

Meal Plan - 2500 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

2494 cals ● 180g protein (29%) ● 128g fat (46%) ● 121g carbs (19%) ● 34g fiber (5%)

Breakfast

440 cals, 24g protein, 22g net carbs, 21g fat



Basic scrambled eggs
2 2/3 egg(s)- 212 cals



High fiber cereal
227 cals

Lunch

875 cals, 55g protein, 37g net carbs, 52g fat



Roasted almonds
1/4 cup(s)- 222 cals



Low carb asian tofu bowl
393 cals



Cottage cheese & fruit cup
2 container- 261 cals

Snacks

340 cals, 18g protein, 42g net carbs, 8g fat



Fruit juice
1/2 cup(s)- 57 cals



Quinoa & chia yogurt parfait
282 cals

Dinner

840 cals, 84g protein, 20g net carbs, 47g fat



Milk
1 cup(s)- 149 cals



Ranch chicken
12 oz- 691 cals

Day 2

2494 cals ● 180g protein (29%) ● 128g fat (46%) ● 121g carbs (19%) ● 34g fiber (5%)

Breakfast

440 cals, 24g protein, 22g net carbs, 21g fat



Basic scrambled eggs
2 2/3 egg(s)- 212 cals



High fiber cereal
227 cals

Lunch

875 cals, 55g protein, 37g net carbs, 52g fat



Roasted almonds
1/4 cup(s)- 222 cals



Low carb asian tofu bowl
393 cals



Cottage cheese & fruit cup
2 container- 261 cals

Snacks

340 cals, 18g protein, 42g net carbs, 8g fat



Fruit juice
1/2 cup(s)- 57 cals



Quinoa & chia yogurt parfait
282 cals

Dinner

840 cals, 84g protein, 20g net carbs, 47g fat



Milk
1 cup(s)- 149 cals



Ranch chicken
12 oz- 691 cals

Day 3

2436 cals ● 198g protein (32%) ● 126g fat (47%) ● 94g carbs (15%) ● 34g fiber (6%)

Breakfast

390 cals, 11g protein, 31g net carbs, 19g fat



Roasted cashews

1/4 cup(s)- 209 cals



Raspberries

1 cup(s)- 72 cals



English bubble & squeak

1 patties- 107 cals

Snacks

300 cals, 8g protein, 31g net carbs, 15g fat



Pistachios

188 cals



Fruit juice

1 cup(s)- 115 cals

Lunch

895 cals, 87g protein, 20g net carbs, 48g fat



Roasted almonds

1/4 cup(s)- 222 cals



Chicken beet & carrot salad bowl

674 cals

Dinner

850 cals, 92g protein, 12g net carbs, 44g fat



Basic chicken breast

13 1/3 oz- 529 cals



Buttered sugar snap peas

322 cals

Day 4

2550 cals ● 174g protein (27%) ● 116g fat (41%) ● 172g carbs (27%) ● 30g fiber (5%)

Breakfast

390 cals, 11g protein, 31g net carbs, 19g fat



Roasted cashews

1/4 cup(s)- 209 cals



Raspberries

1 cup(s)- 72 cals



English bubble & squeak

1 patties- 107 cals

Lunch

895 cals, 87g protein, 20g net carbs, 48g fat



Roasted almonds

1/4 cup(s)- 222 cals



Chicken beet & carrot salad bowl

674 cals

Dinner

965 cals, 68g protein, 90g net carbs, 35g fat



Dinner roll

1 roll(s)- 77 cals



Milk

1 cup(s)- 149 cals



Sausage, spinach & gnocchi skillet

739 cals

Day 5

2516 cals ● 156g protein (25%) ● 93g fat (33%) ● 235g carbs (37%) ● 29g fiber (5%)

Breakfast

390 cals, 11g protein, 31g net carbs, 19g fat



Roasted cashews

1/4 cup(s)- 209 cals



Raspberries

1 cup(s)- 72 cals



English bubble & squeak

1 patties- 107 cals

Snacks

350 cals, 19g protein, 45g net carbs, 9g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Breakfast cereal

