

Meal Plan - 2400 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

2344 cals ● 219g protein (37%) ● 118g fat (45%) ● 79g carbs (13%) ● 23g fiber (4%)

Breakfast

405 cals, 27g protein, 15g net carbs, 24g fat



Basic scrambled eggs
4 egg(s)- 318 cals



Strawberries
1 2/3 cup(s)- 87 cals

Lunch

785 cals, 58g protein, 52g net carbs, 34g fat



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



Avocado tuna salad sandwich
1 sandwich(es)- 370 cals



Cottage cheese & honey
3/4 cup(s)- 187 cals

Snacks

340 cals, 17g protein, 5g net carbs, 27g fat



Walnuts
1/4 cup(s)- 175 cals



String cheese
2 stick(s)- 165 cals

Dinner

810 cals, 117g protein, 7g net carbs, 32g fat



Simple salad with tomatoes and carrots
98 cals



Basic chicken breast
18 oz- 714 cals

Day 2

2381 cals ● 173g protein (29%) ● 129g fat (49%) ● 100g carbs (17%) ● 33g fiber (6%)

Breakfast

405 cals, 27g protein, 15g net carbs, 24g fat



Basic scrambled eggs
4 egg(s)- 318 cals



Strawberries
1 2/3 cup(s)- 87 cals

Lunch

835 cals, 53g protein, 59g net carbs, 40g fat



Chicken thigh & brussels sprout skillet
2 chicken thigh(s)- 607 cals



Brown rice
1 cup brown rice, cooked- 229 cals

Snacks

340 cals, 17g protein, 5g net carbs, 27g fat



Walnuts
1/4 cup(s)- 175 cals



String cheese
2 stick(s)- 165 cals

Dinner

800 cals, 76g protein, 21g net carbs, 38g fat



Chicken beet & carrot salad bowl
562 cals



Garlic collard greens
239 cals

Day 3

2406 cals ● 184g protein (31%) ● 79g fat (29%) ● 210g carbs (35%) ● 30g fiber (5%)

Breakfast

375 cals, 26g protein, 45g net carbs, 8g fat



Peach
1 peach(es)- 66 cals



Lowfat Greek yogurt
2 container(s)- 310 cals

Snacks

395 cals, 21g protein, 32g net carbs, 17g fat



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



Quinoa & chia yogurt parfait
282 cals

Lunch

820 cals, 62g protein, 65g net carbs, 31g fat



Roast beef & pickle sandwich
1 1/2 sandwich(es)- 680 cals



Pretzels
138 cals

Dinner

815 cals, 75g protein, 69g net carbs, 23g fat



Grilled chicken sandwich
1 sandwich(es)- 460 cals



Chicken noodle soup
2 1/2 can(s)- 356 cals

Day 4

2365 cals ● 163g protein (28%) ● 87g fat (33%) ● 199g carbs (34%) ● 33g fiber (6%)

Breakfast

375 cals, 26g protein, 45g net carbs, 8g fat



Peach
1 peach(es)- 66 cals



Lowfat Greek yogurt
2 container(s)- 310 cals

Snacks

395 cals, 21g protein, 32g net carbs, 17g fat



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



Quinoa & chia yogurt parfait
282 cals

Lunch

820 cals, 62g protein, 65g net carbs, 31g fat



Roast beef & pickle sandwich
1 1/2 sandwich(es)- 680 cals



Pretzels
138 cals

Dinner

775 cals, 54g protein, 58g net carbs, 31g fat



Fruit juice
2 cup(s)- 229 cals



Avocado tuna salad
545 cals

Day 5

2386 cals ● 181g protein (30%) ● 86g fat (32%) ● 184g carbs (31%) ● 38g fiber (6%)

