

Meal Plan - 2000 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

2054 cals ● 133g protein (26%) ● 94g fat (41%) ● 139g carbs (27%) ● 30g fiber (6%)

Breakfast

375 cals, 18g protein, 38g net carbs, 15g fat



Simple cinnamon oatmeal with water
217 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

270 cals, 14g protein, 39g net carbs, 4g fat



Pear
1 pear(s)- 113 cals



Plain yogurt
1 cup(s)- 155 cals

Lunch

730 cals, 53g protein, 4g net carbs, 53g fat



Buffalo drumsticks
10 2/3 oz- 622 cals



Garlic collard greens
106 cals

Dinner

680 cals, 48g protein, 58g net carbs, 23g fat



Protein greek yogurt
1 container- 139 cals



Apple
1 apple(s)- 105 cals



Classic turkey tacos
2 taco(s)- 438 cals

Day 2

2044 cals ● 135g protein (26%) ● 104g fat (46%) ● 119g carbs (23%) ● 24g fiber (5%)

Breakfast

375 cals, 18g protein, 38g net carbs, 15g fat



Simple cinnamon oatmeal with water
217 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

270 cals, 14g protein, 39g net carbs, 4g fat



Pear
1 pear(s)- 113 cals



Plain yogurt
1 cup(s)- 155 cals

Lunch

730 cals, 53g protein, 4g net carbs, 53g fat



Buffalo drumsticks
10 2/3 oz- 622 cals



Garlic collard greens
106 cals

Dinner

670 cals, 50g protein, 39g net carbs, 32g fat



Caesar chicken breasts
6 2/3 oz- 383 cals



Baked fries
290 cals

Day 3

1977 cals ● 142g protein (29%) ● 86g fat (39%) ● 134g carbs (27%) ● 25g fiber (5%)

Breakfast

395 cals, 20g protein, 32g net carbs, 18g fat



Roasted peanuts

1/6 cup(s)- 173 cals



Peach

1 peach(es)- 66 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Snacks

295 cals, 15g protein, 27g net carbs, 13g fat



Milk

1 cup(s)- 149 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

615 cals, 57g protein, 37g net carbs, 23g fat



Basic chicken breast

8 oz- 317 cals



Homemade mashed potatoes

179 cals



Cooked peppers

1 bell pepper(s)- 120 cals

Dinner

670 cals, 50g protein, 39g net carbs, 32g fat



Caesar chicken breasts

6 2/3 oz- 383 cals



Baked fries

290 cals

Day 4

2043 cals ● 155g protein (30%) ● 100g fat (44%) ● 106g carbs (21%) ● 26g fiber (5%)

Breakfast

395 cals, 20g protein, 32g net carbs, 18g fat



Roasted peanuts

1/6 cup(s)- 173 cals



Peach

1 peach(es)- 66 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Lunch

695 cals, 69g protein, 32g net carbs, 29g fat



Avocado tuna salad

436 cals



Cottage cheese & fruit cup

2 container- 261 cals

Snacks

295 cals, 15g protein, 27g net carbs, 13g fat



Milk

1 cup(s)- 149 cals



Hummus toast

1 slice(s)- 146 cals

Dinner

655 cals, 51g protein, 16g net carbs, 40g fat



Parmesan & pesto roasted potatoes

106 cals



Indian chicken wings

13 1/3 oz- 550 cals

Day 5

1996 cals ● 141g protein (28%) ● 94g fat (42%) ● 122g carbs (24%) ● 25g fiber (5%)

Breakfast

395 cals, 22g protein, 27g net carbs, 19g fat



Egg & guac sandwich
1 sandwich(es)- 381 cals



Celery sticks
2 celery stalk- 13 cals

Lunch

650 cals, 53g protein, 53g net carbs, 22g fat



Turkey sandwich with mustard
1 sandwich(es)- 453 cals



Peach
1 peach(es)- 66 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

295 cals, 15g protein, 27g net carbs, 13g fat



Milk
1 cup(s)- 149 cals



Hummus toast
1 slice(s)- 146 cals

Dinner

655 cals, 51g protein, 16g net carbs, 40g fat



Parmesan & pesto roasted potatoes
106 cals



Indian chicken wings
13 1/3 oz- 550 cals

Day 6

1971 cals ● 158g protein (32%) ● 81g fat (37%) ● 124g carbs (25%) ● 28g fiber (6%)

