

# Meal Plan - 1500 calorie meal plan to lose fat/weight

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1480 cals ● 147g protein (40%) ● 31g fat (19%) ● 132g carbs (36%) ● 20g fiber (5%)

### Breakfast

315 cals, 33g protein, 22g net carbs, 9g fat



**Grapes**  
58 cals



**Protein shake (milk)**  
258 cals

### Snacks

210 cals, 13g protein, 25g net carbs, 5g fat



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



**Turkey pepperoni**  
22 slices- 94 cals

### Lunch

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



**Bbq chicken stuffed sweet potatoes**  
1 potato(es)- 520 cals

### Dinner

435 cals, 47g protein, 30g net carbs, 12g fat



**Lentils**  
174 cals



**Simple kale salad**  
1 cup(s)- 55 cals



**Basic shrimp**  
6 oz- 205 cals

## Day 2

1477 cals ● 136g protein (37%) ● 46g fat (28%) ● 112g carbs (30%) ● 17g fiber (5%)

### Breakfast

315 cals, 33g protein, 22g net carbs, 9g fat



**Grapes**  
58 cals



**Protein shake (milk)**  
258 cals

### Snacks

210 cals, 13g protein, 25g net carbs, 5g fat



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



**Turkey pepperoni**  
22 slices- 94 cals

### Lunch

470 cals, 42g protein, 24g net carbs, 20g fat



**Simple kale salad**  
1/2 cup(s)- 28 cals



**Pork and vegetable stir fry**  
440 cals

### Dinner

480 cals, 48g protein, 41g net carbs, 12g fat



**One pan roasted chicken & veggies**  
298 cals



**Bone both rice**  
184 cals

## Day 3

1466 cals ● 148g protein (40%) ● 39g fat (24%) ● 113g carbs (31%) ● 17g fiber (5%)

### Breakfast

315 cals, 33g protein, 22g net carbs, 9g fat



**Grapes**  
58 cals



**Protein shake (milk)**  
258 cals

### Snacks

210 cals, 13g protein, 25g net carbs, 5g fat



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



**Turkey pepperoni**  
22 slices- 94 cals

### Lunch

455 cals, 54g protein, 24g net carbs, 13g fat



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



**Mixed vegetables**  
1/2 cup(s)- 49 cals



**Mashed sweet potatoes**  
92 cals

### Dinner

480 cals, 48g protein, 41g net carbs, 12g fat



**One pan roasted chicken & veggies**  
298 cals



**Bone both rice**  
184 cals

## Day 4

1543 cals ● 139g protein (36%) ● 56g fat (33%) ● 102g carbs (26%) ● 19g fiber (5%)

### Breakfast

250 cals, 20g protein, 27g net carbs, 5g fat



**Protein bar**  
1 bar- 245 cals



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

### Snacks

265 cals, 15g protein, 15g net carbs, 16g fat



**Cucumber goat cheese bites**  
118 cals



**Milk**  
1 cup(s)- 149 cals

### Lunch

570 cals, 52g protein, 51g net carbs, 13g fat



**Chicken-broccoli-sweet potato bowl**  
477 cals



**Bone both rice**  
92 cals

### Dinner

455 cals, 52g protein, 10g net carbs, 22g fat



**Mixed vegetables**  
3/4 cup(s)- 73 cals



**Basic chicken thighs**  
9 oz- 383 cals

## Day 5

1549 cals ● 132g protein (34%) ● 44g fat (26%) ● 141g carbs (37%) ● 15g fiber (4%)

### Breakfast

250 cals, 20g protein, 27g net carbs, 5g fat



**Protein bar**  
1 bar- 245 cals



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

### Snacks

265 cals, 15g protein, 15g net carbs, 16g fat



**Cucumber goat cheese bites**  
118 cals



**Milk**  
1 cup(s)- 149 cals

### Lunch

490 cals, 29g protein, 61g net carbs, 13g fat



**Bbq chipped ham sandwich**  
1 sandwich(es)- 348 cals



**Simple Greek cucumber salad**  
141 cals

### Dinner

545 cals, 68g protein, 39g net carbs, 9g fat



**Lentils**  
260 cals



**Marinated chicken breast**  
8 oz- 283 cals

## Day 6

1563 cals ● 139g protein (36%) ● 66g fat (38%) ● 84g carbs (22%) ● 19g fiber (5%)

