

# Meal Plan - 1300 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

1318 cals ● 122g protein (37%) ● 59g fat (41%) ● 60g carbs (18%) ● 14g fiber (4%)

### Breakfast

275 cals, 18g protein, 18g net carbs, 13g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Sunflower seeds**

120 cals

### Snacks

180 cals, 17g protein, 5g net carbs, 9g fat



**Grapes**

29 cals



**Pork rinds**

1 oz- 149 cals

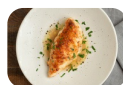
### Lunch

440 cals, 31g protein, 32g net carbs, 19g fat



**Fruit juice**

1 cup(s)- 115 cals



**Caesar chicken breasts**

4 oz- 230 cals



**Buttery garlic green beans**

98 cals

### Dinner

420 cals, 56g protein, 5g net carbs, 17g fat



**Marinated chicken breast**

8 oz- 283 cals



**Olive oil drizzled broccoli**

2 cup(s)- 140 cals

## Day 2

1298 cals ● 130g protein (40%) ● 52g fat (36%) ● 63g carbs (19%) ● 14g fiber (4%)

### Breakfast

275 cals, 18g protein, 18g net carbs, 13g fat



**Lowfat Greek yogurt**

1 container(s)- 155 cals



**Sunflower seeds**

120 cals

### Snacks

180 cals, 17g protein, 5g net carbs, 9g fat



**Grapes**

29 cals



**Pork rinds**

1 oz- 149 cals

### Lunch

455 cals, 41g protein, 39g net carbs, 12g fat



**Protein greek yogurt**

1 container- 139 cals



**Chicken noodle soup**

1/2 can(s)- 71 cals



**Chunky canned soup (non-creamy)**

1 can(s)- 247 cals

### Dinner

385 cals, 53g protein, 2g net carbs, 17g fat



**Basic chicken breast**

8 oz- 317 cals



**Olive oil drizzled broccoli**

1 cup(s)- 70 cals

## Day 3

1300 cals ● 116g protein (36%) ● 61g fat (42%) ● 56g carbs (17%) ● 16g fiber (5%)

### Breakfast

215 cals, 15g protein, 17g net carbs, 8g fat



**Blackberries**

1/2 cup(s)- 35 cals



**Scrambled egg whites**

122 cals



**Fruit juice**

1/2 cup(s)- 57 cals

### Snacks

215 cals, 14g protein, 16g net carbs, 9g fat



**Milk**

2/3 cup(s)- 99 cals



**Blackberry & granola parfait**

115 cals

### Lunch

415 cals, 40g protein, 6g net carbs, 25g fat



**Buffalo chicken slaw salad**

415 cals

### Dinner

455 cals, 47g protein, 18g net carbs, 18g fat



**Pita bread**

1 pita bread(s)- 78 cals



**Curried pork chops**

1 chop(s)- 239 cals



**Olive oil drizzled broccoli**

2 cup(s)- 140 cals

## Day 4

1300 cals ● 116g protein (36%) ● 61g fat (42%) ● 56g carbs (17%) ● 16g fiber (5%)

### Breakfast

215 cals, 15g protein, 17g net carbs, 8g fat



**Blackberries**

1/2 cup(s)- 35 cals



**Scrambled egg whites**

122 cals



**Fruit juice**

1/2 cup(s)- 57 cals

### Snacks

215 cals, 14g protein, 16g net carbs, 9g fat



**Milk**

2/3 cup(s)- 99 cals



**Blackberry & granola parfait**

115 cals

### Lunch

415 cals, 40g protein, 6g net carbs, 25g fat



**Buffalo chicken slaw salad**

415 cals

### Dinner

455 cals, 47g protein, 18g net carbs, 18g fat



**Pita bread**

1 pita bread(s)- 78 cals



**Curried pork chops**

1 chop(s)- 239 cals



**Olive oil drizzled broccoli**

2 cup(s)- 140 cals

## Day 5

1279 cals ● 119g protein (37%) ● 46g fat (32%) ● 82g carbs (26%) ● 16g fiber (5%)

