

# Meal Plan - 2800 calorie intermittent fasting meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2768 cals ● 272g protein (39%) ● 95g fat (31%) ● 177g carbs (26%) ● 28g fiber (4%)

### Lunch

1375 cals, 83g protein, 168g net carbs, 33g fat



**Fruit juice**

2 cup(s)- 229 cals



**Leek & ground beef pasta**

948 cals



**Simple salad with tomatoes and carrots**

196 cals

### Dinner

1395 cals, 190g protein, 9g net carbs, 63g fat



**Simple kale & avocado salad**

230 cals



**Basic chicken breast**

29 1/3 oz- 1164 cals

## Day 2

2757 cals ● 210g protein (30%) ● 120g fat (39%) ● 182g carbs (26%) ● 29g fiber (4%)

### Lunch

1380 cals, 93g protein, 82g net carbs, 67g fat



**Flavored rice mix**

287 cals



**Ranch chicken**

12 oz- 691 cals



**Simple kale & avocado salad**

403 cals

### Dinner

1375 cals, 117g protein, 100g net carbs, 52g fat



**Buttery white rice**

567 cals



**Marinated chicken breast**

16 oz- 565 cals



**Olive oil drizzled sugar snap peas**

245 cals

## Day 3

2761 cals ● 203g protein (29%) ● 141g fat (46%) ● 134g carbs (19%) ● 36g fiber (5%)

### Lunch

1380 cals, 93g protein, 82g net carbs, 67g fat



**Flavored rice mix**

287 cals



**Ranch chicken**

12 oz- 691 cals



**Simple kale & avocado salad**

403 cals

### Dinner

1380 cals, 110g protein, 52g net carbs, 73g fat



**Almond crusted tilapia**

15 oz- 1059 cals



**Buttered sugar snap peas**

322 cals

## Day 4

2778 cals ● 213g protein (31%) ● 157g fat (51%) ● 76g carbs (11%) ● 51g fiber (7%)

### Lunch

1395 cals, 97g protein, 58g net carbs, 75g fat



**Pita bread**

2 pita bread(s)- 156 cals



**Avocado, apple, chicken salad**

1237 cals

### Dinner

1385 cals, 116g protein, 19g net carbs, 82g fat



**Avocado tuna salad**

1164 cals



**Roasted almonds**

1/4 cup(s)- 222 cals

## Day 5

2764 cals ● 195g protein (28%) ● 131g fat (43%) ● 164g carbs (24%) ● 37g fiber (5%)

### Lunch

1395 cals, 97g protein, 58g net carbs, 75g fat



**Pita bread**

2 pita bread(s)- 156 cals



**Avocado, apple, chicken salad**

1237 cals

### Dinner

1370 cals, 97g protein, 107g net carbs, 56g fat



**Olive oil drizzled sugar snap peas**

286 cals



**Buttery white rice**

607 cals



**Buttery tarragon tilapia**

14 oz- 478 cals

## Day 6

2766 cals ● 176g protein (25%) ● 125g fat (41%) ● 195g carbs (28%) ● 39g fiber (6%)

### Lunch

1395 cals, 79g protein, 88g net carbs, 69g fat



**Thyme & lime chicken thighs**

551 cals



**Mashed sweet potatoes with butter**

498 cals



**Simple kale & avocado salad**

345 cals

### Dinner

1370 cals, 97g protein, 107g net carbs, 56g fat



**Olive oil drizzled sugar snap peas**

286 cals



**Buttery white rice**

607 cals



**Buttery tarragon tilapia**

14 oz- 478 cals

## Day 7

2771 cals ● 188g protein (27%) ● 128g fat (41%) ● 186g carbs (27%) ● 31g fiber (4%)

### Lunch

1395 cals, 79g protein, 88g net carbs, 69g fat



**Thyme & lime chicken thighs**

551 cals



**Mashed sweet potatoes with butter**

498 cals



**Simple kale & avocado salad**

345 cals

### Dinner

1375 cals, 110g protein, 98g net carbs, 58g fat



**Ginger beef & carrot bowl**

1147 cals



**Fruit juice**

2 cup(s)- 229 cals

# Grocery List



## Fruits and Fruit Juices

- ☐ fruit juice  
32 fl oz (960mL)
- ☐ avocados  
7 1/3 avocado(s) (1474g)
- ☐ lemon  
3 3/4 small (218g)
- ☐ lime juice  
2 1/2 fl oz (81mL)
- ☐ apples  
2 1/4 medium (3" dia) (410g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
1/4 lbs (128g)
- ☐ long-grain white rice  
2 cup (385g)
- ☐ all-purpose flour  
3/8 cup(s) (52g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1 1/2 cup(s) (mL)

