

Meal Plan - 1800 calorie meal plan to gain muscle/weight



[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

1811 cals ● 161g protein (36%) ● 79g fat (39%) ● 95g carbs (21%) ● 20g fiber (4%)

Breakfast

325 cals, 17g protein, 19g net carbs, 19g fat



[Kale & eggs](#)
189 cals



[Toast with butter and jelly](#)
1 slice(s)- 133 cals

Snacks

225 cals, 17g protein, 33g net carbs, 2g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Applesauce](#)
57 cals



[Beef jerky](#)
110 cals

Lunch

620 cals, 80g protein, 29g net carbs, 20g fat



[Flavored rice mix](#)
143 cals



[Basic chicken breast](#)
12 oz- 476 cals

Dinner

645 cals, 47g protein, 14g net carbs, 38g fat



[Avocado tuna salad stuffed pepper](#)
2 half pepper(s)- 456 cals



[Pistachios](#)
188 cals

Day 2

1791 cals ● 128g protein (29%) ● 83g fat (42%) ● 109g carbs (24%) ● 24g fiber (5%)

Breakfast

325 cals, 17g protein, 19g net carbs, 19g fat



[Kale & eggs](#)
189 cals



[Toast with butter and jelly](#)
1 slice(s)- 133 cals

Snacks

225 cals, 17g protein, 33g net carbs, 2g fat



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Applesauce](#)
57 cals



[Beef jerky](#)
110 cals

Lunch

620 cals, 46g protein, 49g net carbs, 23g fat



[Teriyaki burgers](#)
1 burger(s)- 399 cals



[Buttered lima beans](#)
220 cals

Dinner

625 cals, 48g protein, 8g net carbs, 40g fat



[Roast beef](#)
330 cals



[Tomato and avocado salad](#)
293 cals

Day 3

1827 cals ● 115g protein (25%) ● 104g fat (51%) ● 87g carbs (19%) ● 21g fiber (5%)

Breakfast

325 cals, 17g protein, 19g net carbs, 19g fat



Kale & eggs

189 cals



Toast with butter and jelly

1 slice(s)- 133 cals

Snacks

295 cals, 18g protein, 14g net carbs, 15g fat



Turkey pepperoni

20 slices- 86 cals



Grapes

73 cals



Sunflower seeds

135 cals

Lunch

615 cals, 40g protein, 27g net carbs, 35g fat



Tomato and avocado salad

117 cals



Tuna salad sandwich

1 sandwich(es)- 495 cals

Dinner

600 cals, 39g protein, 26g net carbs, 35g fat



Brussels sprout, chicken & apple salad

412 cals



Milk

1 1/4 cup(s)- 186 cals

Day 4

1782 cals ● 120g protein (27%) ● 98g fat (50%) ● 85g carbs (19%) ● 20g fiber (5%)

Breakfast

275 cals, 22g protein, 17g net carbs, 13g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Goat cheese & tomato mini egg muffin

2 mini muffin(s)- 122 cals

Lunch

615 cals, 40g protein, 27g net carbs, 35g fat



Tomato and avocado salad

117 cals



Tuna salad sandwich

1 sandwich(es)- 495 cals

Snacks

295 cals, 18g protein, 14g net carbs, 15g fat



Turkey pepperoni

20 slices- 86 cals



Grapes

73 cals



Sunflower seeds

135 cals

Dinner

600 cals, 39g protein, 26g net carbs, 35g fat



Brussels sprout, chicken & apple salad

412 cals



Milk

1 1/4 cup(s)- 186 cals

Day 5

1783 cals ● 139g protein (31%) ● 60g fat (30%) ● 150g carbs (34%) ● 21g fiber (5%)

Breakfast

275 cals, 22g protein, 17g net carbs, 13g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Goat cheese & tomato mini egg muffin
2 mini muffin(s)- 122 cals

