

Meal Plan - 3300 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

3287 cals ● 248g protein (30%) ● 155g fat (42%) ● 186g carbs (23%) ● 40g fiber (5%)

Breakfast

570 cals, 29g protein, 52g net carbs, 26g fat



[Sunflower seeds](#)

271 cals



[Kefir](#)

300 cals

Lunch

1160 cals, 76g protein, 58g net carbs, 63g fat



[Roasted cashews](#)

3/8 cup(s)- 348 cals



[Lowfat Greek yogurt](#)

2 container(s)- 310 cals



[Chicken avocado salad](#)

500 cals

Snacks

410 cals, 28g protein, 42g net carbs, 11g fat



[Kiwi](#)

2 kiwi- 94 cals



[Boiled eggs](#)

1 egg(s)- 69 cals



[Protein bar](#)

1 bar- 245 cals

Dinner

1150 cals, 115g protein, 33g net carbs, 56g fat



[Teriyaki chicken](#)

16 oz- 760 cals



[Tomato and avocado salad](#)

391 cals

Day 2

3266 cals ● 309g protein (38%) ● 127g fat (35%) ● 186g carbs (23%) ● 37g fiber (5%)

Breakfast

570 cals, 29g protein, 52g net carbs, 26g fat



Sunflower seeds

271 cals



Kefir

300 cals

Lunch

1135 cals, 138g protein, 58g net carbs, 34g fat



Lemon pepper chicken breast

20 oz- 740 cals



Farro

3/4 cups, cooked- 278 cals



Roasted tomatoes

2 tomato(es)- 119 cals

Snacks

410 cals, 28g protein, 42g net carbs, 11g fat



Kiwi

2 kiwi- 94 cals



Boiled eggs

1 egg(s)- 69 cals



Protein bar

1 bar- 245 cals

Dinner

1150 cals, 115g protein, 33g net carbs, 56g fat



Teriyaki chicken

16 oz- 760 cals



Tomato and avocado salad

391 cals

Day 3

3348 cals ● 219g protein (26%) ● 137g fat (37%) ● 278g carbs (33%) ● 33g fiber (4%)

Breakfast

570 cals, 29g protein, 52g net carbs, 26g fat



Sunflower seeds

271 cals



Kefir

300 cals

Lunch

1115 cals, 80g protein, 110g net carbs, 32g fat



Shredded bbq & ranch chicken sandwich

2 sandwich(es)- 911 cals



Grapes

203 cals

Snacks

410 cals, 28g protein, 42g net carbs, 11g fat



Kiwi

2 kiwi- 94 cals



Boiled eggs

1 egg(s)- 69 cals



Protein bar

1 bar- 245 cals

Dinner

1255 cals, 82g protein, 73g net carbs, 68g fat



Caesar chicken breasts

10 2/3 oz- 612 cals



Roasted tomatoes

4 tomato(es)- 238 cals



Buttery white rice

405 cals

Day 4

3253 cals ● 215g protein (26%) ● 161g fat (44%) ● 182g carbs (22%) ● 52g fiber (6%)

Breakfast

610 cals, 39g protein, 22g net carbs, 38g fat



Roasted cashews

1/8 cup(s)- 104 cals



Scrambled eggs with kale, tomatoes, rosemary

507 cals

Snacks

475 cals, 23g protein, 33g net carbs, 24g fat



Milk

1 2/3 cup(s)- 248 cals



Bell pepper strips and hummus

227 cals

Lunch

1115 cals, 80g protein, 110g net carbs, 32g fat



Shredded bbq & ranch chicken sandwich

2 sandwich(es)- 911 cals



Grapes

203 cals

Dinner

1055 cals, 74g protein, 18g net carbs, 66g fat



Roasted almonds

3/8 cup(s)- 370 cals



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cals

Day 5

3387 cals ● 235g protein (28%) ● 185g fat (49%) ● 149g carbs (18%) ● 47g fiber (6%)

