

Meal Plan - 3500 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

3539 cals ● 253g protein (29%) ● 97g fat (25%) ● 368g carbs (42%) ● 46g fiber (5%)

Breakfast

630 cals, 52g protein, 19g net carbs, 37g fat



Milk

1 cup(s)- 149 cals



Pecans

1/4 cup- 183 cals



Tomato mushroom egg white omelet

299 cals

Snacks

410 cals, 14g protein, 58g net carbs, 11g fat



Simple cinnamon oatmeal with milk

411 cals

Lunch

1250 cals, 43g protein, 228g net carbs, 11g fat



Dinner roll

3 roll(s)- 231 cals



Pasta with store-bought sauce

1021 cals

Dinner

1245 cals, 143g protein, 63g net carbs, 38g fat



Lentils

347 cals



Baked chicken with tomatoes & olives

18 oz- 899 cals

Day 2

3539 cals ● 253g protein (29%) ● 97g fat (25%) ● 368g carbs (42%) ● 46g fiber (5%)

Breakfast

630 cals, 52g protein, 19g net carbs, 37g fat



Milk

1 cup(s)- 149 cals



Pecans

1/4 cup- 183 cals



Tomato mushroom egg white omelet

299 cals

Snacks

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1245 cals, 143g protein, 63g net carbs, 38g fat



Lentils

347 cals



Baked chicken with tomatoes & olives

18 oz- 899 cals

Day 3

3548 cals ● 229g protein (26%) ● 151g fat (38%) ● 272g carbs (31%) ● 45g fiber (5%)

Breakfast

590 cals, 46g protein, 49g net carbs, 20g fat



Overnight mixed berry protein oats w/ water
256 cals



Milk
2 1/4 cup(s)- 335 cals

Snacks

410 cals, 14g protein, 58g net carbs, 11g fat



Simple cinnamon oatmeal with milk
411 cals

Lunch

1250 cals, 73g protein, 83g net carbs, 65g fat



Cranberry spinach salad
443 cals



Roast beef wrap
2 wrap(s)- 807 cals

Dinner

1295 cals, 96g protein, 83g net carbs, 56g fat



Fruit juice
2 3/4 cup(s)- 315 cals



Avocado tuna salad
982 cals

Day 4

3468 cals ● 294g protein (34%) ● 127g fat (33%) ● 251g carbs (29%) ● 37g fiber (4%)

Breakfast

590 cals, 46g protein, 49g net carbs, 20g fat



Overnight mixed berry protein oats w/ water
256 cals



Milk
2 1/4 cup(s)- 335 cals

Snacks

465 cals, 34g protein, 67g net carbs, 5g fat



Cottage cheese & honey
1 cup(s)- 249 cals



Simple cinnamon oatmeal with water
217 cals

Lunch

1250 cals, 73g protein, 83g net carbs, 65g fat



Cranberry spinach salad
443 cals



Roast beef wrap
2 wrap(s)- 807 cals

Dinner

1160 cals, 141g protein, 53g net carbs, 37g fat



Lentils
347 cals



Simple sauteed spinach
100 cals



Basic chicken breast
18 oz- 714 cals

Day 5

3453 cals ● 242g protein (28%) ● 141g fat (37%) ● 257g carbs (30%) ● 46g fiber (5%)

Breakfast

660 cals, 34g protein, 25g net carbs, 43g fat



Simple sauteed spinach
199 cals



Herb & onion frittata
459 cals

Snacks

465 cals, 34g protein, 67g net carbs, 5g fat



Cottage cheese & honey
1 cup(s)- 249 cals



Simple cinnamon oatmeal with water
217 cals

Lunch

1200 cals, 81g protein, 104g net carbs, 45g fat



Grilled chicken hummus wrap
3 wrap(s)- 1025 cals



Large granola bar
1 bar(s)- 176 cals

Dinner

1125 cals, 95g protein, 62g net carbs, 48g fat



Honey mustard chicken thighs w/ skin
10 2/3 oz- 744 cals



Lentils
260 cals



Sugar snap peas
123 cals

Day 6

3457 cals ● 253g protein (29%) ● 164g fat (43%) ● 198g carbs (23%) ● 45g fiber (5%)

