

# Meal Plan - 3000 calorie meal plan to gain muscle/weight



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2964 cals ● 214g protein (29%) ● 156g fat (47%) ● 136g carbs (18%) ● 39g fiber (5%)

### Breakfast

490 cals, 29g protein, 7g net carbs, 35g fat



**String cheese**  
2 stick(s)- 165 cals



**Eggs with tomato and avocado**  
326 cals

### Snacks

370 cals, 25g protein, 17g net carbs, 20g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Dark chocolate**  
2 square(s)- 120 cals



**Protein greek yogurt**  
1 container- 139 cals

### Lunch

1025 cals, 69g protein, 37g net carbs, 61g fat



**Walnuts**  
1/3 cup(s)- 233 cals



**Blueberries**  
1 cup(s)- 95 cals



**Mediterranean chicken salad with lemon yogurt dressing**  
698 cals

### Dinner

1080 cals, 92g protein, 75g net carbs, 39g fat



**Sweet potato fries**  
485 cals



**Basic chicken breast**  
13 1/3 oz- 529 cals



**Sauteed garlic & herb tomatoes**  
64 cals

## Day 2

2995 cals ● 201g protein (27%) ● 158g fat (48%) ● 154g carbs (21%) ● 38g fiber (5%)

### Breakfast

490 cals, 29g protein, 7g net carbs, 35g fat



**String cheese**  
2 stick(s)- 165 cals



**Eggs with tomato and avocado**  
326 cals

### Snacks

370 cals, 25g protein, 17g net carbs, 20g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Dark chocolate**  
2 square(s)- 120 cals



**Protein greek yogurt**  
1 container- 139 cals

### Lunch

1055 cals, 55g protein, 55g net carbs, 63g fat



**Lowfat Greek yogurt**  
2 container(s)- 310 cals



**Roasted cashews**  
3/8 cup(s)- 348 cals



**Egg & avocado salad**  
399 cals

### Dinner

1080 cals, 92g protein, 75g net carbs, 39g fat



**Sweet potato fries**  
485 cals



**Basic chicken breast**  
13 1/3 oz- 529 cals



**Sautéed garlic & herb tomatoes**  
64 cals

## Day 3

3036 cals ● 240g protein (32%) ● 132g fat (39%) ● 189g carbs (25%) ● 33g fiber (4%)

### Breakfast

515 cals, 34g protein, 51g net carbs, 15g fat



**Pear**  
1 pear(s)- 113 cals



**Paleo beef & egg bowl**  
236 cals



**Instant oatmeal with water**  
1 packet(s)- 165 cals

### Snacks

370 cals, 25g protein, 17g net carbs, 20g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Dark chocolate**  
2 square(s)- 120 cals



**Protein greek yogurt**  
1 container- 139 cals

### Lunch

1055 cals, 55g protein, 55g net carbs, 63g fat



**Lowfat Greek yogurt**  
2 container(s)- 310 cals



**Roasted cashews**  
3/8 cup(s)- 348 cals



**Egg & avocado salad**  
399 cals

### Dinner

1095 cals, 125g protein, 67g net carbs, 33g fat



**Caprese salad**  
178 cals



**Grilled chicken sandwich**  
2 sandwich(es)- 919 cals

## Day 4

3005 cals ● 293g protein (39%) ● 109g fat (33%) ● 180g carbs (24%) ● 34g fiber (5%)

### Breakfast

515 cals, 34g protein, 51g net carbs, 15g fat



Pear

1 pear(s)- 113 cals



Paleo beef & egg bowl

236 cals



Instant oatmeal with water

1 packet(s)- 165 cals

### Snacks

380 cals, 13g protein, 46g net carbs, 14g fat



Lowfat yogurt

1 container(s)- 181 cals



Blueberry nut apple slices

1/2 apple(s)- 198 cals

### Lunch

1015 cals, 121g protein, 16g net carbs, 46g fat



Baked chicken with tomatoes & olives

18 oz- 899 cals



Tomato and avocado salad

117 cals

### Dinner

1095 cals, 125g protein, 67g net carbs, 33g fat



Caprese salad

178 cals



Grilled chicken sandwich

2 sandwich(es)- 919 cals

## Day 5

2973 cals ● 213g protein (29%) ● 94g fat (29%) ● 284g carbs (38%) ● 33g fiber (4%)

