

Meal Plan - 1200 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

1218 cals ● 106g protein (35%) ● 55g fat (40%) ● 63g carbs (21%) ● 13g fiber (4%)

Breakfast

285 cals, 25g protein, 10g net carbs, 15g fat



Protein greek yogurt

1 container- 139 cals



Roasted almonds

1/6 cup(s)- 148 cals

Dinner

475 cals, 44g protein, 38g net carbs, 14g fat



Edamame & beet salad

86 cals



White rice

1/2 cup rice, cooked- 109 cals



Buffalo chicken zucchini boats

2 zucchini boat(s)- 278 cals

Lunch

460 cals, 37g protein, 15g net carbs, 26g fat



Salmon & artichoke salad

210 cals



String cheese

3 stick(s)- 248 cals

Day 2

1206 cals ● 136g protein (45%) ● 49g fat (37%) ● 41g carbs (14%) ● 13g fiber (4%)

Breakfast

285 cals, 25g protein, 10g net carbs, 15g fat



Protein greek yogurt

1 container- 139 cals



Roasted almonds

1/6 cup(s)- 148 cals

Dinner

485 cals, 55g protein, 26g net carbs, 16g fat



Fruit juice

3/4 cup(s)- 86 cals



One pan roasted chicken & veggies

398 cals

Lunch

435 cals, 56g protein, 5g net carbs, 18g fat



Lemon pepper chicken breast

8 oz- 296 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals

Day 3

1227 cals ● 113g protein (37%) ● 34g fat (25%) ● 102g carbs (33%) ● 17g fiber (6%)

Breakfast

250 cals, 11g protein, 25g net carbs, 11g fat



Fruit juice

1/2 cup(s)- 57 cals



Basic fried eggs

1 egg(s)- 80 cals



Toast with butter

1 slice(s)- 114 cals

Dinner

535 cals, 46g protein, 61g net carbs, 9g fat



Chicken stir fry with rice

533 cals

Lunch

445 cals, 56g protein, 16g net carbs, 14g fat



Basic chicken breast

8 oz- 317 cals



Green beans

126 cals

Day 4

1214 cals ● 121g protein (40%) ● 31g fat (23%) ● 96g carbs (32%) ● 17g fiber (6%)

Breakfast

250 cals, 11g protein, 25g net carbs, 11g fat



Fruit juice

1/2 cup(s)- 57 cals



Basic fried eggs

1 egg(s)- 80 cals



Toast with butter

1 slice(s)- 114 cals

Dinner

520 cals, 54g protein, 55g net carbs, 6g fat



Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals

Lunch

445 cals, 56g protein, 16g net carbs, 14g fat



Basic chicken breast

8 oz- 317 cals



Green beans

126 cals

Day 5

1218 calsgreen133g protein (44%)orange27g fat (20%)blue95g carbs (31%)grey15g fiber (5%)

Breakfast

250 calsgreen12g protein, 25g net carbs, 10g fat



Egg & guac sandwich

1/2 sandwich(es)- 191 calsgreen



Fruit juice

1/2 cup(s)- 57 calsgreen


Lunch

450 calsgreen67g protein, 15g net carbs, 11g fat



Mixed vegetables

1 cup(s)- 97 calsgreen



Marinated chicken breast

10 oz- 353 calsgreen

Dinner

520 calsgreen54g protein, 55g net carbs, 6g fat



Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 calsgreen

Day 6

1200 calsgreen137g protein (46%)orange45g fat (34%)blue49g carbs (16%)grey13g fiber (4%)

Breakfast

250 calsgreen12g protein, 25g net carbs, 10g fat



Egg & guac sandwich

1/2 sandwich(es)- 191 calsgreen



Fruit juice

1/2 cup(s)- 57 calsgreen

Lunch

450 calsgreen67g protein, 15g net carbs, 11g fat



Mixed vegetables

1 cup(s)- 97 calsgreen



Marinated chicken breast

10 oz- 353 calsgreen

Dinner

500 calsgreen58g protein, 9g net carbs, 24g fat



Marry me chicken

379 calsgreen



Olive oil drizzled sugar snap peas

122 calsgreen

Day 7

1166 calsgreen118g protein (40%)orange54g fat (42%)blue39g carbs (13%)grey12g fiber (4%)

Breakfast

250 calsgreen12g protein, 25g net carbs, 10g fat



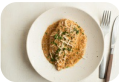
Egg & guac sandwich
1/2 sandwich(es)- 191 calsgreen



Fruit juice
1/2 cup(s)- 57 calsgreen

Dinner

500 calsgreen58g protein, 9g net carbs, 24g fat



Marry me chicken
379 calsgreen



Olive oil drizzled sugar snap peas
122 calsgreen

Lunch

415 calsgreen48g protein, 5g net carbs, 21g fat



Thyme & lime chicken thighs
368 calsgreen



Roasted broccoli
49 calsgreen

Other

- ☐ mixed greens
2 cup (60g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ stir-fry sauce
2 3/4 tbsp (45g)
- ☐ guacamole, store-bought
3 tbsp (46g)
- ☐ half & half
1/4 cup (mL)
- ☐ italian seasoning
1 tsp (4g)

