

# Meal Plan - 1800 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

1779 cals ● 161g protein (36%) ● 62g fat (31%) ● 124g carbs (28%) ● 21g fiber (5%)

### Breakfast

340 cals, 26g protein, 38g net carbs, 8g fat



Lowfat Greek yogurt  
1 container(s)- 155 cals



Breakfast cereal with protein milk  
186 cals

### Snacks

265 cals, 21g protein, 12g net carbs, 13g fat



Clementine  
1 clementine(s)- 39 cals



Roasted almonds  
1/8 cup(s)- 111 cals



Tuna cucumber bites  
115 cals

### Lunch

590 cals, 56g protein, 62g net carbs, 10g fat



Tomato cucumber salad  
71 cals



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

### Dinner

585 cals, 58g protein, 12g net carbs, 31g fat



Tomato and avocado salad  
117 cals



Chicken marsala  
8 oz chicken- 466 cals

## Day 2

1807 cals ● 191g protein (42%) ● 65g fat (32%) ● 96g carbs (21%) ● 20g fiber (4%)

### Breakfast

340 cals, 26g protein, 38g net carbs, 8g fat



Lowfat Greek yogurt  
1 container(s)- 155 cals



Breakfast cereal with protein milk  
186 cals

### Snacks

265 cals, 21g protein, 12g net carbs, 13g fat



Clementine  
1 clementine(s)- 39 cals



Roasted almonds  
1/8 cup(s)- 111 cals



Tuna cucumber bites  
115 cals

### Lunch

570 cals, 80g protein, 4g net carbs, 25g fat



Sautéed mushrooms  
4 oz mushrooms- 95 cals



Balsamic chicken breast  
12 oz- 473 cals

### Dinner

635 cals, 63g protein, 42g net carbs, 19g fat



Baked chicken with tomatoes & olives  
9 oz- 449 cals



Mashed sweet potatoes  
183 cals

## Day 3

1860 cals ● 179g protein (39%) ● 67g fat (33%) ● 115g carbs (25%) ● 19g fiber (4%)

### Breakfast

340 cals, 26g protein, 38g net carbs, 8g fat

#### Lowfat Greek yogurt



1 container(s)- 155 cals

#### Breakfast cereal with protein milk



186 cals

### Lunch

605 cals, 54g protein, 23g net carbs, 29g fat

#### Basic chicken breast



8 oz- 317 cals

#### Tomato and avocado salad



156 cals

#### Sweet potato wedges



130 cals

### Snacks

305 cals, 37g protein, 22g net carbs, 7g fat

#### Protein greek yogurt



1 container- 139 cals

#### Clementine



1 clementine(s)- 39 cals

#### Protein shake (milk)



129 cals

### Dinner

605 cals, 63g protein, 33g net carbs, 23g fat

#### Grilled chicken sandwich



1 sandwich(es)- 460 cals

#### Roasted almonds



1/6 cup(s)- 148 cals

## Day 4

1779 cals ● 174g protein (39%) ● 74g fat (38%) ● 83g carbs (19%) ● 21g fiber (5%)

### Breakfast

260 cals, 20g protein, 6g net carbs, 15g fat

#### Blackberries



3/4 cup(s)- 52 cals

#### Boiled eggs



3 egg(s)- 208 cals

### Lunch

605 cals, 54g protein, 23g net carbs, 29g fat

#### Basic chicken breast



8 oz- 317 cals

#### Tomato and avocado salad



156 cals

#### Sweet potato wedges



130 cals

### Snacks

305 cals, 37g protein, 22g net carbs, 7g fat

#### Protein greek yogurt



1 container- 139 cals

#### Clementine



1 clementine(s)- 39 cals

#### Protein shake (milk)



129 cals

### Dinner

605 cals, 63g protein, 33g net carbs, 23g fat

#### Grilled chicken sandwich



1 sandwich(es)- 460 cals

#### Roasted almonds



1/6 cup(s)- 148 cals

## Day 5

1839 cals ● 161g protein (35%) ● 87g fat (43%) ● 84g carbs (18%) ● 18g fiber (4%)

