

# Meal Plan - 3500 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

3490 cals ● 259g protein (30%) ● 145g fat (37%) ● 241g carbs (28%) ● 46g fiber (5%)

### Breakfast

560 cals, 30g protein, 63g net carbs, 15g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
203 cals



**Pear**  
2 pear(s)- 226 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Snacks

415 cals, 28g protein, 27g net carbs, 20g fat



**Boiled eggs**  
4 egg(s)- 277 cals



**Nectarine**  
2 nectarine(s)- 140 cals

### Lunch

1210 cals, 91g protein, 58g net carbs, 58g fat



**Chicken avocado salad**  
1001 cals



**Tomato soup**  
1 can(s)- 211 cals

### Dinner

1300 cals, 111g protein, 93g net carbs, 52g fat



**Buttery brown rice**  
667 cals



**Basic chicken breast**  
16 oz- 635 cals

## Day 2

3478 cals ● 280g protein (32%) ● 154g fat (40%) ● 198g carbs (23%) ● 45g fiber (5%)

### Breakfast

560 cals, 30g protein, 63g net carbs, 15g fat



**Scrambled eggs with kale, tomatoes, rosemary**  
203 cals



**Pear**  
2 pear(s)- 226 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Snacks

415 cals, 28g protein, 27g net carbs, 20g fat



**Boiled eggs**  
4 egg(s)- 277 cals



**Nectarine**  
2 nectarine(s)- 140 cals

### Lunch

1200 cals, 112g protein, 16g net carbs, 66g fat



**Avocado tuna salad**  
1200 cals

### Dinner

1300 cals, 111g protein, 93g net carbs, 52g fat



**Buttery brown rice**  
667 cals



**Basic chicken breast**  
16 oz- 635 cals

## Day 3

3506 cals ● 278g protein (32%) ● 165g fat (42%) ● 180g carbs (20%) ● 48g fiber (5%)

### Breakfast

565 cals, 33g protein, 36g net carbs, 29g fat



**Scrambled eggs with spinach, parmesan & tomato**  
249 cals



**Basic fried eggs**  
2 egg(s)- 159 cals



**Clementine**  
4 clementine(s)- 156 cals

### Snacks

500 cals, 27g protein, 35g net carbs, 26g fat



**Roasted peanuts**  
1/3 cup(s)- 307 cals



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



**Rice cake**  
2 cake(s)- 69 cals

### Lunch

1200 cals, 112g protein, 16g net carbs, 66g fat



**Avocado tuna salad**  
1200 cals

### Dinner

1240 cals, 106g protein, 94g net carbs, 43g fat



**Hot honey chicken sandwich**  
2 sandwich(es)- 948 cals



**Tomato and avocado salad**  
293 cals

## Day 4

3486 cals ● 223g protein (26%) ● 188g fat (49%) ● 171g carbs (20%) ● 53g fiber (6%)

### Breakfast

565 cals, 33g protein, 36g net carbs, 29g fat



**Scrambled eggs with spinach, parmesan & tomato**  
249 cals



**Basic fried eggs**  
2 egg(s)- 159 cals



**Clementine**  
4 clementine(s)- 156 cals

### Snacks

500 cals, 27g protein, 35g net carbs, 26g fat



**Roasted peanuts**  
1/3 cup(s)- 307 cals



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



**Rice cake**  
2 cake(s)- 69 cals

### Lunch

1205 cals, 60g protein, 75g net carbs, 68g fat



**Chunky canned soup (non-creamy)**  
1 1/2 can(s)- 371 cals



**Pesto grilled cheese sandwich**  
1 1/2 sandwich(es)- 836 cals

### Dinner

1215 cals, 104g protein, 26g net carbs, 65g fat



**Avocado tuna salad stuffed pepper**  
5 half pepper(s)- 1139 cals



**Simple mixed greens and tomato salad**  
76 cals

## Day 5

3514 cals ● 295g protein (34%) ● 111g fat (28%) ● 286g carbs (33%) ● 47g fiber (5%)

### Breakfast

660 cals, 62g protein, 65g net carbs, 14g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Cottage cheese and pineapple