Snacks

290 cals, 11g protein, 48g net carbs, 3g fat



Lowfat yogurt
1 container(s)- 181 cals



Carrot sticks
4 carrot(s)- 108 cals

Lunch

625 cals, 47g protein, 53g net carbs, 21g fat



Simple mozzarella and tomato salad
121 cals



Mediterranean turkey sandwich
1 1/2 sandwich(es)- 505 cals

Dinner

590 cals, 60g protein, 32g net carbs, 23g fat



Walnuts
1/6 cup(s)- 131 cals



Grilled chicken sandwich
1 sandwich(es)- 460 cals

Day 6

1751 cals ● 117g protein (27%) ● 58g fat (30%) ● 167g carbs (38%) ● 22g fiber (5%)

Breakfast

320 cals, 28g protein, 20g net carbs, 13g fat



Protein greek yogurt
1 container- 139 cals



Egg in an eggplant
120 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

290 cals, 11g protein, 48g net carbs, 3g fat



Lowfat yogurt
1 container(s)- 181 cals



Carrot sticks
4 carrot(s)- 108 cals

Lunch

635 cals, 46g protein, 59g net carbs, 19g fat



Lentils
289 cals



Spicy orange meatballs
3 meatballs- 344 cals

Dinner

510 cals, 33g protein, 40g net carbs, 24g fat



Easy ground turkey stroganoff
287 cals



Milk
1 1/2 cup(s)- 224 cals

Day 7

1751 cals ● 117g protein (27%) ● 58g fat (30%) ● 167g carbs (38%) ● 22g fiber (5%)

Breakfast

320 cals, 28g protein, 20g net carbs, 13g fat



Protein greek yogurt
1 container- 139 cals



Egg in an eggplant
120 cals



Grapefruit
1/2 grapefruit- 59 cals

Snacks

290 cals, 11g protein, 48g net carbs, 3g fat



Lowfat yogurt
1 container(s)- 181 cals



Carrot sticks
4 carrot(s)- 108 cals

Lunch

635 cals, 46g protein, 59g net carbs, 19g fat



Lentils
289 cals



Spicy orange meatballs
3 meatballs- 344 cals

Dinner

510 cals, 33g protein, 40g net carbs, 24g fat



Easy ground turkey stroganoff
287 cals



Milk
1 1/2 cup(s)- 224 cals

Grocery List



Fruits and Fruit Juices

- grapefruit**
2 large (approx 4-1/2" dia) (664g)
- applesauce**
2 to-go container (~4 oz) (244g)
- avocados**
1 1/2 avocado(s) (327g)
- lime juice**
1 1/4 fl oz (39mL)
- grapes**
2 1/2 cup (230g)
- apples**
1/3 small (2-3/4" dia) (50g)

Snacks

- beef jerky**
3 oz (85g)

Fats and Oils

- oil**
2 1/4 oz (69mL)
- olive oil**
2 1/2 tbsp (38mL)
- mayonnaise**
3 tbsp (45mL)
- balsamic vinaigrette**
1/2 tbsp (7mL)

Dairy and Egg Products

- eggs**
10 large (500g)
- butter**
5 tsp (23g)
- whole milk**
5 1/2 cup(s) (1320mL)
- lowfat flavored greek yogurt**
2 (5.3 oz ea) container(s) (300g)
- goat cheese**
2 tbsp (28g)
- lowfat flavored yogurt**
3 container (6 oz) (510g)
- fresh mozzarella cheese**
1 oz (28g)
- feta cheese**
3 tbsp (28g)

Vegetables and Vegetable Products

Baked Products

- bread**
2/3 lbs (320g)
- hamburger buns**
1 bun(s) (51g)
- kaiser rolls**
1 roll (3-1/2" dia) (57g)

Sweets

- jelly**
1 tbsp (21g)
- maple syrup**
2 tsp (10mL)

Meals, Entrees, and Side Dishes

- flavored rice mix**
1/4 pouch (~5.6 oz) (40g)

Poultry Products

- boneless skinless chicken breast, raw**
1 3/4 lbs (790g)
- ground turkey, raw**
6 oz (170g)

Finfish and Shellfish Products

- canned tuna**
2 2/3 can (456g)

Nut and Seed Products

- pistachios, shelled**
4 tbsp (31g)
- sunflower kernels**
1 1/2 oz (43g)
- walnuts**
1 2/3 oz (47g)

Beef Products

- top round roast beef**
1/4 roast (190g)
- ground beef (93% lean)**
14 oz (397g)