Fats and Oils

- ☐ balsamic vinaigrette
2 1/2 tbsp (38mL)
- ☐ olive oil
1 oz (29mL)
- ☐ oil
1 1/2 oz (50mL)
- ☐ marinade sauce
10 tbsp (151mL)

Vegetables and Vegetable Products

- ☐ edamame, frozen, shelled
4 tbsp (30g)
- ☐ beets, precooked (canned or refrigerated)
1 beet(s) (50g)
- ☐ zucchini
1 1/3 medium (261g)
- ☐ artichokes, canned
1/3 cup hearts (56g)
- ☐ tomatoes
1/2 cup cherry tomatoes (74g)
- ☐ frozen broccoli
3/4 lbs (324g)
- ☐ onion
1/6 medium (2-1/2" dia) (18g)
- ☐ broccoli
1/3 cup chopped (30g)
- ☐ red bell pepper
1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)
- ☐ frozen mixed veggies
14 1/2 oz (412g)
- ☐ frozen green beans
5 1/3 cup (645g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
2 3/4 tbsp (47g)
- ☐ cheddar cheese
2 3/4 tbsp, shredded (19g)
- ☐ string cheese
3 stick (84g)
- ☐ eggs
5 large (250g)
- ☐ butter
2 tsp (9g)
- ☐ parmesan cheese
4 tbsp (25g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1 3/4 tbsp (26mL)
- ☐ barbecue sauce
1/3 cup (95g)
- ☐ vegetable broth
1/2 cup(s) (mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 lbs (2636g)
- ☐ boneless skinless chicken thighs
1/2 lb (227g)

Spices and Herbs

- ☐ garlic powder
1/2 tsp (1g)
- ☐ lemon pepper
1/2 tbsp (3g)
- ☐ black pepper
1/8 oz (2g)
- ☐ salt
4 g (4g)
- ☐ oregano, dried
4 dash, ground (1g)
- ☐ paprika
2 dash (1g)
- ☐ onion powder
3 dash (1g)
- ☐ thyme, dried
2 dash, leaves (0g)

Finfish and Shellfish Products

- ☐ garlic
1 clove(s) (3g)
- ☐ frozen sugar snap peas
2 cup (288g)

Beverages

- ☐ water
5/6 cup(s) (197mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
6 3/4 tbsp (77g)

- ☐ canned salmon
3 oz (85g)

Nut and Seed Products

- ☐ almonds
1/3 cup, whole (48g)

Fruits and Fruit Juices

- ☐ fruit juice
26 fl oz (780mL)
- ☐ lime juice
1 tbsp (15mL)

Baked Products

- ☐ bread
1/3 lbs (160g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Protein greek yogurt

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



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 2 meals:

protein greek yogurt, flavored
2 container (300g)

1. Enjoy.

Roasted almonds

1/6 cup(s) - 148 cal ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds
1/3 cup, whole (48g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)

For all 2 meals:

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

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.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

Egg & guac sandwich

1/2 sandwich(es) - 191 cal● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

eggs
1 large (50g)
oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
bread
1 slice(s) (32g)

For all 3 meals:

eggs
3 large (150g)
oil
1/4 tbsp (4mL)
guacamole, store-bought
3 tbsp (46g)
bread
3 slice(s) (96g)

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.

Fruit juice

1/2 cup(s) - 57 cal● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 3 meals:

fruit juice
12 fl oz (360mL)

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

Eat on day 1

Salmon & artichoke salad

210 cals ● 17g protein ● 10g fat ● 10g carbs ● 5g fiber



- canned salmon
3 oz (85g)
- artichokes, canned
1/3 cup hearts (56g)
- mixed greens
1 1/2 cup (45g)
- balsamic vinaigrette
2 tbsp (30mL)
- tomatoes, halved
1/3 cup cherry tomatoes (50g)

1. Top a bed of greens with salmon, artichokes, and tomatoes. Drizzle balsamic vinaigrette on top and serve.

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



- Makes 3 stick(s)
- string cheese
3 stick (84g)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (224g)
olive oil
1/4 tbsp (4mL)
lemon pepper
1/2 tbsp (3g)

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.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper to taste.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
oil
1/2 tbs (8mL)

For all 2 meals:

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

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

Green beans

126 cals ● 6g protein ● 1g fat ● 16g carbs ● 8g fiber



For single meal:

frozen green beans
2 2/3 cup (323g)

For all 2 meals:

frozen green beans
5 1/3 cup (645g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:

frozen mixed veggies
1 cup (135g)

For all 2 meals:

frozen mixed veggies
2 cup (270g)

1. Prepare according to instructions on package.

Marinated chicken breast

10 oz - 353 cals ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
marinade sauce
5 tbsp (75mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
marinade sauce
10 tbsp (150mL)

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 marinate 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.

