

Meal Plan - 1900 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

1866 cals ● 208g protein (45%) ● 63g fat (30%) ● 88g carbs (19%) ● 29g fiber (6%)

Breakfast

345 cals, 23g protein, 18g net carbs, 17g fat



Chocolate avocado chia pudding

197 cals



Milk

1 cup(s)- 149 cals

Snacks

320 cals, 18g protein, 23g net carbs, 13g fat



Bell pepper strips and hummus

255 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Lunch

590 cals, 87g protein, 8g net carbs, 22g fat



Okra

1 1/2 cup- 60 cals



Basic chicken breast

13 1/3 oz- 529 cals

Dinner

615 cals, 81g protein, 40g net carbs, 11g fat



Marinaded chicken breast

10 oz- 353 cals



Lentils

260 cals

Day 2

1845 cals ● 205g protein (45%) ● 79g fat (38%) ● 54g carbs (12%) ● 24g fiber (5%)

Breakfast

345 cals, 23g protein, 18g net carbs, 17g fat



Chocolate avocado chia pudding

197 cals



Milk

1 cup(s)- 149 cals

Snacks

320 cals, 18g protein, 23g net carbs, 13g fat



Bell pepper strips and hummus

255 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Lunch

590 cals, 87g protein, 8g net carbs, 22g fat



Okra

1 1/2 cup- 60 cals



Basic chicken breast

13 1/3 oz- 529 cals

Dinner

595 cals, 78g protein, 6g net carbs, 27g fat



Balsamic chicken breast

12 oz- 473 cals



Cooked peppers

1 bell pepper(s)- 120 cals

Day 3

1927 cals ● 173g protein (36%) ● 99g fat (46%) ● 60g carbs (12%) ● 24g fiber (5%)

Breakfast

385 cals, 20g protein, 24g net carbs, 21g fat



Creamy scrambled eggs

273 cals



Pear

1 pear(s)- 113 cals

Snacks

320 cals, 18g protein, 23g net carbs, 13g fat



Bell pepper strips and hummus

255 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Lunch

630 cals, 57g protein, 8g net carbs, 39g fat



Broccoli

2 cup(s)- 58 cals



Roasted pepper stuffed chicken

8 oz- 572 cals

Dinner

595 cals, 78g protein, 6g net carbs, 27g fat



Balsamic chicken breast

12 oz- 473 cals



Cooked peppers

1 bell pepper(s)- 120 cals

Day 4

1856 cals ● 179g protein (38%) ● 60g fat (29%) ● 130g carbs (28%) ● 20g fiber (4%)

Breakfast

385 cals, 20g protein, 24g net carbs, 21g fat



Creamy scrambled eggs

273 cals



Pear

1 pear(s)- 113 cals

Snacks

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs

4 egg(s)- 277 cals

Lunch

635 cals, 65g protein, 74g net carbs, 7g fat



Bbq deli chicken sandwich

1 1/2 sandwich(es)- 387 cals



Cottage cheese & honey

1 cup(s)- 249 cals

Dinner

555 cals, 69g protein, 31g net carbs, 13g fat



Apricot glazed pork chops

1 1/2 chop(s)- 454 cals



Broccoli

3 1/2 cup(s)- 102 cals

Day 5

1912 cals ● 168g protein (35%) ● 69g fat (33%) ● 134g carbs (28%) ● 20g fiber (4%)

Breakfast

385 cals, 20g protein, 24g net carbs, 21g fat



Creamy scrambled eggs
273 cals



Pear
1 pear(s)- 113 cals

Snacks

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs
4 egg(s)- 277 cals

Lunch

585 cals, 54g protein, 51g net carbs, 17g fat



Simple mixed greens and tomato salad
113 cals



Hot honey chicken sandwich
1 sandwich(es)- 474 cals

Dinner

660 cals, 69g protein, 58g net carbs, 12g fat



Easy chickpea salad
117 cals



Pork-broccoli-rice bowl
545 cals

Day 6

1896 cals ● 172g protein (36%) ● 62g fat (29%) ● 139g carbs (29%) ● 24g fiber (5%)

