

# Meal Plan - 2900 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

2882 cals ● 221g protein (31%) ● 114g fat (36%) ● 201g carbs (28%) ● 41g fiber (6%)

### Breakfast

490 cals, 29g protein, 71g net carbs, 6g fat



[Ham & tomato english muffin sandwich](#)

2 sandwich(es)- 412 cals



[Clementine](#)

2 clementine(s)- 78 cals

### Snacks

380 cals, 11g protein, 19g net carbs, 27g fat



[String cheese](#)

1 stick(s)- 83 cals



[Dark chocolate](#)

5 square(s)- 299 cals

### Lunch

1000 cals, 59g protein, 66g net carbs, 48g fat



[Roasted peanuts](#)

3/8 cup(s)- 383 cals



[Chunky canned soup \(non-cream\)](#)

2 1/2 can(s)- 618 cals

### Dinner

1010 cals, 121g protein, 46g net carbs, 34g fat



[Sautéed garlic & herb tomatoes](#)

85 cals



[Basic chicken breast](#)

16 oz- 635 cals



[Lentils](#)

289 cals

## Day 2

2848 cals ● 221g protein (31%) ● 123g fat (39%) ● 173g carbs (24%) ● 43g fiber (6%)

### Breakfast

490 cals, 29g protein, 71g net carbs, 6g fat



[Ham & tomato english muffin sandwich](#)

2 sandwich(es)- 412 cals



[Clementine](#)

2 clementine(s)- 78 cals

### Snacks

380 cals, 11g protein, 19g net carbs, 27g fat



[String cheese](#)

1 stick(s)- 83 cals



[Dark chocolate](#)

5 square(s)- 299 cals

### Lunch

1000 cals, 59g protein, 66g net carbs, 48g fat



[Roasted peanuts](#)

3/8 cup(s)- 383 cals



[Chunky canned soup \(non-cream\)](#)

2 1/2 can(s)- 618 cals

### Dinner

975 cals, 121g protein, 18g net carbs, 42g fat



[Simple mixed greens and tomato salad](#)

76 cals



[Baked chicken with tomatoes & olives](#)

18 oz- 899 cals

## Day 3

2912 cals ● 204g protein (28%) ● 133g fat (41%) ● 190g carbs (26%) ● 35g fiber (5%)

### Breakfast

540 cals, 16g protein, 67g net carbs, 19g fat



**Celery sticks**

1 celery stalk- 7 cals



**Toast with butter and jelly**

4 slice(s)- 533 cals

### Snacks

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



**Cottage cheese & honey**

1/2 cup(s)- 125 cals



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Walnuts**

1/4 cup(s)- 175 cals

### Lunch

985 cals, 44g protein, 87g net carbs, 46g fat



**Naan bread**

1 piece(s)- 262 cals



**Chicken noodle soup**

2 1/2 can(s)- 356 cals



**Pumpkin seeds**

366 cals

### Dinner

975 cals, 121g protein, 18g net carbs, 42g fat



**Simple mixed greens and tomato salad**

76 cals



**Baked chicken with tomatoes & olives**

18 oz- 899 cals

## Day 4

2964 cals ● 174g protein (23%) ● 155g fat (47%) ● 186g carbs (25%) ● 34g fiber (5%)

### Breakfast

540 cals, 16g protein, 67g net carbs, 19g fat



**Celery sticks**

1 celery stalk- 7 cals



**Toast with butter and jelly**

4 slice(s)- 533 cals

### Snacks

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



**Cottage cheese & honey**

1/2 cup(s)- 125 cals



**Roasted peanuts**

1/8 cup(s)- 115 cals



**Walnuts**

1/4 cup(s)- 175 cals

### Lunch

985 cals, 44g protein, 87g net carbs, 46g fat



**Naan bread**

1 piece(s)- 262 cals



**Chicken noodle soup**

2 1/2 can(s)- 356 cals



**Pumpkin seeds**

366 cals

### Dinner

1025 cals, 91g protein, 13g net carbs, 64g fat



**Sugar snap peas**

123 cals



**Blue cheese stuffed chicken thighs**

2 thigh- 904 cals

## Day 5

2856 cals ● 279g protein (39%) ● 117g fat (37%) ● 142g carbs (20%) ● 32g fiber (5%)

