

# Meal Plan - 1400 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

1421 cals ● 123g protein (35%) ● 50g fat (32%) ● 96g carbs (27%) ● 24g fiber (7%)

### Breakfast

295 cals, 22g protein, 15g net carbs, 15g fat



**Eggs with tomato and avocado**  
163 cals



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

### Lunch

460 cals, 28g protein, 37g net carbs, 16g fat



**Turkey cucumber dill sandwich**  
1/2 sandwich(es)- 225 cals



**Cucumber slices**  
1/2 cucumber- 30 cals



**Carrots and hummus**  
205 cals

### Snacks

175 cals, 11g protein, 19g net carbs, 5g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals

### Dinner

490 cals, 62g protein, 25g net carbs, 13g fat



**Basic chicken breast**  
8 oz- 317 cals



**Lentils**  
174 cals

## Day 2

1422 cals ● 124g protein (35%) ● 52g fat (33%) ● 95g carbs (27%) ● 20g fiber (6%)

### Breakfast

295 cals, 22g protein, 15g net carbs, 15g fat



**Eggs with tomato and avocado**  
163 cals



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

### Lunch

530 cals, 38g protein, 33g net carbs, 23g fat



**Sunflower seeds**  
180 cals



**Turkey & hummus deli sandwich**  
1 sandwich(es)- 349 cals

### Snacks

175 cals, 11g protein, 19g net carbs, 5g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals

### Dinner

425 cals, 53g protein, 28g net carbs, 8g fat



**Cajun cod**  
8 oz- 249 cals



**Lentils**  
174 cals

## Day 3

1378 cals ● 132g protein (38%) ● 52g fat (34%) ● 79g carbs (23%) ● 16g fiber (5%)

### Breakfast

295 cals, 22g protein, 15g net carbs, 15g fat



**Eggs with tomato and avocado**  
163 cals



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

### Snacks

175 cals, 11g protein, 19g net carbs, 5g fat



**Toast with butter**  
1 slice(s)- 114 cals



**Cottage cheese & honey**  
1/4 cup(s)- 62 cals

### Lunch

515 cals, 45g protein, 28g net carbs, 22g fat



**Cottage pie**  
409 cals



**Caprese salad**  
107 cals

### Dinner

395 cals, 54g protein, 17g net carbs, 10g fat



**Beets**  
4 beets- 96 cals



**Lemon pepper chicken breast**  
8 oz- 296 cals

## Day 4

1420 cals ● 133g protein (38%) ● 51g fat (32%) ● 91g carbs (26%) ● 18g fiber (5%)

### Breakfast

330 cals, 19g protein, 24g net carbs, 15g fat



**Milk**  
3/4 cup(s)- 112 cals



**Boiled eggs**  
1 egg(s)- 69 cals



**Hummus toast**  
1 slice(s)- 146 cals

### Snacks

185 cals, 15g protein, 22g net carbs, 3g fat



**Kiwi**  
1 kiwi- 47 cals



**Celery sticks**  
1 celery stalk- 7 cals



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

### Lunch

515 cals, 45g protein, 28g net carbs, 22g fat



**Cottage pie**  
409 cals



**Caprese salad**  
107 cals

### Dinner

395 cals, 54g protein, 17g net carbs, 10g fat



**Beets**  
4 beets- 96 cals



**Lemon pepper chicken breast**  
8 oz- 296 cals

## Day 5

1374 cals ● 133g protein (39%) ● 50g fat (33%) ● 80g carbs (23%) ● 17g fiber (5%)

### Breakfast

330 cals, 19g protein, 24g net carbs, 15g fat



#### Milk

3/4 cup(s)- 112 cals



#### Boiled eggs

1 egg(s)- 69 cals



#### Hummus toast

1 slice(s)- 146 cals

### Snacks

185 cals, 15g protein, 22g net carbs, 3g fat



#### Kiwi

1 kiwi- 47 cals



#### Celery sticks

1 celery stalk- 7 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Lunch

435 cals, 68g protein, 10g net carbs, 11g fat



#### Sugar snap peas

82 cals



#### Marinaded chicken breast

10 oz- 353 cals

### Dinner

425 cals, 30g protein, 25g net carbs, 21g fat



#### Rotisserie chicken

4 oz- 238 cals



#### Baked potato with toppings

1/2 large potato(es)- 189 cals

## Day 6

1440 cals ● 130g protein (36%) ● 56g fat (35%) ● 87g carbs (24%) ● 17g fiber (5%)

