

Meal Plan - 1600 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

1635 cals ● 161g protein (40%) ● 61g fat (33%) ● 87g carbs (21%) ● 23g fiber (6%)

Breakfast

205 cals, 8g protein, 21g net carbs, 8g fat



Bacon

2 slice(s)- 101 cals



Apple

1 apple(s)- 105 cals

Snacks

205 cals, 42g protein, 4g net carbs, 1g fat



Double chocolate protein shake

206 cals

Lunch

610 cals, 53g protein, 25g net carbs, 28g fat



Avocado tuna salad stuffed pepper

2 half pepper(s)- 456 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Dinner

610 cals, 59g protein, 38g net carbs, 23g fat



Teriyaki chicken

8 oz- 380 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals



Tomato and avocado salad

117 cals

Day 2

1635 cals ● 161g protein (40%) ● 61g fat (33%) ● 87g carbs (21%) ● 23g fiber (6%)

Breakfast

205 cals, 8g protein, 21g net carbs, 8g fat



Bacon

2 slice(s)- 101 cals



Apple

1 apple(s)- 105 cals

Snacks

205 cals, 42g protein, 4g net carbs, 1g fat



Double chocolate protein shake

206 cals

Lunch

610 cals, 53g protein, 25g net carbs, 28g fat



Avocado tuna salad stuffed pepper

2 half pepper(s)- 456 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Dinner

610 cals, 59g protein, 38g net carbs, 23g fat



Teriyaki chicken

8 oz- 380 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals



Tomato and avocado salad

117 cals

Day 3

1592 cals ● 141g protein (35%) ● 71g fat (40%) ● 82g carbs (21%) ● 17g fiber (4%)

Breakfast

295 cals, 24g protein, 21g net carbs, 11g fat



Apple & peanut butter
1/2 apple(s)- 155 cals



Protein greek yogurt
1 container- 139 cals

Snacks

185 cals, 12g protein, 12g net carbs, 9g fat



Celery sticks
2 celery stalk- 13 cals



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



Celery and peanut butter
109 cals

Lunch

515 cals, 43g protein, 13g net carbs, 31g fat



Brussels sprout, apple & walnut side salad
253 cals



Rosemary chicken
6 oz- 262 cals

Dinner

600 cals, 63g protein, 36g net carbs, 20g fat



Mashed sweet potatoes with butter
249 cals



Seasoned broiled pork chops
1 1/2 chop(s)- 350 cals

Day 4

1646 cals ● 168g protein (41%) ● 58g fat (32%) ● 94g carbs (23%) ● 18g fiber (4%)

Breakfast

295 cals, 24g protein, 21g net carbs, 11g fat



Apple & peanut butter
1/2 apple(s)- 155 cals



Protein greek yogurt
1 container- 139 cals

Snacks

185 cals, 12g protein, 12g net carbs, 9g fat



Celery sticks
2 celery stalk- 13 cals



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



Celery and peanut butter
109 cals

Lunch

570 cals, 70g protein, 25g net carbs, 18g fat



Basic chicken breast
10 oz- 397 cals



Lentils
87 cals



Honey glazed carrots
85 cals

Dinner

600 cals, 63g protein, 36g net carbs, 20g fat



Mashed sweet potatoes with butter
249 cals



Seasoned broiled pork chops
1 1/2 chop(s)- 350 cals

Day 5

1608 cals ● 155g protein (39%) ● 61g fat (34%) ● 91g carbs (23%) ● 20g fiber (5%)

Breakfast

295 cals, 24g protein, 21g net carbs, 11g fat



Apple & peanut butter
1/2 apple(s)- 155 cals



Protein greek yogurt
1 container- 139 cals

Snacks

185 cals, 12g protein, 12g net carbs, 9g fat



Celery sticks
2 celery stalk- 13 cals



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



Celery and peanut butter
109 cals

Lunch

570 cals, 70g protein, 25g net carbs, 18g fat



Basic chicken breast
10 oz- 397 cals



Lentils
87 cals



Honey glazed carrots
85 cals

Dinner

560 cals, 50g protein, 33g net carbs, 22g fat



Beets
8 beets- 193 cals



Thyme & lime chicken thighs
368 cals

Day 6

1599 cals ● 147g protein (37%) ● 59g fat (33%) ● 98g carbs (25%) ● 22g fiber (6%)