193 cals

Lunch

815 cals, 58g protein, 69g net carbs, 30g fat



Simple mixed greens and tomato salad

113 cals



Beef stir fry with rice

702 cals

Dinner

965 cals, 68g protein, 90g net carbs, 35g fat



Dinner roll

1 roll(s)- 77 cals



Milk

1 cup(s)- 149 cals



Sausage, spinach & gnocchi skillet

739 cals

Day 6

2501 cals ● 172g protein (28%) ● 95g fat (34%) ● 208g carbs (33%) ● 32g fiber (5%)

Breakfast

445 cals, 21g protein, 49g net carbs, 15g fat



Milk

1 1/2 cup(s)- 224 cals



Kefir

150 cals



Raspberries

1 cup(s)- 72 cals

Snacks

350 cals, 19g protein, 45g net carbs, 9g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Breakfast cereal

193 cals

Lunch

815 cals, 58g protein, 69g net carbs, 30g fat



Simple mixed greens and tomato salad

113 cals



Beef stir fry with rice

702 cals

Dinner

890 cals, 74g protein, 46g net carbs, 41g fat



Lentils

231 cals



Gyro skillet

661 cals

Day 7

2473 cals ● 163g protein (26%) ● 91g fat (33%) ● 210g carbs (34%) ● 40g fiber (7%)

Breakfast

445 cals, 21g protein, 49g net carbs, 15g fat



Milk

1 1/2 cup(s)- 224 cals



Kefir

150 cals



Raspberries

1 cup(s)- 72 cals

Snacks

350 cals, 19g protein, 45g net carbs, 9g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Breakfast cereal

193 cals

Lunch

790 cals, 50g protein, 71g net carbs, 26g fat



Roasted almonds

1/8 cup(s)- 111 cals



Chunky canned soup (non-creamy)

2 1/2 can(s)- 618 cals



Grapefruit

1/2 grapefruit- 59 cals

Dinner

890 cals, 74g protein, 46g net carbs, 41g fat



Lentils

231 cals



Gyro skillet

661 cals

Grocery List



Fruits and Fruit Juices

- fruit juice
24 fl oz (720mL)
- raspberries
5 cup (615g)
- Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

Dairy and Egg Products

- lowfat flavored greek yogurt
5 (5.3 oz ea) container(s) (750g)
- eggs
5 1/3 large (267g)
- whole milk
9 1/2 cup(s) (2280mL)
- nonfat greek yogurt, plain
3 tbsp (53g)
- butter
2 tbsp (27g)
- parmesan cheese
1 1/2 tbsp (8g)
- kefir, flavored
2 cup (480mL)
- heavy cream
1/2 cup (120mL)
- feta cheese
2 oz (57g)

Nut and Seed Products

- chia seeds
4 tsp (19g)
- almonds
1 cup, whole (161g)
- sesame seeds
2 tsp (6g)
- roasted cashews
3/4 cup (103g)
- pistachios, shelled
1/2 cup (62g)

Cereal Grains and Pasta

- quinoa, uncooked
4 tbsp (43g)
- long-grain white rice
1/2 cup (93g)

Fats and Oils

Legumes and Legume Products

- soy sauce
4 tbsp (60mL)
- firm tofu
10 oz (284g)
- lentils, raw
2/3 cup (128g)

Poultry Products

- boneless skinless chicken breast, raw
4 lbs (1717g)

Spices and Herbs

- thyme, dried
1/4 tbsp, leaves (1g)
- black pepper
1 1/2 g (1g)
- salt
3 g (3g)
- oregano, dried
1 tsp, leaves (1g)
- fresh thyme
1 tsp (1g)
- paprika
1 tsp (2g)

Soups, Sauces, and Gravies

- apple cider vinegar
1 1/2 tsp (0mL)
- chunky canned soup (non-creamy varieties)
2 1/2 can (~19 oz) (1315g)

Baked Products

- Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

Sausages and Luncheon Meats

- italian turkey sausage, raw
18 oz (510g)

Breakfast Cereals

- breakfast cereal
3 serving (90g)

Beverages

- oil**
1/3 lbs (161mL)
- ranch dressing**
6 tbsp (90mL)
- olive oil**
1/2 tbsp (8mL)
- salad dressing**
1/4 cup (68mL)

