

Meal Plan - 1900 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

1857 cals ● 128g protein (28%) ● 96g fat (47%) ● 88g carbs (19%) ● 32g fiber (7%)

Breakfast

315 cals, 9g protein, 37g net carbs, 10g fat



Toast with butter
2 slice(s)- 227 cals



Grapes
87 cals

Snacks

205 cals, 10g protein, 12g net carbs, 12g fat



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

Lunch

685 cals, 48g protein, 30g net carbs, 38g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Roast beef & pickle sandwich
1 sandwich(es)- 454 cals

Dinner

655 cals, 61g protein, 9g net carbs, 36g fat



Avocado tuna salad
654 cals

Day 2

1911 cals ● 122g protein (25%) ● 104g fat (49%) ● 99g carbs (21%) ● 23g fiber (5%)

Breakfast

315 cals, 9g protein, 37g net carbs, 10g fat



Toast with butter
2 slice(s)- 227 cals



Grapes
87 cals

Snacks

205 cals, 10g protein, 12g net carbs, 12g fat



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

Lunch

685 cals, 48g protein, 30g net carbs, 38g fat



Roasted peanuts
1/4 cup(s)- 230 cals



Roast beef & pickle sandwich
1 sandwich(es)- 454 cals

Dinner

710 cals, 55g protein, 20g net carbs, 44g fat



Simple mixed greens and tomato salad
151 cals



Honey mustard chicken thighs w/ skin
8 oz- 558 cals

Day 3

1845 cals ● 178g protein (39%) ● 68g fat (33%) ● 108g carbs (23%) ● 21g fiber (5%)

Breakfast

370 cals, 25g protein, 20g net carbs, 20g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Scrambled egg whites
61 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

205 cals, 10g protein, 12g net carbs, 12g fat



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

Lunch

705 cals, 75g protein, 54g net carbs, 18g fat



Grilled chicken sandwich
1 sandwich(es)- 460 cals



Chunky canned soup (non-cream)
1 can(s)- 247 cals

Dinner

565 cals, 68g protein, 23g net carbs, 19g fat



Lentils
116 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 4

1879 cals ● 174g protein (37%) ● 69g fat (33%) ● 118g carbs (25%) ● 22g fiber (5%)

Breakfast

370 cals, 25g protein, 20g net carbs, 20g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Scrambled egg whites
61 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

240 cals, 7g protein, 22g net carbs, 13g fat



Roasted cashews
1/8 cup(s)- 104 cals



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

Lunch

705 cals, 75g protein, 54g net carbs, 18g fat



Grilled chicken sandwich
1 sandwich(es)- 460 cals



Chunky canned soup (non-cream)
1 can(s)- 247 cals

Dinner

565 cals, 68g protein, 23g net carbs, 19g fat



Lentils
116 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 5

1917 cals ● 123g protein (26%) ● 85g fat (40%) ● 126g carbs (26%) ● 39g fiber (8%)

Breakfast

370 cals, 25g protein, 20g net carbs, 20g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Scrambled egg whites
61 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

240 cals, 7g protein, 22g net carbs, 13g fat



Roasted cashews
1/8 cup(s)- 104 cals



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

Lunch

620 cals, 39g protein, 51g net carbs, 23g fat



Bbq deli chicken sandwich
1 1/2 sandwich(es)- 387 cals



Tomato and avocado salad
235 cals

Dinner

690 cals, 53g protein, 34g net carbs, 29g fat



Easy chickpea salad
234 cals



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

Day 6

1926 cals ● 129g protein (27%) ● 87g fat (41%) ● 131g carbs (27%) ● 27g fiber (6%)

Breakfast

295 cals, 17g protein, 3g net carbs, 23g fat



Sunflower seeds
226 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

285 cals, 12g protein, 30g net carbs, 10g fat



Apple
1 apple(s)- 105 cals



Roasted peanuts
1/8 cup(s)- 115 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals

Lunch

620 cals, 39g protein, 51g net carbs, 23g fat



Bbq deli chicken sandwich
1 1/2 sandwich(es)- 387 cals



Tomato and avocado salad
235 cals

Dinner

725 cals, 61g protein, 46g net carbs, 31g fat



Simple mixed greens salad
203 cals



Tender breaded chicken breast
8 oz- 524 cals

Day 7

1852 cals ● 130g protein (28%) ● 100g fat (49%) ● 86g carbs (19%) ● 22g fiber (5%)

Breakfast

295 cals, 17g protein, 3g net carbs, 23g fat



Sunflower seeds

226 cals



Boiled eggs

1 egg(s)- 69 cals

Snacks

285 cals, 12g protein, 30g net carbs, 10g fat



Apple

1 apple(s)- 105 cals



Roasted peanuts

1/8 cup(s)- 115 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Lunch

545 cals, 40g protein, 7g net carbs, 36g fat



Tomato and avocado salad

235 cals



Basic ground turkey

6 2/3 oz- 313 cals

Dinner

725 cals, 61g protein, 46g net carbs, 31g fat



Simple mixed greens salad

203 cals



Tender breaded chicken breast

8 oz- 524 cals

Grocery List



Baked Products

- ☐ bread
14 2/3 oz (416g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)