### Breakfast

275 cals, 9g protein, 25g net carbs, 13g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Simple cinnamon oatmeal with milk

164 cals

### Lunch

470 cals, 53g protein, 21g net carbs, 18g fat



#### Cottage cheese & fruit cup

1 container- 131 cals



#### Chicken beet & carrot salad bowl

337 cals

### Snacks

235 cals, 17g protein, 28g net carbs, 4g fat



#### Crunchy garlicky lentil snack

171 cals



#### Cottage cheese & honey

1/4 cup(s)- 62 cals

### Dinner

465 cals, 50g protein, 12g net carbs, 21g fat



#### Protein greek yogurt

1 container- 139 cals



#### Avocado tuna salad

327 cals

## Day 7

1440 cals ● 130g protein (36%) ● 56g fat (35%) ● 87g carbs (24%) ● 17g fiber (5%)

### Breakfast

275 cals, 9g protein, 25g net carbs, 13g fat



#### Mixed nuts

1/8 cup(s)- 109 cals



#### Simple cinnamon oatmeal with milk

164 cals

### Snacks

235 cals, 17g protein, 28g net carbs, 4g fat



#### Crunchy garlicky lentil snack

171 cals



#### Cottage cheese & honey

1/4 cup(s)- 62 cals

### Lunch

470 cals, 53g protein, 21g net carbs, 18g fat



#### Cottage cheese & fruit cup

1 container- 131 cals



#### Chicken beet & carrot salad bowl

337 cals

### Dinner

465 cals, 50g protein, 12g net carbs, 21g fat



#### Protein greek yogurt

1 container- 139 cals



#### Avocado tuna salad

327 cals

---

# Grocery List



## Baked Products

- bread  
9 oz (256g)

## Dairy and Egg Products

- butter  
1/6 stick (23g)
- low fat cottage cheese (1% milkfat)  
1 1/4 cup (283g)
- eggs  
5 large (250g)
- sliced cheese  
1 slice (2/3 oz ea) (19g)
- nonfat greek yogurt, plain  
3/4 tbsp (13g)
- whole milk  
2 1/2 cup(s) (571mL)
- fresh mozzarella cheese  
1 1/2 oz (43g)
- sour cream  
1/2 tbsp (6g)
- cheese  
1 tbsp, shredded (7g)

## Sweets

- honey  
5 tsp (35g)
- sugar  
1 tbsp (13g)

## Spices and Herbs

- salt  
3 1/2 g (3g)
- black pepper  
5 dash (1g)
- fresh basil  
1/4 oz (8g)
- dried dill weed  
1 dash (0g)
- cajun seasoning  
1 tbsp (6g)
- thyme, dried  
1 tsp, leaves (1g)
- lemon pepper  
1 tbsp (7g)
- cinnamon  
1 tsp (3g)

## Fruits and Fruit Juices

- avocados  
1 1/2 avocado(s) (302g)
- kiwi  
2 fruit (138g)
- lime juice  
1/2 tbsp (8mL)

## Other

- cottage cheese & fruit cup  
7 container (1190g)
- mixed greens  
1 package (5.5 oz) (138g)
- rotisserie chicken, cooked  
4 oz (113g)
- protein greek yogurt, flavored  
2 container (300g)

## Sausages and Luncheon Meats

- turkey cold cuts  
6 oz (170g)

## Legumes and Legume Products

- hummus  
3/4 cup (180g)
- lentils, raw  
1 cup (173g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 lbs (1288g)

## Fats and Oils

- oil  
1 1/2 oz (45mL)
- balsamic vinaigrette  
1 tbsp (15mL)
- olive oil  
1/2 tbsp (8mL)
- marinade sauce  
5 tbsp (74mL)

## Beverages

- water  
3 cup(s) (664mL)

- garlic powder**  
3 dash (1g)
- crushed red pepper**  
1/4 tbsp (1g)
- oregano, dried**  
3 dash, ground (1g)