Breakfast

270 cals, 27g protein, 6g net carbs, 15g fat



Carrot sticks
1 carrot(s)- 27 cals



Scrambled egg whites
243 cals

Snacks

235 cals, 13g protein, 13g net carbs, 13g fat



Bell pepper strips and hummus
85 cals



Walnuts
1/8 cup(s)- 87 cals



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

Lunch

535 cals, 58g protein, 46g net carbs, 10g fat



Lentils
260 cals



Easy garlic chicken
6 oz- 274 cals

Dinner

560 cals, 50g protein, 33g net carbs, 22g fat



Beets
8 beets- 193 cals



Thyme & lime chicken thighs
368 cals

Day 7

1610 cals ● 143g protein (35%) ● 53g fat (30%) ● 114g carbs (28%) ● 26g fiber (6%)

Breakfast

270 cals, 27g protein, 6g net carbs, 15g fat



Carrot sticks

1 carrot(s)- 27 cals



Scrambled egg whites

243 cals

Snacks

235 cals, 13g protein, 13g net carbs, 13g fat



Bell pepper strips and hummus

85 cals



Walnuts

1/8 cup(s)- 87 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Lunch

535 cals, 58g protein, 46g net carbs, 10g fat



Lentils

260 cals



Easy garlic chicken

6 oz- 274 cals

Dinner

570 cals, 45g protein, 49g net carbs, 16g fat



Edamame & beet salad

257 cals



Chicken-broccoli-rice bowl

314 cals

Grocery List



Beverages

- ☐ water
8 cup(s) (1856mL)

Sweets

- ☐ cocoa powder
1 tbsp (5g)
- ☐ maple syrup
1 tsp (5mL)
- ☐ honey
1 1/2 oz (46g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
6 tbsp (105g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/4 cup (283g)
- ☐ butter
1/3 stick (37g)
- ☐ egg whites
2 cup (486g)

Other

- ☐ protein powder, chocolate
3 scoop (1/3 cup ea) (93g)
- ☐ teriyaki sauce
1/2 cup (120mL)
- ☐ protein greek yogurt, flavored
3 container (450g)
- ☐ mixed greens
1 1/2 cup (45g)

Pork Products

- ☐ bacon, cooked
4 slice(s) (40g)
- ☐ pork chop, bone-in
3 chop (534g)

Fruits and Fruit Juices

- ☐ apples
3 1/2 medium (3" dia) (662g)
- ☐ avocados
1 1/2 avocado(s) (302g)

Vegetables and Vegetable Products

- ☐ bell pepper
2 3/4 large (447g)
- ☐ onion
1/2 medium (2-1/2" dia) (50g)
- ☐ tomatoes
1/2 medium whole (2-3/5" dia) (62g)
- ☐ brussels sprouts
3/4 cup (66g)
- ☐ garlic
3 1/2 clove(s) (11g)
- ☐ raw celery
9 stalk, medium (7-1/2" - 8" long) (360g)
- ☐ sweet potatoes
2 sweetpotato, 5" long (420g)
- ☐ carrots
5 3/4 medium (349g)
- ☐ beets, precooked (canned or refrigerated)
19 beet(s) (950g)
- ☐ edamame, frozen, shelled
3/4 cup (89g)
- ☐ frozen broccoli
1/4 package (71g)

Finfish and Shellfish Products

- ☐ canned tuna
2 can (344g)

Fats and Oils

- ☐ oil
2 3/4 oz (84mL)
- ☐ olive oil
3/4 oz (25mL)
- ☐ balsamic vinaigrette
1 1/2 tbsp (23mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/2 lbs (1630g)
- ☐ boneless skinless chicken thighs
1 lb (454g)

Cereal Grains and Pasta

- ☐ brown rice
1/3 cup (63g)

Nut and Seed Products

☐ lime juice
1 3/4 fl oz (55mL)

☐ lemon juice
1 tbsp (15mL)

Spices and Herbs

☐ salt
1/4 oz (7g)

☐ black pepper
1/8 oz (2g)

