

# Meal Plan - 1000 calorie meal plan to lose fat/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

1058 cals ● 91g protein (34%) ● 46g fat (39%) ● 45g carbs (17%) ● 25g fiber (9%)

### Breakfast

205 cals, 13g protein, 10g net carbs, 12g fat



Blueberries

1/2 cup(s)- 47 cals



Basic scrambled eggs

2 egg(s)- 159 cals

### Lunch

445 cals, 37g protein, 20g net carbs, 19g fat



Honey mustard chicken thighs w/ skin

4 oz- 279 cals



Sugar snap peas

164 cals

### Dinner

410 cals, 41g protein, 15g net carbs, 16g fat



Chicken beet & carrot salad bowl

337 cals



Raspberries

1 cup(s)- 72 cals

## Day 2

1011 cals ● 94g protein (37%) ● 43g fat (38%) ● 48g carbs (19%) ● 15g fiber (6%)

### Breakfast

205 cals, 13g protein, 10g net carbs, 12g fat



Blueberries

1/2 cup(s)- 47 cals



Basic scrambled eggs

2 egg(s)- 159 cals

### Lunch

445 cals, 37g protein, 20g net carbs, 19g fat



Honey mustard chicken thighs w/ skin

4 oz- 279 cals



Sugar snap peas

164 cals

### Dinner

360 cals, 44g protein, 18g net carbs, 12g fat



Buffalo chicken salad

237 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

## Day 3

986 cals ● 115g protein (47%) ● 24g fat (22%) ● 66g carbs (27%) ● 11g fiber (5%)

### Breakfast

235 cals, 35g protein, 16g net carbs, 3g fat



#### Cottage cheese and pineapple

233 cals

### Lunch

355 cals, 44g protein, 14g net carbs, 12g fat



#### Sautéed corn & lima beans

119 cals



#### Hummus crusted chicken

6 oz- 234 cals

### Dinner

400 cals, 36g protein, 37g net carbs, 9g fat



#### Edamame & beet salad

86 cals



#### Chicken-broccoli-rice bowl

314 cals

## Day 4

969 cals ● 106g protein (44%) ● 34g fat (31%) ● 50g carbs (20%) ● 11g fiber (5%)

### Breakfast

235 cals, 35g protein, 16g net carbs, 3g fat



#### Cottage cheese and pineapple

233 cals

### Lunch

355 cals, 44g protein, 14g net carbs, 12g fat



#### Sautéed corn & lima beans

119 cals



#### Hummus crusted chicken

6 oz- 234 cals

### Dinner

380 cals, 27g protein, 20g net carbs, 19g fat



#### Basic ground turkey

4 oz- 188 cals



#### Mashed sweet potatoes with butter

125 cals



#### Olive oil drizzled broccoli

1 cup(s)- 70 cals

## Day 5

1038 cals ● 91g protein (35%) ● 41g fat (36%) ● 65g carbs (25%) ● 11g fiber (4%)

### Breakfast

250 cals, 14g protein, 14g net carbs, 14g fat



#### Grapefruit

1/2 grapefruit- 59 cals



#### Kale & eggs

189 cals

### Lunch

410 cals, 46g protein, 17g net carbs, 16g fat



#### Mixed vegetables

3/4 cup(s)- 73 cals



#### Milk

2/3 cup(s)- 99 cals



#### Basic chicken breast

6 oz- 238 cals

### Dinner

380 cals, 30g protein, 34g net carbs, 12g fat



#### Sugar snap peas

41 cals



#### Simple plain turkey burger

1 burger(s)- 188 cals



#### Couscous

151 cals

## Day 6

1038 cals ● 91g protein (35%) ● 41g fat (36%) ● 65g carbs (25%) ● 11g fiber (4%)

### Breakfast

250 cals, 14g protein, 14g net carbs, 14g fat



#### Grapefruit

1/2 grapefruit- 59 cals



#### Kale & eggs

189 cals

### Lunch

410 cals, 46g protein, 17g net carbs, 16g fat



#### Mixed vegetables

3/4 cup(s)- 73 cals



#### Milk

2/3 cup(s)- 99 cals



#### Basic chicken breast

6 oz- 238 cals

### Dinner

380 cals, 30g protein, 34g net carbs, 12g fat



#### Sugar snap peas

41 cals



#### Simple plain turkey burger

1 burger(s)- 188 cals



#### Couscous

151 cals

## Day 7

954 cals ● 107g protein (45%) ● 35g fat (33%) ● 43g carbs (18%) ● 10g fiber (4%)