### Breakfast

550 cals, 23g protein, 26g net carbs, 34g fat



Basic scrambled eggs

2 egg(s)- 159 cals



Pear

1 pear(s)- 113 cals



Roasted almonds

1/3 cup(s)- 277 cals

### Snacks

380 cals, 13g protein, 46g net carbs, 14g fat



Lowfat yogurt

1 container(s)- 181 cals



Blueberry nut apple slices

1/2 apple(s)- 198 cals

### Lunch

1060 cals, 109g protein, 71g net carbs, 33g fat



Bbq glazed meatloaf

3 meatloaves- 839 cals



Mixed vegetables

1/2 cup(s)- 49 cals



Lentils

174 cals

### Dinner

985 cals, 69g protein, 142g net carbs, 13g fat



Fruit juice

1 1/2 cup(s)- 172 cals



Creole shrimp and rice

813 cals

## Day 6

2998 cals ● 187g protein (25%) ● 107g fat (32%) ● 264g carbs (35%) ● 57g fiber (8%)

### Breakfast

550 cals, 23g protein, 26g net carbs, 34g fat



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Pear**

1 pear(s)- 113 cals



**Roasted almonds**

1/3 cup(s)- 277 cals

### Snacks

410 cals, 25g protein, 31g net carbs, 17g fat



**Apple and protein fruit dip**

408 cals

### Lunch

1055 cals, 71g protein, 66g net carbs, 42g fat



**Basic chicken thighs**

9 oz- 383 cals



**Garlic collard greens**

398 cals



**Mashed sweet potatoes**

275 cals

### Dinner

985 cals, 69g protein, 142g net carbs, 13g fat



**Fruit juice**

1 1/2 cup(s)- 172 cals



**Creole shrimp and rice**

813 cals

## Day 7

2986 cals ● 217g protein (29%) ● 131g fat (40%) ● 174g carbs (23%) ● 61g fiber (8%)

### Breakfast

550 cals, 23g protein, 26g net carbs, 34g fat



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Pear**

1 pear(s)- 113 cals



**Roasted almonds**

1/3 cup(s)- 277 cals

### Snacks

410 cals, 25g protein, 31g net carbs, 17g fat



**Apple and protein fruit dip**

408 cals

### Lunch

1055 cals, 71g protein, 66g net carbs, 42g fat



**Basic chicken thighs**

9 oz- 383 cals



**Garlic collard greens**

398 cals



**Mashed sweet potatoes**

275 cals

### Dinner

970 cals, 98g protein, 51g net carbs, 37g fat



**Lentils**

347 cals



**Basic ground turkey**

13 1/3 oz- 625 cals

## Nut and Seed Products

- ☐ almonds  
1 1/3 cup, whole (188g)
- ☐ walnuts  
1 1/2 oz (41g)
- ☐ roasted cashews  
13 1/4 tbsp (114g)
- ☐ almond butter  
2 tbsp (32g)

## Sweets

- ☐ chocolate, dark, 70-85%  
6 square(s) (60g)

## Other

- ☐ protein greek yogurt, flavored  
3 container (450g)
- ☐ mixed greens  
1 2/3 package (5.5 oz) (264g)
- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ diced tomatoes  
1 1/6 can(s) (490g)

## Dairy and Egg Products

- ☐ string cheese  
4 stick (112g)
- ☐ eggs  
18 large (900g)
- ☐ nonfat greek yogurt, plain  
2 1/3 container (392g)
- ☐ lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- ☐ fresh mozzarella cheese  
2 1/2 oz (71g)
- ☐ lowfat flavored yogurt  
2 container (6 oz) (340g)

## Spices and Herbs

- ☐ salt  
2/3 oz (19g)
- ☐ black pepper  
2 1/2 g (2g)
- ☐ fresh basil  
3/4 oz (21g)
- ☐ paprika  
1/2 tbsp (3g)