Breakfast

390 cals, 22g protein, 49g net carbs, 7g fat



Pear
1 pear(s)- 113 cals



Hummus toast
1 slice(s)- 146 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

625 cals, 60g protein, 22g net carbs, 30g fat



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Pan seared breaded tilapia
9 oz- 451 cals

Snacks

260 cals, 18g protein, 42g net carbs, 2g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



Pretzels
138 cals

Dinner

620 cals, 72g protein, 25g net carbs, 23g fat



Simple roasted cod
12 oz- 445 cals



Lentils
174 cals

Day 7

1896 cals ● 172g protein (36%) ● 62g fat (29%) ● 139g carbs (29%) ● 24g fiber (5%)

Breakfast

390 cals, 22g protein, 49g net carbs, 7g fat



Pear

1 pear(s)- 113 cals



Hummus toast

1 slice(s)- 146 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

260 cals, 18g protein, 42g net carbs, 2g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Pretzels

138 cals

Lunch

625 cals, 60g protein, 22g net carbs, 30g fat



Olive oil drizzled broccoli

2 1/2 cup(s)- 175 cals



Pan seared breaded tilapia

9 oz- 451 cals

Dinner

620 cals, 72g protein, 25g net carbs, 23g fat



Simple roasted cod

12 oz- 445 cals



Lentils

174 cals

Grocery List



Nut and Seed Products

- chia seeds
2 tbsp (28g)

Dairy and Egg Products

- whole milk
2 3/4 cup(s) (667mL)
- lowfat greek yogurt
4 tbsp (70g)
- low fat cottage cheese (1% milkfat)
2 3/4 cup (622g)
- eggs
17 large (850g)
- butter
3/8 stick (42g)

Other

- cacao powder
1 tbsp (6g)
- italian seasoning
1/4 tbsp (3g)
- roasted red peppers
2/3 pepper(s) (47g)
- coleslaw mix
3/4 cup (67g)
- mixed greens
2 1/4 cup (68g)
- cottage cheese & fruit cup
2 container (340g)

Fruits and Fruit Juices

- avocados
1 slices (25g)
- pears
5 medium (890g)

Beverages

- protein powder
1/2 scoop (1/3 cup ea) (16g)
- water
3 1/2 cup(s) (830mL)

Vegetables and Vegetable Products

- okra, frozen
3 cup (336g)

Legumes and Legume Products

- hummus
15 1/2 oz (440g)
- lentils, raw
14 tbsp (168g)
- chickpeas, canned
1/4 can(s) (112g)

Sweets

- honey
1/4 lbs (98g)
- jams and preserves, apricot
3 tbsp (60g)

Spices and Herbs

- salt
1/2 oz (12g)
- paprika
1/3 tsp (1g)
- black pepper
4 1/4 g (4g)
- balsamic vinegar
2 tsp (9mL)
- crushed red pepper
2 dash (0g)

Baked Products

- bread
4 oz (112g)
- hamburger buns
1 bun(s) (51g)

Sausages and Luncheon Meats

- chicken cold cuts
6 oz (170g)

Soups, Sauces, and Gravies

- barbecue sauce
3 tbsp (51g)
- apple cider vinegar
1/4 tbsp (0mL)

Pork Products

- pork chop, bone-in
1 1/2 chop (267g)

- bell pepper**
5 1/4 large (864g)
- frozen broccoli**
2 1/3 lbs (1062g)
- onion**
1/8 small (9g)
- tomatoes**
10 tbsp cherry tomatoes (93g)
- fresh parsley**
3/4 sprigs (1g)

Poultry Products

- boneless skinless chicken breast, raw**
4 1/3 lbs (1934g)
- boneless chicken thighs, with skin**
1/2 lbs (227g)

Fats and Oils

- oil**
2 oz (66mL)
- marinade sauce**
5 tbsp (74mL)
- balsamic vinaigrette**
6 tbsp (91mL)
- olive oil**
3 oz (89mL)
- salad dressing**
2 1/4 tbsp (34mL)

