

Meal Plan - 3400 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

3409 cals ● 240g protein (28%) ● 117g fat (31%) ● 311g carbs (36%) ● 39g fiber (5%)

Breakfast

600 cals, 36g protein, 30g net carbs, 35g fat



High-protein granola bar
1 bar(s)- 204 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Egg in an eggplant
241 cals

Snacks

410 cals, 25g protein, 31g net carbs, 17g fat



Apple and protein fruit dip
408 cals

Lunch

1245 cals, 69g protein, 115g net carbs, 52g fat



Dinner roll
3 roll(s)- 231 cals



Turkey walnut apple wrap
2 wrap(s)- 777 cals



Rice cakes with peanut butter
1 cake(s)- 240 cals

Dinner

1155 cals, 110g protein, 135g net carbs, 13g fat



Bbq chicken stuffed sweet potatoes
2 potato(es)- 1039 cals



Fruit juice
1 cup(s)- 115 cals

Day 2

3409 cals ● 240g protein (28%) ● 117g fat (31%) ● 311g carbs (36%) ● 39g fiber (5%)

Breakfast

600 cals, 36g protein, 30g net carbs, 35g fat



High-protein granola bar
1 bar(s)- 204 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Egg in an eggplant
241 cals

Lunch

1245 cals, 69g protein, 115g net carbs, 52g fat



Dinner roll
3 roll(s)- 231 cals



Turkey walnut apple wrap
2 wrap(s)- 777 cals



Rice cakes with peanut butter
1 cake(s)- 240 cals

Dinner

1155 cals, 110g protein, 135g net carbs, 13g fat



Bbq chicken stuffed sweet potatoes
2 potato(es)- 1039 cals



Fruit juice
1 cup(s)- 115 cals

Day 3

3361 cals ● 293g protein (35%) ● 133g fat (36%) ● 201g carbs (24%) ● 49g fiber (6%)

Breakfast

600 cals, 36g protein, 30g net carbs, 35g fat



High-protein granola bar
1 bar(s)- 204 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



Egg in an eggplant
241 cals

Snacks

475 cals, 20g protein, 44g net carbs, 21g fat



Walnuts
1/4 cup(s)- 175 cals



Plain yogurt
1 1/4 cup(s)- 193 cals



Apple
1 apple(s)- 105 cals

Lunch

1155 cals, 142g protein, 75g net carbs, 25g fat



Mashed sweet potatoes
366 cals



Lemon pepper chicken breast
21 1/3 oz- 790 cals

Dinner

1135 cals, 95g protein, 52g net carbs, 52g fat



Tomato and avocado salad
235 cals



Beef-broccoli-sweet potato bowl
898 cals

Day 4

3408 cals ● 320g protein (38%) ● 113g fat (30%) ● 230g carbs (27%) ● 47g fiber (6%)

Breakfast

615 cals, 55g protein, 59g net carbs, 11g fat



Orange
1 orange(s)- 85 cals



Boiled eggs
2 egg(s)- 139 cals



Green protein shake
391 cals

Lunch

1155 cals, 142g protein, 75g net carbs, 25g fat



Mashed sweet potatoes
366 cals



Lemon pepper chicken breast
21 1/3 oz- 790 cals

Snacks

475 cals, 20g protein, 44g net carbs, 21g fat



Walnuts
1/4 cup(s)- 175 cals



Plain yogurt
1 1/4 cup(s)- 193 cals



Apple
1 apple(s)- 105 cals

Dinner

1165 cals, 103g protein, 52g net carbs, 55g fat



Roasted rosemary sweet potatoes
105 cals



Almond crusted tilapia
15 oz- 1059 cals

Day 5

3427 cals ● 254g protein (30%) ● 122g fat (32%) ● 286g carbs (33%) ● 43g fiber (5%)