### Breakfast

250 cals, 14g protein, 14g net carbs, 14g fat



#### Grapefruit

1/2 grapefruit- 59 cals



#### Kale & eggs

189 cals

### Lunch

325 cals, 39g protein, 12g net carbs, 12g fat



#### Tossed salad

61 cals



#### Baked garlic parmesan chicken

5 1/3 oz- 266 cals

### Dinner

380 cals, 54g protein, 17g net carbs, 9g fat



#### Beets

4 beets- 96 cals



#### Marinaded chicken breast

8 oz- 283 cals

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# Grocery List



## Fats and Oils

- oil  
1 1/2 oz (49mL)
- mayonnaise  
3/4 tbsp (11mL)
- balsamic vinaigrette  
1/2 tbsp (8mL)
- olive oil  
3/4 oz (22mL)
- marinade sauce  
4 tbsp (60mL)
- salad dressing  
1/2 tbsp (7mL)

## Spices and Herbs

- thyme, dried  
1/8 oz (1g)
- brown deli mustard  
3/4 tbsp (11g)
- salt  
4 g (4g)
- black pepper  
1/8 oz (1g)
- paprika  
1 1/2 dash (0g)
- basil, dried  
1 1/2 dash, leaves (0g)

## Soups, Sauces, and Gravies

- apple cider vinegar  
3/8 tsp (0mL)
- Frank's Red Hot sauce  
1 1/2 tbsp (23mL)

## Vegetables and Vegetable Products

- beets, precooked (canned or refrigerated)  
3/4 lbs (335g)
- carrots  
5/8 medium (35g)
- frozen sugar snap peas  
6 2/3 cup (960g)
- raw celery  
1/2 stalk, small (5" long) (9g)
- onion  
2 tbsp, chopped (20g)
- edamame, frozen, shelled  
4 tbsp (30g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 1/4 lbs (1445g)
- chicken thighs, with bone and skin, raw  
1/2 lbs (227g)
- ground turkey, raw  
3/4 lbs (340g)

## Fruits and Fruit Juices

- raspberries  
1 cup (123g)
- blueberries  
1 cup (148g)
- canned pineapple  
10 tbsp, chunks (113g)
- Grapefruit  
1 1/2 large (approx 4-1/2" dia) (498g)

## Sweets

- honey  
1 oz (25g)

## Dairy and Egg Products

- eggs  
10 large (500g)
- nonfat greek yogurt, plain  
2 tbsp (35g)
- low fat cottage cheese (1% milkfat)  
3 cup (678g)
- butter  
1 tsp (5g)
- whole milk  
1 1/3 cup(s) (319mL)
- parmesan cheese  
2 tsp (4g)

## Other

- mixed greens  
1 cup (30g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
1/4 pouch (~5.6 oz) (40g)

## Legumes and Legume Products

- frozen broccoli**  
5 3/4 oz (162g)
- lima beans, frozen**  
1/2 cup (80g)
- frozen corn kernels**  
1/2 cup (68g)
- sweet potatoes**  
1/2 sweetpotato, 5" long (105g)
- frozen mixed veggies**  
1 1/2 cup (203g)
- kale leaves**  
1 1/2 cup, chopped (60g)
- romaine lettuce**  
1/4 hearts (125g)
- tomatoes**  
1/4 small whole (2-2/5" dia) (23g)
- red onion**  
1/8 medium (2-1/2" dia) (7g)
- cucumber**  
1/8 cucumber (8-1/4") (19g)
- garlic**  
1/6 clove (1g)

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- hummus**  
3 tbsp (46g)

## **Cereal Grains and Pasta**

- instant couscous, flavored**  
1/2 box (5.8 oz) (82g)

## **Baked Products**

- bread crumbs**  
4 tsp (9g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

**blueberries**  
1/2 cup (74g)

For all 2 meals:

**blueberries**  
1 cup (148g)

1. Rinse off blueberries and serve.

### Basic scrambled eggs

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



For single meal:

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

For all 2 meals:

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

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.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Cottage cheese and pineapple

233 cals ● 35g protein ● 3g fat ● 16g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
1 1/4 cup (283g)  
**canned pineapple, drained**  
5 tbsp, chunks (57g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
2 1/2 cup (565g)  
**canned pineapple, drained**  
10 tbsp, chunks (113g)

