dressing

2 tbsp (30mL)

red onion, sliced

1/4 medium (2-1/2" dia) (28g)

cucumber, sliced or diced

1/4 cucumber (8-1/4") (75g)

carrots, peeled and shredded or sliced

1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Chicken stir fry with rice

799 cals ● 69g protein ● 14g fat ● 91g carbs ● 10g fiber



long-grain white rice

6 tbsp (69g)

water

3/4 cup(s) (178mL)

salt

1 1/2 dash (1g)

black pepper

3 dash, ground (1g)

frozen mixed veggies

3/4 10oz package (213g)

stir-fry sauce

4 tbsp (68g)

**boneless skinless chicken breast, raw,
cubed**

1/2 lbs (252g)

oil, divided

1 tsp (6mL)

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

Eat on day 5

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded

1/2 hearts (250g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

red onion, sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Broiled tilapia parmesan

20 oz - 983 cals ● 122g protein ● 52g fat ● 6g carbs ● 1g fiber



Makes 20 oz

parmesan cheese

5 tbsp (31g)

mayonnaise

2 tbsp (28mL)

lemon juice

1 1/4 tbsp (19mL)

tilapia, raw

1 1/4 lbs (560g)

black pepper

5 dash, ground (1g)

salt

5 dash (4g)

butter, softened

1 1/4 tbsp (18g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Mix Parmesan cheese, butter, mayonnaise, and lemon juice together in a small bowl.
3. Season fish with pepper and salt.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil for 2 or 3 minutes more. Remove fillets from oven and cover with Parmesan mixture on top side.
6. Broil until fish flakes easily with a fork, about 2 minutes.

Dinner 6 [↗](#)

Eat on day 6 and day 7

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia)
(31g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Blue cheese stuffed chicken thighs

1 1/2 thigh - 678 cals ● 62g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

blue cheese
3/4 oz (21g)
thyme, dried
1/4 tsp, ground (0g)
olive oil
1/2 tsp (3mL)
paprika
1 1/2 dash (0g)
chicken thighs, with bone and skin, raw
1 1/2 thigh(s) (255g)

For all 2 meals:

blue cheese
1 1/2 oz (43g)
thyme, dried
1/2 tsp, ground (1g)
olive oil
1 tsp (6mL)
paprika
3 dash (1g)
chicken thighs, with bone and skin, raw
3 thigh(s) (510g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Couscous

251 cal ● 9g protein ● 1g fat ● 50g carbs ● 3g fiber



For single meal:

instant couscous, flavored
3/8 box (5.8 oz) (69g)

For all 2 meals:

instant couscous, flavored
5/6 box (5.8 oz) (137g)

1. Follow instructions on package.
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