

Meal Plan - 3400 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

3387 cals ● 249g protein (29%) ● 166g fat (44%) ● 182g carbs (21%) ● 44g fiber (5%)

Breakfast

630 cals, 31g protein, 61g net carbs, 26g fat



Orange
1 orange(s)- 85 cals



Scrambled eggs with kale, tomatoes, rosemary
304 cals



Small toasted bagel with butter
1 bagel(s)- 241 cals

Snacks

415 cals, 14g protein, 52g net carbs, 15g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Applesauce
114 cals



Kefir
150 cals

Lunch

1145 cals, 117g protein, 38g net carbs, 51g fat



Teriyaki chicken
16 oz- 760 cals



Simple kale & avocado salad
384 cals

Dinner

1195 cals, 86g protein, 30g net carbs, 74g fat



Protein greek yogurt
1 container- 139 cals



Walnuts
1/3 cup(s)- 233 cals



Avocado, apple, chicken salad
825 cals

Day 2

3365 cals ● 247g protein (29%) ● 176g fat (47%) ● 160g carbs (19%) ● 38g fiber (5%)

Breakfast

630 cals, 31g protein, 61g net carbs, 26g fat



Orange
1 orange(s)- 85 cals



Scrambled eggs with kale, tomatoes, rosemary
304 cals



Small toasted bagel with butter
1 bagel(s)- 241 cals

Snacks

415 cals, 14g protein, 52g net carbs, 15g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Applesauce
114 cals



Kefir
150 cals

Lunch

1155 cals, 102g protein, 31g net carbs, 67g fat



Roasted cashews
1/2 cup(s)- 469 cals



Basic chicken & spinach salad
685 cals

Dinner

1165 cals, 100g protein, 16g net carbs, 69g fat



Pumpkin seeds
183 cals



Avocado tuna salad
982 cals

Day 3

3376 cals ● 264g protein (31%) ● 155g fat (41%) ● 182g carbs (22%) ● 50g fiber (6%)

Breakfast

600 cals, 67g protein, 21g net carbs, 27g fat



Celery sticks
1 celery stalk- 7 cals



Protein shake (milk)
387 cals



Boiled eggs
3 egg(s)- 208 cals

Snacks

460 cals, 24g protein, 45g net carbs, 18g fat



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



Fruit juice
1 cup(s)- 115 cals



Blackberry & granola parfait
229 cals

Lunch

1150 cals, 73g protein, 101g net carbs, 41g fat



Tomato and avocado salad
352 cals



Chicken stir fry with rice
799 cals

Dinner

1165 cals, 100g protein, 16g net carbs, 69g fat



Pumpkin seeds
183 cals



Avocado tuna salad
982 cals

Day 4

3404 cals ● 285g protein (33%) ● 120g fat (32%) ● 258g carbs (30%) ● 38g fiber (4%)

Breakfast

600 cals, 67g protein, 21g net carbs, 27g fat



Celery sticks

1 celery stalk- 7 cals



Protein shake (milk)

387 cals



Boiled eggs

3 egg(s)- 208 cals

Snacks

460 cals, 24g protein, 45g net carbs, 18g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Fruit juice

1 cup(s)- 115 cals



Blackberry & granola parfait

229 cals

Lunch

1150 cals, 73g protein, 101g net carbs, 41g fat



Tomato and avocado salad

352 cals



Chicken stir fry with rice

799 cals

Dinner

1195 cals, 121g protein, 92g net carbs, 34g fat



Chicken shawarma bowl

16 oz chicken- 865 cals



White rice

1 1/2 cup rice, cooked- 328 cals

Day 5

3410 cals ● 271g protein (32%) ● 115g fat (30%) ● 284g carbs (33%) ● 38g fiber (5%)

Breakfast

520 cals, 24g protein, 49g net carbs, 20g fat



Fruit juice

3/4 cup(s)- 86 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals



Blackberries

3/4 cup(s)- 52 cals

Snacks

445 cals, 18g protein, 79g net carbs, 5g fat



Orange

1 orange(s)- 85 cals



Lowfat yogurt

2 container(s)- 362 cals

Lunch

1225 cals, 124g protein, 61g net carbs, 49g fat



Baked chicken with tomatoes & olives

18 oz- 899 cals



Buttery white rice

324 cals

Dinner

1220 cals, 104g protein, 95g net carbs, 41g fat



Naan bread

1 1/2 piece(s)- 393 cals



Buffalo chicken salad

712 cals



Grapes

116 cals

Day 6

3440 cals ● 225g protein (26%) ● 129g fat (34%) ● 292g carbs (34%) ● 53g fiber (6%)