Other

- teriyaki sauce**
3 tbsp (45mL)

- kale leaves**
1 1/2 cup, chopped (60g)
- bell pepper**
1 large (164g)
- onion**
1 medium (2-1/2" dia) (109g)
- tomatoes**
3 medium whole (2-3/5" dia) (363g)
- cucumber**
1/2 cucumber (8-1/4") (141g)
- lima beans, frozen**
1/2 package (10 oz) (142g)
- raw celery**
1 stalk, small (5" long) (17g)
- brussels sprouts**
1 1/2 cup (132g)
- carrots**
12 medium (732g)
- eggplant**
2 1 inch (2.5 cm) slice(s) (120g)
- garlic**
1/2 clove (2g)
- fresh ginger**
1 inch (2.5cm) cube (5g)
- shallots**
1/2 shallot (57g)

Spices and Herbs

- salt**
1/3 oz (10g)
- black pepper**
2 g (2g)
- garlic powder**
1/2 tsp (2g)
- apple cider vinegar**
1/2 tbsp (7g)
- dijon mustard**
1/2 tbsp (8g)
- fresh basil**
1/2 tbsp, chopped (1g)
- crushed red pepper**
4 dash (1g)
- paprika**
1/4 tbsp (2g)

- mixed greens**
10 tbsp (19g)
- protein greek yogurt, flavored**
2 container (300g)
- orange marmalade**
1 1/2 tbsp (30g)

Sausages and Luncheon Meats

- turkey pepperoni**
40 slices (71g)
- turkey cold cuts**
1/4 lbs (128g)

Beverages

- water**
1/4 gallon (845mL)

Legumes and Legume Products

- lentils, raw**
13 1/4 tbsp (160g)

Cereal Grains and Pasta

- dry egg noodles**
2 oz (57g)

Soups, Sauces, and Gravies

- condensed cream of mushroom soup**
1/4 11oz can (78g)
- chicken bouillon**
1/4 cube (1g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 3 meals:

oil
1 tbsp (15mL)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
salt
3 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

Breakfast 2 ↗

Eat on day 4 and day 5

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 2 meals:

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

1. The recipe has no instructions.

Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cals ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

water
1 tsp (5mL)
eggs
1 large (50g)
goat cheese
3 tsp (14g)
tomatoes, chopped
1 slice(s), thin/small (15g)

For all 2 meals:

water
2 tsp (10mL)
eggs
2 large (100g)
goat cheese
2 tbsp (28g)
tomatoes, chopped
2 slice(s), thin/small (30g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 3 ↗

Eat on day 6 and day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Egg in an eggplant

120 cals ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

eggplant
1 1 inch (2.5 cm) slice(s) (60g)
oil
1 tsp (5mL)
eggs
1 large (50g)

For all 2 meals:

eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)
eggs
2 large (100g)

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.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Lunch 1 ↗

Eat on day 1

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



flavored rice mix
1/4 pouch (~5.6 oz) (40g)

1. Prepare according to instructions on package.

Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

oil

3/4 tbsp (11mL)

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.

Lunch 2 ↗

Eat on day 2

Teriyaki burgers

1 burger(s) - 399 cals ● 37g protein ● 15g fat ● 28g carbs ● 1g fiber



Makes 1 burger(s)

ground beef (93% lean)

6 oz (170g)

cucumber

4 slices (28g)

teriyaki sauce

1 tbsp (15mL)

hamburger buns

1 bun(s) (51g)

oil

1/4 tsp (1mL)

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.

Buttered lima beans

220 cals ● 9g protein ● 8g fat ● 21g carbs ● 8g fiber



salt

2 dash (2g)

lima beans, frozen

1/2 package (10 oz) (142g)

butter

2 tsp (9g)

black pepper

1 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.

Lunch 3 ↗

Eat on day 3 and day 4

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.