Breakfast

615 cals, 55g protein, 59g net carbs, 11g fat



Orange

1 orange(s)- 85 cals



Boiled eggs

2 egg(s)- 139 cals



Green protein shake

391 cals

Snacks

475 cals, 20g protein, 44g net carbs, 21g fat



Walnuts

1/4 cup(s)- 175 cals



Plain yogurt

1 1/4 cup(s)- 193 cals



Apple

1 apple(s)- 105 cals

Lunch

1190 cals, 98g protein, 84g net carbs, 46g fat



Basic chicken & spinach salad

507 cals



Banana

3 banana(s)- 350 cals



String cheese

4 stick(s)- 331 cals

Dinner

1150 cals, 81g protein, 99g net carbs, 43g fat



Teriyaki burgers

2 burger(s)- 799 cals



Sweet potato wedges

174 cals



Sautéed corn & lima beans

179 cals

Day 6

3397 cals ● 224g protein (26%) ● 137g fat (36%) ● 280g carbs (33%) ● 37g fiber (4%)

Breakfast

590 cals, 12g protein, 85g net carbs, 21g fat



Fruit juice

1 cup(s)- 115 cals



Small granola bar

4 bar(s)- 476 cals

Lunch

1170 cals, 92g protein, 56g net carbs, 59g fat



Caesar chicken breasts

12 oz- 689 cals



Roasted rosemary sweet potatoes

315 cals



Buttered lima beans

165 cals

Snacks

485 cals, 39g protein, 41g net carbs, 15g fat



Milk

1/2 cup(s)- 75 cals



Pumped up greek yogurt

2 container(s)- 411 cals

Dinner

1150 cals, 81g protein, 99g net carbs, 43g fat



Teriyaki burgers

2 burger(s)- 799 cals



Sweet potato wedges

174 cals



Sautéed corn & lima beans

179 cals

Day 7

3363 cals ● 221g protein (26%) ● 163g fat (44%) ● 219g carbs (26%) ● 35g fiber (4%)

Breakfast

590 cals, 12g protein, 85g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cals



Small granola bar
4 bar(s)- 476 cals

Snacks

485 cals, 39g protein, 41g net carbs, 15g fat



Milk
1/2 cup(s)- 75 cals



Pumped up greek yogurt
2 container(s)- 411 cals

Lunch

1170 cals, 92g protein, 56g net carbs, 59g fat



Caesar chicken breasts
12 oz- 689 cals



Roasted rosemary sweet potatoes
315 cals



Buttered lima beans
165 cals

Dinner

1115 cals, 78g protein, 38g net carbs, 69g fat



Lentils
231 cals



Chicken thighs and mushrooms
9 oz- 886 cals

Grocery List



Dairy and Egg Products

- nonfat greek yogurt, plain
3 container (480g)
- lowfat flavored greek yogurt
7 (5.3 oz ea) container(s) (1050g)
- eggs
10 large (500g)
- cheese
1/2 cup, shredded (56g)
- plain lowfat yogurt
3 3/4 cup (919g)
- string cheese
4 stick (112g)
- whole milk
1 cup(s) (240mL)
- parmesan cheese
6 tbsp (30g)
- butter
1/4 stick (24g)

Spices and Herbs

- cinnamon
2 tsp (5g)
- mustard
2 2/3 tbsp (40g)
- lemon pepper
2 2/3 tbsp (18g)
- garlic powder
2 dash (1g)
- salt
2/3 oz (18g)
- black pepper
5 g (5g)
- paprika
1/4 tsp (1g)
- rosemary, dried
3 1/2 tsp (4g)

Legumes and Legume Products

- peanut butter
1/2 cup (128g)
- lentils, raw
1/3 cup (64g)

Fruits and Fruit Juices

- apples
6 medium (3" dia) (1059g)

Fats and Oils

- oil
2 oz (62mL)
- olive oil
1/2 cup (115mL)
- salad dressing
2 1/2 tbsp (38mL)
- caesar salad dressing
6 tbsp (88g)

Baked Products

- Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)
- flour tortillas
4 tortilla (approx 7-8" dia) (196g)
- hamburger buns
4 bun(s) (204g)

Sausages and Luncheon Meats

- turkey cold cuts
3/4 lbs (340g)

Nut and Seed Products

- walnuts
1/4 lbs (103g)
- almonds
10 tbsp, slivered (68g)

Soups, Sauces, and Gravies

- barbecue sauce
2/3 cup (190g)