Breakfast

520 cals, 24g protein, 49g net carbs, 20g fat



Fruit juice

3/4 cup(s)- 86 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals



Blackberries

3/4 cup(s)- 52 cals

Snacks

445 cals, 18g protein, 79g net carbs, 5g fat



Orange

1 orange(s)- 85 cals



Lowfat yogurt

2 container(s)- 362 cals

Lunch

1250 cals, 78g protein, 69g net carbs, 63g fat



Turkey & hummus deli sandwich

2 sandwich(es)- 698 cals



Roasted almonds

5/8 cup(s)- 554 cals

Dinner

1220 cals, 104g protein, 95g net carbs, 41g fat



Naan bread

1 1/2 piece(s)- 393 cals



Buffalo chicken salad

712 cals



Grapes

116 cals

Day 7

3363 cals ● 249g protein (30%) ● 111g fat (30%) ● 297g carbs (35%) ● 46g fiber (5%)

Breakfast

520 cals, 24g protein, 49g net carbs, 20g fat



Fruit juice

3/4 cup(s)- 86 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals



Blackberries

3/4 cup(s)- 52 cals

Snacks

445 cals, 18g protein, 79g net carbs, 5g fat



Orange

1 orange(s)- 85 cals



Lowfat yogurt

2 container(s)- 362 cals

Lunch

1250 cals, 78g protein, 69g net carbs, 63g fat



Turkey & hummus deli sandwich

2 sandwich(es)- 698 cals



Roasted almonds

5/8 cup(s)- 554 cals

Dinner

1145 cals, 128g protein, 100g net carbs, 23g fat



Lemon pepper chicken breast

18 oz- 666 cals



Flavored rice mix

478 cals

Legumes and Legume Products

- ☐ roasted peanuts
9 1/4 tbsp (85g)
- ☐ hummus
3/4 cup (180g)

Fruits and Fruit Juices

- ☐ applesauce
4 to-go container (~4 oz) (488g)
- ☐ orange
5 orange (770g)
- ☐ avocados
5 1/3 avocado(s) (1072g)
- ☐ lemon
5/6 small (48g)
- ☐ lime juice
2 1/2 fl oz (75mL)
- ☐ apples
3/4 medium (3" dia) (137g)
- ☐ fruit juice
34 fl oz (1020mL)
- ☐ blackberries
2 3/4 cup (396g)
- ☐ grapes
4 cup (368g)
- ☐ green olives
18 large (79g)

Dairy and Egg Products

- ☐ kefir, flavored
2 cup (480mL)
- ☐ eggs
18 large (900g)
- ☐ butter
2 tbsp (28g)
- ☐ whole milk
3 cup(s) (720mL)
- ☐ lowfat greek yogurt
1 cup (280g)
- ☐ feta cheese
4 tbsp (38g)
- ☐ lowfat flavored yogurt
6 container (6 oz) (1020g)
- ☐ nonfat greek yogurt, plain
3/4 cup (210g)

Fats and Oils

Vegetables and Vegetable Products

- ☐ tomatoes
11 medium whole (2-3/5" dia) (1328g)
- ☐ kale leaves
9 1/4 oz (262g)
- ☐ raw celery
1/4 bunch (150g)
- ☐ onion
2 1/2 medium (2-1/2" dia) (282g)
- ☐ fresh spinach
4 1/2 cup(s) (135g)
- ☐ frozen mixed veggies
1 1/2 10oz package (426g)

Baked Products

- ☐ bagel
2 small bagel (3" dia) (138g)
- ☐ naan bread
3 piece(s) (270g)
- ☐ bread
14 slice(s) (448g)