373 cals



#### Applesauce

171 cals

### Snacks

460 cals, 51g protein, 29g net carbs, 12g fat



#### Pear

1 pear(s)- 113 cals



#### Tuna cucumber bites

345 cals

### Lunch

1155 cals, 118g protein, 67g net carbs, 40g fat



#### Tomato and avocado salad

235 cals



#### Grilled chicken sandwich

2 sandwich(es)- 919 cals

### Dinner

1245 cals, 65g protein, 125g net carbs, 45g fat



#### Cottage cheese & honey

1 cup(s)- 249 cals



#### Clementine

3 clementine(s)- 117 cals



#### Lentil kale salad

876 cals

## Day 6

3501 cals ● 284g protein (32%) ● 129g fat (33%) ● 245g carbs (28%) ● 56g fiber (6%)

### Breakfast

660 cals, 62g protein, 65g net carbs, 14g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Cottage cheese and pineapple

373 cals



#### Applesauce

171 cals

### Snacks

460 cals, 51g protein, 29g net carbs, 12g fat



#### Pear

1 pear(s)- 113 cals



#### Tuna cucumber bites

345 cals

### Lunch

1200 cals, 110g protein, 73g net carbs, 41g fat



#### Basic chicken breast tenderloins

12 oz- 449 cals



#### Simple kale & avocado salad

345 cals



#### Lentils

405 cals

### Dinner

1185 cals, 62g protein, 78g net carbs, 62g fat



#### Chicken noodle soup

3 1/2 can(s)- 498 cals



#### Sunflower seeds

406 cals



#### Simple Greek cucumber salad

281 cals

## Day 7

3501 cals ● 284g protein (32%) ● 129g fat (33%) ● 245g carbs (28%) ● 56g fiber (6%)

### Breakfast

660 cals, 62g protein, 65g net carbs, 14g fat



#### Roasted peanuts

1/8 cup(s)- 115 cals



#### Cottage cheese and pineapple

373 cals



#### Applesauce

171 cals

### Snacks

460 cals, 51g protein, 29g net carbs, 12g fat



#### Pear

1 pear(s)- 113 cals



#### Tuna cucumber bites

345 cals

### Lunch

1200 cals, 110g protein, 73g net carbs, 41g fat



#### Basic chicken breast tenderloins

12 oz- 449 cals



#### Simple kale & avocado salad

345 cals



#### Lentils

405 cals

### Dinner

1185 cals, 62g protein, 78g net carbs, 62g fat



#### Chicken noodle soup

3 1/2 can(s)- 498 cals



#### Sunflower seeds

406 cals



#### Simple Greek cucumber salad

281 cals

# Grocery List



## Dairy and Egg Products

- eggs**  
20 large (1000g)
- butter**  
1/3 cup (78g)
- parmesan cheese**  
4 tbsp (20g)
- low fat cottage cheese (1% milkfat)**  
8 cup (1808g)
- cheese**  
3 slice (1 oz each) (84g)
- nonfat greek yogurt, plain**  
1 cup (280g)

## Fruits and Fruit Juices

- nectarine**  
4 medium (2-1/2" dia) (568g)
- pears**  
7 medium (1246g)
- lime juice**  
3 fl oz (94mL)
- avocados**  
7 1/2 avocado(s) (1533g)
- clementines**  
11 fruit (814g)
- lemon juice**  
3 1/4 tbsp (49mL)
- canned pineapple**  
1 1/2 cup, chunks (272g)
- applesauce**  
9 to-go container (~4 oz) (1098g)
- lemon**  
1 1/2 small (87g)

## Fats and Oils

- oil**  
1/4 lbs (131mL)
- olive oil**  
1 1/2 oz (49mL)
- salad dressing**  
1 1/2 tbsp (23mL)

## Beverages

- water**  
10 cup (2381mL)

## Spices and Herbs

## Other

- cottage cheese & fruit cup**  
2 container (340g)
- mixed greens**  
7 1/2 cup (225g)
- coleslaw mix**  
1/2 cup (45g)
- chicken breast tenderloins, raw**  
1 1/2 lbs (680g)