Breakfast

610 cals, 39g protein, 22g net carbs, 38g fat



Roasted cashews

1/8 cup(s)- 104 cals



Scrambled eggs with kale, tomatoes, rosemary

507 cals

Snacks

475 cals, 23g protein, 33g net carbs, 24g fat



Milk

1 2/3 cup(s)- 248 cals



Bell pepper strips and hummus

227 cals

Lunch

1105 cals, 83g protein, 16g net carbs, 74g fat



Chicken thighs with lemon & olives

12 oz- 876 cals



Simple kale & avocado salad

230 cals

Dinner

1195 cals, 90g protein, 79g net carbs, 49g fat



Simple roasted cod

16 oz- 593 cals



Mashed sweet potatoes

366 cals



Tomato and avocado salad

235 cals

Day 6

3366 cals ● 229g protein (27%) ● 182g fat (49%) ● 164g carbs (20%) ● 40g fiber (5%)

Breakfast

630 cals, 34g protein, 39g net carbs, 36g fat



Bacon

7 slice(s)- 354 cals



Instant oatmeal with milk

1 packet(s)- 276 cals

Snacks

435 cals, 22g protein, 31g net carbs, 23g fat



Kale chips

206 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals



Roasted cashews

1/8 cup(s)- 104 cals

Lunch

1105 cals, 83g protein, 16g net carbs, 74g fat



Chicken thighs with lemon & olives

12 oz- 876 cals



Simple kale & avocado salad

230 cals

Dinner

1195 cals, 90g protein, 79g net carbs, 49g fat



Simple roasted cod

16 oz- 593 cals



Mashed sweet potatoes

366 cals



Tomato and avocado salad

235 cals

Day 7

3331 cals ● 243g protein (29%) ● 163g fat (44%) ● 178g carbs (21%) ● 45g fiber (5%)

Breakfast

630 cals, 34g protein, 39g net carbs, 36g fat



Bacon

7 slice(s)- 354 cals



Instant oatmeal with milk

1 packet(s)- 276 cals

Snacks

435 cals, 22g protein, 31g net carbs, 23g fat



Kale chips

206 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals



Roasted cashews

1/8 cup(s)- 104 cals

Lunch

1100 cals, 87g protein, 80g net carbs, 40g fat



Mashed sweet potatoes with butter

498 cals



Baked chicken with tomatoes & olives

12 oz- 599 cals

Dinner

1170 cals, 101g protein, 28g net carbs, 64g fat



Milk

1 1/4 cup(s)- 186 cals



Avocado tuna salad

982 cals

Grocery List



Fruits and Fruit Juices

- kiwi
6 fruit (414g)
- lime juice
3 1/2 fl oz (109mL)
- avocados
6 avocado(s) (1214g)
- grapes
7 cup (644g)
- lemon
1 2/3 large (142g)
- green olives
5/8 can (~6 oz) (117g)

Dairy and Egg Products

- eggs
13 large (650g)
- kefir, flavored
6 cup (1440mL)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- parmesan cheese
2 2/3 tbsp (13g)
- butter
1/3 stick (36g)
- whole milk
6 cup(s) (1459mL)
- low fat cottage cheese (1% milkfat)
1 cup (226g)

Other

- protein bar (20g protein)
3 bar (150g)
- teriyaki sauce
1 cup (240mL)
- farro
6 tbsp (78g)
- mixed greens
2 1/4 cup (68g)

Nut and Seed Products

- sunflower kernels
1/4 lbs (128g)
- roasted cashews
1 cup (126g)
- almonds
6 3/4 tbsp, whole (60g)

Fats and Oils

- oil
2 2/3 oz (80mL)
- olive oil
5 oz (157mL)
- ranch dressing
2 2/3 tbsp (40mL)
- caesar salad dressing
2 3/4 tbsp (39g)