### Breakfast

470 cals, 65g protein, 41g net carbs, 3g fat



**Double chocolate protein shake**  
206 cals



**Clementine**  
2 clementine(s)- 78 cals



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

### Snacks

410 cals, 20g protein, 24g net carbs, 24g fat



**High-protein granola bar**  
2 bar(s)- 408 cals

### Lunch

950 cals, 103g protein, 64g net carbs, 25g fat



**Lentils**  
347 cals



**Simple mixed greens salad**  
136 cals



**Cajun cod**  
15 oz- 468 cals

### Dinner

1025 cals, 91g protein, 13g net carbs, 64g fat



**Sugar snap peas**  
123 cals



**Blue cheese stuffed chicken thighs**  
2 thigh- 904 cals

## Day 6

2905 cals ● 240g protein (33%) ● 87g fat (27%) ● 247g carbs (34%) ● 41g fiber (6%)

### Breakfast

470 cals, 65g protein, 41g net carbs, 3g fat



**Double chocolate protein shake**  
206 cals



**Clementine**  
2 clementine(s)- 78 cals



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

### Snacks

410 cals, 20g protein, 24g net carbs, 24g fat



**High-protein granola bar**  
2 bar(s)- 408 cals

### Lunch

1010 cals, 68g protein, 87g net carbs, 37g fat



**Pesto chicken sweet potatoes**  
2 sweet potato(s)- 862 cals



**Milk**  
1 cup(s)- 149 cals

### Dinner

1015 cals, 88g protein, 96g net carbs, 23g fat



**White chicken chili soup**  
780 cals



**Tortilla chips**  
235 cals

## Day 7

2905 cals ● 240g protein (33%) ● 87g fat (27%) ● 247g carbs (34%) ● 41g fiber (6%)

### Breakfast

470 cals, 65g protein, 41g net carbs, 3g fat



**Double chocolate protein shake**  
206 cals



**Clementine**  
2 clementine(s)- 78 cals



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

### Snacks

410 cals, 20g protein, 24g net carbs, 24g fat



**High-protein granola bar**  
2 bar(s)- 408 cals

### Lunch

1010 cals, 68g protein, 87g net carbs, 37g fat



**Pesto chicken sweet potatoes**  
2 sweet potato(s)- 862 cals



**Milk**  
1 cup(s)- 149 cals

### Dinner

1015 cals, 88g protein, 96g net carbs, 23g fat



**White chicken chili soup**  
780 cals



**Tortilla chips**  
235 cals

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# Grocery List



## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ butter  
2 2/3 tbsp (36g)
- ☐ low fat cottage cheese (1% milkfat)  
3 1/4 cup (735g)
- ☐ blue cheese  
2 oz (57g)
- ☐ nonfat greek yogurt, plain  
1/2 cup (158g)
- ☐ whole milk  
2 cup(s) (480mL)

## Sweets

- ☐ chocolate, dark, 70-85%  
10 square(s) (100g)
- ☐ jelly  
2 2/3 tbsp (56g)
- ☐ honey  
1/4 cup (91g)
- ☐ cocoa powder  
1 1/2 tbsp (8g)

## Baked Products

- ☐ english muffins  
4 muffin(s) (228g)
- ☐ naan bread  
2 piece(s) (180g)
- ☐ bread  
8 slice (256g)

## Sausages and Luncheon Meats

- ☐ ham cold cuts  
1/2 lbs (227g)

## Vegetables and Vegetable Products

- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (906g)
- ☐ garlic  
1/3 clove(s) (1g)
- ☐ raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ frozen sugar snap peas  
4 cup (576g)
- ☐ sweet potatoes  
4 sweetpotato, 5" long (840g)

## Other

- ☐ italian seasoning  
1/8 container (.75 oz) (2g)
- ☐ mixed greens  
6 cup (180g)
- ☐ protein powder, chocolate  
4 1/2 scoop (1/3 cup ea) (140g)