Breakfast

395 cals, 22g protein, 27g net carbs, 19g fat



Egg & guac sandwich
1 sandwich(es)- 381 cals



Celery sticks
2 celery stalk- 13 cals

Snacks

250 cals, 7g protein, 18g net carbs, 14g fat



Peach
1 peach(es)- 66 cals



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



Kale chips
69 cals

Lunch

685 cals, 59g protein, 74g net carbs, 11g fat



Pear
2 pear(s)- 226 cals



Grilled chicken sandwich
1 sandwich(es)- 460 cals

Dinner

640 cals, 70g protein, 6g net carbs, 36g fat



Simple roasted cod
13 1/3 oz- 495 cals



Buttered green beans
147 cals

Day 7

1971 cals ● 158g protein (32%) ● 81g fat (37%) ● 124g carbs (25%) ● 28g fiber (6%)

Breakfast

395 cals, 22g protein, 27g net carbs, 19g fat



Egg & guac sandwich
1 sandwich(es)- 381 cals



Celery sticks
2 celery stalk- 13 cals

Snacks

250 cals, 7g protein, 18g net carbs, 14g fat



Peach
1 peach(es)- 66 cals



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



Kale chips
69 cals

Lunch

685 cals, 59g protein, 74g net carbs, 11g fat



Pear
2 pear(s)- 226 cals



Grilled chicken sandwich
1 sandwich(es)- 460 cals

Dinner

640 cals, 70g protein, 6g net carbs, 36g fat



Simple roasted cod
13 1/3 oz- 495 cals



Buttered green beans
147 cals

Grocery List



Breakfast Cereals

- quick oats
1 cup (80g)

Sweets

- sugar
2 tbsp (26g)

Spices and Herbs

- cinnamon
2 tsp (5g)
- salt
2/3 oz (20g)
- black pepper
1/8 oz (2g)
- taco seasoning mix
1/4 packet (9g)
- curry powder
2 1/2 tbsp (16g)
- dijon mustard
3/4 oz (20g)

Beverages

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

Dairy and Egg Products

- eggs
10 large (500g)
- plain lowfat yogurt
2 cup (490g)
- parmesan cheese
1/4 cup (22g)
- whole milk
3 cup(s) (751mL)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- sliced cheese
2 slice (3/4 oz ea) (42g)
- butter
2 tbsp (27g)

Fats and Oils

- oil
2 3/4 oz (85mL)

Vegetables and Vegetable Products

- collard greens
2/3 lbs (303g)
- garlic
2 clove(s) (6g)
- potatoes
2 1/4 lbs (1008g)
- bell pepper
1 large (164g)
- tomatoes
1 1/3 medium whole (2-3/5" dia) (165g)
- onion
1/4 small (18g)
- raw celery
6 stalk, medium (7-1/2" - 8" long) (240g)
- romaine lettuce
1 leaf inner (6g)
- frozen green beans
2 cup (242g)
- kale leaves
2/3 bunch (113g)

Fruits and Fruit Juices

- apples
1 medium (3" dia) (182g)
- avocados
3/4 avocado(s) (151g)
- pears
6 medium (1068g)
- peach
5 medium (2-2/3" dia) (750g)
- lime juice
1 tsp (5mL)

Baked Products

- corn tortillas
2 tortilla, medium (approx 6" dia) (52g)
- bread
3/4 lbs (352g)
- kaiser rolls
2 roll (3-1/2" dia) (114g)

Poultry Products

- ground turkey, raw
4 oz (113g)
- boneless skinless chicken breast, raw
2 1/2 lbs (1056g)

caesar salad dressing

1/4 cup (49g)

olive oil

2 oz (60mL)

Soups, Sauces, and Gravies

Frank's Red Hot sauce

1/4 cup (53mL)

salsa

4 tbsp (65g)

pesto sauce

1/2 tbsp (8g)