Spices and Herbs

- garlic powder
1/2 tbsp (4g)
- salt
1 oz (30g)
- black pepper
1/4 oz (7g)
- lemon pepper
1 1/4 tbsp (9g)
- balsamic vinegar
5 tsp (25mL)
- rosemary, dried
3 g (3g)
- chili powder
2 tsp (5g)
- fresh basil
12 leaves (6g)

Beverages

- water
5 cup (1152mL)

Soups, Sauces, and Gravies

- barbecue sauce
1/2 cup (136g)
- chicken broth
1/2 cup(s) (mL)

Baked Products

- hamburger buns
4 bun(s) (204g)

Cereal Grains and Pasta

- long-grain white rice
6 3/4 tbsp (77g)

Poultry Products

- boneless skinless chicken breast, raw
6 1/2 lbs (2949g)
- chicken thighs, with bone and skin, raw
4 thigh(s) (680g)

Vegetables and Vegetable Products

- onion
1 1/2 medium (2-1/2" dia) (156g)
- brussels sprouts
5 sprouts (95g)
- tomatoes
13 1/4 medium whole (2-3/5" dia) (1629g)
- romaine lettuce
4 leaf inner (24g)
- bell pepper
3 1/2 large (563g)
- kale leaves
1 1/2 lbs (710g)
- sweet potatoes
6 sweetpotato, 5" long (1260g)
- garlic
3 clove(s) (9g)

Legumes and Legume Products

- hummus
14 tbsp (216g)

Finfish and Shellfish Products

- canned tuna
3 3/4 can (645g)
- cod, raw
2 lbs (907g)

Pork Products

- bacon, cooked
14 slice(s) (140g)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)

Sweets

- honey
4 tsp (28g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 3 meals:

sunflower kernels
1/4 lbs (128g)

1. The recipe has no instructions.

Kefir

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



For single meal:

kefir, flavored
2 cup (480mL)

For all 3 meals:

kefir, flavored
6 cup (1440mL)

1. Pour into a glass and drink.

Breakfast 2 ↗

Eat on day 4 and day 5

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.

Scrambled eggs with kale, tomatoes, rosemary

507 cals ● 36g protein ● 31g fat ● 17g carbs ● 5g fiber



For single meal:

oil
1 1/4 tsp (6mL)
water
1/2 cup (113mL)
balsamic vinegar
2 1/2 tsp (13mL)
rosemary, dried
5 dash (1g)
tomatoes
1 1/4 cup, chopped (225g)
eggs
5 large (250g)
kale leaves
2 1/2 cup, chopped (100g)

For all 2 meals:

oil
2 1/2 tsp (13mL)
water
1 cup (225mL)
balsamic vinegar
5 tsp (25mL)
rosemary, dried
1 1/4 tsp (2g)
tomatoes
2 1/2 cup, chopped (450g)
eggs
10 large (500g)
kale leaves
5 cup, chopped (200g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Bacon

7 slice(s) - 354 cals ● 25g protein ● 28g fat ● 1g carbs ● 0g fiber



For single meal:

bacon, cooked

7 slice(s) (70g)

For all 2 meals:

bacon, cooked

14 slice(s) (140g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

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.

Lunch 1 ↗

Eat on day 1

Roasted cashews

3/8 cup(s) - 348 cals ● 9g protein ● 27g fat ● 17g carbs ● 2g fiber



Makes 3/8 cup(s)

roasted cashews
6 2/3 tbsp (57g)

1. The recipe has no instructions.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber

Makes 2 container(s)

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.



Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



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

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

Lunch 2 ↗

Eat on day 2

Lemon pepper chicken breast

20 oz - 740 cals ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



Makes 20 oz

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

olive oil

2 tsp (9mL)

lemon pepper

1 1/4 tbsp (9g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Farro

3/4 cups, cooked - 278 cals ● 9g protein ● 2g fat ● 50g carbs ● 8g fiber



Makes 3/4 cups, cooked

farro

6 tbsp (78g)

water

3 cup(s) (711mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

oil

2 tsp (10mL)

tomatoes

2 small whole (2-2/5" dia) (182g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lunch 3 ↗

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.