## Fruits and Fruit Juices

- ☐ clementines  
10 fruit (740g)
- ☐ green olives  
36 large (158g)

## Legumes and Legume Products

- ☐ roasted peanuts  
1 cup (158g)
- ☐ lentils, raw  
1 cup (176g)
- ☐ canned great northern beans  
1 1/2 can (~15 oz) (638g)

## Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)  
5 can (~19 oz) (2630g)
- ☐ condensed canned chicken noodle soup  
5 can (10.5 oz) (1490g)
- ☐ pesto sauce  
1/2 cup (128g)
- ☐ chicken broth  
4 1/2 cup(s) (mL)
- ☐ salsa verde  
1 1/2 cup (384g)

## Fats and Oils

- ☐ olive oil  
1 1/2 oz (45mL)
- ☐ oil  
1 oz (27mL)
- ☐ salad dressing  
6 tbsp (90mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 1/2 lbs (2433g)

## Spices and Herbs

- ☐ **dijon mustard**  
4 tsp (20g)
- ☐ **black pepper**  
1 1/2 g (1g)
- ☐ **salt**  
2 tsp (11g)
- ☐ **chili powder**  
2 tbsp (16g)
- ☐ **fresh basil**  
36 leaves (18g)
- ☐ **thyme, dried**  
1/4 tbsp, ground (1g)
- ☐ **paprika**  
4 dash (1g)
- ☐ **cajun seasoning**  
5 tsp (11g)
- ☐ **ground cumin**  
1/2 tbsp (3g)

- ☐ **chicken thighs, with bone and skin, raw**  
4 thigh(s) (680g)

## Beverages

- ☐ **water**  
8 cup(s) (1936mL)

## Nut and Seed Products

- ☐ **roasted pumpkin seeds, unsalted**  
1 cup (118g)
- ☐ **walnuts**  
1/2 cup, shelled (50g)

## Snacks

- ☐ **high-protein granola bar**  
6 bar (240g)
- ☐ **tortilla chips**  
3 1/3 oz (95g)

## Finfish and Shellfish Products

- ☐ **cod, raw**  
15 oz (425g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Ham & tomato english muffin sandwich

2 sandwich(es) - 412 cals ● 28g protein ● 6g fat ● 56g carbs ● 5g fiber



For single meal:

**english muffins**  
2 muffin(s) (114g)  
**ham cold cuts**  
4 oz (113g)  
**tomatoes**  
4 slice(s), thin/small (60g)  
**dijon mustard**  
2 tsp (10g)  
**italian seasoning**  
2 dash (0g)

For all 2 meals:

**english muffins**  
4 muffin(s) (228g)  
**ham cold cuts**  
1/2 lbs (227g)  
**tomatoes**  
8 slice(s), thin/small (120g)  
**dijon mustard**  
4 tsp (20g)  
**italian seasoning**  
4 dash (0g)

1. Spread dijon inside the english muffin. Stuff with ham, tomato slices, italian seasoning, and some salt and pepper.
2. Optional: Toast the sandwich(es) in a 400°F (200°C) oven or toaster oven for 5-8 minutes.
3. Serve.

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 2 meals:

**clementines**  
4 fruit (296g)

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

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### Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

#### raw celery

1 stalk, medium (7-1/2" - 8" long)  
(40g)

For all 2 meals:

#### raw celery

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

1. Slice celery into sticks and serve.
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### Toast with butter and jelly

4 slice(s) - 533 cals ● 16g protein ● 19g fat ● 66g carbs ● 8g fiber



For single meal:

#### bread

4 slice (128g)

#### butter

4 tsp (18g)

#### jelly

4 tsp (28g)

For all 2 meals:

#### bread

8 slice (256g)

#### butter

2 2/3 tbsp (36g)

#### jelly

2 2/3 tbsp (56g)

1. Toast the bread to desired toastiness.
  2. Spread the butter and jelly on the bread.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

### Double chocolate protein shake

206 cals ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**cocoa powder**  
1/2 tbsp (3g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**protein powder, chocolate**  
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