### Breakfast

255 cals, 14g protein, 25g net carbs, 10g fat



**Banana**

1 banana(s)- 117 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Snacks

215 cals, 14g protein, 16g net carbs, 9g fat



**Milk**

2/3 cup(s)- 99 cals



**Blackberry & granola parfait**

115 cals

### Lunch

350 cals, 30g protein, 31g net carbs, 9g fat



**Turkey & hummus deli sandwich**

1 sandwich(es)- 349 cals

### Dinner

460 cals, 61g protein, 10g net carbs, 18g fat



**Bacon crusted pork**

3 medallion(s) - 387 cals



**Mixed vegetables**

3/4 cup(s)- 73 cals

## Day 6

1350 cals ● 135g protein (40%) ● 51g fat (34%) ● 73g carbs (22%) ● 14g fiber (4%)

### Breakfast

255 cals, 14g protein, 25g net carbs, 10g fat



**Banana**

1 banana(s)- 117 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Snacks

220 cals, 16g protein, 14g net carbs, 11g fat



**Walnuts**

1/8 cup(s)- 87 cals



**Cottage cheese & fruit cup**

1 container- 131 cals

### Lunch

415 cals, 44g protein, 25g net carbs, 13g fat



**Pita bread**

1 1/2 pita bread(s)- 117 cals



**Baked chicken with tomatoes & olives**

6 oz- 300 cals

### Dinner

460 cals, 61g protein, 10g net carbs, 18g fat



**Bacon crusted pork**

3 medallion(s) - 387 cals





**Mixed vegetables**

3/4 cup(s)- 73 cals

Breakfast

255 cals, 14g protein, 25g net carbs, 10g fat


 **Banana**  
1 banana(s)- 117 cals

 **Boiled eggs**  
2 egg(s)- 139 cals

Snacks

220 cals, 16g protein, 14g net carbs, 11g fat


 **Walnuts**  
1/8 cup(s)- 87 cals

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

Lunch


415 cals, 44g protein, 25g net carbs, 13g fat

 **Pita bread**  
1 1/2 pita bread(s)- 117 cals

 **Baked chicken with tomatoes & olives**  
6 oz- 300 cals

Dinner

395 cals, 47g protein, 8g net carbs, 17g fat

 **Roast beef**  
330 cals

 **Green beans**  
63 cals

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## Fruits and Fruit Juices

- ☐ grapes  
1 cup (92g)
- ☐ fruit juice  
16 fl oz (480mL)
- ☐ blackberries  
1 1/2 cup (198g)
- ☐ banana  
3 medium (7" to 7-7/8" long) (354g)
- ☐ green olives  
12 large (53g)

## Other

- ☐ pork rinds  
2 oz (57g)
- ☐ protein greek yogurt, flavored  
1 container (150g)
- ☐ coleslaw mix  
2 cup (180g)
- ☐ mixed greens  
1/2 cup (15g)
- ☐ cottage cheese & fruit cup  
2 container (340g)

## Dairy and Egg Products

- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ parmesan cheese  
1 tbsp (5g)
- ☐ butter  
1/2 tbsp (7g)
- ☐ egg whites  
1 cup (243g)
- ☐ whole milk  
2 cup(s) (480mL)
- ☐ lowfat greek yogurt  
3/4 cup (210g)
- ☐ eggs  
6 large (300g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 1/3 oz (38g)
- ☐ walnuts  
4 tbsp, shelled (25g)

## Poultry Products

## Vegetables and Vegetable Products

- ☐ fresh green beans  
4 oz (113g)
- ☐ garlic  
3/4 clove(s) (2g)
- ☐ frozen broccoli  
7 cup (637g)
- ☐ tomatoes  
2 1/2 medium whole (2-3/5" dia) (295g)
- ☐ frozen mixed veggies  
1 1/2 cup (203g)
- ☐ frozen green beans  
1 1/3 cup (161g)

## Soups, Sauces, and Gravies

- ☐ condensed canned chicken noodle soup  
1/2 can (10.5 oz) (149g)
- ☐ chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)

## Breakfast Cereals

- ☐ granola  
6 tbsp (34g)

## Baked Products

- ☐ pita bread  
5 pita, small (4" dia) (140g)
- ☐ bread  
2 slice(s) (64g)

## Pork Products

- ☐ pork chop, bone-in  
2 chop (356g)
- ☐ pork tenderloin, raw  
1 lbs (454g)
- ☐ bacon, cooked  
6 slice(s) (60g)

## Sausages and Luncheon Meats

- ☐ turkey cold cuts  
4 oz (113g)

## Legumes and Legume Products

☐ boneless skinless chicken breast, raw  
2 3/4 lbs (1242g)

☐ hummus  
2 tbsp (30g)

## Fats and Oils

☐ caesar salad dressing  
1 tbsp (15g)

