

# Meal Plan - 1700 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

1688 cals ● 150g protein (36%) ● 84g fat (45%) ● 64g carbs (15%) ● 19g fiber (4%)

### Breakfast

375 cals, 21g protein, 29g net carbs, 17g fat



**English bubble & squeak**  
2 patties- 215 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Lunch

555 cals, 47g protein, 18g net carbs, 29g fat



**Protein greek yogurt**  
1 container- 139 cals



**Avocado tuna salad stuffed pepper**  
1 half pepper(s)- 228 cals



**Pistachios**  
188 cals

### Snacks

250 cals, 21g protein, 12g net carbs, 12g fat



**Yogurt and cucumber**  
132 cals



**Sunflower seeds**  
120 cals

### Dinner

510 cals, 62g protein, 5g net carbs, 26g fat



**Sautéed peppers and onions**  
63 cals



**Simple roasted cod**  
12 oz- 445 cals

## Day 2

1702 cals ● 171g protein (40%) ● 75g fat (39%) ● 64g carbs (15%) ● 24g fiber (6%)

### Breakfast

375 cals, 21g protein, 29g net carbs, 17g fat



**English bubble & squeak**  
2 patties- 215 cals



**Basic fried eggs**  
2 egg(s)- 159 cals

### Lunch

555 cals, 47g protein, 18g net carbs, 29g fat



**Protein greek yogurt**  
1 container- 139 cals



**Avocado tuna salad stuffed pepper**  
1 half pepper(s)- 228 cals



**Pistachios**  
188 cals

### Snacks

250 cals, 21g protein, 12g net carbs, 12g fat



**Yogurt and cucumber**  
132 cals



**Sunflower seeds**  
120 cals

### Dinner

520 cals, 82g protein, 5g net carbs, 17g fat



**Basic chicken breast tenderloins**  
12 oz- 449 cals



**Broccoli**  
2 1/2 cup(s)- 73 cals

## Day 3

1669 cals ● 174g protein (42%) ● 59g fat (32%) ● 88g carbs (21%) ● 22g fiber (5%)

### Breakfast

295 cals, 20g protein, 17g net carbs, 14g fat



#### Orange

1 orange(s)- 85 cals



#### Boiled eggs

3 egg(s)- 208 cals

### Snacks

220 cals, 15g protein, 7g net carbs, 14g fat



#### Ricotta & walnuts

1/2 cup(s)- 220 cals

### Lunch

635 cals, 56g protein, 60g net carbs, 14g fat



#### Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals



#### Simple kale & avocado salad

115 cals

### Dinner

520 cals, 82g protein, 5g net carbs, 17g fat



#### Basic chicken breast tenderloins

12 oz- 449 cals



#### Broccoli

2 1/2 cup(s)- 73 cals

## Day 4

1733 cals ● 154g protein (36%) ● 56g fat (29%) ● 130g carbs (30%) ● 23g fiber (5%)

### Breakfast

295 cals, 20g protein, 17g net carbs, 14g fat



#### Orange

1 orange(s)- 85 cals



#### Boiled eggs

3 egg(s)- 208 cals

### Snacks

220 cals, 15g protein, 7g net carbs, 14g fat



#### Ricotta & walnuts

1/2 cup(s)- 220 cals

### Lunch

635 cals, 56g protein, 60g net carbs, 14g fat



#### Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals



#### Simple kale & avocado salad

115 cals

### Dinner

585 cals, 62g protein, 46g net carbs, 13g fat



#### Chicken-broccoli-quinoa bowl

585 cals

## Day 5

1674 cals ● 170g protein (41%) ● 71g fat (38%) ● 61g carbs (15%) ● 29g fiber (7%)

### Breakfast

295 cals, 20g protein, 17g net carbs, 14g fat



#### Orange

1 orange(s)- 85 cals



#### Boiled eggs

3 egg(s)- 208 cals

### Snacks

270 cals, 6g protein, 26g net carbs, 13g fat



#### Walnuts

1/6 cup(s)- 131 cals



#### Nectarine

2 nectarine(s)- 140 cals

### Lunch

545 cals, 71g protein, 10g net carbs, 21g fat



#### Tossed salad

121 cals



#### Basic chicken breast

10 2/3 oz- 423 cals

### Dinner

565 cals, 72g protein, 8g net carbs, 22g fat



#### Garlic collard greens

212 cals



#### Marinaded chicken breast

10 oz- 353 cals

## Day 6

1690 cals ● 161g protein (38%) ● 71g fat (38%) ● 81g carbs (19%) ● 20g fiber (5%)