Poultry Products

- boneless skinless chicken breast, raw
7 lbs (3055g)
- chicken thighs, with bone and skin, raw
1 1/2 thigh(s) (255g)

Beef Products

- ground beef (93% lean)
2 1/2 lbs (1078g)

Beverages

- water
2 1/2 cup(s) (583mL)

fruit juice
32 fl oz (960mL)

lime juice
1 tbsp (15mL)

avocados
1/2 avocado(s) (101g)

orange
5 orange (770g)

banana
4 1/2 medium (7" to 7-7/8" long) (531g)

raspberries
32 raspberries (61g)

Snacks

high-protein granola bar
3 bar (120g)

rice cakes, any flavor
2 cakes (18g)

small granola bar
8 bar (200g)

protein powder, vanilla
3 scoop (1/3 cup ea) (93g)

protein powder
4 tbsp (23g)

Finfish and Shellfish Products

tilapia, raw
15 oz (420g)

Cereal Grains and Pasta

all-purpose flour
3/8 cup(s) (52g)

Other

teriyaki sauce
4 tbsp (60mL)

cacao nibs
4 tsp (13g)

Vegetables and Vegetable Products

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

fresh spinach
8 1/3 cup(s) (250g)

sweet potatoes
13 sweetpotato, 5" long (2695g)

onion
1 tbsp minced (15g)

tomatoes
1/2 medium whole (2-3/5" dia) (62g)

frozen broccoli
5/8 package (166g)

cucumber
16 slices (112g)

lima beans, frozen
1 1/6 package (10 oz) (333g)

frozen corn kernels
3/4 cup (102g)

mushrooms
6 oz (170g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. The recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggplant

2 1 inch (2.5 cm) slice(s) (120g)

oil

2 tsp (10mL)

eggs

2 large (100g)

For all 3 meals:

eggplant

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

oil

2 tbsp (30mL)

eggs

6 large (300g)

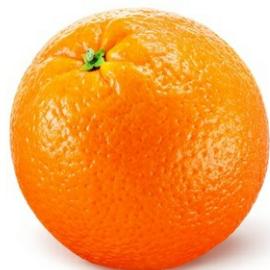
1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in 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 4 and day 5

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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.

Green protein shake

391 cals ● 41g protein ● 2g fat ● 42g carbs ● 12g fiber



For single meal:

water
3/8 cup(s) (89mL)
fresh spinach
1 1/2 cup(s) (45g)
protein powder, vanilla
1 1/2 scoop (1/3 cup ea) (47g)
banana, frozen
3/4 medium (7" to 7-7/8" long) (89g)
orange, peeled, sliced, and deseeded
1 1/2 orange (231g)

For all 2 meals:

water
3/4 cup(s) (178mL)
fresh spinach
3 cup(s) (90g)
protein powder, vanilla
3 scoop (1/3 cup ea) (93g)
banana, frozen
1 1/2 medium (7" to 7-7/8" long) (177g)
orange, peeled, sliced, and deseeded
3 orange (462g)

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber

For single meal:



fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Small granola bar

4 bar(s) - 476 cals ● 10g protein ● 20g fat ● 59g carbs ● 5g fiber

For single meal:



small granola bar
4 bar (100g)

For all 2 meals:

small granola bar
8 bar (200g)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Dinner roll

3 roll(s) - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll

6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Turkey walnut apple wrap

2 wrap(s) - 777 cals ● 53g protein ● 31g fat ● 63g carbs ● 8g fiber



For single meal:

turkey cold cuts

6 oz (170g)

mustard

4 tsp (20g)

nonfat greek yogurt, plain

4 tbsp (70g)

fresh spinach

1 cup(s) (30g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

walnuts

2 tbsp, chopped (14g)

cheese

4 tbsp, shredded (28g)

apples, cored and sliced

1/2 small (2-3/4" dia) (75g)

For all 2 meals:

turkey cold cuts

3/4 lbs (340g)

mustard

2 2/3 tbsp (40g)

nonfat greek yogurt, plain

1/2 cup (140g)

fresh spinach

2 cup(s) (60g)

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

walnuts

4 tbsp, chopped (28g)

cheese

1/2 cup, shredded (56g)

apples, cored and sliced

1 small (2-3/4" dia) (149g)

1. Mix together greek yogurt and mustard.

2. Add spinach, turkey, apple slices, cheese, walnuts to the tortilla. Top with yogurt dressing, roll up 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.

