

Meal Plan - 2000 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

1999 cals ● 189g protein (38%) ● 88g fat (40%) ● 83g carbs (17%) ● 31g fiber (6%)

Breakfast

380 cals, 29g protein, 36g net carbs, 11g fat



Breakfast cereal with protein milk
309 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

280 cals, 16g protein, 22g net carbs, 9g fat



Orange
1 orange(s)- 85 cals



Chocolate avocado chia pudding
197 cals

Lunch

635 cals, 89g protein, 10g net carbs, 24g fat



Olive oil drizzled sugar snap peas
163 cals



Marinaded chicken breast
13 1/3 oz- 471 cals

Dinner

705 cals, 54g protein, 14g net carbs, 44g fat



Roast beef
330 cals



Buttered sugar snap peas
375 cals

Day 2

1990 cals ● 198g protein (40%) ● 60g fat (27%) ● 134g carbs (27%) ● 32g fiber (6%)

Breakfast

380 cals, 29g protein, 36g net carbs, 11g fat



Breakfast cereal with protein milk
309 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

280 cals, 16g protein, 22g net carbs, 9g fat



Orange
1 orange(s)- 85 cals



Chocolate avocado chia pudding
197 cals

Lunch

690 cals, 81g protein, 26g net carbs, 25g fat



Mashed sweet potatoes
92 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals

Dinner

640 cals, 71g protein, 49g net carbs, 14g fat



Slow cooker basil chicken
379 cals



Lentils
260 cals

Day 3

1961 cals ● 192g protein (39%) ● 84g fat (39%) ● 83g carbs (17%) ● 26g fiber (5%)

Breakfast

375 cals, 26g protein, 32g net carbs, 12g fat



Milk

1/2 cup(s)- 75 cals



Chicken sausage links

2 link(s)- 93 cals



Chickpea & tomato toasts

1 toast(s)- 206 cals

Snacks

290 cals, 30g protein, 6g net carbs, 15g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Tuna cucumber bites

173 cals

Lunch

690 cals, 81g protein, 26g net carbs, 25g fat



Mashed sweet potatoes

92 cals



Baked chicken with tomatoes & olives

12 oz- 599 cals

Dinner

610 cals, 56g protein, 19g net carbs, 32g fat



Caprese chicken

6 oz- 448 cals



Olive oil drizzled lima beans

161 cals

Day 4

2019 cals ● 170g protein (34%) ● 111g fat (50%) ● 61g carbs (12%) ● 23g fiber (5%)

Breakfast

375 cals, 26g protein, 32g net carbs, 12g fat



Milk

1/2 cup(s)- 75 cals



Chicken sausage links

2 link(s)- 93 cals



Chickpea & tomato toasts

1 toast(s)- 206 cals

Lunch

750 cals, 60g protein, 4g net carbs, 52g fat



Roasted tomatoes

1 1/2 tomato(es)- 89 cals



Indian chicken wings

16 oz- 660 cals

Snacks

290 cals, 30g protein, 6g net carbs, 15g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Tuna cucumber bites

173 cals

Dinner

610 cals, 56g protein, 19g net carbs, 32g fat



Caprese chicken

6 oz- 448 cals



Olive oil drizzled lima beans

161 cals

Day 5

1972 cals ● 180g protein (36%) ● 97g fat (44%) ● 69g carbs (14%) ● 25g fiber (5%)

Breakfast

375 cals, 26g protein, 32g net carbs, 12g fat



Milk

1/2 cup(s)- 75 cals



Chicken sausage links

2 link(s)- 93 cals



Chickpea & tomato toasts

1 toast(s)- 206 cals

Snacks

290 cals, 30g protein, 6g net carbs, 15g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Tuna cucumber bites

173 cals

Lunch

750 cals, 60g protein, 4g net carbs, 52g fat



Roasted tomatoes

1 1/2 tomato(es)- 89 cals



Indian chicken wings

16 oz- 660 cals

Dinner

560 cals, 65g protein, 27g net carbs, 18g fat



Pork souvlaki & tzatziki

2 skewer(s)- 307 cals



Lentils

116 cals



Olive oil drizzled broccoli

2 cup(s)- 140 cals

Day 6

1976 cals ● 187g protein (38%) ● 81g fat (37%) ● 106g carbs (21%) ● 20g fiber (4%)

Breakfast

385 cals, 25g protein, 15g net carbs, 24g fat



Milk

1/2 cup(s)- 75 cals



Flax jacks

3 flax jacks- 311 cals

Lunch

685 cals, 62g protein, 56g net carbs, 20g fat



Mashed sweet potatoes

183 cals



Pan seared breaded tilapia

10 oz- 501 cals

Snacks

215 cals, 18g protein, 7g net carbs, 12g fat



Walnuts

1/8 cup(s)- 87 cals



Protein shake (milk)