Other

Chicken, drumsticks, with skin
1 1/3 lbs (605g)

protein greek yogurt, flavored
1 container (150g)

mixed greens
1 3/4 cup (53g)

cottage cheese & fruit cup
3 container (510g)

guacamole, store-bought
6 tbsp (93g)

chicken wings, with skin, raw

1 2/3 lbs (757g)

Legumes and Legume Products

roasted peanuts
10 tbsp (91g)

hummus
1/2 cup (113g)

Finfish and Shellfish Products

canned tuna
1 can (172g)

cod, raw
1 2/3 lbs (756g)

Sausages and Luncheon Meats

turkey cold cuts
4 oz (113g)

Breakfast 1 ↗

Eat on day 1 and day 2

Simple cinnamon oatmeal with water

217 cals ● 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.

Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)

For all 2 meals:

eggs
4 large (200g)
oil
1 tsp (5mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Breakfast 2 ↗

Eat on day 3 and day 4

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 2 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

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 2 meals:

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

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Egg & guac sandwich

1 sandwich(es) - 381 cals ● 22g protein ● 19g fat ● 25g carbs ● 6g fiber



For single meal:

eggs
2 large (100g)
oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
bread
2 slice(s) (64g)

For all 3 meals:

eggs
6 large (300g)
oil
1/2 tbsp (8mL)
guacamole, store-bought
6 tbsp (93g)
bread
6 slice(s) (192g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 3 meals:

raw celery
6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

Lunch 1 ↗

Eat on day 1 and day 2

Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
1 3/4 tbsp (27mL)
oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
Chicken, drumsticks, with skin
2/3 lbs (302g)

For all 2 meals:

Frank's Red Hot sauce
1/4 cup (53mL)
oil
2 tsp (10mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
Chicken, drumsticks, with skin
1 1/3 lbs (605g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Garlic collard greens

106 cals ● 5g protein ● 6g fat ● 3g carbs ● 6g fiber



For single meal:

collard greens
1/3 lbs (151g)
oil
1 tsp (5mL)
salt
2/3 dash (1g)
garlic, minced
1 clove(s) (3g)

For all 2 meals:

collard greens
2/3 lbs (303g)
oil
2 tsp (10mL)
salt
1 1/3 dash (1g)
garlic, minced
2 clove(s) (6g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 2 ↗

Eat on day 3

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

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.

Homemade mashed potatoes

179 cals ● 5g protein ● 1g fat ● 32g carbs ● 5g fiber



whole milk
1/8 cup(s) (30mL)
potatoes, peeled & cut into chunks
1/2 lbs (227g)

1. Place the potatoes chunks in a large pot and cover with cold water.
2. Bring to a boil over high heat, then reduce to a simmer and cook until potatoes are tender, about 15-20 minutes.
3. Drain the potatoes and return them to the pot.
4. Add the milk to the pot. Mash the potatoes with a potato masher, fork, or electric mixer until smooth and creamy.
5. Season with salt and pepper to taste. Serve.

Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



Makes 1 bell pepper(s)

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Lunch 3 ↗

Eat on day 4

Avocado tuna salad

436 cals ● 41g protein ● 24g fat ● 6g carbs ● 8g fiber



avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
mixed greens
1 cup (30g)
canned tuna
1 can (172g)
tomatoes
4 tbsp, chopped (45g)
onion, minced
1/4 small (18g)

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.

Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container
cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 4 ↗

Eat on day 5

Turkey sandwich with mustard

1 sandwich(es) - 453 cals ● 37g protein ● 19g fat ● 28g carbs ● 5g fiber



Makes 1 sandwich(es)
turkey cold cuts
4 oz (113g)
sliced cheese
2 slice (3/4 oz ea) (42g)
bread
2 slice (64g)
tomatoes
2 slice(s), thin/small (30g)
romaine lettuce
1 leaf inner (6g)
dijon mustard
1 tsp (5g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Makes 1 peach(es)

peach
1 medium (2-2/3" dia) (150g)

1. The recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup
1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 5 ↗

Eat on day 6 and day 7

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

1. The recipe has no instructions.

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.