### Breakfast

275 cals, 18g protein, 13g net carbs, 16g fat



**Milk**  
1/2 cup(s)- 75 cals



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

### Snacks

230 cals, 7g protein, 17g net carbs, 12g fat



**Kale chips**  
69 cals



**Nectarine**  
1 nectarine(s)- 70 cals



**Sunflower seeds**  
90 cals

### Lunch

515 cals, 46g protein, 15g net carbs, 28g fat



**Thai chicken larb**  
401 cals



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

### Dinner

545 cals, 68g protein, 39g net carbs, 9g fat



**Lentils**  
260 cals



**Marinated chicken breast**  
8 oz- 283 cals

## Day 7

1522 cals ● 141g protein (37%) ● 71g fat (42%) ● 64g carbs (17%) ● 15g fiber (4%)

### Breakfast

275 cals, 18g protein, 13g net carbs, 16g fat



Milk

1/2 cup(s)- 75 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

### Snacks

230 cals, 7g protein, 17g net carbs, 12g fat



Kale chips

69 cals



Nectarine

1 nectarine(s)- 70 cals



Sunflower seeds

90 cals

### Lunch

515 cals, 46g protein, 15g net carbs, 28g fat



Thai chicken larb

401 cals



Simple mixed greens and tomato salad

113 cals

### Dinner

500 cals, 70g protein, 20g net carbs, 14g fat



Mashed sweet potatoes

92 cals



Buttery tarragon tilapia

12 oz- 410 cals

## Fruits and Fruit Juices

- ☐ banana  
3 medium (7" to 7-7/8" long) (354g)
- ☐ grapes  
3 cup (276g)
- ☐ lemon juice  
1/4 tbsp (4mL)
- ☐ nectarine  
2 medium (2-1/2" dia) (284g)
- ☐ lime juice  
1 tbsp (15mL)

## Sausages and Luncheon Meats

- ☐ turkey pepperoni  
66 slices (116g)
- ☐ ham cold cuts  
4 oz (113g)

## Dairy and Egg Products

- ☐ whole milk  
6 cup(s) (1440mL)
- ☐ goat cheese  
2 oz (57g)
- ☐ nonfat greek yogurt, plain  
4 tbsp (70g)
- ☐ eggs  
4 large (200g)
- ☐ butter  
3/4 tbsp (11g)

## Beverages

- ☐ protein powder  
3 scoop (1/3 cup ea) (93g)
- ☐ water  
1/4 gallon (1037mL)

## Soups, Sauces, and Gravies

- ☐ barbecue sauce  
2 3/4 fl oz (99g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 lbs (1423g)
- ☐ boneless skinless chicken thighs  
1/2 lbs (255g)

## Spices and Herbs

- ☐ salt  
2 tsp (11g)
- ☐ black pepper  
1 tsp, ground (2g)
- ☐ oregano, dried  
1/4 tbsp, ground (1g)
- ☐ dried dill weed  
1/2 tbsp (2g)
- ☐ paprika  
1/2 tsp (1g)
- ☐ red wine vinegar  
1/2 tsp (3mL)
- ☐ balsamic vinegar  
2 tsp (10mL)
- ☐ rosemary, dried  
4 dash (1g)
- ☐ ground coriander  
2 dash (0g)
- ☐ fresh tarragon  
1/2 tbsp, chopped (1g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 cup (192g)
- ☐ soy sauce  
2 tbsp (30mL)

## Fats and Oils

- ☐ salad dressing  
6 tbsp (90mL)
- ☐ oil  
1 1/2 oz (49mL)
- ☐ olive oil  
2/3 oz (26mL)
- ☐ marinade sauce  
1/2 cup (120mL)

## Finfish and Shellfish Products

- ☐ shrimp, raw  
6 oz (170g)
- ☐ tilapia, raw  
3/4 lbs (336g)

## Other

- ☐ chicken bone broth  
1 1/4 cup(s) (mL)

- ☐ ground chicken, raw  
1 lbs (454g)

## Vegetables and Vegetable Products

- ☐ sweet potatoes  
3 sweetpotato, 5" long (595g)
- ☐ kale leaves  
1/2 lbs (253g)
- ☐ tomatoes  
2 2/3 medium whole (2-3/5" dia) (329g)
- ☐ onion  
1/2 medium (2-1/2" dia) (63g)
- ☐ broccoli  
1/2 cup chopped (46g)
- ☐ red bell pepper  
1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)
- ☐ zucchini  
1/2 medium (98g)
- ☐ frozen mixed veggies  
2/3 lbs (311g)
- ☐ cucumber  
1 cucumber (8-1/4") (301g)
- ☐ raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ frozen broccoli  
3/8 package (118g)
- ☐ sweet pickles  
4 chips (30g)
- ☐ red onion  
1/8 medium (2-1/2" dia) (14g)
- ☐ serrano pepper  
1 pepper(s) (6g)
- ☐ fresh ginger  
1 inch (2.5cm) cube (5g)
- ☐ garlic  
2 1/2 clove (8g)
- ☐ fresh green beans  
1 1/2 cup 1/2" pieces (150g)