**water**  
4 1/2 cup(s) (1067mL)  
**cocoa powder**  
1 1/2 tbsp (8g)  
**nonfat greek yogurt, plain**  
1/2 cup (158g)  
**protein powder, chocolate**  
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

### Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 3 meals:

**clementines**  
6 fruit (444g)

1. The recipe has no instructions.

### Cottage cheese & honey

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



For single meal:

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

For all 3 meals:

**low fat cottage cheese (1% milkfat)**  
2 1/4 cup (509g)  
**honey**  
3 tbsp (63g)

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

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## Lunch 1 [↗](#)

Eat on day 1 and day 2

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### Roasted peanuts

3/8 cup(s) - 383 cals ● 15g protein ● 31g fat ● 8g carbs ● 5g fiber



For single meal:

**roasted peanuts**  
6 2/3 tbsp (61g)

For all 2 meals:

**roasted peanuts**  
13 1/3 tbsp (122g)

1. The recipe has no instructions.

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### Chunky canned soup (non-creamy)

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



For single meal:

**chunky canned soup (non-creamy varieties)**  
2 1/2 can (~19 oz) (1315g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
5 can (~19 oz) (2630g)

1. Prepare according to instructions on package.
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## Lunch 2 [↗](#)

Eat on day 3 and day 4

### Naan bread

1 piece(s) - 262 cals ● 9g protein ● 5g fat ● 43g carbs ● 2g fiber



For single meal:

#### naan bread

1 piece(s) (90g)

For all 2 meals:

#### naan bread

2 piece(s) (180g)

1. The recipe has no instructions.

### Chicken noodle soup

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



For single meal:

#### condensed canned chicken noodle soup

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

For all 2 meals:

#### condensed canned chicken noodle soup

5 can (10.5 oz) (1490g)

1. Prepare according to instructions on package.

### Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

#### roasted pumpkin seeds, unsalted

1/2 cup (59g)

For all 2 meals:

#### roasted pumpkin seeds, unsalted

1 cup (118g)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 5

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



#### water

2 cup(s) (474mL)

#### salt

1 dash (1g)

#### lentils, raw, rinsed

1/2 cup (96g)

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.

### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



#### mixed greens

3 cup (90g)

#### salad dressing

3 tbsp (45mL)

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

### Cajun cod

15 oz - 468 cals ● 77g protein ● 15g fat ● 5g carbs ● 1g fiber



Makes 15 oz

#### cod, raw

15 oz (425g)

#### cajun seasoning

5 tsp (11g)

#### oil

2 1/2 tsp (13mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Pesto chicken sweet potatoes

2 sweet potato(s) - 862 cals ● 60g protein ● 29g fat ● 75g carbs ● 14g fiber



For single meal:

**sweet potatoes**  
2 sweetpotato, 5" long (420g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**pesto sauce**  
4 tbsp (64g)

For all 2 meals:

**sweet potatoes**  
4 sweetpotato, 5" long (840g)  
**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**pesto sauce**  
1/2 cup (128g)

1. Microwave sweet potato(s) for 4-7 minutes, or until soft. (Optional: bake in 400F (200 C) oven for 45 min to 1 hr instead)
2. Meanwhile, put raw chicken in a pot and cover with about an inch of water. Bring to a boil and cook for 15-20 minutes until chicken is done.
3. Transfer chicken to a bowl and shred with 2 forks.
4. Add pesto to chicken and mix well. Stuff sweet potatoes with chicken mixture. Serve.

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.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

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### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.
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### Dark chocolate

5 square(s) - 299 cals ● 4g protein ● 21g fat ● 18g carbs ● 6g fiber



For single meal:

**chocolate, dark, 70-85%**  
5 square(s) (50g)

For all 2 meals:

**chocolate, dark, 70-85%**  
10 square(s) (100g)

1. The recipe has no instructions.
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## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Cottage cheese & honey

1/2 cup(s) - 125 cal ● 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.

### Roasted peanuts

1/8 cup(s) - 115 cal ● 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.

### Walnuts

1/4 cup(s) - 175 cal ● 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.