## Fruits and Fruit Juices

- ☐ avocados  
2 1/4 avocado(s) (452g)
- ☐ blueberries  
1 1/4 cup (185g)
- ☐ lemon juice  
1 tbsp (15mL)
- ☐ black olives  
6 large olives (26g)
- ☐ pears  
5 medium (890g)
- ☐ apples  
3 medium (3" dia) (546g)
- ☐ green olives  
18 large (79g)
- ☐ lime juice  
1/2 tbsp (8mL)
- ☐ fruit juice  
24 fl oz (720mL)

## Fats and Oils

- ☐ oil  
1/4 lbs (129mL)
- ☐ olive oil  
2 1/2 oz (77mL)
- ☐ balsamic vinaigrette  
5 tsp (25mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
5 1/3 lbs (2391g)
- ☐ boneless skinless chicken thighs  
18 oz (510g)
- ☐ ground turkey, raw  
13 1/3 oz (378g)

## Legumes and Legume Products

- ☐ chickpeas, canned  
1/3 cup(s) (80g)
- ☐ lentils, raw  
3/4 cup (144g)
- ☐ peanut butter  
4 tbsp (64g)

## Beef Products

- ☐ ground beef (93% lean)  
1 1/2 lbs (652g)

- ☐ **thyme, dried**  
4 dash, leaves (0g)
- ☐ **garlic powder**  
2 1/2 tsp (7g)
- ☐ **dijon mustard**  
2 tbsp (30g)
- ☐ **chili powder**  
1 tbsp (8g)
- ☐ **cajun seasoning**  
3/4 tbsp (5g)
- ☐ **chipotle seasoning**  
3 dash (1g)
- ☐ **cinnamon**  
2 tsp (5g)

## Vegetables and Vegetable Products

- ☐ **tomatoes**  
8 medium whole (2-3/5" dia) (972g)
- ☐ **onion**  
1/4 medium (2-1/2" dia) (31g)
- ☐ **sweet potatoes**  
7 sweetpotato, 5" long (1462g)
- ☐ **garlic**  
8 clove(s) (24g)
- ☐ **okra, frozen**  
1 1/6 package (10 oz) (335g)
- ☐ **frozen mixed veggies**  
1/2 cup (68g)
- ☐ **collard greens**  
2 1/2 lbs (1134g)

## Breakfast Cereals

- ☐ **flavored instant oatmeal**  
2 packet (86g)

## Beverages

- ☐ **water**  
6 1/2 cup (1536mL)

## Baked Products

- ☐ **kaiser rolls**  
4 roll (3-1/2" dia) (228g)
- ☐ **bread**  
1 1/2 slice (48g)

## Cereal Grains and Pasta

- ☐ **long-grain white rice**  
56 tsp (216g)

## Finfish and Shellfish Products

- ☐ **shrimp, raw**  
18 3/4 oz (530g)

## Soups, Sauces, and Gravies

- ☐ **barbecue sauce**  
3 tbsp (51g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### String cheese

2 stick(s) - 165 cal ● 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.

### Eggs with tomato and avocado

326 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**salt**  
2 dash (1g)  
**eggs**  
2 large (100g)  
**black pepper**  
2 dash (0g)  
**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**fresh basil, chopped**  
2 leaves (1g)

For all 2 meals:

**salt**  
4 dash (2g)  
**eggs**  
4 large (200g)  
**black pepper**  
4 dash (0g)  
**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**avocados, sliced**  
1 avocado(s) (201g)  
**fresh basil, chopped**  
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.



## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Pear

1 pear(s) - 113 cal ● 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.

### Paleo beef & egg bowl

236 cal ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

**ground beef (93% lean)**  
4 oz (114g)  
**eggs**  
1 large (50g)

For all 2 meals:

**ground beef (93% lean)**  
1/2 lbs (227g)  
**eggs**  
2 large (100g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

### Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber





For single meal:

**flavored instant oatmeal**

1 packet (43g)

**water**

3/4 cup(s) (178mL)

For all 2 meals:

**flavored instant oatmeal**

2 packet (86g)

**water**

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

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

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## Breakfast 3 [🔗](#)

Eat on day 5, day 6, and day 7

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### Basic scrambled eggs

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



For single meal:

**oil**

1/2 tsp (3mL)

**eggs**

2 large (100g)

For all 3 meals:

**oil**

1/2 tbsp (8mL)

**eggs**

6 large (300g)

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.