Breakfast

375 cals, 26g protein, 45g net carbs, 8g fat



Peach
1 peach(es)- 66 cals



Lowfat Greek yogurt
2 container(s)- 310 cals

Lunch

850 cals, 73g protein, 50g net carbs, 34g fat



Lemon pepper chicken breast
10 2/3 oz- 395 cals



Roasted rosemary sweet potatoes
315 cals



Carrot fries
138 cals

Snacks

265 cals, 23g protein, 35g net carbs, 2g fat



Beef jerky
146 cals



Grapefruit
1 grapefruit- 119 cals

Dinner

895 cals, 60g protein, 54g net carbs, 42g fat



Pork & bean casserole
796 cals



Buttered broccoli
3/4 cup(s)- 100 cals

Day 6

2395 cals ● 178g protein (30%) ● 76g fat (28%) ● 217g carbs (36%) ● 34g fiber (6%)

Breakfast

420 cals, 28g protein, 37g net carbs, 16g fat



Kale & eggs
189 cals



Apple
1 apple(s)- 105 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Lunch

895 cals, 66g protein, 64g net carbs, 37g fat



Olive oil drizzled broccoli
3 cup(s)- 209 cals



Shredded bbq & ranch chicken sandwich
1 1/2 sandwich(es)- 683 cals

Snacks

265 cals, 23g protein, 35g net carbs, 2g fat



Beef jerky
146 cals



Grapefruit
1 grapefruit- 119 cals

Dinner

820 cals, 61g protein, 80g net carbs, 21g fat



Honey mustard chicken salad
554 cals



Peach
4 peach(es)- 264 cals

Day 7

2395 cals ● 178g protein (30%) ● 76g fat (28%) ● 217g carbs (36%) ● 34g fiber (6%)

Breakfast

420 cals, 28g protein, 37g net carbs, 16g fat



Kale & eggs

189 cals



Apple

1 apple(s)- 105 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Snacks

265 cals, 23g protein, 35g net carbs, 2g fat



Beef jerky

146 cals



Grapefruit

1 grapefruit- 119 cals

Lunch

895 cals, 66g protein, 64g net carbs, 37g fat



Olive oil drizzled broccoli

3 cup(s)- 209 cals



Shredded bbq & ranch chicken sandwich

1 1/2 sandwich(es)- 683 cals

Dinner

820 cals, 61g protein, 80g net carbs, 21g fat



Honey mustard chicken salad

554 cals



Peach

4 peach(es)- 264 cals

Grocery List



Fats and Oils

- oil
3 oz (95mL)
- salad dressing
3/4 tbsp (11mL)
- olive oil
2 1/3 oz (72mL)
- ranch dressing
2 tbsp (30mL)

Dairy and Egg Products

- eggs
12 large (600g)
- low fat cottage cheese (1% milkfat)
1 3/4 cup (396g)
- string cheese
4 stick (112g)
- lowfat flavored greek yogurt
8 (5.3 oz ea) container(s) (1200g)
- sliced cheese
6 slice (2/3 oz ea) (114g)
- butter
3/4 tbsp (11g)

Fruits and Fruit Juices

- strawberries
3 1/3 cup, whole (480g)
- lime juice
1 3/4 tsp (9mL)
- avocados
1 1/2 avocado(s) (276g)
- peach
11 medium (2-2/3" dia) (1650g)
- fruit juice
16 fl oz (480mL)
- apples
2 1/4 medium (3" dia) (410g)
- Grapefruit
3 large (approx 4-1/2" dia) (996g)

Legumes and Legume Products

- roasted peanuts
1/2 cup (73g)
- white beans, canned
1/2 can(s) (220g)

Spices and Herbs

Sweets

- honey
4 oz (117g)

Nut and Seed Products

- walnuts
1/2 cup, shelled (50g)
- chia seeds
4 tsp (19g)

Poultry Products

- boneless skinless chicken breast, raw
5 lbs (2273g)
- boneless chicken thighs, with skin
2 thigh (190g)

Soups, Sauces, and Gravies

- apple cider vinegar
5/8 tsp (0mL)
- vegetable broth
3/4 cup(s) (mL)
- condensed canned chicken noodle soup
2 1/2 can (10.5 oz) (745g)
- worcestershire sauce
1/4 tbsp (4mL)
- barbecue sauce
6 tbsp (102g)