Tuna salad sandwich

1 sandwich(es) - 495 cals ● 39g protein ● 25g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
mayonnaise
1 1/2 tbsp (23mL)
black pepper
1 dash (0g)
salt
1 dash (0g)
canned tuna
5 oz (142g)
raw celery, chopped
1/2 stalk, small (5" long) (9g)

For all 2 meals:

bread
4 slice (128g)
mayonnaise
3 tbsp (45mL)
black pepper
2 dash (0g)
salt
2 dash (1g)
canned tuna
10 oz (284g)
raw celery, chopped
1 stalk, small (5" long) (17g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Lunch 4 ↗

Eat on day 5

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

1/2 tbsp, chopped (1g)

fresh mozzarella cheese, sliced

1 oz (28g)

tomatoes, sliced

3/8 large whole (3" dia) (68g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.

2. Sprinkle the basil over the slices and drizzle with dressing.

Mediterranean turkey sandwich

1 1/2 sandwich(es) - 505 cals ● 40g protein ● 13g fat ● 50g carbs ● 9g fiber



Makes 1 1/2 sandwich(es)

bread

3 slice(s) (96g)

mixed greens

6 tbsp (11g)

turkey cold cuts

1/4 lbs (128g)

feta cheese

3 tbsp (28g)

tomatoes, sliced

3 slice(s), thick/large (1/2" thick) (81g)

cucumber, sliced

3/8 cucumber (8-1/4") (113g)

onion, sliced

6 slices, thin (54g)

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

Lunch 5 ↗

Eat on day 6 and day 7

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water

1 2/3 cup(s) (395mL)

salt

1 dash (1g)

lentils, raw, rinsed

6 2/3 tbsp (80g)

For all 2 meals:

water

3 1/3 cup(s) (790mL)

salt

1/4 tsp (1g)

lentils, raw, rinsed

13 1/3 tbsp (160g)

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.

Spicy orange meatballs

3 meatballs - 344 cals ● 26g protein ● 19g fat ● 17g carbs ● 1g fiber



For single meal:

ground beef (93% lean)
4 oz (114g)
orange marmalade
3/4 tbsp (15g)
crushed red pepper
2 dash (0g)
teriyaki sauce
1 tbsp (15mL)
oil
3/4 tbsp (11mL)
garlic, minced
1/4 clove (1g)
fresh ginger, minced
1/2 inch (2.5cm) cube (3g)
shallots, chopped
1/4 shallot (28g)

For all 2 meals:

ground beef (93% lean)
1/2 lbs (227g)
orange marmalade
1 1/2 tbsp (30g)
crushed red pepper
4 dash (1g)
teriyaki sauce
2 tbsp (30mL)
oil
1 1/2 tbsp (23mL)
garlic, minced
1/2 clove (2g)
fresh ginger, minced
1 inch (2.5cm) cube (5g)
shallots, chopped
1/2 shallot (57g)

1. Preheat oven to 400°F (200°C).
2. In a large bowl mix together the ground beef, shallot, and a pinch of salt/pepper. Form into meatballs (into the number of meatballs listed in the recipes serving details). Place on a baking sheet and bake in the oven for about 15-20 minutes until fully cooked. Set aside.
3. In a large skillet over medium-low heat, add the oil, ginger, and garlic. Cook for 2 minutes until fragrant and softened.
4. Add the marmalade, teriyaki, and the crushed red pepper. Stir and cook for about 3 minutes until the sauce is warmed.
5. Add meatballs into the sauce and stir until fully coated. Serve.

Snacks 1 ↗

Eat on day 1 and day 2

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

Grapefruit
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:
applesauce
1 to-go container (~4 oz) (122g)

For all 2 meals:
applesauce
2 to-go container (~4 oz) (244g)

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

Beef jerky

110 cals ● 16g protein ● 1g fat ● 9g carbs ● 0g fiber



For single meal:
beef jerky
1 1/2 oz (43g)

For all 2 meals:
beef jerky
3 oz (85g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Turkey pepperoni

20 slices - 86 cals ● 11g protein ● 4g fat ● 1g carbs ● 0g fiber



For single meal:
turkey pepperoni
20 slices (35g)

For all 2 meals:
turkey pepperoni
40 slices (71g)

1. Enjoy.

Grapes

73 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

grapes

1 1/4 cup (115g)

For all 2 meals:

grapes

2 1/2 cup (230g)

1. The recipe has no instructions.

Sunflower seeds

135 cals ● 6g protein ● 11g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

3/4 oz (21g)