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### Pear

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



For single meal:

**pears**  
1 medium (178g)

For all 3 meals:

**pears**  
3 medium (534g)

1. The recipe has no instructions.

## Roasted almonds

1/3 cup(s) - 277 cals ● 10g protein ● 22g fat ● 4g carbs ● 6g fiber



For single meal:

**almonds**  
5 tbsp, whole (45g)

For all 3 meals:

**almonds**  
1 cup, whole (134g)

1. The recipe has no instructions.

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## Lunch 1 [🔗](#)

Eat on day 1

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### Walnuts

1/3 cup(s) - 233 cals ● 5g protein ● 22g fat ● 2g carbs ● 2g fiber

Makes 1/3 cup(s)



**walnuts**  
1/3 cup, shelled (33g)

1. The recipe has no instructions.

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### Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



Makes 1 cup(s)

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

## Mediterranean chicken salad with lemon yogurt dressing

698 cals ● 63g protein ● 39g fat ● 17g carbs ● 7g fiber



**mixed greens**  
1 1/2 cup (45g)  
**nonfat greek yogurt, plain**  
3 tbsp (52g)  
**oil**  
2 tbsp (30mL)  
**paprika**  
4 dash (1g)  
**thyme, dried**  
4 dash, leaves (0g)  
**lemon juice**  
3 tsp (15mL)  
**boneless skinless chicken breast, raw, chopped**  
1/2 lbs (227g)  
**tomatoes, chopped**  
1/2 cup cherry tomatoes (74g)  
**black olives, pitted**  
6 large olives (26g)  
**chickpeas, canned, drained and rinsed**  
1/3 cup(s) (80g)  
**onion, thinly sliced**  
1/3 small (23g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chicken for about 10 minutes or until it is cooked through and no longer pink inside. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chicken, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chicken, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### 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 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.
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### Roasted cashews

3/8 cup(s) - 348 cals ● 9g protein ● 27g fat ● 17g carbs ● 2g fiber



For single meal:

**roasted cashews**  
6 2/3 tbsp (57g)

For all 2 meals:

**roasted cashews**  
13 1/3 tbsp (114g)

1. The recipe has no instructions.
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### Egg & avocado salad

399 cals ● 22g protein ● 29g fat ● 5g carbs ● 8g fiber



For single meal:

**garlic powder**  
4 dash (2g)  
**avocados**  
1/2 avocado(s) (101g)  
**mixed greens**  
1 cup (30g)  
**eggs, hard-boiled and chilled**  
3 large (150g)

For all 2 meals:

**garlic powder**  
1 tsp (3g)  
**avocados**  
1 avocado(s) (201g)  
**mixed greens**  
2 cup (60g)  
**eggs, hard-boiled and chilled**  
6 large (300g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

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## Lunch 3 [↗](#)

Eat on day 4

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### Baked chicken with tomatoes & olives

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



Makes 18 oz

**tomatoes**

18 cherry tomatoes (306g)

**olive oil**

1 tbsp (15mL)

**salt**

1/4 tbsp (5g)

**green olives**

18 large (79g)

**black pepper**

1/4 tbsp (1g)

**chili powder**

1 tbsp (8g)

**boneless skinless chicken breast, raw**

18 oz (510g)

**fresh basil, shredded**

18 leaves (9g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

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### Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



**onion**

1/2 tbsp minced (8g)

**lime juice**

1/2 tbsp (8mL)

**olive oil**

3/8 tsp (2mL)

**garlic powder**

1 dash (0g)

**salt**

1 dash (1g)

**black pepper**

1 dash, ground (0g)

**avocados, cubed**

1/4 avocado(s) (50g)

**tomatoes, diced**

1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
  2. Meanwhile, prepare the avocado and tomato.
  3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
  4. Serve chilled.
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## Lunch 4 [↗](#)

Eat on day 5

### Bbq glazed meatloaf

3 meatloaves - 839 cal ● 95g protein ● 32g fat ● 39g carbs ● 4g fiber



Makes 3 meatloaves

**ground beef (93% lean)**

15 oz (425g)

**bread**

1 1/2 slice (48g)

**chipotle seasoning**

3 dash (1g)

**barbecue sauce**

3 tbsp (51g)

**water**

3 tbsp (45mL)

**garlic powder**

3 dash (1g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chipotle seasoning and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet and brush with the barbeque sauce. Bake until meat loaves are browned and cooked through, 15-18 minutes. Serve.