Grapes

203 cals ● 2g protein ● 1g fat ● 32g carbs ● 13g fiber



For single meal:

grapes
3 1/2 cup (322g)

For all 2 meals:

grapes
7 cup (644g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 5 and day 6

Chicken thighs with lemon & olives

12 oz - 876 cals ● 78g protein ● 59g fat ● 6g carbs ● 3g fiber



For single meal:

chicken thighs, with bone and skin, raw
2 thigh(s) (340g)
salt
2 dash (2g)
black pepper
4 dash, ground (1g)
rosemary, dried
1/4 tbsp (1g)
olive oil
1/4 tbsp (4mL)
lemon
1/2 large (42g)
green olives
1/2 small can (~2 oz) (32g)
chicken broth
1/4 cup(s) (mL)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

chicken thighs, with bone and skin, raw
4 thigh(s) (680g)
salt
4 dash (3g)
black pepper
1 tsp, ground (2g)
rosemary, dried
1/2 tbsp (2g)
olive oil
1/2 tbsp (8mL)
lemon
1 large (84g)
green olives
1 small can (~2 oz) (64g)
chicken broth
1/2 cup(s) (mL)
garlic, minced
3 clove(s) (9g)

1. Pat chicken thighs dry with paper towels. Season with salt and pepper and place in a baking dish, skin side up.
2. Sprinkle with garlic and rosemary and drizzle with olive oil. Rub seasoning on all sides of the thighs. Tuck lemon wedges here and there. Let marinate for 15 minutes.
3. Heat oven to 375 F (190 C).
4. Put baking dish in oven, uncovered, and roast until skin lightly brown, about 20 minutes. Scatter olives over chicken and add broth. Cover tightly and bake for 1 hour, until meat is very tender.
5. Remove thighs and lemon wedges and arrange on a platter.
6. Pour pan juices into a saucepan and quickly skim fat from surface. Over high heat, simmer rapidly until reduced by half. Spoon juices over chicken and serve.

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.

Lunch 5 ↗

Eat on day 7

Mashed sweet potatoes with butter

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



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.

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

tomatoes

12 cherry tomatoes (204g)

olive oil

2 tsp (10mL)

salt

4 dash (3g)

green olives

12 large (53g)

black pepper

4 dash (0g)

chili powder

2 tsp (5g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

fresh basil, shredded

12 leaves (6g)

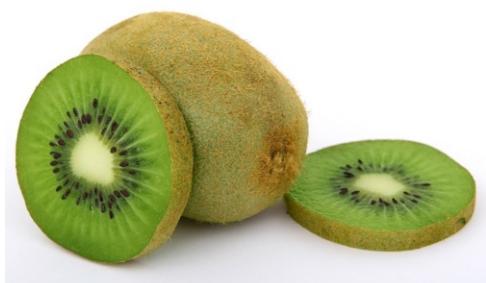
1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi

2 fruit (138g)

For all 3 meals:

kiwi

6 fruit (414g)

1. Slice the kiwi and serve.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 3 meals:

eggs

3 large (150g)

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.

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.

Snacks 2 ↗

Eat on day 4 and day 5

Milk

1 2/3 cup(s) - 248 cals ● 13g protein ● 13g fat ● 20g carbs ● 0g fiber



For single meal:

whole milk

1 2/3 cup(s) (400mL)

For all 2 meals:

whole milk

3 1/3 cup(s) (800mL)

1. The recipe has no instructions.

Bell pepper strips and hummus

227 cals ● 10g protein ● 11g fat ● 14g carbs ● 9g fiber



For single meal:

hummus
1/2 cup (108g)
bell pepper
1 1/3 medium (159g)

For all 2 meals:

hummus
14 tbsp (216g)
bell pepper
2 2/3 medium (317g)

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

Snacks 3 ↗

Eat on day 6 and day 7

Kale chips

206 cals ● 5g protein ● 14g fat ● 11g carbs ● 3g fiber



For single meal:

salt
1 tsp (6g)
kale leaves
1 bunch (170g)
olive oil
1 tbsp (15mL)

For all 2 meals:

salt
2 tsp (12g)
kale leaves
2 bunch (340g)
olive oil
2 tbsp (30mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

Cottage cheese & honey

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



For single meal:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

honey

2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1 cup (226g)

honey

4 tsp (28g)

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

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.