Breakfast

660 cals, 34g protein, 25g net carbs, 43g fat



Simple sauteed spinach
199 cals



Herb & onion frittata
459 cals

Snacks

470 cals, 44g protein, 8g net carbs, 28g fat



Tuna cucumber bites
288 cals



Pecans
1/4 cup- 183 cals

Lunch

1200 cals, 81g protein, 104g net carbs, 45g fat



Grilled chicken hummus wrap
3 wrap(s)- 1025 cals



Large granola bar
1 bar(s)- 176 cals

Dinner

1125 cals, 95g protein, 62g net carbs, 48g fat



Honey mustard chicken thighs w/ skin
10 2/3 oz- 744 cals



Lentils
260 cals



Sugar snap peas
123 cals

Breakfast

660 calsgreen34g protein, 25g net carbs, 43g fat



Simple sauteed spinach
199 calsgreen



Herb & onion frittata
459 calsgreen

Snacks

470 calsgreen44g protein, 8g net carbs, 28g fat



Tuna cucumber bites
288 calsgreen



Pecans
1/4 cup- 183 calsgreen

Lunch

1150 calsgreen125g protein, 73g net carbs, 34g fat



Mashed sweet potatoes
366 calsgreen



Pan fried tilapia
21 oz- 782 calsgreen

Dinner

1180 calsgreen98g protein, 83g net carbs, 38g fat



Tomato and avocado salad
313 calsgreen



White chicken chili soup
867 calsgreen

Sweets

- ☐ sugar
5 3/4 tbsp (75g)
- ☐ honey
3 oz (84g)

Spices and Herbs

- ☐ cinnamon
2 tbsp (15g)
- ☐ black pepper
1/4 oz (8g)
- ☐ salt
1 oz (30g)
- ☐ chili powder
2 tbsp (16g)
- ☐ fresh basil
36 leaves (18g)
- ☐ mustard
4 tsp (20g)
- ☐ brown deli mustard
2 tbsp (30g)
- ☐ thyme, dried
4 1/4 g (4g)
- ☐ garlic powder
1/3 tsp (1g)
- ☐ ground cumin
1/4 tbsp (2g)

Dairy and Egg Products

- ☐ whole milk
9 1/3 cup(s) (2234mL)
- ☐ low fat cottage cheese (1% milkfat)
3 cup (678g)
- ☐ egg whites
8 large (264g)
- ☐ eggs
13 large (650g)
- ☐ romano cheese
3 1/2 tsp (7g)
- ☐ sliced cheese
4 slice (1 oz ea) (112g)
- ☐ cheese
1/2 cup, shredded (63g)
- ☐ feta cheese
3/4 cup (113g)

Breakfast Cereals

Baked Products

- ☐ Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)
- ☐ flour tortillas
10 tortilla (approx 7-8" dia) (490g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1 lbs (456g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1 jar (24 oz) (672g)
- ☐ chicken broth
2 1/2 cup(s) (mL)
- ☐ salsa verde
13 1/4 tbsp (213g)

Beverages

- ☐ water
13 cup(s) (3112mL)
- ☐ protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Legumes and Legume Products

- ☐ lentils, raw
2 1/4 cup (432g)
- ☐ hummus
3/4 cup (180g)
- ☐ canned great northern beans
5/6 can (~15 oz) (354g)

Fats and Oils

- ☐ olive oil
1/4 lbs (136mL)
- ☐ raspberry walnut vinaigrette
6 1/4 tbsp (94mL)
- ☐ oil
1 tbsp (17mL)

Fruits and Fruit Juices

- ☐ green olives
36 large (158g)
- ☐ dried cranberries
6 1/4 tbsp (62g)

- ☐ quick oats
3 cup (230g)
- ☐ oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)