### Mixed vegetables

1/2 cup(s) - 49 cal ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)

**frozen mixed veggies**

1/2 cup (68g)

1. Prepare according to instructions on package.

### Lentils

174 cal ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

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.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:  
**boneless skinless chicken thighs**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)

For all 2 meals:  
**boneless skinless chicken thighs**  
18 oz (510g)  
**oil**  
3/4 tbsp (11mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

### Garlic collard greens

398 cals ● 18g protein ● 21g fat ● 12g carbs ● 23g fiber





For single meal:

**collard greens**  
1 1/4 lbs (567g)  
**oil**  
1 1/4 tbsp (19mL)  
**salt**  
1/3 tsp (2g)  
**garlic, minced**  
3 3/4 clove(s) (11g)

For all 2 meals:

**collard greens**  
2 1/2 lbs (1134g)  
**oil**  
2 1/2 tbsp (38mL)  
**salt**  
5 dash (4g)  
**garlic, minced**  
7 1/2 clove(s) (23g)

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.

## Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
  2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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## Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

### Roasted almonds

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



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 3 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

**chocolate, dark, 70-85%**  
2 square(s) (20g)

For all 3 meals:

**chocolate, dark, 70-85%**  
6 square(s) (60g)

1. The recipe has no instructions.

### Protein greek yogurt

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



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

1. Enjoy.

## Snacks 2 [↗](#)

Eat on day 4 and day 5

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### Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

**lowfat flavored yogurt**

1 container (6 oz) (170g)

For all 2 meals:

**lowfat flavored yogurt**

2 container (6 oz) (340g)

1. The recipe has no instructions.
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### Blueberry nut apple slices

1/2 apple(s) - 198 cals ● 4g protein ● 12g fat ● 14g carbs ● 5g fiber



For single meal:

**apples**

1/2 medium (3" dia) (91g)

**almond butter**

1 tbsp (16g)

**blueberries**

2 tbsp (19g)

**walnuts, chopped**

2 walnuts (4g)

For all 2 meals:

**apples**

1 medium (3" dia) (182g)

**almond butter**

2 tbsp (32g)

**blueberries**

4 tbsp (37g)

**walnuts, chopped**

4 walnuts (8g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
  2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.
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## Snacks 3 [↗](#)

Eat on day 6 and day 7

### Apple and protein fruit dip

408 cals ● 25g protein ● 17g fat ● 31g carbs ● 7g fiber



For single meal:

**nonfat greek yogurt, plain**  
1 container (170g)  
**cinnamon**  
1 tsp (3g)  
**peanut butter**  
2 tbsp (32g)  
**apples, sliced**  
1 medium (3" dia) (182g)

For all 2 meals:

**nonfat greek yogurt, plain**  
2 container (340g)  
**cinnamon**  
2 tsp (5g)  
**peanut butter**  
4 tbsp (64g)  
**apples, sliced**  
2 medium (3" dia) (364g)

1. Open Greek yogurt container and add the peanut butter and cinnamon (or mix together in a small bowl). Mix until well-combined.
2. Chop an apple into slices.
3. Dip the apple into the dip and enjoy.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Sweet potato fries

485 cals ● 7g protein ● 13g fat ● 73g carbs ● 13g fiber



For single meal:

**olive oil**  
1 tbsp (14mL)  
**garlic powder**  
1/2 tsp (1g)  
**paprika**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, peeled**  
14 2/3 oz (416g)

For all 2 meals:

**olive oil**  
2 tbsp (27mL)  
**garlic powder**  
1 tsp (3g)  
**paprika**  
1 tsp (2g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1/2 tsp, ground (1g)  
**sweet potatoes, peeled**  
29 1/3 oz (832g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

## Basic chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
13 1/3 oz (373g)  
**oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 2/3 lbs (747g)  
**oil**  
5 tsp (25mL)

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.