Other

- high fiber cereal**
1 1/3 cup (80g)
- frozen riced cauliflower**
1 1/2 cup, prepared (255g)
- cottage cheese & fruit cup**
4 container (680g)
- ranch dressing mix**
3/4 packet (1 oz) (21g)
- gnocchi**
3/4 lbs (340g)
- mixed greens**
4 1/2 cup (135g)
- stir-fry sauce**
1/3 cup (91g)

- water**
3 2/3 cup(s) (870mL)

Beef Products

- flank steak, raw**
1 lbs (452g)

Pork Products

- pork tenderloin, raw**
1 lbs (454g)

Vegetables and Vegetable Products

- broccoli**
1 cup chopped (91g)
- garlic**
2 clove (6g)
- fresh ginger**
2 tsp (4g)
- beets, precooked (canned or refrigerated)**
3/4 lbs (340g)
- carrots**
1 1/2 medium (92g)
- brussels sprouts**
1 1/2 cup, shredded (75g)
- potatoes**
3 small (1-3/4" to 2-1/4" dia.) (276g)
- frozen sugar snap peas**
2 cup (288g)
- fresh spinach**
3/4 10oz package (213g)
- tomatoes**
1 1/2 medium whole (2-3/5" dia) (179g)
- frozen mixed veggies**
1 10oz package (284g)
- mushrooms**
1/2 lbs (227g)
- onion**
1 medium (2-1/2" dia) (110g)
- bell pepper**
1 large (164g)

Breakfast 1 ↗

Eat on day 1 and day 2

Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (3mL)
eggs
2 2/3 large (133g)

For all 2 meals:

oil
1/2 tbsp (7mL)
eggs
5 1/3 large (267g)

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.

High fiber cereal

227 cals ● 7g protein ● 5g fat ● 21g carbs ● 18g fiber



For single meal:

high fiber cereal
2/3 cup (40g)
whole milk
1/2 cup(s) (120mL)

For all 2 meals:

high fiber cereal
1 1/3 cup (80g)
whole milk
1 cup(s) (240mL)

1. Add cereal and milk to a bowl and serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews
4 tbsp (34g)

For all 3 meals:

roasted cashews
3/4 cup (103g)

1. The recipe has no instructions.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

English bubble & squeak

1 patties - 107 cals ● 4g protein ● 2g fat ● 14g carbs ● 3g fiber



For single meal:

oil
1/2 tsp (3mL)
nonfat greek yogurt, plain
1 tbsp (18g)
brussels sprouts, shredded
1/2 cup, shredded (25g)
potatoes, peeled & cut into chunks
1 small (1-3/4" to 2-1/4" dia.) (92g)

For all 3 meals:

oil
1/2 tbsp (8mL)
nonfat greek yogurt, plain
3 tbsp (53g)
brussels sprouts, shredded
1 1/2 cup, shredded (75g)
potatoes, peeled & cut into chunks
3 small (1-3/4" to 2-1/4" dia.) (276g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with a dollop of Greek yogurt.

Breakfast 3 ↗

Eat on day 6 and day 7

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.

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

kefir, flavored

1 cup (240mL)

For all 2 meals:

kefir, flavored

2 cup (480mL)

1. Pour into a glass and drink.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries

1 cup (123g)

For all 2 meals:

raspberries

2 cup (246g)

1. Rinse raspberries and serve.

Lunch 1 ↗

Eat on day 1 and day 2

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 2 meals:

almonds

1/2 cup, whole (72g)

1. The recipe has no instructions.

Low carb asian tofu bowl

393 cals ● 20g protein ● 29g fat ● 8g carbs ● 5g fiber



For single meal:

broccoli
1/2 cup chopped (46g)
frozen riced cauliflower
3/4 cup, prepared (128g)
soy sauce
2 tbsp (30mL)
oil
1 1/2 tbsp (23mL)
sesame seeds
1 tsp (3g)
firm tofu, drained and patted dry
5 oz (142g)
garlic, minced
1 clove (3g)
fresh ginger, minced
1 tsp (2g)

For all 2 meals:

broccoli
1 cup chopped (91g)
frozen riced cauliflower
1 1/2 cup, prepared (255g)
soy sauce
4 tbsp (60mL)
oil
3 tbsp (45mL)
sesame seeds
2 tsp (6g)
firm tofu, drained and patted dry
10 oz (284g)
garlic, minced
2 clove (6g)
fresh ginger, minced
2 tsp (4g)