## Poultry Products

- boneless skinless chicken breast, raw**  
4 3/4 lbs (2143g)

## Soups, Sauces, and Gravies

- condensed canned tomato soup**  
1 can (10.5 oz) (298g)
- chunky canned soup (non-creamy varieties)**  
1 1/2 can (~19 oz) (789g)
- pesto sauce**  
1 1/2 tbsp (24g)
- condensed canned chicken noodle soup**  
7 can (10.5 oz) (2086g)

## Cereal Grains and Pasta

- brown rice**  
1 1/3 cup (253g)

## Finfish and Shellfish Products

- canned tuna**  
12 can (2042g)

## Legumes and Legume Products

- roasted peanuts**  
1 cup (152g)
- lentils, raw**  
1 3/4 cup (332g)

## Sweets

- honey**  
1/4 lbs (98g)

## Snacks

- rice cakes, any flavor**  
4 cake (36g)

- balsamic vinegar**  
2 tsp (10mL)
- rosemary, dried**  
4 dash (1g)
- salt**  
1/2 oz (14g)
- black pepper**  
4 1/4 g (4g)
- crushed red pepper**  
1/2 tbsp (3g)
- garlic powder**  
1/2 tsp (2g)
- ground cumin**  
1 tsp (2g)
- dijon mustard**  
1 tbsp (15g)
- dried dill weed**  
2 tsp (2g)
- red wine vinegar**  
2 tsp (10mL)

## Baked Products

- hamburger buns**  
2 bun(s) (102g)
- bread**  
3 slice (96g)
- kaiser rolls**  
2 roll (3-1/2" dia) (114g)

## Nut and Seed Products

- almonds**  
2 1/4 tbsp, slivered (15g)
- sunflower kernels**  
1/4 lbs (128g)

## Vegetables and Vegetable Products

- tomatoes**  
6 1/2 medium whole (2-3/5" dia) (813g)
- kale leaves**  
16 1/2 oz (470g)
- onion**  
1 3/4 medium (2-1/2" dia) (194g)
- brussels sprouts**  
10 sprouts (190g)
- fresh spinach**  
4 cup(s) (120g)
- garlic**  
3 clove(s) (10g)
- bell pepper**  
2 1/2 large (410g)
- cucumber**  
4 1/4 cucumber (8-1/4") (1279g)
- red onion**  
1/2 medium (2-1/2" dia) (55g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**water**  
3 tbsp (45mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**rosemary, dried**  
2 dash (0g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**eggs**  
2 large (100g)  
**kale leaves**  
1 cup, chopped (40g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**water**  
6 tbsp (90mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**rosemary, dried**  
4 dash (1g)  
**tomatoes**  
1 cup, chopped (180g)  
**eggs**  
4 large (200g)  
**kale leaves**  
2 cup, chopped (80g)

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.

### Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

**pears**  
2 medium (356g)

For all 2 meals:

**pears**  
4 medium (712g)

1. The recipe has no instructions.

### Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

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## Breakfast 2

Eat on day 3 and day 4

### Scrambled eggs with spinach, parmesan & tomato

249 cals  18g protein  17g fat  4g carbs  2g fiber



For single meal:

**eggs**  
2 large (100g)  
**olive oil**  
1 tsp (5mL)  
**fresh spinach**  
2 cup(s) (60g)  
**parmesan cheese**  
2 tbsp (10g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**garlic, minced**  
4 dash (1g)

For all 2 meals:

**eggs**  
4 large (200g)  
**olive oil**  
2 tsp (10mL)  
**fresh spinach**  
4 cup(s) (120g)  
**parmesan cheese**  
4 tbsp (20g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**garlic, minced**  
1 tsp (3g)

1. Whisk eggs in a small bowl with some salt and pepper. Set aside.
2. Place a medium sized skillet over medium heat and add the olive oil and garlic and saute until fragrant, under a minute.
3. Add the spinach and cook, tossing, until wilted, about a minute.
4. Add the eggs, and cook stirring occasionally- another minute or two.
5. Sprinkle in the parmesan and tomatoes and stir.
6. Serve.