## Sauteed garlic & herb tomatoes

64 cal ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/4 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**tomatoes**  
1/4 pint, cherry tomatoes (75g)  
**italian seasoning**  
3 dash (1g)  
**salt**  
1 dash (1g)  
**garlic, minced**  
1/4 clove(s) (1g)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)  
**garlic, minced**  
1/2 clove(s) (2g)

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.
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## Dinner 2 [↗](#)

Eat on day 3 and day 4

### Caprese salad

178 cal ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

**fresh mozzarella cheese**  
1 1/4 oz (35g)  
**mixed greens**  
3/8 package (5.5 oz) (65g)  
**fresh basil**  
1/4 cup leaves, whole (5g)  
**balsamic vinaigrette**  
2 1/2 tsp (13mL)  
**tomatoes, halved**  
6 2/3 tbsp cherry tomatoes (62g)

For all 2 meals:

**fresh mozzarella cheese**  
2 1/2 oz (71g)  
**mixed greens**  
5/6 package (5.5 oz) (129g)  
**fresh basil**  
6 2/3 tbsp leaves, whole (10g)  
**balsamic vinaigrette**  
5 tsp (25mL)  
**tomatoes, halved**  
13 1/3 tbsp cherry tomatoes (124g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Grilled chicken sandwich

2 sandwich(es) - 919 cal ● 115g protein ● 22g fat ● 61g carbs ● 5g fiber



For single meal:

**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)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (907g)  
**tomatoes**  
12 slice(s), thin/small (180g)  
**mixed greens**  
1 cup (30g)  
**dijon mustard**  
2 tbsp (30g)  
**kaiser rolls**  
4 roll (3-1/2" dia) (228g)  
**oil**  
2 tsp (10mL)

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.

## Dinner 3 [↗](#)

Eat on day 5 and day 6

### Fruit juice

1 1/2 cup(s) - 172 cal ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

**fruit juice**  
12 fl oz (360mL)

For all 2 meals:

**fruit juice**  
24 fl oz (720mL)

1. The recipe has no instructions.

### Creole shrimp and rice

813 cal ● 66g protein ● 13g fat ● 104g carbs ● 5g fiber



For single meal:

**long-grain white rice**  
9 1/3 tbsp (108g)  
**cajun seasoning**  
1 tsp (3g)  
**okra, frozen**  
5/8 package (10 oz) (167g)  
**water**  
7/8 cup(s) (207mL)  
**olive oil**  
2 tsp (11mL)  
**diced tomatoes, undrained**  
5/8 can(s) (245g)  
**shrimp, raw, peeled and deveined**  
9 1/3 oz (265g)

For all 2 meals:

**long-grain white rice**  
56 tsp (216g)  
**cajun seasoning**  
3/4 tbsp (5g)  
**okra, frozen**  
1 1/6 package (10 oz) (335g)  
**water**  
1 3/4 cup(s) (415mL)  
**olive oil**  
1 1/2 tbsp (22mL)  
**diced tomatoes, undrained**  
1 1/6 can(s) (490g)  
**shrimp, raw, peeled and deveined**  
18 2/3 oz (530g)

1. Heat most of the oil (~1 tbsp per cup of rice) in a large skillet over medium heat. Add rice, and cook for 2-3 minutes, stirring frequently, until lightly browned.
2. Add tomatoes (with juice), water, and seasoning to the rice. Bring to a boil over high heat. Once boiling, reduce the heat to low. Cover and simmer for 15-20 minutes until rice is cooked.
3. While rice is cooking, heat the remaining oil in a skillet over medium-high heat. Add the shrimp and cook for 5-7 minutes, stirring frequently, until the shrimp becomes opaque and pink. Set aside.
4. Cook the okra according to it's package. Set aside.
5. When the rice is done, add the shrimp and okra to the pot; stir. Cook for another 3 minutes or so until everything is heated through. Serve.



## Dinner 4 [↗](#)

Eat on day 7

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### 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.

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### Basic ground turkey

13 1/3 oz - 625 cals ● 74g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

#### ground turkey, raw

13 1/3 oz (378g)

#### oil

1/2 tbsp (8mL)

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