## Vegetables and Vegetable Products

- tomatoes**  
2 1/4 medium whole (2-3/5" dia) (277g)
- cucumber**  
1/2 cucumber (8-1/4") (172g)
- baby carrots**  
20 medium (200g)
- tomato paste**  
1/2 tbsp (8g)
- carrots**  
1 3/4 medium (107g)
- garlic**  
1 clove(s) (3g)
- potatoes**  
14 1/2 oz (411g)
- onion**  
3/4 medium (2-1/2" dia) (81g)
- beets, precooked (canned or refrigerated)**  
1 1/4 lbs (570g)
- raw celery**  
2 stalk, medium (7-1/2" - 8" long) (80g)
- frozen sugar snap peas**  
1 1/3 cup (192g)

## Finfish and Shellfish Products

- cod, raw**  
1/2 lbs (227g)
- canned tuna**  
1 1/2 can (258g)

## Nut and Seed Products

- sunflower kernels**  
1 oz (28g)
- mixed nuts**  
4 tbsp (34g)

## Beef Products

- ground beef (93% lean)**  
3/4 lbs (340g)

## Soups, Sauces, and Gravies

- vegetable broth**  
1/2 cup(s) (mL)
- worcestershire sauce**  
1 tsp (5mL)
- apple cider vinegar**  
3/4 tsp (0mL)

## Cereal Grains and Pasta

- cornstarch**  
1/2 tbsp (4g)

## Breakfast Cereals

- quick oats**  
1/2 cup (40g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
1 large (50g)  
**black pepper**  
1 dash (0g)  
**tomatoes**  
1 slice(s), thick/large (1/2" thick)  
(27g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**fresh basil, chopped**  
1 leaves (1g)

For all 3 meals:

**salt**  
3 dash (1g)  
**eggs**  
3 large (150g)  
**black pepper**  
3 dash (0g)  
**tomatoes**  
3 slice(s), thick/large (1/2" thick)  
(81g)  
**avocados, sliced**  
3/4 avocado(s) (151g)  
**fresh basil, chopped**  
3 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

### 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 3 meals:

**cottage cheese & fruit cup**  
3 container (510g)

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

## Breakfast 2 ↗

Eat on day 4 and day 5

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



For single meal:

**whole milk**  
3/4 cup(s) (180mL)

For all 2 meals:

**whole milk**  
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

### Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)

For all 2 meals:

**eggs**  
2 large (100g)

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.

### Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

**bread**

1 slice (32g)

**hummus**

2 1/2 tbsp (38g)

For all 2 meals:

**bread**

2 slice (64g)

**hummus**

5 tbsp (75g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

## Breakfast 3

Eat on day 6 and day 7

### Mixed nuts

1/8 cup(s) - 109 cals ● 3g protein ● 9g fat ● 2g carbs ● 1g fiber



For single meal:

**mixed nuts**

2 tbsp (17g)

For all 2 meals:

**mixed nuts**

4 tbsp (34g)

1. The recipe has no instructions.

### Simple cinnamon oatmeal with milk

164 cals ● 6g protein ● 4g fat ● 23g carbs ● 3g fiber



For single meal:

**sugar**

1/2 tbsp (7g)

**cinnamon**

4 dash (1g)

**whole milk**

3/8 cup(s) (90mL)

**quick oats**

4 tbsp (20g)

For all 2 meals:

**sugar**

1 tbsp (13g)

**cinnamon**

1 tsp (3g)

**whole milk**

3/4 cup(s) (180mL)

**quick oats**

1/2 cup (40g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

## Lunch 1 ↗

Eat on day 1

### Turkey cucumber dill sandwich

1/2 sandwich(es) - 225 cals ● 19g protein ● 9g fat ● 15g carbs ● 2g fiber



Makes 1/2 sandwich(es)

**turkey cold cuts**  
2 oz (57g)  
**bread**  
1 slice(s) (32g)  
**sliced cheese**  
1 slice (2/3 oz ea) (19g)  
**nonfat greek yogurt, plain**  
3/4 tbsp (13g)  
**dried dill weed**  
1 dash (0g)  
**cucumber, chopped**  
3 slices (21g)

1. Mix chopped cucumber, greek yogurt, dill, and some salt/pepper in a small bowl until cucumber is fully coated.
2. Assemble sandwich by placing cheese and turkey on the bottom slice of bread. Top with cucumber mixture and top slice of bread. Serve.