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.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Grapefruit

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



For single meal:

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

For all 3 meals:

**Grapefruit**  
1 1/2 large (approx 4-1/2" dia)  
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

### Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**eggs**  
2 large (100g)  
**kale leaves**  
1/2 cup, chopped (20g)  
**salt**  
1 dash (0g)

For all 3 meals:

**oil**  
1 tbsp (15mL)  
**eggs**  
6 large (300g)  
**kale leaves**  
1 1/2 cup, chopped (60g)  
**salt**  
3 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

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## Lunch 1 ↗

Eat on day 1 and day 2

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### Honey mustard chicken thighs w/ skin

4 oz - 279 cals ● 26g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

**brown deli mustard**  
1 tsp (6g)  
**honey**  
1/4 tbsp (5g)  
**thyme, dried**  
2 dash, ground (0g)  
**salt**  
1/2 dash (0g)  
**chicken thighs, with bone and skin, raw**  
4 oz (113g)

For all 2 meals:

**brown deli mustard**  
3/4 tbsp (11g)  
**honey**  
1/2 tbsp (11g)  
**thyme, dried**  
4 dash, ground (1g)  
**salt**  
1 dash (1g)  
**chicken thighs, with bone and skin, raw**  
1/2 lbs (227g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

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### Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

**frozen sugar snap peas**  
2 2/3 cup (384g)

For all 2 meals:

**frozen sugar snap peas**  
5 1/3 cup (768g)

1. Prepare according to instructions on package.

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## Lunch 2

Eat on day 3 and day 4

### Sauteed corn & lima beans

119 cals ● 4g protein ● 5g fat ● 12g carbs ● 3g fiber



For single meal:

**black pepper**  
2/3 dash, ground (0g)  
**salt**  
2/3 dash (1g)  
**lima beans, frozen**  
4 tbsp (40g)  
**frozen corn kernels**  
4 tbsp (34g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 1/3 dash, ground (0g)  
**salt**  
1 1/3 dash (1g)  
**lima beans, frozen**  
1/2 cup (80g)  
**frozen corn kernels**  
1/2 cup (68g)  
**olive oil**  
2 tsp (10mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

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### Hummus crusted chicken

6 oz - 234 cals ● 40g protein ● 7g fat ● 2g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
6 oz (170g)  
**hummus**  
1 1/2 tbsp (23g)  
**paprika**  
3/4 dash (0g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**hummus**  
3 tbsp (46g)  
**paprika**  
1 1/2 dash (0g)

1. Preheat oven to 450°F (230°C).
2. Pat chicken dry with paper towels and season with salt and pepper.
3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.

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## Lunch 3 ↗

Eat on day 5 and day 6

### Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**frozen mixed veggies**  
3/4 cup (101g)

For all 2 meals:

**frozen mixed veggies**  
1 1/2 cup (203g)

1. Prepare according to instructions on package.

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### Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

**whole milk**  
2/3 cup(s) (160mL)

For all 2 meals:

**whole milk**  
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

## Basic chicken breast

6 oz - 238 cals ● 38g protein ● 10g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
6 oz (168g)  
**oil**  
1 tsp (6mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**oil**  
3/4 tbsp (11mL)

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.

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## Lunch 4 ↗

Eat on day 7

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### Tossed salad

61 cals ● 2g protein ● 2g fat ● 5g carbs ● 3g fiber



**romaine lettuce, shredded**  
1/4 hearts (125g)  
**tomatoes, diced**  
1/4 small whole (2-2/5" dia) (23g)  
**salad dressing**  
1/2 tbsp (8mL)  
**red onion, sliced**  
1/8 medium (2-1/2" dia) (7g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (19g)  
**carrots, peeled and shredded or sliced**  
1/4 small (5-1/2" long) (13g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

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### Baked garlic parmesan chicken

5 1/3 oz - 266 cals ● 36g protein ● 10g fat ● 7g carbs ● 0g fiber



Makes 5 1/3 oz

**olive oil**  
1 tsp (5mL)  
**parmesan cheese**  
2 tsp (4g)  
**garlic, minced**  
1/6 clove (1g)  
**bread crumbs**  
4 tsp (9g)  
**basil, dried**  
1 1/3 dash, leaves (0g)  
**boneless skinless chicken breast, raw**  
1/3 lbs (151g)  
**black pepper**  
1/3 dash, ground (0g)

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a bowl, blend the olive oil and garlic. In a separate bowl, mix the bread crumbs, Parmesan cheese, basil, and pepper. Dip each chicken breast in the oil mixture, then in the bread crumb mixture. Arrange the coated chicken breasts in the prepared baking dish, and top with any remaining bread crumb mixture.
3. Bake 30 minutes in the preheated oven, or until chicken is no longer pink and juices run clear.