### Breakfast

260 cals, 20g protein, 6g net carbs, 15g fat



**Blackberries**  
3/4 cup(s)- 52 cals



**Boiled eggs**  
3 egg(s)- 208 cals

### Snacks

305 cals, 37g protein, 22g net carbs, 7g fat



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



**Clementine**  
1 clementine(s)- 39 cals



**Protein shake (milk)**  
129 cals

### Lunch

645 cals, 47g protein, 46g net carbs, 28g fat



**Turkey mac and cheese**  
430 cals



**Caprese salad**  
213 cals

### Dinner

630 cals, 57g protein, 10g net carbs, 37g fat



**Salmon with herb mustard yogurt sauce**  
547 cals



**Sugar snap peas**  
82 cals

## Day 6

1839 cals ● 160g protein (35%) ● 72g fat (35%) ● 114g carbs (25%) ● 25g fiber (5%)

### Breakfast

340 cals, 21g protein, 19g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Blackberry & granola parfait**  
229 cals

### Snacks

275 cals, 21g protein, 22g net carbs, 9g fat



**String cheese**  
1 stick(s)- 83 cals



**Strawberry banana protein smoothie**  
1/2 smoothie(s)- 194 cals

### Lunch

610 cals, 56g protein, 54g net carbs, 15g fat



**Mashed sweet potatoes**  
275 cals



**Pan fried tilapia**  
9 oz- 335 cals

### Dinner

615 cals, 61g protein, 18g net carbs, 31g fat



**Simple mixed greens salad**  
170 cals



**Chicken parmesan**  
443 cals

## Day 7

1839 cals ● 160g protein (35%) ● 72g fat (35%) ● 114g carbs (25%) ● 25g fiber (5%)

### Breakfast

340 cals, 21g protein, 19g net carbs, 17g fat



#### Roasted almonds

1/8 cup(s)- 111 cals



#### Blackberry & granola parfait

229 cals

### Snacks

275 cals, 21g protein, 22g net carbs, 9g fat



#### String cheese

1 stick(s)- 83 cals



#### Strawberry banana protein smoothie

1/2 smoothie(s)- 194 cals

### Lunch

610 cals, 56g protein, 54g net carbs, 15g fat



#### Mashed sweet potatoes

275 cals



#### Pan fried tilapia

9 oz- 335 cals

### Dinner

615 cals, 61g protein, 18g net carbs, 31g fat



#### Simple mixed greens salad

170 cals



#### Chicken parmesan

443 cals

---

# Grocery List



## Dairy and Egg Products

- lowfat flavored greek yogurt  
3 (5.3 oz ea) container(s) (450g)
- whole milk  
3 1/4 cup(s) (780mL)
- eggs  
6 large (300g)
- fresh mozzarella cheese  
1 1/2 oz (43g)
- nonfat greek yogurt, plain  
2 3/4 tbsp (47g)
- lowfat greek yogurt  
1 cup (280g)
- mozzarella cheese, shredded  
4 tbsp (22g)
- parmesan cheese  
4 tbsp (25g)
- string cheese  
2 stick (56g)

## Breakfast Cereals

- breakfast cereal  
2 1/4 serving (68g)
- granola  
1/2 cup (45g)

## Beverages

- protein powder  
3 1/2 scoop (1/3 cup ea) (112g)
- water  
1/2 cup (115mL)

## Fats and Oils

- salad dressing  
1/4 lbs (128mL)
- olive oil  
1 oz (37mL)
- oil  
2 3/4 oz (82mL)
- balsamic vinaigrette  
2 oz (60mL)

## Vegetables and Vegetable Products

- red onion  
1/4 small (18g)
- cucumber  
3/4 cucumber (8-1/4") (226g)

## Fruits and Fruit Juices

- lime juice  
2 tbsp (27mL)
- avocados  
1 avocado(s) (184g)
- lemon juice  
3 1/2 tsp (18mL)
- clementines  
5 fruit (370g)
- green olives  
9 large (40g)
- blackberries  
2 cup (288g)
- frozen strawberries  
1 1/2 cup, unthawed (224g)
- banana  
1 medium (7" to 7-7/8" long) (118g)