### Cucumber slices

1/2 cucumber - 30 cals ● 2g protein ● 0g fat ● 5g carbs ● 1g fiber



Makes 1/2 cucumber

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

### Carrots and hummus

205 cals ● 7g protein ● 8g fat ● 17g carbs ● 10g fiber



**hummus**  
5 tbsp (75g)  
**baby carrots**  
20 medium (200g)

1. Serve carrots with hummus.

## Lunch 2 ↗

Eat on day 2

### Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



**sunflower kernels**  
1 oz (28g)

1. The recipe has no instructions.

### 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 3 ↗

Eat on day 3 and day 4

### Cottage pie

409 cals ● 39g protein ● 16g fat ● 24g carbs ● 4g fiber



For single meal:

**whole milk**  
1/8 cup(s) (15mL)  
**butter**  
1/4 tbsp (4g)  
**ground beef (93% lean)**  
6 oz (170g)  
**tomato paste**  
1/4 tbsp (4g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**worcestershire sauce**  
1/2 tsp (3mL)  
**thyme, dried**  
2 dash, leaves (0g)  
**cornstarch**  
1/4 tbsp (2g)  
**carrots, diced**  
1/2 medium (31g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**potatoes, peeled & quartered**  
4 oz (113g)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)

For all 2 meals:

**whole milk**  
1/8 cup(s) (30mL)  
**butter**  
1/2 tbsp (7g)  
**ground beef (93% lean)**  
3/4 lbs (340g)  
**tomato paste**  
1/2 tbsp (8g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**worcestershire sauce**  
1 tsp (5mL)  
**thyme, dried**  
4 dash, leaves (1g)  
**cornstarch**  
1/2 tbsp (4g)  
**carrots, diced**  
1 medium (61g)  
**garlic, minced**  
1 clove(s) (3g)  
**potatoes, peeled & quartered**  
1/2 lbs (227g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)

1. Submerge the potatoes with water and boil until fork-tender, 10-20 minutes. Drain and mash with milk, butter, and some salt and pepper. Set aside.
2. Preheat oven to 400°F (200°C).
3. Whisk cornstarch with broth in a small bowl. Set aside.
4. Saute beef in a skillet over medium-high heat until browned. Transfer to a plate.
5. Add onions, garlic, and carrots to the skillet. Cook 7-10 minutes until soft.
6. Reduce heat to medium and add tomato paste. Stir and cook 1-2 minutes.
7. Return beef to skillet and add broth mixture, worcestershire, thyme, and some salt and pepper. Simmer 5-10 minutes until sauce thickens.
8. Transfer meat mixture to a small baking dish. Spoon potatoes over the meat.
9. Bake for 20-30 until top is golden and filling is bubbling. Let stand for 5-10 minutes before serving.

---

## Caprese salad

107 cals ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

**fresh mozzarella cheese**  
3/4 oz (21g)  
**mixed greens**  
1/4 package (5.5 oz) (39g)  
**fresh basil**  
2 tbsp leaves, whole (3g)  
**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

**fresh mozzarella cheese**  
1 1/2 oz (43g)  
**mixed greens**  
1/2 package (5.5 oz) (78g)  
**fresh basil**  
4 tbsp leaves, whole (6g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

---

## Lunch 4 ↗

Eat on day 5

---

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



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

1. Prepare according to instructions on package.

---

### Marinaded chicken breast

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



Makes 10 oz

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

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.

---

## Lunch 5 ↗

Eat on day 6 and day 7

---

### 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.

---

### Chicken beet & carrot salad bowl

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



For single meal:

**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)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**apple cider vinegar**  
3/4 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
6 oz (170g)  
**boneless skinless chicken breast, raw, cubed**  
3/4 lbs (336g)  
**carrots, thinly sliced**  
3/4 medium (46g)

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.

## Snacks 1

Eat on day 1, day 2, and day 3

### 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 3 meals:

**bread**  
3 slice (96g)  
**butter**  
1 tbsp (14g)

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

### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

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

4 tbsp (57g)

**honey**

1 tsp (7g)

For all 3 meals:

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

3/4 cup (170g)

**honey**

1 tbsp (21g)

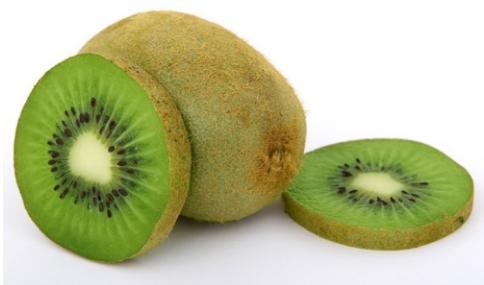
1. Serve cottage cheese in a bowl and drizzle with honey.