Lunch 2

Eat on day 3 and day 4

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.

Lemon pepper chicken breast

21 1/3 oz - 790 cals ● 135g protein ● 25g fat ● 3g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
olive oil
2 tsp (10mL)
lemon pepper
4 tsp (9g)

For all 2 meals:

boneless skinless chicken breast, raw
2 2/3 lbs (1195g)
olive oil
4 tsp (20mL)
lemon pepper
2 2/3 tbsp (18g)

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.

Lunch 3

Eat on day 5

Basic chicken & spinach salad

507 cals ● 67g protein ● 23g fat ● 6g carbs ● 2g fiber



fresh spinach
3 1/3 cup(s) (100g)
oil
1/2 tbsp (8mL)
salad dressing
2 1/2 tbsp (38mL)
boneless skinless chicken breast, raw, chopped, cooked
10 oz (284g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Banana

3 banana(s) - 350 cals ● 4g protein ● 1g fat ● 72g carbs ● 9g fiber



Makes 3 banana(s)

banana

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



Makes 4 stick(s)

string cheese

4 stick (112g)

1. The recipe has no instructions.

Lunch 4 ↗

Eat on day 6 and day 7

Caesar chicken breasts

12 oz - 689 cals ● 82g protein ● 39g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (340g)
caesar salad dressing
3 tbsp (44g)
parmesan cheese
3 tbsp (15g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
caesar salad dressing
6 tbsp (88g)
parmesan cheese
6 tbsp (30g)

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 rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



For single meal:

olive oil
1 tbsp (15mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
rosemary, dried
1/2 tbsp (2g)
sweet potatoes, cut into 1" cubes
1 sweetpotato, 5" long (210g)

For all 2 meals:

olive oil
2 tbsp (30mL)
salt
1 tsp (6g)
black pepper
1 tsp, ground (2g)
rosemary, dried
1 tbsp (3g)
sweet potatoes, cut into 1" cubes
2 sweetpotato, 5" long (420g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Buttered lima beans

165 cals ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



For single meal:

salt
1 1/2 dash (1g)
lima beans, frozen
3/8 package (10 oz) (107g)
butter
1/2 tbsp (7g)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)
butter
1 tbsp (14g)
black pepper
1 1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Snacks 1 ↗

Eat on day 1 and day 2

Apple and protein fruit dip

408 cals ● 25g protein ● 17g fat ● 31g carbs ● 7g fiber



For single meal:

nonfat greek yogurt, plain
1 container (170g)
cinnamon
1 tsp (3g)
peanut butter
2 tbsp (32g)
apples, sliced
1 medium (3" dia) (182g)

For all 2 meals:

nonfat greek yogurt, plain
2 container (340g)
cinnamon
2 tsp (5g)
peanut butter
4 tbsp (64g)
apples, sliced
2 medium (3" dia) (364g)

1. Open Greek yogurt container and add the peanut butter and cinnamon (or mix together in a small bowl). Mix until well-combined.
2. Chop an apple into slices.
3. Dip the apple into the dip and enjoy.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 3 meals:

walnuts
3/4 cup, shelled (75g)

1. The recipe has no instructions.

Plain yogurt

1 1/4 cup(s) - 193 cals ● 16g protein ● 5g fat ● 22g carbs ● 0g fiber



For single meal:

plain lowfat yogurt
1 1/4 cup (306g)

For all 3 meals:

plain lowfat yogurt
3 3/4 cup (919g)

1. The recipe has no instructions.

Apple

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



For single meal:

apples
1 medium (3" dia) (182g)

For all 3 meals:

apples
3 medium (3" dia) (546g)

1. The recipe has no instructions.

Snacks 3

Eat on day 6 and day 7

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Pumped up greek yogurt

2 container(s) - 411 cals ● 35g protein ● 11g fat ● 36g carbs ● 7g fiber



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
protein powder
2 tbsp (12g)
raspberries
16 raspberries (30g)
cacao nibs
2 tsp (7g)