Beverages

- water
2/3 cup(s) (159mL)

Cereal Grains and Pasta

- brown rice
1/3 cup (63g)
- quinoa, uncooked
4 tbsp (43g)

Sausages and Luncheon Meats

- roast beef cold cuts
3/4 lbs (340g)

Snacks

- pretzels, hard, salted
2 1/2 oz (71g)

- black pepper**
2 1/4 g (2g)
- salt**
1/3 oz (9g)
- thyme, dried**
1/3 tsp, leaves (0g)
- dijon mustard**
1/4 lbs (102g)
- garlic powder**
1 dash (0g)
- lemon pepper**
2 tsp (5g)
- rosemary, dried**
2 1/4 g (2g)

Baked Products

- bread**
9 oz (256g)
- kaiser rolls**
1 roll (3-1/2" dia) (57g)
- hamburger buns**
3 bun(s) (153g)

Finfish and Shellfish Products

- canned tuna**
1 3/4 can (301g)

Vegetables and Vegetable Products

- onion**
1 medium (2-1/2" dia) (123g)
- carrots**
4 1/4 medium (259g)
- romaine lettuce**
3/8 head (268g)
- tomatoes**
2 medium whole (2-3/5" dia) (253g)
- beets, precooked (canned or refrigerated)**
5 oz (142g)
- collard greens**
3/4 lbs (340g)
- garlic**
2 1/4 clove(s) (7g)
- brussels sprouts**
5 oz (142g)
- pickles**
12 slices (84g)
- frozen broccoli**
6 3/4 cup (614g)
- sweet potatoes**
1 sweetpotato, 5" long (210g)
- kale leaves**
1 cup, chopped (40g)

- beef jerky**
6 oz (170g)

Other

- mixed greens**
5 1/2 cup (165g)
- italian seasoning**
4 dash (2g)
- diced tomatoes**
1/4 can(s) (105g)

Pork Products

- pork shoulder**
1/2 lbs (227g)

Breakfast 1 ↗

Eat on day 1 and day 2

Basic scrambled eggs

4 egg(s) - 318 cals ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

oil
2 tsp (10mL)
eggs
8 large (400g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Strawberries

1 2/3 cup(s) - 87 cals ● 2g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

strawberries
1 2/3 cup, whole (240g)

For all 2 meals:

strawberries
3 1/3 cup, whole (480g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

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 3 meals:

peach
3 medium (2-2/3" dia) (450g)

1. The recipe has no instructions.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

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

For all 3 meals:

lowfat flavored greek yogurt
6 (5.3 oz ea) container(s) (900g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

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 2 meals:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 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.

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.

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

honey

2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1 cup (226g)

honey

4 tsp (28g)

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

Lunch 1 ↗

Eat on day 1

Roasted peanuts

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

Makes 1/4 cup(s)

roasted peanuts

4 tbsp (37g)

1. The recipe has no instructions.



Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber

Makes 1 sandwich(es)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

lime juice

1/2 tsp (3mL)

avocados

1/4 avocado(s) (50g)

bread

2 slice (64g)

canned tuna, drained

1/2 can (86g)

onion, minced

1/8 small (9g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.



Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



Makes 3/4 cup(s)

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

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

Lunch 2 ↗

Eat on day 2

Chicken thigh & brussels sprout skillet

2 chicken thigh(s) - 607 cals ● 48g protein ● 38g fat ● 12g carbs ● 6g fiber



Makes 2 chicken thigh(s)

boneless chicken thighs, with skin
2 thigh (190g)
vegetable broth
3/8 cup(s) (mL)
oil
2 tsp (10mL)
onion, sliced
1/2 medium (2-1/2" dia) (55g)
brussels sprouts, trimmed & halved
5 oz (142g)

1. Preheat the oven to 350°F (175°C) and season the chicken thighs with some salt and pepper.
2. Heat the oil in an ovenproof skillet over medium-high heat. Place the chicken skin-side down and sear for 3-5 minutes until the skin is golden brown. Flip the chicken and reduce the heat to low.
3. Scatter the onion and Brussels sprouts around the chicken. Pour in the vegetable broth and bring to a simmer, then turn off the heat.
4. Transfer the skillet to the oven and bake for about 20 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C). Enjoy.