1. Cut tofu into bite-sized pieces.
2. In a skillet over medium heat, heat about 1/3 of the oil, reserving the rest for later. Add in the tofu and cook until browned on both sides.
3. Meanwhile, prepare the riced cauliflower according to the package and also prepare the sauce by mixing together the soy sauce, ginger, garlic, sesame seeds, and the remaining oil in a small bowl.
4. When the tofu is about done, lower the heat and pour in about half of the the sauce. Stir and continue cooking another minute or so until the sauce is mostly absorbed.
5. In a bowl, add the riced cauliflower and tofu, set aside.
6. Add the broccoli to the skillet and cook for a few minutes until softened.
7. Add broccoli and remaining sauce to the cauliflower and tofu bowl. Serve.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
2 container (340g)

For all 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

Lunch 2 ↗

Eat on day 3 and day 4

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds
4 tbsp, whole (36g)

For all 2 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Chicken beet & carrot salad bowl

674 cals ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



For single meal:

oil
1 1/2 tbsp (23mL)
thyme, dried
3 dash, leaves (0g)
apple cider vinegar
3/4 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
6 oz (170g)
boneless skinless chicken breast, raw, cubed
3/4 lbs (336g)
carrots, thinly sliced
3/4 medium (46g)

For all 2 meals:

oil
3 tbsp (45mL)
thyme, dried
1/4 tbsp, leaves (1g)
apple cider vinegar
1 1/2 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
3/4 lbs (340g)
boneless skinless chicken breast, raw, cubed
1 1/2 lbs (672g)
carrots, thinly sliced
1 1/2 medium (92g)

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.

Lunch 3 ↗

Eat on day 5 and day 6

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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

Beef stir fry with rice

702 cals ● 56g protein ● 23g fat ● 61g carbs ● 6g fiber



For single meal:

stir-fry sauce
2 2/3 tbsp (45g)
frozen mixed veggies
1/2 10oz package (142g)
black pepper
2 dash, ground (1g)
salt
1 dash (1g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)
flank steak, raw, cubed
1/2 lbs (226g)
oil, divided
1/4 tbsp (4mL)

For all 2 meals:

stir-fry sauce
1/3 cup (91g)
frozen mixed veggies
1 10oz package (284g)
black pepper
4 dash, ground (1g)
salt
2 dash (2g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)
flank steak, raw, cubed
1 lbs (452g)
oil, divided
1/2 tbsp (8mL)

1. In a pot with a lid, add the water and bring to a boil. Add the rice, stir, reduce heat to medium-low, and cover with the lid. The temperature will be correct when a little steam is visibly leaking from the lid. Keep the lid on for 20 minutes without removing. When done, fluff with a fork and set aside.
2. Meanwhile, heat half of the oil in a skillet over medium-high heat. When hot, add the cubed steak and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove steak and set aside.
3. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
4. Return steak to skillet, stir.
5. Pour in stir-fry sauce and mix until it is well distributed.
6. Reduce heat to low and simmer until steak is fully cooked.
7. Serve over rice.

Lunch 4 ↗

Eat on day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber

Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. The recipe has no instructions.



Chunky canned soup (non-creamy)

2 1/2 can(s) - 618 cals ● 45g protein ● 17g fat ● 58g carbs ● 13g fiber

Makes 2 1/2 can(s)

chunky canned soup (non-creamy varieties)

2 1/2 can (~19 oz) (1315g)

1. Prepare according to instructions on package.



Grapefruit

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

Makes 1/2 grapefruit

Grapefruit

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



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)

Snacks 1 ↗

Eat on day 1 and day 2

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

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 2 ↗

Eat on day 3 and day 4

Pistachios

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



For single meal:

pistachios, shelled
4 tbsp (31g)

For all 2 meals:

pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

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 cereal

193 cals ● 6g protein ● 5g fat ● 28g carbs ● 3g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
breakfast cereal
1 serving (30g)

For all 3 meals:

whole milk
1 1/2 cup(s) (360mL)
breakfast cereal
3 serving (90g)

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Dinner 1 ↗

Eat on day 1 and day 2

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 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

ranch dressing
3 tbsp (45mL)
boneless skinless chicken breast, raw
3/4 lbs (336g)
oil
3/4 tbsp (11mL)
ranch dressing mix
3/8 packet (1 oz) (11g)

For all 2 meals:

ranch dressing
6 tbsp (90mL)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
oil
1 1/2 tbsp (23mL)
ranch dressing mix
3/4 packet (1 oz) (21g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 2 ↗

Eat on day 3

Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (373g)

oil

2 1/2 tsp (13mL)

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.