Nut and Seed Products

- ☐ pecans
1 cup, halves (99g)
- ☐ walnuts
6 1/4 tbsp, chopped (45g)

Vegetables and Vegetable Products

- ☐ mushrooms
2/3 cup, pieces or slices (47g)
- ☐ tomatoes
9 medium whole (2-3/5" dia) (1100g)
- ☐ fresh spinach
3 2/3 10oz package (1038g)
- ☐ romaine lettuce
4 leaf outer (112g)
- ☐ onion
7 medium (2-1/2" dia) (779g)
- ☐ garlic
3 1/2 clove (11g)
- ☐ frozen sugar snap peas
4 cup (576g)
- ☐ cucumber
1 3/4 cucumber (8-1/4") (532g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)

- ☐ fruit juice
22 fl oz (660mL)
- ☐ avocados
1 3/4 avocado(s) (360g)
- ☐ lime juice
1 fl oz (31mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 lbs (2233g)
- ☐ chicken thighs, with bone and skin, raw
1 1/3 lbs (605g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1 lbs (454g)

Other

- ☐ frozen mixed berries
1 cup (136g)
- ☐ mixed greens
3 3/4 cup (113g)

Finfish and Shellfish Products

- ☐ canned tuna
4 1/2 can (757g)
- ☐ tilapia, raw
1 1/3 lbs (588g)

Snacks

- ☐ large granola bar
2 bar (74g)
-

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Milk

1 cup(s) - 149 cal ● 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.

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

1. The recipe has no instructions.

Tomato mushroom egg white omelet

299 cal ● 42g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
black pepper
2 dash, ground (1g)
egg whites
4 large (132g)
eggs
2 large (100g)
mushrooms, chopped
1/3 cup, pieces or slices (23g)
tomatoes, chopped
1/2 small whole (2-2/5" dia) (46g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
black pepper
4 dash, ground (1g)
egg whites
8 large (264g)
eggs
4 large (200g)
mushrooms, chopped
2/3 cup, pieces or slices (47g)
tomatoes, chopped
1 small whole (2-2/5" dia) (91g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Overnight mixed berry protein oats w/ water

256 cal ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 2 meals:

frozen mixed berries
1 cup (136g)
oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
water
1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours.
Serve.

Milk

2 1/4 cup(s) - 335 cal ● 17g protein ● 18g fat ● 26g carbs ● 0g fiber



For single meal:

whole milk
2 1/4 cup(s) (540mL)

For all 2 meals:

whole milk
4 1/2 cup(s) (1080mL)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Simple sauteed spinach

199 cals ● 7g protein ● 14g fat ● 5g carbs ● 5g fiber



For single meal:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)
garlic, diced
1 clove (3g)

For all 3 meals:

black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (5g)
olive oil
3 tbsp (45mL)
fresh spinach
24 cup(s) (720g)
garlic, diced
3 clove (9g)

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

Herb & onion frittata

459 cals ● 26g protein ● 28g fat ● 20g carbs ● 4g fiber



For single meal:

water
3/8 cup(s) (89mL)
olive oil
1/2 tbsp (8mL)
eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
cheese
3 tbsp, shredded (21g)
thyme, dried
1/4 tbsp, leaves (1g)
onion
1 1/2 cup, chopped (240g)

For all 3 meals:

water
1 cup(s) (267mL)
olive oil
1 1/2 tbsp (23mL)
eggs
9 large (450g)
salt
1/2 tsp (2g)
black pepper
1/2 tsp (0g)
cheese
1/2 cup, shredded (63g)
thyme, dried
3/4 tbsp, leaves (2g)
onion
4 1/2 cup, chopped (720g)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

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.