## Spices and Herbs

- garlic powder  
1/2 tsp (1g)
- salt  
2 tsp (13g)
- black pepper  
1/8 oz (4g)
- balsamic vinegar  
1/2 tbsp (8mL)
- chili powder  
1/2 tbsp (4g)
- fresh basil  
10 1/2 g (11g)
- dijon mustard  
2/3 oz (18g)
- dried dill weed  
1/3 tsp (0g)
- oregano, dried  
4 dash, leaves (1g)

## Nut and Seed Products

- almonds  
1/4 lbs (131g)

## Finfish and Shellfish Products

- canned tuna  
2 packet (148g)
- salmon  
1/2 lbs (227g)

- tomatoes**  
4 medium whole (2-3/5" dia) (492g)
- sweet potatoes**  
6 sweetpotato, 5" long (1260g)
- onion**  
2 tbsp minced (28g)
- mushrooms**  
1/2 lbs (227g)
- garlic**  
1 clove(s) (3g)
- fresh spinach**  
1/2 cup(s) (15g)
- frozen sugar snap peas**  
1 1/3 cup (192g)

- tilapia, raw**  
18 oz (504g)

## Other

- italian seasoning**  
3 dash (1g)
- mixed greens**  
2 package (5.5 oz) (318g)
- protein greek yogurt, flavored**  
3 container (450g)
- mac and cheese box, unprepared**  
1/4 box (52g)
- ice cubes**  
1 cup(s) (140g)

## Soups, Sauces, and Gravies

- barbecue sauce**  
2 3/4 tbsp (48g)
- vegetable broth**  
1/4 cup(s) (mL)
- pasta sauce**  
1/2 cup (130g)

## Baked Products

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

## Poultry Products

- boneless skinless chicken breast, raw**  
5 1/3 lbs (2399g)
- ground turkey, raw**  
1/4 lbs (128g)

---

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Lowfat Greek yogurt

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



For single meal:

**lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

**lowfat flavored greek yogurt**  
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

### Breakfast cereal with protein milk

186 cals ● 14g protein ● 4g fat ● 22g carbs ● 2g fiber



For single meal:

**breakfast cereal**  
3/4 serving (23g)  
**whole milk**  
3/8 cup(s) (90mL)  
**protein powder**  
3/8 scoop (1/3 cup ea) (12g)

For all 3 meals:

**breakfast cereal**  
2 1/4 serving (68g)  
**whole milk**  
1 cup(s) (270mL)  
**protein powder**  
1 scoop (1/3 cup ea) (35g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Blackberries

3/4 cup(s) - 52 cals ● 2g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**blackberries**

3/4 cup (108g)

For all 2 meals:

**blackberries**

1 1/2 cup (216g)

1. Rinse blackberries and serve.

### Boiled eggs

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



For single meal:

**eggs**

3 large (150g)

For all 2 meals:

**eggs**

6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Blackberry & granola parfait

229 cals ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

**lowfat greek yogurt**  
1/2 cup (140g)  
**granola**  
4 tbsp (23g)  
**blackberries, roughly chopped**  
4 tbsp (36g)

For all 2 meals:

**lowfat greek yogurt**  
1 cup (280g)  
**granola**  
1/2 cup (45g)  
**blackberries, roughly chopped**  
1/2 cup (72g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

## Lunch 1 ↗

Eat on day 1

### Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



**salad dressing**

1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 small (18g)  
**cucumber, thinly sliced**  
1/4 cucumber (8-1/4") (75g)  
**tomatoes, thinly sliced**  
1/2 medium whole (2-3/5" dia) (62g)

1. Mix ingredients together in a bowl and serve.

## 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

### Sauteed mushrooms

4 oz mushrooms - 95 cals ● 4g protein ● 7g fat ● 3g carbs ● 1g fiber



Makes 4 oz mushrooms

**oil**

1/2 tbsp (8mL)

**mushrooms, sliced**

4 oz (113g)

1. Heat oil in a skillet over medium heat.
2. Add mushrooms to the skillet and cook until softened, about 5-10 minutes.
3. Season with salt/pepper and any spices or herbs you have on hand. Serve.