Dairy and Egg Products

- ☐ butter
2 tbsp (27g)
- ☐ sliced cheese
4 slice (2/3 oz ea) (76g)
- ☐ egg whites
3/4 cup (182g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ eggs
2 1/2 medium (115g)
- ☐ whole milk
1/8 cup(s) (19mL)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)

Fruits and Fruit Juices

- ☐ grapes
3 cup (276g)
- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ lime juice
2 fl oz (58mL)
- ☐ green olives
18 large (79g)
- ☐ apples
2 medium (3" dia) (364g)

Legumes and Legume Products

- ☐ roasted peanuts
1 1/4 cup (183g)
- ☐ lentils, raw
1/3 cup (64g)
- ☐ chickpeas, canned
1/2 can(s) (224g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1/2 lbs (227g)
- ☐ chicken cold cuts
3/4 lbs (340g)

Other

- ☐ mixed greens
14 cup (420g)
- ☐ coleslaw mix
1 cup (90g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/2 can (430g)

Snacks

- ☐ high-protein granola bar
3 bar (120g)

Fats and Oils

- ☐ salad dressing
3/4 cup (180mL)
- ☐ olive oil
2/3 oz (26mL)
- ☐ oil
2 oz (59mL)

Sweets

- ☐ honey
1 oz (25g)
- ☐ jelly
2 tsp (14g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
1/2 lbs (227g)
- ☐ boneless skinless chicken breast, raw
3 lbs (1412g)
- ☐ ground turkey, raw
6 2/3 oz (189g)

Beverages

- ☐ water
1 1/3 cup(s) (315mL)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ barbecue sauce
6 tbsp (102g)

Vegetables and Vegetable Products

- ☐ pickles
8 slices (56g)
- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (797g)
- ☐ onion
1 medium (2-1/2" dia) (106g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ bell pepper
1 large (164g)

Spices and Herbs

- ☐ dijon mustard
3 tbsp (45g)
 - ☐ salt
2/3 oz (23g)
 - ☐ black pepper
1/4 oz (7g)
 - ☐ brown deli mustard
3/4 tbsp (11g)
 - ☐ thyme, dried
1/8 oz (2g)
 - ☐ chili powder
1 tbsp (8g)
 - ☐ fresh basil
18 leaves (9g)
 - ☐ garlic powder
1 tsp (3g)
 - ☐ balsamic vinegar
1/2 tbsp (8mL)
 - ☐ oregano, dried
1/3 tsp, leaves (0g)
 - ☐ dried tarragon
1 tsp, ground (2g)
 - ☐ ground ginger
1 tsp (2g)
 - ☐ dry mustard powder
1 tsp (2g)
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- ☐ apple cider vinegar
1/2 tbsp (0mL)

Nut and Seed Products

- ☐ roasted cashews
4 tbsp (34g)
- ☐ sunflower kernels
2 1/2 oz (71g)

Cereal Grains and Pasta

- ☐ all-purpose flour
2/3 cup(s) (83g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)

For all 2 meals:

bread
4 slice (128g)
butter
4 tsp (18g)

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

Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

grapes
1 1/2 cup (138g)

For all 2 meals:

grapes
3 cup (276g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

egg whites
4 tbsp (61g)
oil
1/4 tbsp (4mL)

For all 3 meals:

egg whites
3/4 cup (182g)
oil
3/4 tbsp (11mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels
1 1/4 oz (35g)

For all 2 meals:

sunflower kernels
2 1/2 oz (71g)

1. The recipe has no instructions.
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Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.
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Lunch 1 [🔗](#)

Eat on day 1 and day 2

Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

roasted peanuts
4 tbsp (37g)

For all 2 meals:

roasted peanuts
1/2 cup (73g)

1. The recipe has no instructions.

Roast beef & pickle sandwich

1 sandwich(es) - 454 cals ● 39g protein ● 20g fat ● 25g carbs ● 5g fiber



For single meal:

bread
2 slice(s) (64g)
roast beef cold cuts
4 oz (113g)
sliced cheese
2 slice (2/3 oz ea) (38g)
pickles
4 slices (28g)
dijon mustard
1 tbsp (15g)

For all 2 meals:

bread
4 slice(s) (128g)
roast beef cold cuts
1/2 lbs (227g)
sliced cheese
4 slice (2/3 oz ea) (76g)
pickles
8 slices (56g)
dijon mustard
2 tbsp (30g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Lunch 2 [↗](#)

Eat on day 3 and day 4

Grilled chicken sandwich

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



For single meal:

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)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (454g)
tomatoes
6 slice(s), thin/small (90g)
mixed greens
1/2 cup (15g)
dijon mustard
1 tbsp (15g)
kaiser rolls
2 roll (3-1/2" dia) (114g)
oil
1 tsp (5mL)

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.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Lunch 3 [↗](#)

Eat on day 5 and day 6

Bbq deli chicken sandwich

1 1/2 sandwich(es) - 387 cal ● 36g protein ● 5g fat ● 44g carbs ● 4g fiber



For single meal:

bread
1 1/2 slice(s) (48g)
chicken cold cuts
6 oz (170g)
barbecue sauce
3 tbsp (51g)
coleslaw mix
1/2 cup (45g)

For all 2 meals:

bread
3 slice(s) (96g)
chicken cold cuts
3/4 lbs (340g)
barbecue sauce
6 tbsp (102g)
coleslaw mix
1 cup (90g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

Tomato and avocado salad

235 cal ● 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.