For all 2 meals:

sunflower kernels

1 1/2 oz (43g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Lowfat yogurt

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



For single meal:

lowfat flavored yogurt

1 container (6 oz) (170g)

For all 3 meals:

lowfat flavored yogurt

3 container (6 oz) (510g)

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 3 meals:

carrots

12 medium (732g)

1. Cut carrots into strips and serve.

Dinner 1 ↗

Eat on day 1

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

avocados

1/2 avocado(s) (101g)

lime juice

1 tsp (5mL)

salt

1 dash (0g)

black pepper

1 dash (0g)

bell pepper

1 large (164g)

onion

1/4 small (18g)

canned tuna, drained

1 can (172g)

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.

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, shelled

4 tbsp (31g)

1. The recipe has no instructions.

Dinner 2 ↗

Eat on day 2

Roast beef

330 cals ● 44g protein ● 17g fat ● 0g carbs ● 0g fiber



top round roast beef

1/4 roast (190g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



onion

1 1/4 tbsp minced (19g)

lime juice

1 1/4 tbsp (19mL)

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

5/8 avocado(s) (126g)

tomatoes, diced

5/8 medium whole (2-3/5" dia) (77g)

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 3 ↗

Eat on day 3 and day 4

Brussels sprout, chicken & apple salad

412 cals ● 30g protein ● 26g fat ● 12g carbs ● 4g fiber



For single meal:

walnuts
2 tbsp, chopped (14g)
apple cider vinegar
1/4 tbsp (4g)
maple syrup
1 tsp (5mL)
olive oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
4 oz (113g)
brussels sprouts, ends trimmed and discarded
3/4 cup (66g)
apples, chopped
1/6 small (2-3/4" dia) (25g)

For all 2 meals:

walnuts
4 tbsp, chopped (28g)
apple cider vinegar
1/2 tbsp (7g)
maple syrup
2 tsp (10mL)
olive oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
1/2 lbs (227g)
brussels sprouts, ends trimmed and discarded
1 1/2 cup (132g)
apples, chopped
1/3 small (2-3/4" dia) (50g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Milk

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



For single meal:

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

For all 2 meals:

whole milk
2 1/2 cup(s) (600mL)

1. The recipe has no instructions.

Dinner 4

Eat on day 5

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)



walnuts

3 tbsp, shelled (19g)

1. The recipe has no instructions.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

boneless skinless chicken breast, raw

1/2 lbs (227g)

tomatoes

3 slice(s), thin/small (45g)

mixed greens

4 tbsp (8g)

dijon mustard

1/2 tbsp (8g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

oil

1/2 tsp (3mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 5 ↗

Eat on day 6 and day 7

Easy ground turkey stroganoff

287 cals ● 22g protein ● 12g fat ● 22g carbs ● 2g fiber



For single meal:

oil
3/8 tsp (2mL)
onion
3 dash minced (2g)
water
1/8 cup(s) (15mL)
dry egg noodles
1 oz (29g)
ground turkey, raw
3 oz (85g)
condensed cream of mushroom soup
1/8 11oz can (39g)
paprika
3 dash (1g)
chicken bouillon, crumbled
1/8 cube (1g)
salt, or to taste
1 dash (1g)

For all 2 meals:

oil
1/4 tbsp (4mL)
onion
1/4 tbsp minced (4g)
water
1/8 cup(s) (30mL)
dry egg noodles
2 oz (57g)
ground turkey, raw
6 oz (170g)
condensed cream of mushroom soup
1/4 11oz can (78g)
paprika
1/4 tbsp (2g)
chicken bouillon, crumbled
1/4 cube (1g)
salt, or to taste
2 dash (2g)

1. Bring a pot of lightly salted water to a boil. Place the egg noodles in the pot, cook 6 to 8 minutes, until al dente, and drain.
2. Heat the oil in a skillet over medium heat. Place the turkey and onion in the skillet and cook until turkey is evenly brown and onion is tender. Mix in the bouillon.
3. Stir the cream of mushroom soup and water into the skillet. Cook and stir until heated through. Season with paprika and salt. Serve over the cooked egg noodles.

Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

whole milk
1 1/2 cup(s) (360mL)

For all 2 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.