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
protein powder
4 tbsp (23g)
raspberries
32 raspberries (61g)
cacao nibs
4 tsp (13g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Dinner 1 ↗

Eat on day 1 and day 2

Bbq chicken stuffed sweet potatoes

2 potato(es) - 1039 cals ● 108g protein ● 13g fat ● 110g carbs ● 13g fiber



For single meal:

barbecue sauce
1/3 cup (95g)
boneless skinless chicken breast, raw
1 lbs (448g)
sweet potatoes, halved
2 sweetpotato, 5" long (420g)

For all 2 meals:

barbecue sauce
2/3 cup (190g)
boneless skinless chicken breast, raw
2 lbs (896g)
sweet potatoes, halved
4 sweetpotato, 5" long (840g)

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.

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 3

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.

Beef-broccoli-sweet potato bowl

898 cals ● 92g protein ● 33g fat ● 45g carbs ● 13g fiber



frozen broccoli
5/8 package (166g)
paprika
1/4 tsp (1g)
ground beef (93% lean)
14 oz (397g)
oil
1 tsp (6mL)
sweet potatoes, cut into bite-sized cubes
1 1/6 sweetpotato, 5" long (245g)

1. Preheat oven to 400 F (200 C)
2. Coat the sweet potatoes in oil and season with paprika and some salt/pepper.
3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
4. Meanwhile, cook the ground beef in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
5. Prepare the broccoli according to the instructions on its packaging.
6. Once all items are prepared, bring the beef, broccoli, and sweet potatoes together. Serve with extra salt and pepper.

Dinner 3 ↗

Eat on day 4

Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber



olive oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
rosemary, dried
4 dash (1g)
sweet potatoes, cut into 1" cubes
1/3 sweetpotato, 5" long (70g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

Almond crusted tilapia

15 oz - 1059 cals ● 102g protein ● 51g fat ● 40g carbs ● 9g fiber



Makes 15 oz

almonds
10 tbsp, slivered (68g)
tilapia, raw
15 oz (420g)
all-purpose flour
3/8 cup(s) (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Dinner 4 ↗

Eat on day 5 and day 6

Teriyaki burgers

2 burger(s) - 799 cals ● 74g protein ● 30g fat ● 57g carbs ● 2g fiber



For single meal:

ground beef (93% lean)
3/4 lbs (340g)
cucumber
8 slices (56g)
teriyaki sauce
2 tbsp (30mL)
hamburger buns
2 bun(s) (102g)
oil
1/2 tsp (3mL)

For all 2 meals:

ground beef (93% lean)
1 1/2 lbs (680g)
cucumber
16 slices (112g)
teriyaki sauce
4 tbsp (60mL)
hamburger buns
4 bun(s) (204g)
oil
1 tsp (5mL)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

Sweet potato wedges

174 cals ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)

For all 2 meals:

oil
1 tbsp (15mL)
salt
1/4 tbsp (4g)
black pepper
1/3 tsp, ground (1g)
sweet potatoes, cut into wedges
1 1/3 sweetpotato, 5" long (280g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Sauteed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



For single meal:

black pepper
1 dash, ground (0g)
salt
1 dash (1g)
lima beans, frozen
6 tbsp (60g)
frozen corn kernels
6 tbsp (51g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
lima beans, frozen
3/4 cup (120g)
frozen corn kernels
3/4 cup (102g)
olive oil
1 tbsp (15mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Dinner 5 ↗

Eat on day 7

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

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.

Chicken thighs and mushrooms

9 oz - 886 cals ● 63g protein ● 68g fat ● 4g carbs ● 2g fiber



Makes 9 oz

olive oil
1 1/2 tbsp (23mL)
salt
1 1/2 dash (1g)
water
3/8 cup(s) (89mL)
butter
3/4 tbsp (11g)
black pepper
1 1/2 dash (0g)
chicken thighs, with bone and skin, raw
1 1/2 thigh(s) (255g)
mushrooms, sliced 1/4 in thick
6 oz (170g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.