Other

- ☐ teriyaki sauce
1/2 cup (120mL)
- ☐ protein greek yogurt, flavored
1 container (150g)
- ☐ mixed greens
9 1/2 cup (285g)
- ☐ stir-fry sauce
1/2 cup (136g)
- ☐ guacamole, store-bought
6 tbsp (93g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 1/3 lbs (3733g)

Nut and Seed Products

- ☐ walnuts
1/3 cup, shelled (33g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ roasted cashews
1/2 cup (77g)
- ☐ almonds
1 1/4 cup, whole (179g)

- ☐ oil
2 oz (64mL)
- ☐ olive oil
2 oz (57mL)
- ☐ salad dressing
1/4 cup (51mL)
- ☐ mayonnaise
1/4 cup (68mL)

Beverages

- ☐ water
1/4 gallon (883mL)
- ☐ protein powder
3 scoop (1/3 cup ea) (93g)

Spices and Herbs

- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ rosemary, dried
1/4 tbsp (1g)
- ☐ garlic powder
1 tbsp (10g)
- ☐ salt
1/2 oz (16g)
- ☐ black pepper
5 1/2 g (5g)
- ☐ ground cumin
2 tsp (4g)
- ☐ chili powder
1 tbsp (8g)
- ☐ fresh basil
18 leaves (9g)
- ☐ lemon pepper
1 tbsp (8g)

Finfish and Shellfish Products

- ☐ canned tuna
4 1/2 can (774g)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/2 cup (293g)

Breakfast Cereals

- ☐ granola
1/2 cup (45g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/2 cup (135mL)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1 lbs (454g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
5/6 pouch (~5.6 oz) (132g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange

1 orange (154g)

For all 2 meals:

orange

2 orange (308g)

1. The recipe has no instructions.

Scrambled eggs with kale, tomatoes, rosemary

304 cals ● 22g protein ● 18g fat ● 10g carbs ● 3g fiber



For single meal:

oil

1/4 tbsp (4mL)

water

1/4 cup (68mL)

balsamic vinegar

1/2 tbsp (8mL)

rosemary, dried

3 dash (0g)

tomatoes

3/4 cup, chopped (135g)

eggs

3 large (150g)

kale leaves

1 1/2 cup, chopped (60g)

For all 2 meals:

oil

1/2 tbsp (8mL)

water

1/2 cup (135mL)

balsamic vinegar

1 tbsp (15mL)

rosemary, dried

1/4 tbsp (1g)

tomatoes

1 1/2 cup, chopped (270g)

eggs

6 large (300g)

kale leaves

3 cup, chopped (120g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Small toasted bagel with butter

1 bagel(s) - 241 cals ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

For all 2 meals:

butter
1 tbsp (14g)
bagel
2 small bagel (3" dia) (138g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Celery sticks

1 celery stalk - 7 cal● 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.

Protein shake (milk)

387 cal● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk
1 1/2 cup(s) (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

whole milk
3 cup(s) (720mL)
protein powder
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)

For all 2 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Fruit juice

3/4 cup(s) - 86 cals ● 1g protein ● 0g fat ● 19g carbs ● 0g fiber



For single meal:

fruit juice
6 fl oz (180mL)

For all 3 meals:

fruit juice
18 fl oz (540mL)

1. The recipe has no instructions.

Egg & guac sandwich

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



For single meal:

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

For all 3 meals:

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

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

Blackberries

3/4 cup(s) - 52 cals ● 2g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

blackberries
3/4 cup (108g)

For all 3 meals:

blackberries
2 1/4 cup (324g)

1. Rinse blackberries and serve.

Lunch 1 [↗](#)

Eat on day 1

Teriyaki chicken

16 oz - 760 cals ● 110g protein ● 26g fat ● 22g carbs ● 0g fiber



Makes 16 oz

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Simple kale & avocado salad

384 cals ● 8g protein ● 26g fat ● 16g carbs ● 15g fiber



kale leaves, chopped
5/6 bunch (142g)
avocados, chopped
5/6 avocado(s) (168g)
lemon, juiced
5/6 small (48g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lunch 2 [↗](#)

Eat on day 2

Roasted cashews

1/2 cup(s) - 469 cal● 12g protein ● 36g fat ● 23g carbs ● 2g fiber



Makes 1/2 cup(s)

roasted cashews
1/2 cup (77g)