Pasta with store-bought sauce

1021 cals ● 35g protein ● 7g fat ● 189g carbs ● 15g fiber



For single meal:

uncooked dry pasta
1/2 lbs (228g)
pasta sauce
1/2 jar (24 oz) (336g)

For all 2 meals:

uncooked dry pasta
1 lbs (456g)
pasta sauce
1 jar (24 oz) (672g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Lunch 2 [🔗](#)

Eat on day 3 and day 4

Cranberry spinach salad

443 cals ● 8g protein ● 29g fat ● 33g carbs ● 5g fiber



For single meal:

dried cranberries
3 tbsp (31g)
walnuts
3 tbsp, chopped (23g)
fresh spinach
5/8 6oz package (99g)
raspberry walnut vinaigrette
3 tbsp (47mL)
romano cheese, finely shredded
1 3/4 tsp (4g)

For all 2 meals:

dried cranberries
6 1/4 tbsp (62g)
walnuts
6 1/4 tbsp, chopped (45g)
fresh spinach
1 1/6 6oz package (198g)
raspberry walnut vinaigrette
6 1/4 tbsp (93mL)
romano cheese, finely shredded
3 1/2 tsp (7g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Roast beef wrap

2 wrap(s) - 807 cals ● 65g protein ● 36g fat ● 50g carbs ● 6g fiber



For single meal:

romaine lettuce
2 leaf outer (56g)
mustard
2 tsp (10g)
roast beef cold cuts
1/2 lbs (227g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
sliced cheese
2 slice (1 oz ea) (56g)
tomatoes, diced
1 plum tomato (62g)

For all 2 meals:

romaine lettuce
4 leaf outer (112g)
mustard
4 tsp (20g)
roast beef cold cuts
1 lbs (454g)
flour tortillas
4 tortilla (approx 7-8" dia) (196g)
sliced cheese
4 slice (1 oz ea) (112g)
tomatoes, diced
2 plum tomato (124g)

1. Build the wrap to your liking.
Serve.

Lunch 3 [🔗](#)

Eat on day 5 and day 6

Grilled chicken hummus wrap

3 wrap(s) - 1025 cals ● 77g protein ● 38g fat ● 82g carbs ● 12g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (213g)
flour tortillas
3 tortilla (approx 7-8" dia) (147g)
mixed greens
3/4 cup (23g)
hummus
6 tbsp (90g)
feta cheese
6 tbsp (56g)
cucumber, chopped
3/4 cup slices (78g)
tomatoes, chopped
3 slice(s), thin/small (45g)

For all 2 meals:

boneless skinless chicken breast, raw
15 oz (425g)
flour tortillas
6 tortilla (approx 7-8" dia) (294g)
mixed greens
1 1/2 cup (45g)
hummus
3/4 cup (180g)
feta cheese
3/4 cup (113g)
cucumber, chopped
1 1/2 cup slices (156g)
tomatoes, chopped
6 slice(s), thin/small (90g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 7

Mashed sweet potatoes

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



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

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.

Pan fried tilapia

21 oz - 782 cals ● 118g protein ● 34g fat ● 1g carbs ● 0g fiber



Makes 21 oz

olive oil
1 3/4 tbsp (26mL)
black pepper
1 tsp, ground (2g)
salt
1 tsp (5g)
tilapia, raw
1 1/3 lbs (588g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Simple cinnamon oatmeal with milk

411 cal ● 14g protein ● 11g fat ● 58g carbs ● 6g fiber



For single meal:

sugar
1 1/4 tbsp (16g)
cinnamon
1 1/4 tsp (3g)
whole milk
1 cup(s) (225mL)
quick oats
10 tbsp (50g)

For all 3 meals:

sugar
1/4 cup (49g)
cinnamon
1 1/4 tbsp (10g)
whole milk
3 cup(s) (675mL)
quick oats
2 cup (150g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
2 cup (452g)
honey
2 2/3 tbsp (56g)

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

Simple cinnamon oatmeal with water

217 cal ● 6g protein ● 3g fat ● 37g carbs ● 5g fiber



For single meal:

quick oats
1/2 cup (40g)
sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
water
3/4 cup(s) (178mL)

For all 2 meals:

quick oats
1 cup (80g)
sugar
2 tbsp (26g)
cinnamon
2 tsp (5g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Tuna cucumber bites