129 cals

Dinner

690 cals, 82g protein, 28g net carbs, 24g fat



Lentils

174 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Pan fried tilapia

12 oz- 447 cals

Day 7

1976 cals ● 187g protein (38%) ● 81g fat (37%) ● 106g carbs (21%) ● 20g fiber (4%)

Breakfast

385 cals, 25g protein, 15g net carbs, 24g fat



Milk

1/2 cup(s)- 75 cals



Flax jacks

3 flax jacks- 311 cals

Snacks

215 cals, 18g protein, 7g net carbs, 12g fat



Walnuts

1/8 cup(s)- 87 cals



Protein shake (milk)

129 cals

Lunch

685 cals, 62g protein, 56g net carbs, 20g fat



Mashed sweet potatoes

183 cals



Pan seared breaded tilapia

10 oz- 501 cals

Dinner

690 cals, 82g protein, 28g net carbs, 24g fat



Lentils

174 cals



Olive oil drizzled broccoli

1 cup(s)- 70 cals



Pan fried tilapia

12 oz- 447 cals

Grocery List



Breakfast Cereals

- breakfast cereal
2 1/2 serving (75g)

Dairy and Egg Products

- whole milk
5 1/4 cup(s) (1260mL)
- eggs
6 large (300g)
- lowfat greek yogurt
4 tbsp (70g)
- butter
1/2 stick (55g)
- heavy cream
4 tsp (19mL)
- nonfat greek yogurt, plain
3 tbsp (53g)
- fresh mozzarella cheese
3 oz (85g)
- lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

Beverages

- protein powder
2 3/4 scoop (1/3 cup ea) (85g)
- water
4 cup(s) (988mL)

Spices and Herbs

- black pepper
1/4 oz (6g)
- salt
1 1/4 oz (35g)
- basil, dried
1 dash, leaves (0g)
- chili powder
4 tsp (11g)
- fresh basil
2/3 oz (20g)
- curry powder
3 tbsp (19g)
- dried dill weed
2 dash (0g)

Vegetables and Vegetable Products

- frozen sugar snap peas
3 2/3 cup (528g)

Poultry Products

- boneless skinless chicken breast, raw
3 1/2 lbs (1617g)
- chicken wings, with skin, raw
2 lbs (908g)

Fruits and Fruit Juices

- orange
2 orange (308g)
- avocados
1 slices (25g)
- green olives
24 large (106g)

Nut and Seed Products

- chia seeds
2 tbsp (28g)
- flax seeds
2 tbsp (20g)
- walnuts
4 tbsp, shelled (25g)

Other

- cacao powder
1 tbsp (6g)
- diced tomatoes
1/4 can(s) (105g)
- chicken breakfast sausage
6 link(s) (180g)
- italian seasoning
1/4 tbsp (3g)
- tzatziki
1/4 cup(s) (56g)
- skewer(s)
2 skewer(s) (2g)

Beef Products

- top round roast beef
1/4 roast (190g)

Cereal Grains and Pasta

- cornstarch
1 tsp (3g)
- all-purpose flour
3/8 cup(s) (52g)

- garlic**
1/2 clove(s) (2g)
- sweet potatoes**
3 sweetpotato, 5" long (630g)
- tomatoes**
7 1/2 medium whole (2-3/5" dia) (938g)
- cucumber**
1 cucumber (8-1/4") (339g)
- lima beans, frozen**
3/4 package (10 oz) (213g)
- frozen broccoli**
4 cup (364g)

Fats and Oils

- olive oil**
3 1/4 oz (104mL)
- marinade sauce**
6 3/4 tbsp (101mL)
- oil**
1 1/2 oz (43mL)

Soups, Sauces, and Gravies

- pasta sauce**
2 tbsp (33g)
- pesto sauce**
3 tbsp (48g)

Legumes and Legume Products

- lentils, raw**
1 cup (200g)
- roasted peanuts**
6 tbsp (55g)
- chickpeas, canned**
3/4 can(s) (336g)

Finfish and Shellfish Products

- canned tuna**
4 1/2 packet (333g)
- tilapia, raw**
2 3/4 lbs (1232g)

Baked Products

- bread**
3 slice(s) (96g)

Pork Products

- pork tenderloin, raw**
1/2 lbs (227g)

Breakfast 1 ↗

Eat on day 1 and day 2

Breakfast cereal with protein milk

309 cals ● 23g protein ● 7g fat ● 36g carbs ● 4g fiber



For single meal:

breakfast cereal
1 1/4 serving (38g)
whole milk
5/8 cup(s) (150mL)
protein powder
5/8 scoop (1/3 cup ea) (19g)

For all 2 meals:

breakfast cereal
2 1/2 serving (75g)
whole milk
1 1/4 cup(s) (300mL)
protein powder
1 1/4 scoop (1/3 cup ea) (39g)