---

### Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**balsamic vinaigrette**  
3 tbsp (45mL)  
**oil**  
1/2 tbsp (8mL)  
**italian seasoning**  
3 dash (1g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

## Lunch 3

Eat on day 3 and day 4

### Basic chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**oil**  
1 tbsp (15mL)

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.

### Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

**onion**  
2 tsp minced (10g)  
**lime juice**  
2 tsp (10mL)  
**olive oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/3 dash (1g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**avocados, cubed**  
1/3 avocado(s) (67g)  
**tomatoes, diced**  
1/3 medium whole (2-3/5" dia)  
(41g)

For all 2 meals:

**onion**  
4 tsp minced (20g)  
**lime juice**  
4 tsp (20mL)  
**olive oil**  
1 tsp (5mL)  
**garlic powder**  
1/3 tsp (1g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**avocados, cubed**  
2/3 avocado(s) (134g)  
**tomatoes, diced**  
2/3 medium whole (2-3/5" dia)  
(82g)

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.

## Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**salt**  
2 dash (2g)  
**black pepper**  
1 dash, ground (0g)  
**sweet potatoes, cut into wedges**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**salt**  
4 dash (3g)  
**black pepper**  
2 dash, ground (1g)  
**sweet potatoes, cut into wedges**  
1 sweetpotato, 5" long (210g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

## Lunch 4 ↗

Eat on day 5

### Turkey mac and cheese

430 cals ● 35g protein ● 14g fat ● 39g carbs ● 2g fiber



#### ground turkey, raw

1/4 lbs (128g)

#### fresh spinach

1/2 cup(s) (15g)

#### whole milk

3/8 cup(s) (90mL)

#### mac and cheese box, unprepared

1/4 box (52g)

#### water, hot

3/8 cup(s) (89mL)

1. Cook ground turkey in a large skillet over medium-high heat 6-8 minutes, breaking up and stirring.
2. Stir in hot water, milk, macaroni, and cheese powder. Bring to a boil.
3. Simmer about 7-9 minutes, stirring occasionally, until pasta is tender.
4. Stir in the spinach and cook for another 2 minutes until spinach has wilted. Serve.

### Caprese salad

213 cals ● 12g protein ● 14g fat ● 7g carbs ● 3g fiber



#### 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 5 ↗

Eat on day 6 and day 7

### Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

**sweet potatoes**  
3 sweetpotato, 5" long (630g)

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.

### Pan fried tilapia

9 oz - 335 cals ● 51g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
3/4 tbsp (11mL)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**tilapia, raw**  
1/2 lbs (252g)

For all 2 meals:

**olive oil**  
1 1/2 tbsp (23mL)  
**black pepper**  
1/4 tbsp, ground (2g)  
**salt**  
1/4 tbsp (5g)  
**tilapia, raw**  
18 oz (504g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

## Snacks 1 ↗

Eat on day 1 and day 2

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 2 meals:

**clementines**  
2 fruit (148g)

1. The recipe has no instructions.

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

**canned tuna**  
1 packet (74g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**canned tuna**  
2 packet (148g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### 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.

### Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

**clementines**  
1 fruit (74g)

For all 3 meals:

**clementines**  
3 fruit (222g)

1. The recipe has no instructions.

### Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

**whole milk**  
1/2 cup(s) (120mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

**whole milk**  
1 1/2 cup(s) (360mL)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

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

## Snacks 3 ↗

Eat on day 6 and day 7

### String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

**string cheese**  
1 stick (28g)

For all 2 meals:

**string cheese**  
2 stick (56g)

1. The recipe has no instructions.

### Strawberry banana protein smoothie

1/2 smoothie(s) - 194 cals ● 15g protein ● 4g fat ● 21g carbs ● 5g fiber



For single meal:

**ice cubes**  
1/2 cup(s) (70g)  
**frozen strawberries**  
3/4 cup, unthawed (112g)  
**almonds**  
5 almond (6g)  
**water**  
1 tbsp (15mL)  
**protein powder**  
1/2 scoop (1/3 cup ea) (16g)  
**banana, frozen, peeled and sliced**  
1/2 medium (7" to 7-7/8" long)  
(59g)

For all 2 meals:

**ice cubes**  
1 cup(s) (140g)  
**frozen strawberries**  
1 1/2 cup, unthawed (224g)  
**almonds**  
10 almond (12g)  
**water**  
2 tbsp (30mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)  
**banana, frozen, peeled and sliced**  
1 medium (7" to 7-7/8" long) (118g)

1. Place the banana, strawberries, almonds, and water into a blender. Blend to mix, then add the ice cubes and puree until smooth. Add the protein powder, and continue mixing until evenly incorporated, about 30 seconds.

## Dinner 1 ↗

Eat on day 1

### Tomato and avocado salad

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



**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)

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.

### Chicken marsala

8 oz chicken - 466 cals ● 56g protein ● 22g fat ● 9g carbs ● 1g fiber



Makes 8 oz chicken

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**whole milk**  
1/4 cup(s) (60mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**oil, divided**  
1 tbsp (15mL)  
**mushrooms, sliced**  
4 oz (113g)  
**garlic, diced**  
1 clove(s) (3g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.

## Dinner 2 ↗

Eat on day 2

### Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

**tomatoes**

9 cherry tomatoes (153g)

**olive oil**

1/2 tbsp (8mL)

**salt**

3 dash (2g)

**green olives**

9 large (40g)

**black pepper**

3 dash (0g)

**chili powder**

1/2 tbsp (4g)

**boneless skinless chicken breast, raw**

1/2 lbs (255g)

**fresh basil, shredded**

9 leaves (5g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



**sweet potatoes**

1 sweetpotato, 5" long (210g)

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.

## Dinner 3 ↗

Eat on day 3 and day 4

### 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.

### Roasted almonds

1/6 cup(s) - 148 cals ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
2 2/3 tbsp, whole (24g)

For all 2 meals:

**almonds**  
1/3 cup, whole (48g)

1. The recipe has no instructions.

## Dinner 4 ↗

Eat on day 5

### Salmon with herb mustard yogurt sauce

547 cals ● 51g protein ● 37g fat ● 3g carbs ● 0g fiber



#### salmon

1/2 lbs (227g)

#### nonfat greek yogurt, plain

2 2/3 tbsp (47g)

#### lemon juice

2 tsp (10mL)

#### dried dill weed

1/3 tsp (0g)

#### dijon mustard

1/4 tbsp (3g)

#### oil

1/2 tbsp (7mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook salmon by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Meanwhile, make the yogurt sauce. In a small bowl, mix together the yogurt, lemon juice, dill, dijon, and some salt and pepper.
4. Serve salmon with yogurt sauce.

### 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.

## Dinner 5 ↗

Eat on day 6 and day 7

### Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

### Chicken parmesan

443 cals ● 58g protein ● 19g fat ● 8g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**pasta sauce**  
4 tbsp (65g)  
**mozzarella cheese, shredded**  
2 tbsp (11g)  
**oil**  
1/2 tbsp (8mL)  
**oregano, dried**  
2 dash, leaves (0g)  
**parmesan cheese, grated**  
2 tbsp (13g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**pasta sauce**  
1/2 cup (130g)  
**mozzarella cheese, shredded**  
4 tbsp (22g)  
**oil**  
1 tbsp (15mL)  
**oregano, dried**  
4 dash, leaves (1g)  
**parmesan cheese, grated**  
4 tbsp (25g)

1. If needed, pound the chicken to an even thickness. Brush both sides with oil and season with oregano, salt, and pepper.
2. Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 6-7 minutes per side, until fully cooked.
3. Transfer the cooked chicken to a baking sheet and preheat the oven's broiler.
4. Spoon pasta sauce over the chicken, covering the surface. Sprinkle mozzarella and parmesan cheese on top.
5. Broil for 1-3 minutes, until the cheese is bubbly and golden brown. Serve.