Dinner 1 ↗

Eat on day 1 and day 2

Teriyaki chicken

16 oz - 760 cals ● 110g protein ● 26g fat ● 22g carbs ● 0g fiber



For single meal:

oil

1 tbsp (15mL)

teriyaki sauce

1/2 cup (120mL)

boneless skinless chicken breast, raw, cubed

1 lbs (448g)

For all 2 meals:

oil

2 tbsp (30mL)

teriyaki sauce

1 cup (240mL)

boneless skinless chicken breast, raw, cubed

2 lbs (896g)

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.

Tomato and avocado salad

391 cals ● 5g protein ● 31g fat ● 11g carbs ● 13g fiber



For single meal:

onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia)
(103g)

For all 2 meals:

onion
1/4 cup minced (50g)
lime juice
1/4 cup (50mL)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)
avocados, cubed
1 2/3 avocado(s) (335g)
tomatoes, diced
1 2/3 medium whole (2-3/5" dia)
(205g)

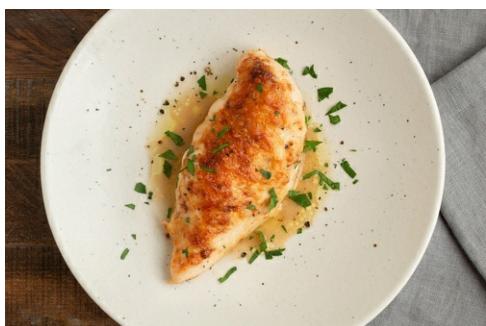
1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 2

Eat on day 3

Caesar chicken breasts

10 2/3 oz - 612 cals ● 73g protein ● 34g fat ● 3g carbs ● 0g fiber



Makes 10 2/3 oz

boneless skinless chicken breast, raw
2/3 lbs (302g)
caesar salad dressing
2 2/3 tbsp (39g)
parmesan cheese
2 2/3 tbsp (13g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

Roasted tomatoes

4 tomato(es) - 238 cals ● 3g protein ● 19g fat ● 10g carbs ● 4g fiber



Makes 4 tomato(es)

oil

4 tsp (20mL)

tomatoes

4 small whole (2-2/5" dia) (364g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Buttery white rice

405 cals ● 6g protein ● 15g fat ● 61g carbs ● 1g fiber



black pepper

1/4 tsp, ground (0g)

butter

1 1/4 tbsp (18g)

salt

1/2 tsp (3g)

water

5/6 cup(s) (198mL)

long-grain white rice

6 2/3 tbsp (77g)

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.

Dinner 3 ↗

Eat on day 4

Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

canned tuna, drained

1 1/2 can (258g)

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.

Dinner 4 ↗

Eat on day 5 and day 6

Simple roasted cod

16 oz - 593 cals ● 81g protein ● 30g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
2 tbsp (30mL)
cod, raw
1 lbs (453g)

For all 2 meals:

olive oil
4 tbsp (60mL)
cod, raw
2 lbs (907g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)

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.

Tomato and avocado salad

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



For single meal:

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)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)

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.

Dinner 5

Eat on day 7

Milk

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

Makes 1 1/4 cup(s)

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

1. The recipe has no instructions.



Avocado tuna salad

982 cals 91g protein 54g fat 13g carbs 19g fiber

**avocados**

1 avocado(s) (226g)

lime juice

3/4 tbsp (11mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

2 1/4 cup (68g)

canned tuna

2 1/4 can (387g)

tomatoes

1/2 cup, chopped (101g)

onion, minced

1/2 small (39g)

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.

3. Serve.