- pork tenderloin, raw**
1/2 lbs (255g)

Meals, Entrees, and Side Dishes

- flavored rice mix**
3/8 pouch (~5.6 oz) (59g)

Cereal Grains and Pasta

- all-purpose flour**
3/8 cup(s) (47g)

Finfish and Shellfish Products

- tilapia, raw**
18 oz (504g)
- cod, raw**
1 1/2 lbs (680g)

Snacks

- pretzels, hard, salted**
2 1/2 oz (71g)

Breakfast 1 ↗

Eat on day 1 and day 2

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

chia seeds
1 tbsp (14g)
whole milk
1/4 cup(s) (60mL)
cacao powder
1/2 tbsp (3g)
avocados
1/2 slices (13g)
lowfat greek yogurt
2 tbsp (35g)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 2 meals:

chia seeds
2 tbsp (28g)
whole milk
1/2 cup(s) (120mL)
cacao powder
1 tbsp (6g)
avocados
1 slices (25g)
lowfat greek yogurt
4 tbsp (70g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Milk

1 cup(s) - 149 cals ● 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.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Creamy scrambled eggs

273 cals ● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
butter
1/2 tbsp (7g)
whole milk
1/8 cup(s) (23mL)

For all 3 meals:

eggs
9 large (450g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
butter
1 1/2 tbsp (20g)
whole milk
1/4 cup(s) (68mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. The recipe has no instructions.

Hummus toast

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



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

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

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Lunch 1 ↗

Eat on day 1 and day 2

Okra

1 1/2 cup - 60 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

okra, frozen
1 1/2 cup (168g)

For all 2 meals:

okra, frozen
3 cup (336g)

1. Pour frozen okra into a saucepan.
2. Cover with water and boil for 3 minutes.
3. Drain and season to taste. Serve.

Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
13 1/3 oz (373g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 2/3 lbs (747g)
oil
5 tsp (25mL)

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.

Lunch 2 ↗

Eat on day 3

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.

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



Makes 8 oz

boneless chicken thighs, with skin

1/2 lbs (227g)

paprika

1/3 tsp (1g)

oil

1 tsp (5mL)

roasted red peppers, cut into thick strips

2/3 pepper(s) (47g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Lunch 3 ↗

Eat on day 4

Bbq deli chicken sandwich

1 1/2 sandwich(es) - 387 cals ● 36g protein ● 5g fat ● 44g carbs ● 4g fiber



Makes 1 1/2 sandwich(es)

bread

1 1/2 slice(s) (48g)

chicken cold cuts

6 oz (170g)

barbecue sauce

3 tbsp (51g)

coleslaw mix

1/2 cup (45g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

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

Lunch 4 ↗

Eat on day 5

Simple mixed greens and tomato salad

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



mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)
salad dressing
2 1/4 tbsp (34mL)

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

Hot honey chicken sandwich

1 sandwich(es) - 474 cals ● 51g protein ● 10g fat ● 43g carbs ● 2g fiber



Makes 1 sandwich(es)

boneless skinless chicken breast, raw
1/2 lbs (227g)
hamburger buns
1 bun(s) (51g)
honey
1 tbsp (21g)
crushed red pepper
2 dash (0g)
coleslaw mix
4 tbsp (23g)
oil
1/2 tsp (3mL)

1. Heat oil in a skillet or grill pan. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
2. In a small bowl, add the honey. Microwave for 5-10 seconds to warm the honey. Add the crushed red pepper and a pinch of salt/pepper. Feel free to adjust crushed pepper amount depending on your preferred spice level. Mix well and pour over the chicken to coat.
3. Add chicken to the bun and top with coleslaw. Serve.