☐ garlic powder
3 dash (1g)

☐ apple cider vinegar
1/4 tbsp (4g)

☐ rosemary, dried
1 1/2 g (1g)

☐ sage
1 dash (0g)

☐ thyme, dried
5 dash, leaves (1g)

☐ seasoning salt
2 dash (2g)

☐ walnuts
1 1/2 oz (39g)

Legumes and Legume Products

☐ peanut butter
6 tbsp (96g)

☐ soy sauce
1/2 tbsp (8mL)

☐ lentils, raw
1 cup (192g)

☐ hummus
1/3 cup (81g)

Baked Products

☐ bread crumbs
4 tbsp (27g)

Meals, Entrees, and Side Dishes

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

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Bacon

2 slice(s) - 101 cals ● 7g protein ● 8g fat ● 0g carbs ● 0g fiber



For single meal:

bacon, cooked
2 slice(s) (20g)

For all 2 meals:

bacon, cooked
4 slice(s) (40g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples
1 medium (3" dia) (182g)

For all 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Apple & peanut butter

1/2 apple(s) - 155 cals ● 4g protein ● 8g fat ● 13g carbs ● 3g fiber



For single meal:

apples
1/2 medium (3" dia) (91g)
peanut butter
1 tbsp (16g)

For all 3 meals:

apples
1 1/2 medium (3" dia) (273g)
peanut butter
3 tbsp (48g)

1. Slice an apple and spread peanut butter evenly over each slice.
-

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 3 meals:

protein greek yogurt, flavored
3 container (450g)

1. Enjoy.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.
-

Scrambled egg whites

243 cals ● 26g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

egg whites
2 cup (486g)
oil
2 tbsp (30mL)

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.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cal ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)
canned tuna, drained
1 can (172g)

For all 2 meals:

avocados
1 avocado(s) (201g)
lime juice
2 tsp (10mL)
salt
2 dash (1g)
black pepper
2 dash (0g)
bell pepper
2 large (328g)
onion
1/2 small (35g)
canned tuna, drained
2 can (344g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Lowfat Greek yogurt

1 container(s) - 155 cal ● 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.

Lunch 2 [↗](#)

Eat on day 3

Brussels sprout, apple & walnut side salad

253 cals ● 4g protein ● 19g fat ● 12g carbs ● 4g fiber



maple syrup

1 tsp (5mL)

walnuts

2 tbsp, chopped (14g)

apple cider vinegar

1/4 tbsp (4g)

olive oil

3/4 tbsp (11mL)

apples, chopped

1/6 small (2-3/4" dia) (25g)

brussels sprouts, ends trimmed and discarded

3/4 cup (66g)

1. Thinly slice brussels sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Rosemary chicken

6 oz - 262 cals ● 38g protein ● 11g fat ● 1g carbs ● 0g fiber



Makes 6 oz

salt

1/2 dash (0g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

6 oz (170g)

lemon juice

1/2 tbsp (8mL)

rosemary, dried

1/4 tbsp (1g)

garlic, minced

1/2 clove(s) (2g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Basic chicken breast

10 oz - 397 cals ● 63g protein ● 16g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
oil
2 tsp (9mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
oil
1 1/4 tbsp (19mL)

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

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

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.

Honey glazed carrots

85 cals ● 1g protein ● 2g fat ● 12g carbs ● 3g fiber



For single meal:

butter
4 dash (2g)
carrots
4 oz (113g)
water
1/8 cup(s) (20mL)
honey
1/4 tbsp (5g)
salt
1/2 dash (0g)
lemon juice
1/4 tbsp (4mL)

For all 2 meals:

butter
1 tsp (5g)
carrots
1/2 lbs (227g)
water
1/6 cup(s) (39mL)
honey
1/2 tbsp (11g)
salt
1 dash (1g)
lemon juice
1/2 tbsp (8mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Lunch 4 [↗](#)

Eat on day 6 and day 7

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.