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

### High-protein granola bar

2 bar(s) - 408 cal ● 20g protein ● 24g fat ● 24g carbs ● 4g fiber



For single meal:

**high-protein granola bar**  
2 bar (80g)

For all 3 meals:

**high-protein granola bar**  
6 bar (240g)

1. The recipe has no instructions.

## Dinner 1 [↗](#)

Eat on day 1

### Sauteed garlic & herb tomatoes

85 cal ● 1g protein ● 7g fat ● 3g carbs ● 1g fiber



**black pepper**

1/3 dash, ground (0g)

**olive oil**

1/2 tbsp (8mL)

**tomatoes**

1/3 pint, cherry tomatoes (99g)

**italian seasoning**

4 dash (2g)

**salt**

1 1/3 dash (1g)

**garlic, minced**

1/3 clove(s) (1g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

### Basic chicken breast

16 oz - 635 cal ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber





Makes 16 oz

**boneless skinless chicken breast, raw**

1 lbs (448g)

**oil**

1 tbsp (15mL)

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.

## Lentils

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



**water**

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

**salt**

1 dash (1g)

**lentils, raw, rinsed**

6 2/3 tbsp (80g)

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.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

**salad dressing**

1 1/2 tbsp (23mL)

For all 2 meals:

**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.

### Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

**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)

For all 2 meals:

**tomatoes**

36 cherry tomatoes (612g)

**olive oil**

2 tbsp (30mL)

**salt**

1/2 tbsp (9g)

**green olives**

36 large (158g)

**black pepper**

1/2 tbsp (1g)

**chili powder**

2 tbsp (16g)

**boneless skinless chicken breast, raw**

2 1/4 lbs (1021g)

**fresh basil, shredded**

36 leaves (18g)

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 3 [↗](#)

Eat on day 4 and day 5

### Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

**frozen sugar snap peas**  
2 cup (288g)

For all 2 meals:

**frozen sugar snap peas**  
4 cup (576g)

1. Prepare according to instructions on package.

### Blue cheese stuffed chicken thighs

2 thigh - 904 cals ● 83g protein ● 63g fat ● 1g carbs ● 0g fiber



For single meal:

**blue cheese**  
1 oz (28g)  
**thyme, dried**  
3 dash, ground (1g)  
**olive oil**  
1/4 tbsp (4mL)  
**paprika**  
2 dash (1g)  
**chicken thighs, with bone and skin, raw**  
2 thigh(s) (340g)

For all 2 meals:

**blue cheese**  
2 oz (57g)  
**thyme, dried**  
1/4 tbsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**paprika**  
4 dash (1g)  
**chicken thighs, with bone and skin, raw**  
4 thigh(s) (680g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

## Dinner 4 [↗](#)

Eat on day 6 and day 7

### White chicken chili soup

780 cals ● 85g protein ● 12g fat ● 66g carbs ● 16g fiber



For single meal:

**chicken broth**  
2 1/4 cup(s) (mL)  
**ground cumin**  
1/4 tbsp (2g)  
**salsa verde**  
3/4 cup (192g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (255g)  
**canned great northern beans, drained**  
3/4 can (~15 oz) (319g)

For all 2 meals:

**chicken broth**  
4 1/2 cup(s) (mL)  
**ground cumin**  
1/2 tbsp (3g)  
**salsa verde**  
1 1/2 cup (384g)  
**boneless skinless chicken breast, raw**  
18 oz (510g)  
**canned great northern beans, drained**  
1 1/2 can (~15 oz) (638g)

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. In a new pot, add broth, chicken, beans, salsa, and cumin over medium-high heat and stir.
4. Allow to cook for about 5 minutes. Serve.
5. \*Crock pot method: Add all ingredients (including the uncooked chicken) into the crock pot. Cook on low for 6-8 hours, or high for 3-4. Once finished, shred the chicken with two forks and serve.

### Tortilla chips

235 cals ● 3g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

**tortilla chips**  
1 2/3 oz (47g)

For all 2 meals:

**tortilla chips**  
1/4 lbs (95g)

1. The recipe has no instructions.