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### Basic fried eggs

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



For single meal:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

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

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

### Clementine

4 clementine(s) - 156 cals ● 2g protein ● 0g fat ● 30g carbs ● 5g fiber



For single meal:

**clementines**  
4 fruit (296g)

For all 2 meals:

**clementines**  
8 fruit (592g)

1. The recipe has no instructions.

### Breakfast 3 ↗

Eat on day 5, day 6, and day 7

#### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 3 meals:

**roasted peanuts**  
6 tbsp (55g)

1. The recipe has no instructions.

#### Cottage cheese and pineapple

373 cals ● 57g protein ● 5g fat ● 25g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
2 cup (452g)  
**canned pineapple, drained**  
1/2 cup, chunks (91g)

For all 3 meals:

**low fat cottage cheese (1% milkfat)**  
6 cup (1356g)  
**canned pineapple, drained**  
1 1/2 cup, chunks (272g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

## Applesauce

171 cals ● 1g protein ● 0g fat ● 37g carbs ● 4g fiber



For single meal:

**applesauce**  
3 to-go container (~4 oz) (366g)

For all 3 meals:

**applesauce**  
9 to-go container (~4 oz) (1098g)

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

## Lunch 1 ↗

Eat on day 1

### Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**onion**  
2 tbsp chopped (20g)  
**lime juice**  
4 tsp (20mL)  
**oil**  
4 tsp (20mL)  
**brussels sprouts**  
10 sprouts (190g)  
**avocados, chopped**  
1 avocado(s) (201g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

## Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

**condensed canned tomato soup**  
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

## Lunch 2 ↗

Eat on day 2 and day 3

### Avocado tuna salad

1200 cals ● 112g protein ● 66g fat ● 16g carbs ● 23g fiber



For single meal:

**avocados**  
1 1/2 avocado(s) (276g)  
**lime juice**  
1 tbsp (14mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**mixed greens**  
2 3/4 cup (83g)  
**canned tuna**  
2 3/4 can (473g)  
**tomatoes**  
2/3 cup, chopped (124g)  
**onion, minced**  
2/3 small (48g)

For all 2 meals:

**avocados**  
2 3/4 avocado(s) (553g)  
**lime juice**  
2 tbsp (28mL)  
**salt**  
1/4 tbsp (2g)  
**black pepper**  
1/4 tbsp (1g)  
**mixed greens**  
5 1/2 cup (165g)  
**canned tuna**  
5 1/2 can (946g)  
**tomatoes**  
1 1/2 cup, chopped (248g)  
**onion, minced**  
1 1/2 small (96g)

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.

## Lunch 3 ↗

Eat on day 4

### Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



Makes 1 1/2 can(s)

**chunky canned soup (non-creamy varieties)**

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

### Pesto grilled cheese sandwich

1 1/2 sandwich(es) - 836 cals ● 33g protein ● 57g fat ● 40g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

**bread**

3 slice (96g)

**pesto sauce**

1 1/2 tbsp (24g)

**cheese**

3 slice (1 oz each) (84g)

**tomatoes**

3 slice(s), thin/small (45g)

**butter, softened**

1 1/2 tbsp (21g)

1. Spread one side of a slice of bread with butter, and place it, buttered side down, into a nonstick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce, and place the cheese slices, the tomato slices, and onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

## Lunch 4 ↗

Eat on day 5

### Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



#### onion

1 tbsp minced (15g)

#### lime juice

1 tbsp (15mL)

#### olive oil

1/4 tbsp (4mL)

#### garlic powder

2 dash (1g)

#### salt

2 dash (2g)

#### black pepper

2 dash, ground (1g)

#### avocados, cubed

1/2 avocado(s) (101g)

#### tomatoes, diced

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

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.

### Grilled chicken sandwich

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



Makes 2 sandwich(es)

#### 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)

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.