Lunch 4 [↗](#)

Eat on day 7

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.

Basic ground turkey

6 2/3 oz - 313 cals ● 37g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 6 2/3 oz
ground turkey, raw
6 2/3 oz (189g)
oil
1 tsp (4mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Snacks 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.

Snacks 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.

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 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

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

Snacks 3 [🔗](#)

Eat on day 6 and day 7

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 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 2 meals:

roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

honey

1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

honey

2 tsp (14g)

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

Dinner 1 [↗](#)

Eat on day 1

Avocado tuna salad

654 cals ● 61g protein ● 36g fat ● 9g carbs ● 12g fiber



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)

mixed greens

1 1/2 cup (45g)

canned tuna

1 1/2 can (258g)

tomatoes

6 tbsp, chopped (68g)

onion, minced

3/8 small (26g)

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 2 [↗](#)

Eat on day 2

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



mixed greens

3 cup (90g)

tomatoes

1/2 cup cherry tomatoes (75g)

salad dressing

3 tbsp (45mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Honey mustard chicken thighs w/ skin

8 oz - 558 cals ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



Makes 8 oz

brown deli mustard

3/4 tbsp (11g)

honey

1/2 tbsp (11g)

thyme, dried

4 dash, ground (1g)

salt

1 dash (1g)

chicken thighs, with bone and skin, raw

1/2 lbs (227g)

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.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

water

2/3 cup(s) (158mL)

salt

1/3 dash (0g)

lentils, raw, rinsed

2 2/3 tbsp (32g)

For all 2 meals:

water

1 1/3 cup(s) (316mL)

salt

2/3 dash (1g)

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.

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)
olive oil
1/2 tbsp (8mL)
salt
3 dash (2g)
green olives
9 large (40g)
black pepper
3 dash (0g)
chili powder
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (255g)
fresh basil, shredded
9 leaves (5g)

For all 2 meals:

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)

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 4 [↗](#)

Eat on day 5

Easy chickpea salad

234 cals ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



balsamic vinegar
1/2 tbsp (8mL)
apple cider vinegar
1/2 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
onion, thinly sliced
1/4 small (18g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
fresh parsley, chopped
1 1/2 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

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.

Dinner 5 [🔗](#)

Eat on day 6 and day 7

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



For single meal:

mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

For all 2 meals:

mixed greens

9 cup (270g)

salad dressing

1/2 cup (135mL)

1. Mix greens and dressing in a small bowl. Serve.

Tender breaded chicken breast

8 oz - 524 cals ● 57g protein ● 17g fat ● 34g carbs ● 2g fiber



For single meal:

garlic powder
1 1/3 dash (1g)
oil
4 tsp (20mL)
all-purpose flour
1/3 cup(s) (42g)
oregano, dried
1 1/3 dash, leaves (0g)
eggs
1/6 medium (7g)
whole milk
1/8 cup(s) (10mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)
salt
1 tsp (6g)
dried tarragon
4 dash, ground (1g)
ground ginger
4 dash (1g)
black pepper
1 tsp, ground (2g)
dry mustard powder
4 dash (1g)
thyme, dried
4 dash, leaves (0g)

For all 2 meals:

garlic powder
1/3 tsp (1g)
oil
2 2/3 tbsp (40mL)
all-purpose flour
2/3 cup(s) (83g)
oregano, dried
1/3 tsp, leaves (0g)
eggs
1/3 medium (15g)
whole milk
1/8 cup(s) (20mL)
boneless skinless chicken breast, raw
16 oz (448g)
salt
2 tsp (12g)
dried tarragon
1 tsp, ground (2g)
ground ginger
1 tsp (2g)
black pepper
2 tsp, ground (5g)
dry mustard powder
1 tsp (2g)
thyme, dried
1 tsp, leaves (1g)

1. Stir together flour, tarragon, salt, ginger, pepper, mustard powder, thyme, garlic powder, and oregano in a shallow bowl until well blended. Beat the egg together with the milk until smooth in a bowl. Dredge the chicken breasts in the flour mixture, shake off excess, then dip in egg, and again in flour. Set breasts aside to rest for 10 minutes.
 2. Preheat oven to 350 degrees F (175 degrees C).
 3. Heat the oil in a skillet over medium-high heat. Dredge the chicken breasts in flour again, and shake off excess. Brown the chicken in the hot oil until golden brown on both sides. Place onto a baking sheet, and bake in preheated oven until the chicken is no longer pink in the center, 20 to 30 minutes.
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