1. The recipe has no instructions.

Basic chicken & spinach salad

685 cal● 90g protein ● 31g fat ● 8g carbs ● 3g fiber



fresh spinach
4 1/2 cup(s) (135g)
oil
3/4 tbsp (11mL)
salad dressing
1/4 cup (51mL)
boneless skinless chicken breast, raw, chopped, cooked
13 1/2 oz (383g)

1. Season chicken breasts with some salt and pepper.
 2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
 3. Arrange spinach and top with chicken.
 4. Drizzle dressing over top when serving.
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Lunch 3 [🔗](#)

Eat on day 3 and day 4

Tomato and avocado salad

352 cals ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

For all 2 meals:

onion
3 tbsp minced (45g)
lime juice
3 tbsp (45mL)
olive oil
3/4 tbsp (11mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
avocados, cubed
1 1/2 avocado(s) (302g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia)
(185g)

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.

Chicken stir fry with rice

799 cals ● 69g protein ● 14g fat ● 91g carbs ● 10g fiber



For single meal:

long-grain white rice

6 tbsp (69g)

water

3/4 cup(s) (178mL)

salt

1 1/2 dash (1g)

black pepper

3 dash, ground (1g)

frozen mixed veggies

3/4 10oz package (213g)

stir-fry sauce

4 tbsp (68g)

**boneless skinless chicken breast,
raw, cubed**

1/2 lbs (252g)

oil, divided

1 tsp (6mL)

For all 2 meals:

long-grain white rice

3/4 cup (139g)

water

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

salt

3 dash (2g)

black pepper

1/4 tbsp, ground (2g)

frozen mixed veggies

1 1/2 10oz package (426g)

stir-fry sauce

1/2 cup (136g)

**boneless skinless chicken breast,
raw, cubed**

18 oz (504g)

oil, divided

3/4 tbsp (11mL)

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 chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken 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 chicken to skillet, stir.
 5. Pour in stir-fry sauce and mix until it is well distributed.
 6. Reduce heat to low and simmer until chicken is fully cooked.
 7. Serve over rice.
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Lunch 4 [↗](#)

Eat on day 5

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.

Buttery white rice

324 cal ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



black pepper

1 1/3 dash, ground (0g)

butter

1 tbsp (14g)

salt

1/3 tsp (2g)

water

2/3 cup(s) (158mL)

long-grain white rice

1/3 cup (62g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Turkey & hummus deli sandwich

2 sandwich(es) - 698 cals ● 59g protein ● 18g fat ● 61g carbs ● 13g fiber



For single meal:

turkey cold cuts

1/2 lbs (227g)

bread

4 slice(s) (128g)

hummus

4 tbsp (60g)

tomatoes

4 slice(s), thick/large (1/2" thick)
(108g)

mixed greens

1 cup (30g)

oil

1/2 tsp (3mL)

For all 2 meals:

turkey cold cuts

1 lbs (454g)

bread

8 slice(s) (256g)

hummus

1/2 cup (120g)

tomatoes

8 slice(s), thick/large (1/2" thick)
(216g)

mixed greens

2 cup (60g)

oil

1 tsp (5mL)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Roasted almonds

5/8 cup(s) - 554 cals ● 19g protein ● 45g fat ● 8g carbs ● 11g fiber



For single meal:

almonds

10 tbsp, whole (89g)

For all 2 meals:

almonds

1 1/4 cup, whole (179g)

1. The recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts
1/3 cup (49g)

1. The recipe has no instructions.

Applesauce

114 cal ● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

applesauce
2 to-go container (~4 oz) (244g)

For all 2 meals:

applesauce
4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Kefir

150 cal ● 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.

Snacks 2 [🔗](#)

Eat on day 3 and day 4

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.

Fruit juice

1 cup(s) - 115 cal ● 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.

Blackberry & granola parfait

229 cal ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)
blackberries, roughly chopped
4 tbsp (36g)

For all 2 meals:

lowfat greek yogurt
1 cup (280g)
granola
1/2 cup (45g)
blackberries, roughly chopped
1/2 cup (72g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
2 container (6 oz) (340g)

For all 3 meals:

lowfat flavored yogurt
6 container (6 oz) (1020g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

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.