## Lunch 5 ↗

Eat on day 6 and day 7

### Basic chicken breast tenderloins

12 oz - 449 cals ● 75g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**chicken breast tenderloins, raw**  
3/4 lbs (340g)

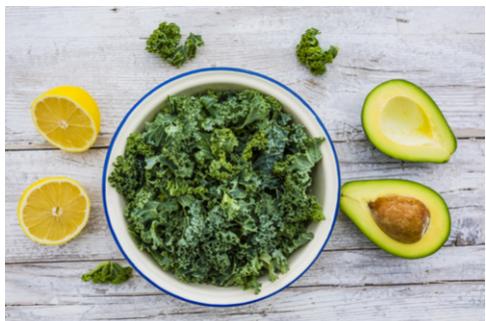
For all 2 meals:

**oil**  
2 tbsp (30mL)  
**chicken breast tenderloins, raw**  
1 1/2 lbs (680g)

1. Season tenderloins with salt, pepper, or your favorite seasoning blend.
2. Stove: Heat oil in a skillet or grill pan over medium heat and cook tenderloins for 3-4 minutes per side until golden brown and cooked through. Oven: Preheat the oven to 400°F (200°C), place tenderloins on a baking sheet, and bake for 15-20 minutes or until internal temperature reaches 165°F (74°C).

### Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

**kale leaves, chopped**  
3/4 bunch (128g)  
**avocados, chopped**  
3/4 avocado(s) (151g)  
**lemon, juiced**  
3/4 small (44g)

For all 2 meals:

**kale leaves, chopped**  
1 1/2 bunch (255g)  
**avocados, chopped**  
1 1/2 avocado(s) (302g)  
**lemon, juiced**  
1 1/2 small (87g)

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.

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



For single meal:

**water**  
2 1/3 cup(s) (553mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

For all 2 meals:

**water**  
4 2/3 cup(s) (1106mL)  
**salt**  
1/4 tsp (2g)  
**lentils, raw, rinsed**  
56 tsp (224g)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
4 large (200g)

For all 2 meals:

**eggs**  
8 large (400g)

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.

### Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:  
**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

For all 2 meals:  
**nectarine, pitted**  
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

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## Snacks 2 ↗

Eat on day 3 and day 4

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### Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



For single meal:  
**roasted peanuts**  
1/3 cup (49g)

For all 2 meals:  
**roasted peanuts**  
2/3 cup (97g)

1. The recipe has no instructions.

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### Cottage cheese & honey

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



For single meal:  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

For all 2 meals:  
**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**honey**  
4 tsp (28g)

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

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### Rice cake

2 cake(s) - 69 cals ● 2g protein ● 1g fat ● 14g carbs ● 1g fiber



For single meal:  
**rice cakes, any flavor**  
2 cake (18g)

For all 2 meals:  
**rice cakes, any flavor**  
4 cake (36g)

1. Enjoy.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Pear

1 pear(s) - 113 cals ● 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.

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### Tuna cucumber bites

345 cals ● 50g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:  
**canned tuna**  
3 packet (222g)  
**cucumber, sliced**  
3/4 cucumber (8-1/4") (226g)

For all 3 meals:  
**canned tuna**  
9 packet (666g)  
**cucumber, sliced**  
2 1/4 cucumber (8-1/4") (677g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Buttery brown rice

667 cals ● 10g protein ● 26g fat ● 93g carbs ● 5g fiber



For single meal:

**butter**  
2 tbsp (28g)  
**brown rice**  
2/3 cup (127g)  
**salt**  
4 dash (3g)  
**water**  
1 1/3 cup(s) (316mL)  
**black pepper**  
4 dash, ground (1g)

For all 2 meals:

**butter**  
4 tbsp (57g)  
**brown rice**  
1 1/3 cup (253g)  
**salt**  
1 tsp (6g)  
**water**  
2 2/3 cup(s) (632mL)  
**black pepper**  
1 tsp, ground (2g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

### Basic chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 lbs (896g)  
**oil**  
2 tbsp (30mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. STOVETOP: Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. BAKED: Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. BROILED/GRILLED: Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. ALL: Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

## Dinner 2 ↗

Eat on day 3

### Hot honey chicken sandwich

2 sandwich(es) - 948 cals ● 103g protein ● 20g fat ● 85g carbs ● 3g fiber



Makes 2 sandwich(es)