Lunch 5 ↗

Eat on day 6 and day 7

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen broccoli
5 cup (455g)
olive oil
5 tsp (25mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Pan seared breaded tilapia

9 oz - 451 cals ● 53g protein ● 18g fat ● 18g carbs ● 1g fiber



For single meal:

all-purpose flour
1/6 cup(s) (23g)
tilapia, raw
1/2 lbs (252g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
olive oil
1 tsp (6mL)
butter, melted
3/4 tbsp (11g)

For all 2 meals:

all-purpose flour
3/8 cup(s) (47g)
tilapia, raw
18 oz (504g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)
olive oil
3/4 tbsp (11mL)
butter, melted
1 1/2 tbsp (21g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
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. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Bell pepper strips and hummus

255 cals ● 11g protein ● 12g fat ● 15g carbs ● 10g fiber



For single meal:

hummus
1/2 cup (122g)
bell pepper
1 1/2 medium (179g)

For all 3 meals:

hummus
1 1/2 cup (365g)
bell pepper
4 1/2 medium (536g)

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

Cottage cheese & honey

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



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

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

Snacks 2 ↗

Eat on day 4 and day 5

Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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.

Snacks 3 ↗

Eat on day 6 and day 7

Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 cup (226g)
honey
4 tsp (28g)

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

Pretzels

138 cals ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 1/4 oz (35g)

For all 2 meals:

pretzels, hard, salted
2 1/2 oz (71g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

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.

Lentils

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



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

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 2

Eat on day 2 and day 3

Balsamic chicken breast

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



For single meal:

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

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
balsamic vinaigrette
6 tbsp (90mL)
oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)

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.

Cooked peppers

1 bell pepper(s) - 120 cals ● 1g protein ● 9g fat ● 5g carbs ● 3g fiber



For single meal:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

For all 2 meals:

oil
4 tsp (20mL)
bell pepper, seeded & cut into strips
2 large (328g)

1. **Stovetop:** Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. **Oven:** Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Dinner 3 ↗

Eat on day 4

Apricot glazed pork chops

1 1/2 chop(s) - 454 cals ● 59g protein ● 13g fat ● 24g carbs ● 0g fiber



Makes 1 1/2 chop(s)

balsamic vinegar
1 tsp (6mL)
jams and preserves, apricot
3 tbsp (60g)
olive oil
1/4 tbsp (4mL)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
pork chop, bone-in
1 1/2 chop (267g)

1. Rub the pork chops with the salt and pepper on both sides.
2. Heat the olive oil in a large skillet over medium-high heat and add the chops until browned, about 6-8 minutes on each side.
3. Add the apricot preserves and the balsamic vinegar to the skillet and turn the pork until it is fully coated. Cook each side 1-2 minutes.
4. Serve.

Broccoli

3 1/2 cup(s) - 102 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



Makes 3 1/2 cup(s)

frozen broccoli
3 1/2 cup (319g)

1. Prepare according to instructions on package.

Dinner 4 ↗

Eat on day 5

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



balsamic vinegar
1/4 tbsp (4mL)
apple cider vinegar
1/4 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/4 can(s) (112g)
onion, thinly sliced
1/8 small (9g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
fresh parsley, chopped
3/4 sprigs (1g)

1. Add all ingredients to a bowl and toss. Serve!

Pork-broccoli-rice bowl

545 cals ● 63g protein ● 10g fat ● 46g carbs ● 5g fiber



flavored rice mix
3/8 pouch (~5.6 oz) (59g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
olive oil
1/4 tbsp (4mL)
frozen broccoli
3/8 package (107g)
pork tenderloin, raw, cut into bite-sized cubes
1/2 lbs (255g)

1. Season the pork with salt and pepper.
2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
3. Meanwhile, prepare the rice and broccoli according to the instructions on their packaging.
4. Once all items are prepared, bring the pork, broccoli, and rice together; stir (or keep it all separate- whichever you prefer!). Serve.

Dinner 5 ↗

Eat on day 6 and day 7

Simple roasted cod

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



For single meal:

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

For all 2 meals:

olive oil
3 tbsp (45mL)
cod, raw
1 1/2 lbs (680g)

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.

Lentils

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



For single meal:

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

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

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.