- ☐ stir-fry sauce  
2 tbsp (34g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ mixed greens  
4 1/2 cup (135g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
10 tbsp (116g)

## Pork Products

- ☐ boneless pork loin  
6 oz (170g)

## Baked Products

- ☐ hamburger buns  
1 bun(s) (51g)

## Nut and Seed Products

- ☐ sunflower kernels  
1 oz (28g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

**grapes**  
1 cup (92g)

For all 3 meals:

**grapes**  
3 cup (276g)

1. The recipe has no instructions.

### Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**whole milk**  
3 cup(s) (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

# Breakfast 2

Eat on day 4 and day 5

## Protein bar

1 bar - 245 cals  20g protein  5g fat  26g carbs  4g fiber



For single meal:  
**protein bar (20g protein)**  
1 bar (50g)

For all 2 meals:  
**protein bar (20g protein)**  
2 bar (100g)

1. The recipe has no instructions.

## 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.



## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Milk

1/2 cup(s) - 75 cal ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

### Scrambled eggs with kale, tomatoes, rosemary

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



For single meal:

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

For all 2 meals:

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

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Bbq chicken stuffed sweet potatoes

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



Makes 1 potato(es)

**barbecue sauce**

2 2/3 tbsp (48g)

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**sweet potatoes, halved**

1 sweetpotato, 5" long (210g)

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.

## Lunch 2 [↗](#)

Eat on day 2

### Simple kale salad

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



Makes 1/2 cup(s)

**kale leaves**

1/2 cup, chopped (20g)

**salad dressing**

1/2 tbsp (8mL)

1. Toss kale in dressing of your choice and serve.

### Pork and vegetable stir fry

440 cals ● 41g protein ● 18g fat ● 22g carbs ● 6g fiber



**stir-fry sauce**  
2 tbsp (34g)  
**frozen mixed veggies**  
1/2 10oz package (142g)  
**black pepper**  
2 dash, ground (1g)  
**salt**  
1 dash (1g)  
**oil, divided**  
1/4 tbsp (4mL)  
**boneless pork loin, cubed**  
6 oz (170g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return pork to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until pork is fully cooked.
6. Serve.

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## Lunch 3 [🔗](#)

Eat on day 3

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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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## Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



Makes 1/2 cup(s)

**frozen mixed veggies**  
1/2 cup (68g)

1. Prepare according to instructions on package.

## Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



**sweet potatoes**  
1/2 sweetpotato, 5" long (105g)

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 and serve.

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**Lunch 4** [↗](#)  
Eat on day 4

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**Chicken-broccoli-sweet potato bowl**  
477 cals ● 49g protein ● 13g fat ● 33g carbs ● 9g fiber



**frozen broccoli**  
3/8 package (118g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**paprika**  
1/2 tsp (1g)  
**boneless skinless chicken breast, raw,**  
**cut into bite-sized cubes**  
6 2/3 oz (187g)  
**sweet potatoes, cut into bite-sized**  
**cubes**  
5/6 sweetpotato, 5" long (175g)

1. Preheat oven to 425 F (220 C)
2. In a small bowl add the olive oil, salt, pepper, and paprika. Mix until blended.
3. Take half of the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining spice mixture and coat the chicken. Spread the chicken out on another baking sheet and place in the oven with the sweet potatoes. Cook the chicken for 12-15 minutes or until done.
6. Prepare the broccoli according to the instructions on its packaging. Set aside.
7. Once all items are prepared, bring the chicken, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

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## Bone both rice

92 cal ● 4g protein ● 0g fat ● 18g carbs ● 0g fiber





**chicken bone broth**  
1/4 cup(s) (mL)  
**long-grain white rice**  
2 tbsp (23g)

1. In a saucepan with a good fitting lid bring bone broth to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. Do not lift lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

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## Lunch 5 [🔗](#)

Eat on day 5

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### Bbq chipped ham sandwich

1 sandwich(es) - 348 cal ● 20g protein ● 6g fat ● 52g carbs ● 2g fiber



Makes 1 sandwich(es)

**hamburger buns**  
1 bun(s) (51g)  
**barbecue sauce**  
3 tbsp (51g)  
**sweet pickles**  
4 chips (30g)  
**ham cold cuts, chipped**  
4 oz (113g)

1. In a small bowl mix together the ham and barbecue sauce until ham is fully coated.
2. Optional: heat ham & barbecue together in a skillet, stirring occasionally, for a few minutes until warmed through.
3. Place ham in between bun and top with pickles. Serve.