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.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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 2 ↗

Eat on day 3, day 4, and day 5

Milk

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



For single meal:

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

For all 3 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Chicken sausage links

2 link(s) - 93 cals ● 10g protein ● 5g fat ● 2g carbs ● 0g fiber



For single meal:

chicken breakfast sausage
2 link(s) (60g)

For all 3 meals:

chicken breakfast sausage
6 link(s) (180g)

1. Cook links according to package instructions and serve.

Chickpea & tomato toasts

1 toast(s) - 206 cals ● 12g protein ● 4g fat ● 24g carbs ● 8g fiber



For single meal:

bread
1 slice(s) (32g)
nonfat greek yogurt, plain
1 tbsp (18g)
tomatoes
4 slice(s), thin/small (60g)
chickpeas, canned, drained & rinsed
1/4 can(s) (112g)

For all 3 meals:

bread
3 slice(s) (96g)
nonfat greek yogurt, plain
3 tbsp (53g)
tomatoes
12 slice(s), thin/small (180g)
chickpeas, canned, drained & rinsed
3/4 can(s) (336g)

1. Toast bread, if desired.
2. In a medium bowl, mash chickpeas with the back of a fork until they start to become creamy.
3. Stir in Greek yogurt, and add salt and pepper to taste.
4. Spread the chickpea mixture on the bread and top with tomato slices. Serve.

Breakfast 3 ↗

Eat on day 6 and day 7

Milk

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



For single meal:

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

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Flax jacks

3 flax jacks - 311 cals ● 21g protein ● 20g fat ● 9g carbs ● 4g fiber



For single meal:

flax seeds
1 tbsp (10g)
eggs
2 large (100g)
lowfat flavored greek yogurt
1/2 (5.3 oz ea) container(s) (75g)
oil
1 tsp (5mL)

For all 2 meals:

flax seeds
2 tbsp (20g)
eggs
4 large (200g)
lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
oil
2 tsp (10mL)

1. Add flaxseed to a food processor or blender and grind until it forms a flour-like consistency.
2. Then, in a small bowl, scramble the eggs and ground flax together with a fork. Add some salt.
3. Heat oil in a skillet over medium-low heat. Pour in some of the batter and cook for a couple minutes until bottom has browned and the center is starting to solidify. Flip and cook another couple minutes to brown and cook the other side. Remove the flax jack from the skillet and repeat with the remaining batter (if making in bulk, make the number of flax jacks listed in the recipes serving details for serving size accuracy).
4. Top with flavored greek yogurt and serve.
5. Meal prep note: flax jacks can be stored in a ziplock bag in the fridge and reheated in the microwave.

Lunch 1

Eat on day 1

Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



black pepper
1 dash (0g)
salt
1 dash (0g)
frozen sugar snap peas
1 1/3 cup (192g)
olive oil
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Marinaded chicken breast

13 1/3 oz - 471 cals ● 84g protein ● 14g fat ● 2g carbs ● 0g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw
13 1/3 oz (373g)
marinade sauce
6 2/3 tbsp (100mL)

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.

Lunch 2 ↗

Eat on day 2 and day 3

Mashed sweet potatoes

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



For single meal:

sweet potatoes

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

For all 2 meals:

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.

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

olive oil

2 tsp (10mL)

salt

4 dash (3g)

green olives

12 large (53g)

black pepper

4 dash (0g)

chili powder

2 tsp (5g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

fresh basil, shredded

12 leaves (6g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

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.

Lunch 3 ↗

Eat on day 4 and day 5

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
tomatoes
1 1/2 small whole (2-2/5" dia)
(137g)

For all 2 meals:

oil
1 tbsp (15mL)
tomatoes
3 small whole (2-2/5" dia) (273g)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Indian chicken wings

16 oz - 660 cals ● 58g protein ● 45g fat ● 0g carbs ● 5g fiber



For single meal:

oil
1/4 tbsp (4mL)
chicken wings, with skin, raw
1 lbs (454g)
salt
1 tsp (6g)
curry powder
1 1/2 tbsp (9g)

For all 2 meals:

oil
1/2 tbsp (8mL)
chicken wings, with skin, raw
2 lbs (908g)
salt
2 tsp (12g)
curry powder
3 tbsp (19g)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Lunch 4 ↗

Eat on day 6 and day 7

Mashed sweet potatoes

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



For single meal:

sweet potatoes

1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes

2 sweetpotato, 5" long (420g)

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 seared breaded tilapia

10 oz - 501 cals ● 59g protein ● 20g fat ● 20g carbs ● 1g fiber



For single meal:

all-purpose flour

1/4 cup(s) (26g)

tilapia, raw

10 oz (280g)

salt

1/2 tsp (3g)

black pepper

1/2 tsp, ground (1g)

olive oil

1 1/4 tsp (6mL)

butter, melted

2 1/2 tsp (12g)

For all 2 meals:

all-purpose flour

3/8 cup(s) (52g)

tilapia, raw

1 1/4 lbs (560g)

salt

1 tsp (5g)

black pepper

1 tsp, ground (2g)

olive oil

2 1/2 tsp (13mL)

butter, melted

5 tsp (24g)

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 and day 2

Orange

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



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.