288 cal ● 42g protein ● 10g fat ● 7g carbs ● 1g fiber



For single meal:

canned tuna
2 1/2 packet (185g)
cucumber, sliced
5/8 cucumber (8-1/4") (188g)

For all 2 meals:

canned tuna
5 packet (370g)
cucumber, sliced
1 1/4 cucumber (8-1/4") (376g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Pecans

1/4 cup - 183 cal ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans
4 tbsp, halves (25g)

For all 2 meals:

pecans
1/2 cup, halves (50g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Lentils

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



For single meal:

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

For all 2 meals:

water
4 cup(s) (948mL)
salt
2 dash (2g)
lentils, raw, rinsed
1 cup (192g)

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.

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

For all 2 meals:

tomatoes
36 cherry tomatoes (612g)
olive oil
2 tbsp (30mL)
salt
1/2 tbsp (9g)
green olives
36 large (158g)
black pepper
1/2 tbsp (1g)
chili powder
2 tbsp (16g)
boneless skinless chicken breast, raw
2 1/4 lbs (1021g)
fresh basil, shredded
36 leaves (18g)

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.

Dinner 2 [↗](#)

Eat on day 3

Fruit juice

2 3/4 cup(s) - 315 cals ● 5g protein ● 1g fat ● 70g carbs ● 1g fiber



Makes 2 3/4 cup(s)

fruit juice

22 fl oz (660mL)

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.

Dinner 3 [↗](#)

Eat on day 4

Lentils

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



water

2 cup(s) (474mL)

salt

1 dash (1g)

lentils, raw, rinsed

1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Simple sauteed spinach

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



black pepper

1 dash, ground (0g)

salt

1 dash (1g)

olive oil

1/2 tbsp (8mL)

fresh spinach

4 cup(s) (120g)

garlic, diced

1/2 clove (2g)

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

Basic chicken breast

18 oz - 714 cals ● 113g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 18 oz

boneless skinless chicken breast, raw

18 oz (504g)

oil

1 tbsp (17mL)

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

Dinner 4 [↗](#)

Eat on day 5 and day 6

Honey mustard chicken thighs w/ skin

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



For single meal:

brown deli mustard

1 tbsp (15g)

honey

2 tsp (14g)

thyme, dried

1/4 tbsp, ground (1g)

salt

1 1/3 dash (1g)

chicken thighs, with bone and skin, raw

2/3 lbs (302g)

For all 2 meals:

brown deli mustard

2 tbsp (30g)

honey

4 tsp (28g)

thyme, dried

1/2 tbsp, ground (2g)

salt

1/3 tsp (2g)

chicken thighs, with bone and skin, raw

1 1/3 lbs (605g)

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

Lentils

260 cal ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water

1 1/2 cup(s) (356mL)

salt

3/4 dash (1g)

lentils, raw, rinsed

6 tbsp (72g)

For all 2 meals:

water

3 cup(s) (711mL)

salt

1 1/2 dash (1g)

lentils, raw, rinsed

3/4 cup (144g)

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.

Sugar snap peas

123 cal ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:
frozen sugar snap peas
2 cup (288g)

For all 2 meals:
frozen sugar snap peas
4 cup (576g)

1. Prepare according to instructions on package.

Dinner 5 [↗](#)

Eat on day 7

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)

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.

White chicken chili soup

867 cals ● 94g protein ● 14g fat ● 74g carbs ● 18g fiber



chicken broth
2 1/2 cup(s) (mL)
ground cumin
1 tsp (2g)
salsa verde
13 1/3 tbsp (213g)
boneless skinless chicken breast, raw
10 oz (284g)
canned great northern beans, drained
5/6 can (~15 oz) (354g)

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. In a new pot, add broth, chicken, beans, salsa, and cumin over medium-high heat and stir.
 4. Allow to cook for about 5 minutes. Serve.
 5. *Crock pot method: Add all ingredients (including the uncooked chicken) into the crock pot. Cook on low for 6-8 hours, or high for 3-4. Once finished, shred the chicken with two forks and serve.
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