### Breakfast

250 cals, 21g protein, 10g net carbs, 13g fat



#### Carrot sticks

2 carrot(s)- 54 cals



#### High protein scrambled eggs

198 cals

### Snacks

270 cals, 6g protein, 26g net carbs, 13g fat



#### Walnuts

1/6 cup(s)- 131 cals



#### Nectarine

2 nectarine(s)- 140 cals

### Lunch

545 cals, 71g protein, 10g net carbs, 21g fat



#### Tossed salad

121 cals



#### Basic chicken breast

10 2/3 oz- 423 cals

### Dinner

625 cals, 63g protein, 34g net carbs, 25g fat



#### Grilled chicken sandwich

1 sandwich(es)- 460 cals



#### Mixed nuts

1/6 cup(s)- 163 cals

## Day 7

1774 cals ● 146g protein (33%) ● 85g fat (43%) ● 87g carbs (20%) ● 20g fiber (4%)

### Breakfast

250 cals, 21g protein, 10g net carbs, 13g fat



#### Carrot sticks

2 carrot(s)- 54 cals



#### High protein scrambled eggs

198 cals

### Snacks

270 cals, 6g protein, 26g net carbs, 13g fat



#### Walnuts

1/6 cup(s)- 131 cals



#### Nectarine

2 nectarine(s)- 140 cals

### Lunch

625 cals, 57g protein, 16g net carbs, 35g fat



#### Broccoli

2 cup(s)- 58 cals



#### Honey mustard chicken thighs

1 1/3 thigh(s)- 569 cals

### Dinner

625 cals, 63g protein, 34g net carbs, 25g fat



#### Grilled chicken sandwich

1 sandwich(es)- 460 cals



#### Mixed nuts

1/6 cup(s)- 163 cals

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# Grocery List



## Fats and Oils

- oil  
3 oz (87mL)
- olive oil  
1 oz (27mL)
- salad dressing  
2 tbsp (31mL)
- marinade sauce  
5 tbsp (74mL)

## Dairy and Egg Products

- nonfat greek yogurt, plain  
4 tbsp (70g)
- eggs  
17 large (850g)
- lowfat greek yogurt  
1 cup (280g)
- part-skim ricotta cheese  
1 cup (248g)
- low fat cottage cheese (1% milkfat)  
1/2 cup (113g)

## Vegetables and Vegetable Products

- brussels sprouts  
2 cup, shredded (100g)
- potatoes  
4 small (1-3/4" to 2-1/4" dia.) (368g)
- bell pepper  
1 1/2 large (246g)
- onion  
3/8 medium (2-1/2" dia) (45g)
- cucumber  
1 1/4 cucumber (8-1/4") (376g)
- frozen broccoli  
1 3/4 lbs (779g)
- sweet potatoes  
2 sweetpotato, 5" long (420g)
- kale leaves  
1/2 bunch (85g)
- romaine lettuce  
1 hearts (500g)
- tomatoes  
1 1/2 medium whole (2-3/5" dia) (181g)
- red onion  
1/4 medium (2-1/2" dia) (28g)
- carrots  
5 medium (294g)
- collard greens  
2/3 lbs (302g)

## Fruits and Fruit Juices

- avocados  
1 avocado(s) (201g)
- lime juice  
1 tsp (5mL)
- lemon  
1/2 small (29g)
- orange  
3 orange (462g)
- nectarine  
6 medium (2-1/2" dia) (852g)

## Spices and Herbs

- salt  
3 g (3g)
- black pepper  
1/2 g (1g)
- cinnamon  
2 dash (1g)
- dijon mustard  
1 tbsp (15g)
- brown deli mustard  
2 tsp (10g)
- thyme, dried  
1/4 tbsp, ground (1g)

## Finfish and Shellfish Products

- canned tuna  
1 can (172g)
- cod, raw  
3/4 lbs (340g)

## Nut and Seed Products

- pistachios, shelled  
1/2 cup (62g)
- sunflower kernels  
1 1/3 oz (38g)
- walnuts  
2 1/2 oz (70g)
- mixed nuts  
6 tbsp (50g)

## Soups, Sauces, and Gravies

- barbecue sauce  
1/3 cup (95g)