Buttered sugar snap peas

322 cals ● 8g protein ● 23g fat ● 12g carbs ● 9g fiber



black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
butter
2 tbsp (27g)
frozen sugar snap peas
2 cup (288g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Dinner 3 ↗

Eat on day 4 and day 5

Dinner roll

1 roll(s) - 77 cals ● 3g protein ● 1g fat ● 13g carbs ● 1g fiber



For single meal:

Roll

1 pan, dinner, or small roll (2" square, 2" high) (28g)

For all 2 meals:

Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.

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 2 meals:

whole milk

2 cup(s) (480mL)

1. The recipe has no instructions.

Sausage, spinach & gnocchi skillet

739 cals ● 58g protein ● 26g fat ● 66g carbs ● 4g fiber



For single meal:

gnocchi
6 oz (170g)
fresh spinach
3/8 10oz package (107g)
parmesan cheese
3/4 tbsp (4g)
tomatoes
3 tbsp, chopped (34g)
olive oil
1/4 tbsp (4mL)
italian turkey sausage, raw
1/2 lbs (255g)

For all 2 meals:

gnocchi
3/4 lbs (340g)
fresh spinach
3/4 10oz package (213g)
parmesan cheese
1 1/2 tbsp (8g)
tomatoes
6 tbsp, chopped (68g)
olive oil
1/2 tbsp (8mL)
italian turkey sausage, raw
18 oz (510g)

1. Cook gnocchi according to its package.
2. Slice sausage and cook in skillet with oil over medium heat until cooked through, around 10 minutes. Stir the sausage throughout.
3. Add in spinach and cook for about 3-4 minutes or until spinach is slightly wilted.
4. Mix in gnocchi, tomatoes, and parmesan cheese until heated through. Serve.

Dinner 4

Eat on day 6 and day 7

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water
1 1/3 cup(s) (316mL)
salt
2/3 dash (0g)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

water
2 2/3 cup(s) (632mL)
salt
1 1/3 dash (1g)
lentils, raw, rinsed
2/3 cup (128g)

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.

Gyro skillet

661 cals ● 58g protein ● 40g fat ● 12g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
heavy cream
4 tbsp (60mL)
feta cheese
1 oz (28g)
oregano, dried
4 dash, leaves (1g)
fresh thyme
4 dash (0g)
paprika
4 dash (1g)
mushrooms, washed & sliced
4 oz (113g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
pork tenderloin, raw, cut into small strips
1/2 lbs (227g)
bell pepper, deseeded & chopped
1/2 large (82g)

For all 2 meals:

oil
1 tbsp (15mL)
heavy cream
1/2 cup (120mL)
feta cheese
2 oz (57g)
oregano, dried
1 tsp, leaves (1g)
fresh thyme
1 tsp (1g)
paprika
1 tsp (2g)
mushrooms, washed & sliced
1/2 lbs (227g)
onion, diced
1 medium (2-1/2" dia) (110g)
pork tenderloin, raw, cut into small strips
1 lbs (454g)
bell pepper, deseeded & chopped
1 large (164g)

1. Heat oil in a large skillet over medium heat. Add the pork strips and fry, stirring occasionally, for about 7 minutes until browned and fully cooked. Spoon out the meat onto a dish and set aside.
2. Add the onions, pepper, and mushroom to the skillet and sauté for about 7-10 minutes until veggies are soft. Add the meat back in along with all of the spices, plus a pinch of salt/pepper, and stir, cooking until fragrant, about 1 minute.
3. Add in the heavy cream and feta. Once it's bubbling and the feta is melty, remove from the heat and serve.