Brown rice

1 cup brown rice, cooked - 229 cals ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



Makes 1 cup brown rice, cooked

salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)
brown rice
1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Lunch 3

Eat on day 3 and day 4

Roast beef & pickle sandwich

1 1/2 sandwich(es) - 680 cals ● 58g protein ● 30g fat ● 38g carbs ● 7g fiber



For single meal:

bread
3 slice(s) (96g)
roast beef cold cuts
6 oz (170g)
sliced cheese
3 slice (2/3 oz ea) (57g)
pickles
6 slices (42g)
dijon mustard
1 1/2 tbsp (23g)

For all 2 meals:

bread
6 slice(s) (192g)
roast beef cold cuts
3/4 lbs (340g)
sliced cheese
6 slice (2/3 oz ea) (114g)
pickles
12 slices (84g)
dijon mustard
3 tbsp (45g)

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

Pretzels

138 cals ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:
pretzels, hard, salted
1 1/4 oz (35g)

For all 2 meals:
pretzels, hard, salted
2 1/2 oz (71g)

1. The recipe has no instructions.

Lunch 4

Eat on day 5

Lemon pepper chicken breast

10 2/3 oz - 395 cals ● 68g protein ● 13g fat ● 2g carbs ● 1g fiber



Makes 10 2/3 oz

boneless skinless chicken breast, raw
2/3 lbs (299g)
olive oil
1 tsp (5mL)
lemon pepper
2 tsp (5g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Roasted rosemary sweet potatoes

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



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

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

Carrot fries

138 cals ● 2g protein ● 7g fat ● 12g carbs ● 5g fiber



olive oil
1/2 tbsp (8mL)
rosemary, dried
4 dash (1g)
salt
1 dash (1g)
carrots, peeled
6 oz (170g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Lunch 5 ↗

Eat on day 6 and day 7

Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:
black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

For all 2 meals:
black pepper
3 dash (0g)
salt
3 dash (1g)
frozen broccoli
6 cup (546g)
olive oil
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Shredded bbq & ranch chicken sandwich

1 1/2 sandwich(es) - 683 cals ● 58g protein ● 23g fat ● 58g carbs ● 2g fiber



For single meal:

barbecue sauce
3 tbsp (51g)
hamburger buns
1 1/2 bun(s) (77g)
ranch dressing
1 tbsp (15mL)
romaine lettuce
1 1/2 leaf inner (9g)
olive oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)

For all 2 meals:

barbecue sauce
6 tbsp (102g)
hamburger buns
3 bun(s) (153g)
ranch dressing
2 tbsp (30mL)
romaine lettuce
3 leaf inner (18g)
olive oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
18 oz (510g)

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. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Snacks 1

Eat on day 1 and day 2

Walnuts

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



For single meal:

walnuts
4 tbsp, shelled (25g)

For all 2 meals:

walnuts
1/2 cup, shelled (50g)

1. The recipe has no instructions.

String cheese

2 stick(s) - 165 cals ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

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.

Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

chia seeds

2 tsp (9g)

quinoa, uncooked

2 tbsp (21g)

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

chia seeds

4 tsp (19g)

quinoa, uncooked

4 tbsp (43g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Beef jerky

146 cals ● 21g protein ● 2g fat ● 12g carbs ● 0g fiber



For single meal:

beef jerky
2 oz (57g)

For all 3 meals:

beef jerky
6 oz (170g)

1. The recipe has no instructions.

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

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

For all 3 meals:

Grapefruit
3 large (approx 4-1/2" dia) (996g)

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)