☐ marinade sauce  
4 tbsp (60mL)

☐ olive oil  
1/4 cup (50mL)

☐ oil  
1 1/2 oz (43mL)

☐ ranch dressing  
4 tbsp (60mL)

## Spices and Herbs

☐ salt  
1/4 oz (7g)

☐ lemon pepper  
3/4 dash (0g)

☐ black pepper  
1 1/2 g (1g)

☐ curry powder  
4 dash (1g)

☐ yellow mustard  
2 tbsp (30g)

☐ chili powder  
2 tsp (5g)

☐ fresh basil  
12 leaves (6g)

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## Beef Products

☐ top round roast beef  
1/4 roast (190g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**

1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**

2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**

2/3 oz (19g)

For all 2 meals:

**sunflower kernels**

1 1/3 oz (38g)

1. The recipe has no instructions.

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

**blackberries**  
1/2 cup (72g)

For all 2 meals:

**blackberries**  
1 cup (144g)

1. Rinse blackberries and serve.

### Scrambled egg whites

122 cals ● 13g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**egg whites**  
1/2 cup (122g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**egg whites**  
1 cup (243g)  
**oil**  
1 tbsp (15mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### 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.



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## Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

#### **banana**

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

#### **banana**

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.
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### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

#### **eggs**

2 large (100g)

For all 3 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.
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## Lunch 1 [↗](#)

Eat on day 1

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

**fruit juice**

8 fl oz (240mL)

1. The recipe has no instructions.

### Caesar chicken breasts

4 oz - 230 cals ● 27g protein ● 13g fat ● 1g carbs ● 0g fiber



Makes 4 oz

**boneless skinless chicken breast, raw**

4 oz (113g)

**caesar salad dressing**

1 tbsp (15g)

**parmesan cheese**

1 tbsp (5g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

### Buttery garlic green beans

98 cals ● 2g protein ● 6g fat ● 6g carbs ● 3g fiber



**butter**  
1/2 tbsp (7g)  
**salt**  
1 dash (1g)  
**lemon pepper**  
3/4 dash (0g)  
**fresh green beans, trimmed, snapped in half**  
4 oz (113g)  
**garlic, minced**  
3/4 clove(s) (2g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

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## Lunch 2 [🔗](#)

Eat on day 2

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### 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.

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### Chicken noodle soup

1/2 can(s) - 71 cals ● 4g protein ● 2g fat ● 8g carbs ● 1g fiber



Makes 1/2 can(s)

**condensed canned chicken noodle soup**  
1/2 can (10.5 oz) (149g)

1. Prepare according to instructions on package.

### Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)  
**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

### Lunch 3 [🔗](#)

Eat on day 3 and day 4

#### Buffalo chicken slaw salad

415 cals ● 40g protein ● 25g fat ● 6g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**ranch dressing**  
2 tbsp (30mL)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)  
**coleslaw mix**  
1 cup (90g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)  
**tomatoes, halved**  
2 tbsp cherry tomatoes (19g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**ranch dressing**  
4 tbsp (60mL)  
**Frank's Red Hot sauce**  
4 tbsp (60mL)  
**coleslaw mix**  
2 cup (180g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

1. Season the chicken with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat.
3. Add the chicken and cook for 5-6 minutes per side, or until fully cooked and no longer pink in the center. Set the chicken aside to cool slightly, then chop into bite-sized pieces. Toss the chicken with hot sauce.
4. Serve over a bed of coleslaw and cherry tomatoes. Drizzle ranch on top and serve.
5. Meal Prep Tip: Store the chicken and ranch separately from the coleslaw. Combine all components just before serving to keep the slaw crisp.

## Lunch 4 [↗](#)

Eat on day 5

### Turkey & hummus deli sandwich

1 sandwich(es) - 349 cals ● 30g protein ● 9g fat ● 31g carbs ● 7g fiber



Makes 1 sandwich(es)

#### turkey cold cuts

4 oz (113g)

#### bread

2 slice(s) (64g)

#### hummus

2 tbsp (30g)

#### tomatoes

2 slice(s), thick/large (1/2" thick) (54g)

#### mixed greens

1/2 cup (15g)

#### oil

1/4 tsp (1mL)

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.