Snacks 1

Eat on day 1 and day 2

Pear

1 pear(s) - 113 cals  1g protein  0g fat  22g carbs  6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.

Plain yogurt

1 cup(s) - 155 cals  13g protein  4g fat  17g carbs  0g fiber



For single meal:

plain lowfat yogurt
1 cup (245g)

For all 2 meals:

plain lowfat yogurt
2 cup (490g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 3 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 3 meals:

bread
3 slice (96g)
hummus
1/2 cup (113g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Snacks 3 ↗

Eat on day 6 and day 7

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (300g)

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.

Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

salt
1/3 tsp (2g)
kale leaves
1/3 bunch (57g)
olive oil
1 tsp (5mL)

For all 2 meals:

salt
1/4 tbsp (4g)
kale leaves
2/3 bunch (113g)
olive oil
2 tsp (10mL)

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

Dinner 1 ↗

Eat on day 1

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Apple

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



Makes 1 apple(s)

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

1. The recipe has no instructions.

Classic turkey tacos

2 taco(s) - 438 cals ● 28g protein ● 19g fat ● 30g carbs ● 9g fiber



Makes 2 taco(s)

taco seasoning mix

1/4 packet (9g)

oil

3/8 tsp (2mL)

corn tortillas

2 tortilla, medium (approx 6" dia) (52g)

salsa

4 tbsp (65g)

mixed greens

4 tbsp (8g)

ground turkey, raw

4 oz (113g)

avocados, chopped

1/4 avocado(s) (50g)

1. Heat oil in a skillet over medium heat. Add the turkey and break it apart. Cook until browned.
2. Add taco seasoning and a splash of water. Mix until well-combined. Cook for a couple more minutes and remove from heat.
3. Create tacos by layering tortilla, greens, turkey, salsa, and avocado. Serve.

Dinner 2

Eat on day 2 and day 3

Caesar chicken breasts

6 2/3 oz - 383 cals ● 46g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

6 2/3 oz (189g)

caesar salad dressing

5 tsp (24g)

parmesan cheese

5 tsp (8g)

For all 2 meals:

boneless skinless chicken breast, raw

13 1/3 oz (378g)

caesar salad dressing

1/4 cup (49g)

parmesan cheese

1/4 cup (17g)

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.

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

oil

3/4 tbsp (11mL)

For all 2 meals:

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

oil

1 1/2 tbsp (23mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Dinner 3

Eat on day 4 and day 5

Parmesan & pesto roasted potatoes

106 cals ● 3g protein ● 2g fat ● 16g carbs ● 3g fiber



For single meal:

pesto sauce

1/4 tbsp (4g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

parmesan cheese, grated

1/2 tbsp (3g)

potatoes, washed, cut into bite-sized pieces

4 oz (114g)

For all 2 meals:

pesto sauce

1/2 tbsp (8g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

parmesan cheese, grated

1 tbsp (5g)

potatoes, washed, cut into bite-sized pieces

1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

Indian chicken wings

13 1/3 oz - 550 cals ● 49g protein ● 38g fat ● 0g carbs ● 4g fiber



For single meal:

oil
1/4 tbsp (3mL)
chicken wings, with skin, raw
13 1/3 oz (378g)
salt
1 tsp (5g)
curry powder
1 1/4 tbsp (8g)

For all 2 meals:

oil
1 1/4 tsp (6mL)
chicken wings, with skin, raw
1 2/3 lbs (757g)
salt
1/2 tbsp (10g)
curry powder
2 1/2 tbsp (16g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Dinner 4 ↗

Eat on day 6 and day 7

Simple roasted cod

13 1/3 oz - 495 cals ● 67g protein ● 25g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
5 tsp (25mL)
cod, raw
13 1/3 oz (378g)

For all 2 meals:

olive oil
1/4 cup (50mL)
cod, raw
1 2/3 lbs (756g)

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

Buttered green beans

147 cals ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

butter
1 tbsp (14g)
black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen green beans
1 cup (121g)

For all 2 meals:

butter
2 tbsp (27g)
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen green beans
2 cup (242g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.