Dinner 1 ↗

Eat on day 1

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

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

1. In a large bowl, add the lettuce, tomato, and carrots; mix.

2. Pour dressing over when serving.

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 2 ↗

Eat on day 2

Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



oil
1 1/4 tbsp (19mL)
thyme, dried
1/3 tsp, leaves (0g)
apple cider vinegar
5/8 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
5 oz (142g)
boneless skinless chicken breast, raw, cubed
10 oz (280g)
carrots, thinly sliced
5/8 medium (38g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Garlic collard greens

239 cals ● 11g protein ● 13g fat ● 7g carbs ● 14g fiber



collard greens
3/4 lbs (340g)
oil
3/4 tbsp (11mL)
salt
1 1/2 dash (1g)
garlic, minced
2 1/4 clove(s) (7g)

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.

Dinner 3 ↗

Eat on day 3

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.

Chicken noodle soup

2 1/2 can(s) - 356 cals ● 18g protein ● 12g fat ● 39g carbs ● 7g fiber



Makes 2 1/2 can(s)

condensed canned chicken noodle soup

2 1/2 can (10.5 oz) (745g)

1. Prepare according to instructions on package.

Dinner 4 ↗

Eat on day 4

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Makes 2 cup(s)

fruit juice

16 fl oz (480mL)

1. The recipe has no instructions.

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)
onion, minced
1/3 small (22g)

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 5 ↗

Eat on day 5

Pork & bean casserole

796 cals ● 58g protein ● 33g fat ● 53g carbs ● 13g fiber



italian seasoning
4 dash (2g)
worcestershire sauce
1/4 tbsp (4mL)
vegetable broth
3/8 cup(s) (mL)
diced tomatoes
1/4 can(s) (105g)
garlic powder
1 dash (0g)
pork shoulder
1/2 lbs (227g)
oil
1 tsp (5mL)
carrots, sliced
1/2 large (36g)
apples, chopped
1/4 medium (3" dia) (46g)
onion, chopped
1/4 large (38g)
white beans, canned, drained & rinsed
1/2 can(s) (220g)

1. Preheat oven to 350° (180°C).
2. Heat oil in an oven-safe pot over medium heat. Add pork and cook until seared, 5-8 minutes.
3. Add onion, carrots, and apple to the pot. Cook, stirring, for 2 minutes.
4. Add tomatoes, beans, worcestershire sauce, broth, italian seasoning, garlic powder, and some salt and pepper. Stir to mix and bring to a simmer. Once simmering, put the lid on, transfer the pot to the oven and cook for 90 minutes or until vegetables are soft and pork is cooked through.
5. Serve.

Buttered broccoli

3/4 cup(s) - 100 cals ● 2g protein ● 9g fat ● 1g carbs ● 2g fiber



Makes 3/4 cup(s)

salt
3/8 dash (0g)
frozen broccoli
3/4 cup (68g)
black pepper
3/8 dash (0g)
butter
3/4 tbsp (11g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 6 ↗

Eat on day 6 and day 7

Honey mustard chicken salad

554 cals ● 55g protein ● 20g fat ● 32g carbs ● 6g fiber



For single meal:

dijon mustard
5 tsp (25g)
honey
5 tsp (34g)
oil
1 tsp (6mL)
boneless skinless chicken breast, raw
1/2 lbs (227g)
mixed greens
2 cup (60g)
tomatoes, sliced
4 tbsp, sliced (45g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

dijon mustard
3 tbsp (50g)
honey
3 tbsp (68g)
oil
2 1/2 tsp (12mL)
boneless skinless chicken breast, raw
1 lbs (454g)
mixed greens
4 cup (120g)
tomatoes, sliced
1/2 cup, sliced (90g)
avocados, chopped
1/2 avocado(s) (101g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Peach

4 peach(es) - 264 cals ● 6g protein ● 2g fat ● 48g carbs ● 9g fiber



For single meal:

peach

4 medium (2-2/3" dia) (600g)

For all 2 meals:

peach

8 medium (2-2/3" dia) (1200g)

1. The recipe has no instructions.