## Poultry Products

**garlic**  
2 clove(s) (6g)

## Other

**protein greek yogurt, flavored**  
2 container (300g)

**chicken breast tenderloins, raw**  
1 1/2 lbs (680g)

**calorie-free sweetener**  
1 tsp (4g)

**flavored quinoa mix**  
1/2 package (4.9 oz) (69g)

**mixed greens**  
1/2 cup (15g)

**boneless skinless chicken breast, raw**  
4 1/2 lbs (2003g)

**chicken thighs, with bone and skin, raw**  
1 1/3 thigh(s) (227g)

## Baked Products

**kaiser rolls**  
2 roll (3-1/2" dia) (114g)

## Sweets

**honey**  
2 tsp (14g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### English bubble & squeak

2 patties - 215 cals ● 8g protein ● 5g fat ● 28g carbs ● 6g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**brussels sprouts, shredded**  
1 cup, shredded (50g)  
**potatoes, peeled & cut into chunks**  
2 small (1-3/4" to 2-1/4" dia.)  
(184g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**brussels sprouts, shredded**  
2 cup, shredded (100g)  
**potatoes, peeled & cut into chunks**  
4 small (1-3/4" to 2-1/4" dia.)  
(368g)

1. Add potatoes to a pot, cover with water, and boil for 10-15 minutes until fork-tender. Drain and mash the potatoes with a fork. Season with salt and pepper.
2. In a large bowl, mix the mash potatoes and Brussels sprouts. Season generously with salt and pepper.
3. Form into patties (use number of patties listed in recipe details).
4. Heat oil in a skillet over medium heat. Press patties into the oil and leave undisturbed until browned on one side, about 2-3 minutes. Flip and cook the other side.
5. Serve with a dollop of Greek yogurt.

### Basic fried eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

**eggs**  
4 large (200g)  
**oil**  
1 tsp (5mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

1. The recipe has no instructions.

### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

**carrots**  
2 medium (122g)

For all 2 meals:

**carrots**  
4 medium (244g)

1. Cut carrots into strips and serve.

### High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)

For all 2 meals:

**eggs**  
4 large (200g)  
**oil**  
1 tsp (5mL)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

## Lunch 1 ↗

Eat on day 1 and day 2

### 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 stuffed pepper

1 half pepper(s) - 228 cals ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

**avocados**  
1/4 avocado(s) (50g)  
**lime juice**  
1/2 tsp (3mL)  
**salt**  
1/2 dash (0g)  
**black pepper**  
1/2 dash (0g)  
**bell pepper**  
1/2 large (82g)  
**onion**  
1/8 small (9g)  
**canned tuna, drained**  
1/2 can (86g)

For all 2 meals:

**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)

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.

### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, shelled**  
4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.

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## Lunch 2 ↗

Eat on day 3 and day 4

### Bbq chicken stuffed sweet potatoes

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



For single meal:

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

For all 2 meals:

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

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

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### Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

**kale leaves, chopped**  
1/4 bunch (43g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**lemon, juiced**  
1/4 small (15g)

For all 2 meals:

**kale leaves, chopped**  
1/2 bunch (85g)  
**avocados, chopped**  
1/2 avocado(s) (101g)  
**lemon, juiced**  
1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

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## Lunch 3 ↗

Eat on day 5 and day 6

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### Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



For single meal:

**romaine lettuce, shredded**  
1/2 hearts (250g)  
**tomatoes, diced**  
1/2 small whole (2-2/5" dia) (46g)  
**salad dressing**  
1 tbsp (15mL)  
**red onion, sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced or diced**  
1/8 cucumber (8-1/4") (38g)  
**carrots, peeled and shredded or sliced**  
1/2 small (5-1/2" long) (25g)

For all 2 meals:

**romaine lettuce, shredded**  
1 hearts (500g)  
**tomatoes, diced**  
1 small whole (2-2/5" dia) (91g)  
**salad dressing**  
2 tbsp (30mL)  
**red onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced or diced**  
1/4 cucumber (8-1/4") (75g)  
**carrots, peeled and shredded or sliced**  
1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

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### Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
2/3 lbs (299g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)  
**oil**  
4 tsp (20mL)

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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## Lunch 4 ↗

Eat on day 7

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### Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**frozen broccoli**  
2 cup (182g)

1. Prepare according to instructions on package.

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### Honey mustard chicken thighs

1 1/3 thigh(s) - 569 cals ● 51g protein ● 35g fat ● 12g carbs ● 1g fiber



Makes 1 1/3 thigh(s)

**brown deli mustard**

2 tsp (10g)

**thyme, dried**

1/4 tbsp, ground (1g)

**honey**

2 tsp (14g)

**chicken thighs, with bone and skin, raw**

1 1/3 thigh(s) (227g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

## Snacks 1

Eat on day 1 and day 2

### Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

**cucumber**

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

**lowfat greek yogurt**

1/2 cup (140g)

For all 2 meals:

**cucumber**

1 cucumber (8-1/4") (301g)