Avocado, apple, chicken salad

825 cals ● 61g protein ● 49g fat ● 20g carbs ● 14g fiber



raw celery

3 tbsp chopped (19g)

olive oil

1 1/2 tbsp (23mL)

garlic powder

3 dash (1g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

lime juice

1/2 tbsp (8mL)

boneless skinless chicken breast, raw, cubed

1/2 lbs (255g)

avocados, chopped

3/4 avocado(s) (151g)

apples, finely chopped

3/4 medium (3" dia) (137g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.

Avocado tuna salad

982 cals ● 91g protein ● 54g fat ● 13g carbs ● 19g fiber



For single meal:

avocados
1 avocado(s) (226g)
lime juice
3/4 tbsp (11mL)
salt
1/4 tsp (1g)
black pepper
1/4 tsp (0g)
mixed greens
2 1/4 cup (68g)
canned tuna
2 1/4 can (387g)
tomatoes
1/2 cup, chopped (101g)
onion, minced
1/2 small (39g)

For all 2 meals:

avocados
2 1/4 avocado(s) (452g)
lime juice
1 1/2 tbsp (23mL)
salt
1/2 tsp (2g)
black pepper
1/2 tsp (0g)
mixed greens
4 1/2 cup (135g)
canned tuna
4 1/2 can (774g)
tomatoes
1 cup, chopped (203g)
onion, minced
1 small (79g)

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 3 [↗](#)

Eat on day 4

Chicken shawarma bowl

16 oz chicken - 865 cals ● 114g protein ● 34g fat ● 19g carbs ● 7g fiber



Makes 16 oz chicken

boneless skinless chicken breast, raw
1 lbs (448g)
feta cheese
4 tbsp (38g)
hummus
4 tbsp (60g)
ground cumin
2 tsp (4g)
garlic powder
2 tsp (6g)
oil
1/2 tbsp (8mL)
tomatoes, sliced
1 cup cherry tomatoes (149g)
onion, sliced
1/3 cup, sliced (38g)

1. Coat chicken in oil and rub cumin and garlic powder all over until coated.
2. Add chicken to a skillet or grill pan over medium heat and cook until done, about 10 minutes on each side.
3. Meanwhile, mix together the tomatoes, onion, and feta.
4. Slice the chicken and assemble the bowl with chicken, tomato salad, and hummus. Serve.

White rice

1 1/2 cup rice, cooked - 328 cals ● 7g protein ● 1g fat ● 73g carbs ● 1g fiber



Makes 1 1/2 cup rice, cooked

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Naan bread

1 1/2 piece(s) - 393 cal ● 13g protein ● 8g fat ● 65g carbs ● 3g fiber



For single meal:

naan bread
1 1/2 piece(s) (135g)

For all 2 meals:

naan bread
3 piece(s) (270g)

1. The recipe has no instructions.

Buffalo chicken salad

712 cal ● 90g protein ● 33g fat ● 11g carbs ● 3g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
nonfat greek yogurt, plain
6 tbsp (105g)
Frank's Red Hot sauce
1/4 cup (68mL)
mayonnaise
2 1/4 tbsp (34mL)
raw celery, chopped
1 1/2 stalk, small (5" long) (26g)
onion, chopped
6 tbsp, chopped (60g)

For all 2 meals:

mixed greens
3 cup (90g)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)
nonfat greek yogurt, plain
3/4 cup (210g)
Frank's Red Hot sauce
1/2 cup (135mL)
mayonnaise
1/4 cup (68mL)
raw celery, chopped
3 stalk, small (5" long) (51g)
onion, chopped
3/4 cup, chopped (120g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

Grapes

116 cal ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

grapes
2 cup (184g)

For all 2 meals:

grapes
4 cup (368g)

1. The recipe has no instructions.
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Dinner 5 [↗](#)

Eat on day 7

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



Makes 18 oz

boneless skinless chicken breast, raw

18 oz (504g)

olive oil

1/2 tbsp (8mL)

lemon pepper

1 tbsp (8g)

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.

Flavored rice mix

478 cals ● 14g protein ● 2g fat ● 97g carbs ● 4g fiber



flavored rice mix
5/6 pouch (~5.6 oz) (132g)

1. Prepare according to instructions on package.
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