## Lunch 5 [↗](#)

Eat on day 6 and day 7

### Pita bread

1 1/2 pita bread(s) - 117 cals ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



For single meal:

#### pita bread

1 1/2 pita, small (4" dia) (42g)

For all 2 meals:

#### pita bread

3 pita, small (4" dia) (84g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

- tomatoes  
6 cherry tomatoes (102g)
- olive oil  
1 tsp (5mL)
- salt  
2 dash (2g)
- green olives  
6 large (26g)
- black pepper  
2 dash (0g)
- chili powder  
1 tsp (3g)
- boneless skinless chicken breast, raw  
6 oz (170g)
- fresh basil, shredded  
6 leaves (3g)

For all 2 meals:

- tomatoes  
12 cherry tomatoes (204g)
- olive oil  
2 tsp (10mL)
- salt  
4 dash (3g)
- green olives  
12 large (53g)
- black pepper  
4 dash (0g)
- chili powder  
2 tsp (5g)
- boneless skinless chicken breast, raw  
3/4 lbs (340g)
- fresh basil, shredded  
12 leaves (6g)

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.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Grapes

29 cal ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

- grapes  
1/2 cup (46g)

For all 2 meals:

- grapes  
1 cup (92g)

1. The recipe has no instructions.

### Pork rinds

1 oz - 149 cal ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber





For single meal:

**pork rinds**  
1 oz (28g)

For all 2 meals:

**pork rinds**  
2 oz (57g)

1. Enjoy.

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## Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

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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 3 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

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## Blackberry & granola parfait

115 cals ● 9g protein ● 4g fat ● 9g carbs ● 2g fiber



For single meal:

**lowfat greek yogurt**  
4 tbsp (70g)  
**granola**  
2 tbsp (11g)  
**blackberries, roughly chopped**  
2 tbsp (18g)

For all 3 meals:

**lowfat greek yogurt**  
3/4 cup (210g)  
**granola**  
6 tbsp (34g)  
**blackberries, roughly chopped**  
6 tbsp (54g)

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.
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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

**walnuts**  
2 tbsp, shelled (13g)

For all 2 meals:

**walnuts**  
4 tbsp, shelled (25g)

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

Eat on day 1

### Marinated 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 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.

### 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.

## Dinner 2 [↗](#)

Eat on day 2

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### Basic chicken breast

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



Makes 8 oz

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**oil**

1/2 tbsp (8mL)

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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### 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 3 [↗](#)

Eat on day 3 and day 4

### Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

**pita bread**  
1 pita, small (4" dia) (28g)

For all 2 meals:

**pita bread**  
2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

### Curried pork chops

1 chop(s) - 239 cals ● 39g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork chop, bone-in**  
1 chop (178g)  
**curry powder**  
2 dash (1g)  
**olive oil**  
1/2 tsp (3mL)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)

For all 2 meals:

**pork chop, bone-in**  
2 chop (356g)  
**curry powder**  
4 dash (1g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Season pork chops with salt and pepper.
2. In a bowl, mix together the curry powder and the olive oil. Rub the mixture over all sides of the pork chops.
3. Heat a pan or grill to high heat and cook the pork chops, about 3-4 minutes on each side until done.
4. Serve.

### Olive oil drizzled broccoli

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



For single meal:

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

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen broccoli**  
4 cup (364g)  
**olive oil**  
4 tsp (20mL)

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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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Bacon crusted pork

3 medallion(s) - 387 cals ● 58g protein ● 17g fat ● 0g carbs ● 1g fiber



For single meal:

**pork tenderloin, raw**  
1/2 lbs (227g)  
**bacon, cooked**  
3 slice(s) (30g)  
**yellow mustard**  
1 tbsp (15g)

For all 2 meals:

**pork tenderloin, raw**  
1 lbs (454g)  
**bacon, cooked**  
6 slice(s) (60g)  
**yellow mustard**  
2 tbsp (30g)

1. Preheat oven to 400°F (200°C).
2. Cut pork into about 1inch (3cm) slices.
3. Season one side of the pork with mustard and salt/pepper to taste.
4. Wrap each pork medallion with a slice of bacon and place it seam-side down in a walled baking dish.
5. Bake for about 20-25 minutes until pork is fully cooked.
6. Serve.

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### 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.

Dinner 5 [🔗](#)  
Eat on day 7

Roast beef

330 cals ● 44g protein ● 17g fat ● 0g carbs ● 0g fiber



**top round roast beef**  
1/4 roast (190g)  
**oil**  
1/4 tbsp (4mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



**frozen green beans**  
1 1/3 cup (161g)

1. Prepare according to instructions on package.