**lowfat greek yogurt**

1 cup (280g)

1. Slice cucumber and dip in yogurt.

### 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.

## Snacks 2

Eat on day 3 and day 4

### Ricotta & walnuts

1/2 cup(s) - 220 cals  15g protein  14g fat  7g carbs  1g fiber



For single meal:

**part-skim ricotta cheese**  
1/2 cup (124g)  
**walnuts**  
1 tbsp, chopped (7g)  
**cinnamon**  
1 dash (0g)  
**calorie-free sweetener**  
4 dash (2g)

For all 2 meals:

**part-skim ricotta cheese**  
1 cup (248g)  
**walnuts**  
2 tbsp, chopped (14g)  
**cinnamon**  
2 dash (1g)  
**calorie-free sweetener**  
1 tsp (4g)

1. If using sweetener, mix it in with the ricotta.
2. Dust walnuts with some cinnamon and sprinkle them on top of the ricotta.

Serve.

## Snacks 3

Eat on day 5, day 6, and day 7

### Walnuts

1/6 cup(s) - 131 cals  3g protein  12g fat  1g carbs  1g fiber



For single meal:

**walnuts**  
3 tbsp, shelled (19g)

For all 3 meals:

**walnuts**  
1/2 cup, shelled (56g)

1. The recipe has no instructions.

### Nectarine

2 nectarine(s) - 140 cals  3g protein  1g fat  25g carbs  5g fiber



For single meal:  
**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

For all 3 meals:  
**nectarine, pitted**  
6 medium (2-1/2" dia) (852g)

1. Remove nectarine pit, slice, and serve.

## Dinner 1 ↗

Eat on day 1

### Sauteed peppers and onions

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



**oil**  
1/4 tbsp (4mL)  
**onion, sliced**  
1/4 medium (2-1/2" dia) (28g)  
**bell pepper, sliced into strips**  
1/2 large (82g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

### Simple roasted cod

12 oz - 445 cals ● 61g protein ● 23g fat ● 0g carbs ● 0g fiber



Makes 12 oz

**olive oil**  
1 1/2 tbsp (23mL)  
**cod, raw**  
3/4 lbs (340g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

## Dinner 2 ↗

Eat on day 2 and day 3

### Basic chicken breast tenderloins

12 oz - 449 cals ● 75g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1 tbsp (15mL)  
**chicken breast tenderloins, raw**  
3/4 lbs (340g)

For all 2 meals:

**oil**  
2 tbsp (30mL)  
**chicken breast tenderloins, raw**  
1 1/2 lbs (680g)

1. Season tenderloins with salt, pepper, or your favorite seasoning blend.
2. Stove: Heat oil in a skillet or grill pan over medium heat and cook tenderloins for 3-4 minutes per side until golden brown and cooked through. Oven: Preheat the oven to 400°F (200°C), place tenderloins on a baking sheet, and bake for 15-20 minutes or until internal temperature reaches 165°F (74°C).

### Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



For single meal:

**frozen broccoli**  
2 1/2 cup (228g)

For all 2 meals:

**frozen broccoli**  
5 cup (455g)

1. Prepare according to instructions on package.

## Dinner 3 ↗

Eat on day 4

### Chicken-broccoli-quinoa bowl

585 cals ● 62g protein ● 13g fat ● 46g carbs ● 8g fiber



**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**olive oil**  
1 tsp (5mL)  
**frozen broccoli**  
1/2 package (142g)  
**flavored quinoa mix**  
1/2 package (4.9 oz) (69g)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (224g)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate—whichever you prefer!) Serve.

## Dinner 4 ↗

Eat on day 5

### Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



**collard greens**  
2/3 lbs (302g)  
**oil**  
2 tsp (10mL)  
**salt**  
1 1/3 dash (1g)  
**garlic, minced**  
2 clove(s) (6g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and sauté until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### 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.

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## Dinner 5 ↗

Eat on day 6 and day 7

### Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**tomatoes**  
3 slice(s), thin/small (45g)  
**mixed greens**  
4 tbsp (8g)  
**dijon mustard**  
1/2 tbsp (8g)  
**kaiser rolls**  
1 roll (3-1/2" dia) (57g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**mixed greens**  
1/2 cup (15g)  
**dijon mustard**  
1 tbsp (15g)  
**kaiser rolls**  
2 roll (3-1/2" dia) (114g)  
**oil**  
1 tsp (5mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

### Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



For single meal:

**mixed nuts**  
3 tbsp (25g)

For all 2 meals:

**mixed nuts**  
6 tbsp (50g)

1. The recipe has no instructions.