Easy garlic chicken

6 oz - 274 cals ● 40g protein ● 9g fat ● 8g carbs ● 1g fiber



For single meal:

butter
1/2 tbsp (7g)
boneless skinless chicken breast, raw
6 oz (170g)
bread crumbs
2 tbsp (14g)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

butter
1 tbsp (14g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
bread crumbs
4 tbsp (27g)
garlic, minced
3 clove(s) (9g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Double chocolate protein shake

206 cal ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
cocoa powder
1/2 tbsp (3g)
nonfat greek yogurt, plain
3 tbsp (53g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 2 meals:

water
3 cup(s) (711mL)
cocoa powder
1 tbsp (5g)
nonfat greek yogurt, plain
6 tbsp (105g)
protein powder, chocolate
3 scoop (1/3 cup ea) (93g)

1. Put all ingredients in a blender.
 2. Mix until well-blended. Add more water depending on your preferred consistency.
 3. Serve immediately.
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Snacks 2 [↗](#)

Eat on day 3, day 4, and day 5

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

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

For all 3 meals:

raw celery

6 stalk, medium (7-1/2" - 8" long)
(240g)

1. Slice celery into sticks and serve.

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.

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

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

peanut butter

1 tbsp (16g)

For all 3 meals:

raw celery

3 stalk, medium (7-1/2" - 8" long)
(120g)

peanut butter

3 tbsp (48g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Snacks 3 [↗](#)

Eat on day 6 and day 7

Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus

2 1/2 tbsp (41g)

bell pepper

1/2 medium (60g)

For all 2 meals:

hummus

1/3 cup (81g)

bell pepper

1 medium (119g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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.

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 and day 2

Teriyaki chicken

8 oz - 380 cals ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

For all 2 meals:

salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)
brown rice
1/3 cup (63g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia)
(31g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 2 [🔗](#)

Eat on day 3 and day 4

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)
butter
2 tsp (9g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Seasoned broiled pork chops

1 1/2 chop(s) - 350 cals ● 59g protein ● 12g fat ● 0g carbs ● 0g fiber



For single meal:

sage
1/2 dash (0g)
oil
1/2 tsp (3mL)
soy sauce
1/4 tbsp (4mL)
thyme, dried
1/2 dash, leaves (0g)
rosemary, dried
2 dash (0g)
seasoning salt
1 dash (1g)
garlic powder
1/2 dash (0g)
pork chop, bone-in
1 1/2 chop (267g)

For all 2 meals:

sage
1 dash (0g)
oil
1 tsp (5mL)
soy sauce
1/2 tbsp (8mL)
thyme, dried
1 dash, leaves (0g)
rosemary, dried
4 dash (1g)
seasoning salt
2 dash (2g)
garlic powder
1 dash (0g)
pork chop, bone-in
3 chop (534g)

1. Combine all ingredients except the chops, and mix well with small whisk.
2. Brush mixture on chops and either:
3. GRILL: by searing on both sides and then cooking more slowly for 30 minutes or until done, brushing chops occasionally with the sauce.
4. OR BROIL: place chops on a broiler rack 5" from heat and broil about 12 minutes per side or until done.

Dinner 3 [↗](#)

Eat on day 5 and day 6

Beets

8 beets - 193 cal ● 7g protein ● 1g fat ● 32g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

beets, precooked (canned or refrigerated)
16 beet(s) (800g)

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

Thyme & lime chicken thighs

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



For single meal:

boneless skinless chicken thighs
1/2 lb (227g)
thyme, dried
2 dash, leaves (0g)
lime juice
1 tbsp (15mL)
oil
1/2 tbsp (8mL)

For all 2 meals:

boneless skinless chicken thighs
1 lb (454g)
thyme, dried
4 dash, leaves (1g)
lime juice
2 tbsp (30mL)
oil
1 tbsp (15mL)

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.

Dinner 4 [↗](#)

Eat on day 7

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



mixed greens
1 1/2 cup (45g)
balsamic vinaigrette
1 1/2 tbsp (23mL)
edamame, frozen, shelled
3/4 cup (89g)
beets, precooked (canned or refrigerated), chopped
3 beet(s) (150g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Chicken-broccoli-rice bowl

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



frozen broccoli

1/4 package (71g)

flavored rice mix

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

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/2 tsp (3mL)

boneless skinless chicken breast, raw

4 oz (112g)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
 2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
 3. When everything is ready mix it all together and serve.
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