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.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

roasted peanuts
2 tbsp (18g)

For all 3 meals:

roasted peanuts
6 tbsp (55g)

1. The recipe has no instructions.

Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 packet (111g)
cucumber, sliced
3/8 cucumber (8-1/4") (113g)

For all 3 meals:

canned tuna
4 1/2 packet (333g)
cucumber, sliced
1 cucumber (8-1/4") (339g)

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

Snacks 3 ↗

Eat on day 6 and day 7

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.

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 2 meals:

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

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

Dinner 1 ↗

Eat on day 1

Roast beef

330 cals ● 44g protein ● 17g fat ● 0g carbs ● 0g fiber



top round roast beef

1/4 roast (190g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

Buttered sugar snap peas

375 cals ● 10g protein ● 27g fat ● 14g carbs ● 11g fiber



black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

butter

2 1/3 tbsp (32g)

frozen sugar snap peas

2 1/3 cup (336g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Dinner 2 ↗

Eat on day 2

Slow cooker basil chicken

379 cals ● 53g protein ● 14g fat ● 11g carbs ● 1g fiber



basil, dried
1 dash, leaves (0g)
cornstarch
1 tsp (3g)
heavy cream
4 tsp (20mL)
pasta sauce
2 tbsp (33g)
diced tomatoes
1/4 can(s) (105g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
garlic, minced
1/2 clove(s) (2g)

1. Add tomatoes, pasta sauce, garlic, basil, and some salt and pepper to a slow cooker.
2. Whisk heavy cream and cornstarch in a small bowl and then stir mixture into slower cooker.
3. Press chicken breasts down into the sauce. Spoon sauce over any exposed parts of the chicken breast.
4. Cover and cook on low for 3-5 hours until chicken is no longer pink inside.
5. Serve.

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 3 ↗

Eat on day 3 and day 4

Caprese chicken

6 oz - 448 cals ● 49g protein ● 26g fat ● 3g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (168g)
fresh basil
1 1/2 tbsp, chopped (4g)
oil
1/4 tbsp (4mL)
pesto sauce
1 1/2 tbsp (24g)
italian seasoning
3 dash (1g)
fresh mozzarella cheese, sliced
1 1/2 oz (43g)
tomatoes, quartered
2 1/4 cherry tomatoes (38g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (336g)
fresh basil
3 tbsp, chopped (8g)
oil
1/2 tbsp (8mL)
pesto sauce
3 tbsp (48g)
italian seasoning
1/4 tbsp (3g)
fresh mozzarella cheese, sliced
3 oz (85g)
tomatoes, quartered
4 1/2 cherry tomatoes (77g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper
3/4 dash, ground (0g)
salt
1 1/2 dash (1g)
lima beans, frozen
3/8 package (10 oz) (107g)
olive oil
1 tsp (6mL)

For all 2 meals:

black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)
olive oil
3/4 tbsp (11mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Dinner 4 ↗

Eat on day 5

Pork souvlaki & tzatziki

2 skewer(s) - 307 cals ● 52g protein ● 8g fat ● 6g carbs ● 0g fiber



Makes 2 skewer(s)

dried dill weed
2 dash (0g)
tzatziki
1/4 cup(s) (56g)
oil
1/2 gram (1mL)
skewer(s)
2 skewer(s) (2g)
pork tenderloin, raw, cut into bite-sized cubes
1/2 lbs (227g)

1. Season cubed pork with dill and salt/pepper to taste. Assemble the pork evenly on the skewers.
2. Heat a large skillet over medium-high heat and add the oil. Add the skewers and cook for 3-4 minutes on each side or until done.
3. Serve skewers with tzatziki.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



water
2/3 cup(s) (158mL)
salt
1/3 dash (0g)
lentils, raw, rinsed
2 2/3 tbsp (32g)

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.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

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

Dinner 5 ↗

Eat on day 6 and day 7

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.

Olive oil drizzled broccoli

1 cup(s) - 70 cals ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen broccoli
1 cup (91g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

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

Pan fried tilapia

12 oz - 447 cals ● 68g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

olive oil
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
salt
4 dash (3g)
tilapia, raw
3/4 lbs (336g)

For all 2 meals:

olive oil
2 tbsp (30mL)
black pepper
1 tsp, ground (2g)
salt
1 tsp (6g)
tilapia, raw
1 1/2 lbs (672g)

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.