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### Simple Greek cucumber salad

141 cal ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**lemon juice**  
1/4 tbsp (4mL)  
**dried dill weed**  
4 dash (1g)  
**red wine vinegar**  
1/2 tsp (3mL)  
**olive oil**  
1/2 tbsp (8mL)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

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

## Lunch 6 [🔗](#)

Eat on day 6 and day 7

### Thai chicken larb

401 cal ● 43g protein ● 21g fat ● 7g carbs ● 3g fiber



For single meal:

**ground coriander**  
1 dash (0g)  
**soy sauce**  
1 tbsp (15mL)  
**lime juice**  
1/2 tbsp (8mL)  
**oil**  
1/2 tsp (3mL)  
**ground chicken, raw**  
1/2 lbs (227g)  
**onion, chopped**  
1/4 small (18g)  
**serrano pepper, chopped**  
1/2 pepper(s) (3g)  
**fresh ginger, minced**  
1/2 inch (2.5cm) cube (3g)  
**garlic, minced**  
1/2 clove (2g)  
**fresh green beans, ends trimmed off**  
3/4 cup 1/2" pieces (75g)

For all 2 meals:

**ground coriander**  
2 dash (0g)  
**soy sauce**  
2 tbsp (30mL)  
**lime juice**  
1 tbsp (15mL)  
**oil**  
1 tsp (5mL)  
**ground chicken, raw**  
1 lbs (454g)  
**onion, chopped**  
1/2 small (35g)  
**serrano pepper, chopped**  
1 pepper(s) (6g)  
**fresh ginger, minced**  
1 inch (2.5cm) cube (5g)  
**garlic, minced**  
1 clove (3g)  
**fresh green beans, ends trimmed off**  
1 1/2 cup 1/2" pieces (150g)

1. Heat oil in a large skillet over medium heat. Add garlic, onion, ginger, serrano pepper, and coriander. Stir and cook until onion has softened, about 5 minutes.
2. Mix in ground chicken and a pinch of salt. Cook until chicken is browned and almost fully cooked.
3. Add in green beans and stir. Cook for about 5 more minutes until green beans have softened a little.
4. Add in soy sauce and lime juice and stir. Serve.

### Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber





- For single meal:

**mixed greens**

2 1/4 cup (68g)

**tomatoes**

6 tbsp cherry tomatoes (56g)

**salad dressing**

2 1/4 tbsp (34mL)
- For all 2 meals:

**mixed greens**

4 1/2 cup (135g)

**tomatoes**

3/4 cup cherry tomatoes (112g)

**salad dressing**

1/4 cup (68mL)

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

Snacks 1

Eat on day 1, day 2, and day 3

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.

Turkey pepperoni

22 slices - 94 cals 12g protein 4g fat 1g carbs 0g fiber



- For single meal:

**turkey pepperoni**

22 slices (39g)
- For all 3 meals:

**turkey pepperoni**

66 slices (116g)

1. Enjoy.

## Snacks 2 [🔗](#)

Eat on day 4 and day 5

### Cucumber goat cheese bites

118 cal ● 7g protein ● 9g fat ● 3g carbs ● 0g fiber



For single meal:

**dried dill weed**  
4 dash (1g)  
**goat cheese**  
1 oz (28g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**dried dill weed**  
1 tsp (1g)  
**goat cheese**  
2 oz (57g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

### Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

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

1. The recipe has no instructions.

## Snacks 3 [↗](#)

Eat on day 6 and day 7

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### Kale chips

69 cals ● 2g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**salt**

1/3 tsp (2g)

**kale leaves**

1/3 bunch (57g)

**olive oil**

1 tsp (5mL)

For all 2 meals:

**salt**

1/4 tbsp (4g)

**kale leaves**

2/3 bunch (113g)

**olive oil**

2 tsp (10mL)

1. Preheat oven to 350 F (175 C). Line a baking sheet with parchment paper.
2. Trim the leaves from the stems and tear the leaves into bite sized pieces.
3. Wash the kale and dry completely (if still wet, it will greatly impact cooking results).
4. Drizzle olive oil over leaves (be conservative with the oil as too much can make the chips mushy).
5. Spread the leaves over the baking sheet and sprinkle with salt.
6. Bake about 10-15 minutes- until edges are browned but not burnt.
7. Serve

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### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

**nectarine, pitted**

1 medium (2-1/2" dia) (142g)

For all 2 meals:

**nectarine, pitted**

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:  
**sunflower kernels**  
1/2 oz (14g)

For all 2 meals:  
**sunflower kernels**  
1 oz (28g)

1. The recipe has no instructions.

Dinner 1 [↗](#)  
Eat on day 1

Lentils

174 cal ● 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.