Lunch 5 [↗](#)

Eat on day 7

Thyme & lime chicken thighs

368 cals ● 43g protein ● 21g fat ● 1g carbs ● 0g fiber



boneless skinless chicken thighs

1/2 lb (227g)

thyme, dried

2 dash, leaves (0g)

lime juice

1 tbsp (15mL)

oil

1/2 tbsp (8mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Roasted broccoli

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



frozen broccoli

1/2 package (142g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

garlic powder

1 dash (0g)

onion powder

1 dash (0g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Dinner 1 [↗](#)

Eat on day 1

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.

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber

Makes 1/2 cup rice, cooked

water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)



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.

Buffalo chicken zucchini boats

2 zucchini boat(s) - 278 cals ● 37g protein ● 10g fat ● 7g carbs ● 2g fiber



Makes 2 zucchini boat(s)

zucchini

1 medium (196g)

nonfat greek yogurt, plain

2 2/3 tbsp (47g)

Frank's Red Hot sauce

1 3/4 tbsp (27mL)

boneless skinless chicken breast, raw

4 oz (113g)

garlic powder

1/3 tsp (1g)

cheddar cheese, shredded

2 2/3 tbsp, shredded (19g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to plate and set aside to cool.
3. Preheat oven to 400°F (200°C).
4. Cut zucchini in half lengthwise. Using a spoon, scoop out the inside of the zucchini and transfer zucchini insides to a large bowl and reserve for later.
5. Place the zucchini boats on a baking sheet and season with some salt and pepper. Bake for 10 minutes.
6. Meanwhile, make the filling. Once chicken is cool enough to handle, shred it with two forks. Add the shredded chicken to the bowl with the zucchini insides and combine with the Greek yogurt, half of the cheddar cheese, buffalo sauce, garlic powder and some salt and pepper. Mix.
7. Remove zucchini boats from oven. Spoon chicken mixture into the cavity and top with remaining cheese.
8. Bake for 20-25 minutes. Serve.

Dinner 2 [↗](#)

Eat on day 2

Fruit juice

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



Makes 3/4 cup(s)

fruit juice

6 fl oz (180mL)

1. The recipe has no instructions.

One pan roasted chicken & veggies

398 cals ● 54g protein ● 16g fat ● 7g carbs ● 3g fiber



tomatoes

2 2/3 tbsp cherry tomatoes (25g)

oil

2 tsp (10mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

onion, sliced

1/6 medium (2-1/2" dia) (18g)

broccoli

1/3 cup chopped (30g)

oregano, dried

4 dash, ground (1g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

red bell pepper, deseeded and sliced

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)

zucchini, sliced

1/3 medium (65g)

1. Preheat oven to 500°F (260°C).
 2. Chop all veggies into large pieces. Chop chicken into small cubes.
 3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
 4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.
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Dinner 3 [↗](#)

Eat on day 3

Chicken stir fry with rice

533 cals ● 46g protein ● 9g fat ● 61g carbs ● 6g fiber



long-grain white rice

4 tbsp (46g)

water

1/2 cup(s) (119mL)

salt

1 dash (1g)

black pepper

2 dash, ground (1g)

frozen mixed veggies

1/2 10oz package (142g)

stir-fry sauce

2 2/3 tbsp (45g)

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

6 oz (168g)

oil, divided

1/4 tbsp (4mL)

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.

Dinner 4 [↗](#)

Eat on day 4 and day 5

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cal ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
sweet potatoes, halved
1 sweetpotato, 5" long (210g)

For all 2 meals:

barbecue sauce
1/3 cup (95g)
boneless skinless chicken breast, raw
1 lbs (448g)
sweet potatoes, halved
2 sweetpotato, 5" long (420g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Marry me chicken

379 cal ● 54g protein ● 16g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
oil
1/4 tbsp (4mL)
vegetable broth
1/4 cup(s) (mL)
half & half
1/8 cup (mL)
parmesan cheese
2 tbsp (13g)
italian seasoning
4 dash (2g)
paprika
1 dash (0g)
onion powder
1 dash (0g)
garlic, minced
1/2 clove(s) (2g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
oil
1/2 tbsp (8mL)
vegetable broth
1/2 cup(s) (mL)
half & half
1/4 cup (mL)
parmesan cheese
4 tbsp (25g)
italian seasoning
1 tsp (4g)
paprika
2 dash (1g)
onion powder
2 dash (1g)
garlic, minced
1 clove(s) (3g)

1. Season the chicken breasts with salt and pepper on both sides.
2. Heat oil in a large skillet over medium heat. Add the chicken and cook for 5-6 minutes per side, until cooked through. Transfer the chicken to a plate and set aside.
3. In the same skillet, add the garlic and cook for 1 minute, until fragrant.
4. Stir in the broth, scraping up any brown bits from the bottom of the pan.
5. Add the half & half, Parmesan, Italian seasoning, paprika, and onion powder. Simmer uncovered for 3-4 minutes, until the sauce has thickened slightly.
6. Return the chicken to the skillet and spoon the sauce over the top. Simmer for an additional 5 minutes, then serve.

Olive oil drizzled sugar snap peas

122 cal ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen sugar snap peas
1 cup (144g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
 2. Drizzle with olive oil and season with salt and pepper.
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