## Snacks 2 ↗

Eat on day 4 and day 5

### Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**kiwi**

1 fruit (69g)

For all 2 meals:

**kiwi**

2 fruit (138g)

1. Slice the kiwi and serve.

### Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

**raw celery**

1 stalk, medium (7-1/2" - 8" long)  
(40g)

For all 2 meals:

**raw celery**

2 stalk, medium (7-1/2" - 8" long)  
(80g)

1. Slice celery into sticks and serve.

### 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.

---

## Snacks 3 ↗

Eat on day 6 and day 7

### Crunchy garlicky lentil snack

171 cals ● 10g protein ● 3g fat ● 21g carbs ● 5g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**crushed red pepper**  
3 dash (1g)  
**oregano, dried**  
1 1/2 dash, ground (0g)  
**salt**  
3/8 dash (0g)  
**water**  
3/8 cup(s) (95mL)  
**lentils, raw, rised**  
3 tbsp (38g)

For all 2 meals:

**oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**crushed red pepper**  
1/4 tbsp (1g)  
**oregano, dried**  
3 dash, ground (1g)  
**salt**  
2/3 dash (1g)  
**water**  
5/6 cup(s) (190mL)  
**lentils, raw, rised**  
6 1/2 tbsp (77g)

1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
2. Meanwhile, preheat the oven to 425 F (220 C).
3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
5. Serve.
6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

---

### Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

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

4 tbsp (57g)

**honey**

1 tsp (7g)

For all 2 meals:

**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 1 ↗

Eat on day 1

---

### 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.

---

## Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**water**

1 cup(s) (237mL)

**salt**

1/2 dash (0g)

**lentils, raw, rinsed**

4 tbsp (48g)

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.

## Dinner 2 ↗

Eat on day 2

### Cajun cod

8 oz - 249 cals ● 41g protein ● 8g fat ● 3g carbs ● 1g fiber



Makes 8 oz

**cod, raw**  
1/2 lbs (227g)  
**cajun seasoning**  
2 2/3 tsp (6g)  
**oil**  
1/2 tbsp (7mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



**water**  
1 cup(s) (237mL)  
**salt**  
1/2 dash (0g)  
**lentils, raw, rinsed**  
4 tbsp (48g)

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.

## Dinner 3 ↗

Eat on day 3 and day 4

### Beets

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



For single meal:

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

For all 2 meals:

**beets, precooked (canned or refrigerated)**  
8 beet(s) (400g)

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

### Lemon pepper chicken breast

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



For single meal:

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

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
1 tbsp (7g)

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.

## Dinner 4 ↗

Eat on day 5

---

### Rotisserie chicken

4 oz - 238 cals ● 25g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 4 oz

**rotisserie chicken, cooked**  
4 oz (113g)

1. Pull chicken off of bones.
2. Serve.

---

### Baked potato with toppings

1/2 large potato(es) - 189 cals ● 5g protein ● 6g fat ● 25g carbs ● 4g fiber



Makes 1/2 large potato(es)

**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**sour cream**  
1/2 tbsp (6g)  
**potatoes**  
1/2 large (3" to 4-1/4" dia.) (185g)  
**oil**  
1/4 tsp (1mL)  
**butter**  
4 dash (2g)  
**cheese**  
1 tbsp, shredded (7g)

1. **OVEN:**  
2. Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
4. **MICROWAVE:**  
5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.  
6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.  
7. Top with butter, salt to taste, pepper to taste, sour cream and cheese.

## Dinner 5 ↗

Eat on day 6 and day 7

### Protein greek yogurt

1 container - 139 cals ● 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.

### Avocado tuna salad

327 cals ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



For single meal:

**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)  
**onion, minced**  
1/6 small (13g)

For all 2 meals:

**avocados**  
3/4 avocado(s) (151g)  
**lime juice**  
1/2 tbsp (8mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash (0g)  
**mixed greens**  
1 1/2 cup (45g)  
**canned tuna**  
1 1/2 can (258g)  
**tomatoes**  
6 tbsp, chopped (68g)  
**onion, minced**  
3/8 small (26g)

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.