**boneless skinless chicken breast, raw**

1 lbs (454g)

**hamburger buns**

2 bun(s) (102g)

**honey**

2 tbsp (42g)

**crushed red pepper**

4 dash (1g)

**coleslaw mix**

1/2 cup (45g)

**oil**

1 tsp (5mL)

1. Heat oil in a skillet or grill pan. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
2. In a small bowl, add the honey. Microwave for 5-10 seconds to warm the honey. Add the crushed red pepper and a pinch of salt/pepper. Feel free to adjust crushed pepper amount depending on your preferred spice level. Mix well and pour over the chicken to coat.
3. Add chicken to the bun and top with coleslaw. Serve.

### Tomato and avocado salad

293 cals ● 4g protein ● 23g fat ● 8g carbs ● 10g fiber



**onion**

1 1/4 tbsp minced (19g)

**lime juice**

1 1/4 tbsp (19mL)

**olive oil**

1 tsp (5mL)

**garlic powder**

1/3 tsp (1g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**avocados, cubed**

5/8 avocado(s) (126g)

**tomatoes, diced**

5/8 medium whole (2-3/5" dia) (77g)

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.

## Dinner 3 ↗

Eat on day 4

### Avocado tuna salad stuffed pepper

5 half pepper(s) - 1139 cals ● 102g protein ● 61g fat ● 21g carbs ● 25g fiber



Makes 5 half pepper(s)

**avocados**  
1 1/4 avocado(s) (251g)  
**lime juice**  
2 1/2 tsp (13mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**bell pepper**  
2 1/2 large (410g)  
**onion**  
5/8 small (44g)  
**canned tuna, drained**  
2 1/2 can (430g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

### Simple mixed greens and tomato salad

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



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

## Dinner 4 ↗

Eat on day 5

### Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**honey**  
4 tsp (28g)

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

## Clementine

3 clementine(s) - 117 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 3 clementine(s)

**clementines**  
3 fruit (222g)

1. The recipe has no instructions.

## Lentil kale salad

876 cals ● 35g protein ● 42g fat ● 73g carbs ● 17g fiber



**lentils, raw**  
1/2 cup (108g)  
**lemon juice**  
2 1/4 tbsp (34mL)  
**almonds**  
2 1/4 tbsp, slivered (15g)  
**oil**  
2 1/4 tbsp (34mL)  
**kale leaves**  
3 1/2 cup, chopped (135g)  
**crushed red pepper**  
1 tsp (2g)  
**water**  
2 1/4 cup(s) (533mL)  
**ground cumin**  
1 tsp (2g)  
**garlic, diced**  
2 1/4 clove(s) (7g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

## Dinner 5

Eat on day 6 and day 7

### Chicken noodle soup

3 1/2 can(s) - 498 cals ● 25g protein ● 16g fat ● 54g carbs ● 9g fiber



For single meal:

**condensed canned chicken noodle soup**  
3 1/2 can (10.5 oz) (1043g)

For all 2 meals:

**condensed canned chicken noodle soup**  
7 can (10.5 oz) (2086g)

1. Prepare according to instructions on package.

## Sunflower seeds

406 cals ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



For single meal:

**sunflower kernels**  
2 1/4 oz (64g)

For all 2 meals:

**sunflower kernels**  
1/4 lbs (128g)

1. The recipe has no instructions.

## Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**lemon juice**  
1/2 tbsp (8mL)  
**dried dill weed**  
1 tsp (1g)  
**red wine vinegar**  
1 tsp (5mL)  
**olive oil**  
1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

For all 2 meals:

**nonfat greek yogurt, plain**  
1 cup (280g)  
**lemon juice**  
1 tbsp (15mL)  
**dried dill weed**  
2 tsp (2g)  
**red wine vinegar**  
2 tsp (10mL)  
**olive oil**  
2 tbsp (30mL)  
**red onion, thinly sliced**  
1/2 medium (2-1/2" dia) (55g)  
**cucumber, sliced into half moons**  
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.