## Dinner 1 ↗

Eat on day 1

### Chicken beet & carrot salad bowl

337 cals ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



**oil**  
3/4 tbsp (11mL)  
**thyme, dried**  
1 1/2 dash, leaves (0g)  
**apple cider vinegar**  
3/8 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
3 oz (85g)  
**boneless skinless chicken breast, raw, cubed**  
6 oz (168g)  
**carrots, thinly sliced**  
3/8 medium (23g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

## Raspberries

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



Makes 1 cup(s)

**raspberries**

1 cup (123g)

1. Rinse raspberries and serve.

## Dinner 2 ↗

Eat on day 2

### Buffalo chicken salad

237 cals ● 30g protein ● 11g fat ● 4g carbs ● 1g fiber



**mixed greens**

1/2 cup (15g)

**boneless skinless chicken breast, raw**

4 oz (113g)

**nonfat greek yogurt, plain**

2 tbsp (35g)

**Frank's Red Hot sauce**

1 1/2 tbsp (23mL)

**mayonnaise**

3/4 tbsp (11mL)

**raw celery, chopped**

1/2 stalk, small (5" long) (9g)

**onion, chopped**

2 tbsp, chopped (20g)

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.

### Cottage cheese & honey

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



Makes 1/2 cup(s)

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

**honey**

2 tsp (14g)

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

## Dinner 3 ↗

Eat on day 3

### Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



#### mixed greens

1/2 cup (15g)

#### balsamic vinaigrette

1/2 tbsp (8mL)

#### edamame, frozen, shelled

4 tbsp (30g)

#### beets, precooked (canned or refrigerated), chopped

1 beet(s) (50g)

1. Cook edamame according to package instructions.

2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

### Chicken-broccoli-rice bowl

314 cals ● 32g protein ● 6g fat ● 31g carbs ● 3g fiber



#### frozen broccoli

1/4 package (71g)

#### flavored rice mix

1/4 pouch (~5.6 oz) (40g)

#### salt

1 dash (1g)

#### black pepper

1 dash, ground (0g)

#### olive oil

1/2 tsp (3mL)

#### boneless skinless chicken breast, raw

4 oz (112g)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.

2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.

3. When everything is ready mix it all together and serve.

## Dinner 4 ↗

Eat on day 4

### Basic ground turkey

4 oz - 188 cals ● 22g protein ● 11g fat ● 0g carbs ● 0g fiber



Makes 4 oz

#### ground turkey, raw

4 oz (113g)

#### oil

1/2 tsp (3mL)

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.

## Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



### sweet potatoes

1/2 sweetpotato, 5" long (105g)  
**butter**  
1 tsp (5g)

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, top with butter, and serve.

## Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen broccoli**  
1 cup (91g)  
**olive oil**  
1 tsp (5mL)

1. Prepare broccoli according to instructions on package.  
2. Drizzle with olive oil and season with salt and pepper to taste.

## Dinner 5 ↗

Eat on day 5 and day 6

## Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

**frozen sugar snap peas**  
2/3 cup (96g)

For all 2 meals:

**frozen sugar snap peas**  
1 1/3 cup (192g)

1. Prepare according to instructions on package.

## Simple plain turkey burger

1 burger(s) - 188 cals ● 22g protein ● 11g fat ● 0g carbs ● 0g fiber



For single meal:

**ground turkey, raw**  
4 oz (113g)  
oil  
1/2 tsp (3mL)

For all 2 meals:

**ground turkey, raw**  
1/2 lbs (227g)  
oil  
1 tsp (5mL)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

## Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



For single meal:

**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)

For all 2 meals:

**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

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## Dinner 6 ↗

Eat on day 7

### Beets

4 beets - 96 cals ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



Makes 4 beets

**beets, precooked (canned or refrigerated)**  
4 beet(s) (200g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

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### Marinaded chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**marinade sauce**

4 tbsp (60mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

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