Simple kale salad

1 cup(s) - 55 cal ● 1g protein ● 3g fat ● 5g carbs ● 1g fiber



Makes 1 cup(s)  
**kale leaves**  
1 cup, chopped (40g)  
**salad dressing**  
1 tbsp (15mL)

1. Toss kale in dressing of your choice and serve.

Basic shrimp

6 oz - 205 cal ● 34g protein ● 8g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**oil**

1/2 tbsp (8mL)

**shrimp, raw, peeled & deveined**

6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add the shrimp and cook for 2-3 minutes on each side until they turn pink and opaque. Season with salt, pepper or seasoning blend of choice.

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## Dinner 2 [↗](#)

Eat on day 2 and day 3

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### One pan roasted chicken & veggies

298 cals ● 40g protein ● 12g fat ● 5g carbs ● 3g fiber



For single meal:

**tomatoes**

2 tbsp cherry tomatoes (19g)

**oil**

1/2 tbsp (8mL)

**salt**

1 1/2 dash (1g)

**black pepper**

1 1/2 dash, ground (0g)

**onion, sliced**

1/8 medium (2-1/2" dia) (14g)

**broccoli**

4 tbsp chopped (23g)

**oregano, dried**

3 dash, ground (1g)

**boneless skinless chicken breast, raw**

6 oz (170g)

**red bell pepper, deseeded and sliced**

1/4 medium (approx 2-3/4" long, 2-1/2 dia.) (30g)

**zucchini, sliced**

1/4 medium (49g)

For all 2 meals:

**tomatoes**

4 tbsp cherry tomatoes (37g)

**oil**

1 tbsp (15mL)

**salt**

3 dash (2g)

**black pepper**

3 dash, ground (1g)

**onion, sliced**

1/4 medium (2-1/2" dia) (28g)

**broccoli**

1/2 cup chopped (46g)

**oregano, dried**

1/4 tbsp, ground (1g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**red bell pepper, deseeded and sliced**

1/2 medium (approx 2-3/4" long, 2-1/2 dia.) (60g)

**zucchini, sliced**

1/2 medium (98g)

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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### Bone both rice

184 cals ● 8g protein ● 1g fat ● 36g carbs ● 1g fiber





For single meal:

**chicken bone broth**  
1/2 cup(s) (mL)  
**long-grain white rice**  
4 tbsp (46g)

For all 2 meals:

**chicken bone broth**  
1 cup(s) (mL)  
**long-grain white rice**  
1/2 cup (93g)

1. In a saucepan with a good fitting lid bring bone broth to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. Do not lift lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

## Dinner 3 [↗](#)

Eat on day 4

### Mixed vegetables

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



Makes 3/4 cup(s)

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

1. Prepare according to instructions on package.

### Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



Makes 9 oz

**boneless skinless chicken thighs**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

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## Dinner 4 [↗](#)

Eat on day 5 and day 6

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### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**water**  
3 cup(s) (711mL)  
**salt**  
1 1/2 dash (1g)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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.

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### Marinated chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**marinade sauce**  
4 tbsp (60mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**marinade sauce**  
1/2 cup (120mL)

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.
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## Dinner 5 [↗](#)

Eat on day 7

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### Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



#### sweet potatoes

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

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 and serve.

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### Buttery tarragon tilapia

12 oz - 410 cals ● 68g protein ● 14g fat ● 2g carbs ● 0g fiber



Makes 12 oz

#### tilapia, raw

3/4 lbs (336g)

#### fresh tarragon

1/2 tbsp, chopped (1g)

#### butter

3/4 tbsp (11g)

#### garlic, minced

1 1/2 clove (5g)

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
  2. In a small bowl, microwave the butter for a few seconds until melted. Stir in the garlic, tarragon, and a pinch of salt.
  3. Place the tilapia fillets on the prepared baking sheet and spoon the buttery sauce evenly over the top.
  4. Bake for 12-15 minutes, or until the tilapia is opaque and flakes easily with a fork. Serve.
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