## Fats and Oils

- ☐ oil  
2 3/4 oz (83mL)
- ☐ salad dressing  
1 1/2 tbsp (23mL)
- ☐ ranch dressing  
6 tbsp (90mL)
- ☐ marinade sauce  
1/2 cup (120mL)
- ☐ olive oil  
1/4 lbs (136mL)
- ☐ mayonnaise  
2 tbsp (30mL)

## Beef Products

- ☐ ground beef (93% lean)  
1 1/2 lbs (706g)

## Vegetables and Vegetable Products

- ☐ leeks  
3/4 leek (67g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
6 lbs (2707g)
- ☐ boneless skinless chicken thighs  
1 1/2 lb (680g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
1 pouch (~5.6 oz) (158g)

## Other

- ☐ ranch dressing mix  
3/4 packet (1 oz) (21g)
- ☐ mixed greens  
2 2/3 cup (80g)
- ☐ sriracha chili sauce  
1 tsp (5g)

## Spices and Herbs

- ☐ black pepper  
4 1/4 g (4g)
- ☐ salt  
2/3 oz (19g)
- ☐ garlic powder  
1 tsp (3g)
- ☐ fresh tarragon  
3 1/2 tsp, chopped (2g)
- ☐ thyme, dried  
1/4 tbsp, leaves (1g)

## Dairy and Egg Products

- ☐ butter  
1 1/2 stick (166g)

## Beverages

- ☐ water  
3 2/3 cup(s) (870mL)

## Nut and Seed Products

- ☐ almonds  
1/4 lbs (103g)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
2 2/3 lbs (1204g)

- ☐ **carrots**  
1 2/3 medium (103g)
  - ☐ **romaine lettuce**  
1 hearts (500g)
  - ☐ **tomatoes**  
2 medium whole (2-3/5" dia) (243g)
  - ☐ **kale leaves**  
3 3/4 bunch (638g)
  - ☐ **frozen sugar snap peas**  
8 2/3 cup (1248g)
  - ☐ **raw celery**  
1/2 cup chopped (57g)
  - ☐ **onion**  
2/3 small (47g)
  - ☐ **garlic**  
3 1/2 clove (11g)
  - ☐ **sweet potatoes**  
4 sweetpotato, 5" long (840g)
  - ☐ **fresh ginger**  
2 inch (2.5cm) cube (10g)
  - ☐ **fresh cilantro**  
2 tbsp, chopped (6g)
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- ☐ **canned tuna**  
2 2/3 can (459g)

### **Baked Products**

- ☐ **pita bread**  
4 pita, small (4" dia) (112g)

### **Legumes and Legume Products**

- ☐ **soy sauce**  
4 tbsp (60mL)

## Lunch 1 [↗](#)

Eat on day 1

### Fruit juice

2 cup(s) - 229 cal ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Makes 2 cup(s)

**fruit juice**

16 fl oz (480mL)

1. The recipe has no instructions.

### Leek & ground beef pasta

948 cal ● 72g protein ● 25g fat ● 103g carbs ● 5g fiber



**uncooked dry pasta**

1/4 lbs (128g)

**vegetable broth**

1 1/2 cup(s) (mL)

**oil**

1 tsp (6mL)

**ground beef (93% lean)**

1/2 lbs (254g)

**leeks, chopped**

3/4 leek (67g)

1. Heat oil in a large skillet over medium heat. Add the beef and break apart, cooking for about 5 minutes or until browned.
2. Add in the leeks and cook for 3 minutes until leeks have slightly softened.
3. Add in broth and pasta. Bring to a simmer and cook for 10-12 minutes or until pasta is cooked to your liking. Stir occasionally to ensure pasta gets evenly cooked.
4. Season with a hefty pinch of salt and black pepper and serve.

### Simple salad with tomatoes and carrots

196 cal ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



**salad dressing**

1 1/2 tbsp (23mL)

**carrots, sliced**

1/2 medium (31g)

**romaine lettuce, roughly chopped**

1 hearts (500g)

**tomatoes, diced**

1 medium whole (2-3/5" dia) (123g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



For single meal:

**flavored rice mix**  
1/2 pouch (~5.6 oz) (79g)

For all 2 meals:

**flavored rice mix**  
1 pouch (~5.6 oz) (158g)

1. Prepare according to instructions on package.

### Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

**ranch dressing**  
3 tbsp (45mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**oil**  
3/4 tbsp (11mL)  
**ranch dressing mix**  
3/8 packet (1 oz) (11g)

For all 2 meals:

**ranch dressing**  
6 tbsp (90mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**oil**  
1 1/2 tbsp (23mL)  
**ranch dressing mix**  
3/4 packet (1 oz) (21g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

### Simple kale & avocado salad

403 cals ● 8g protein ● 27g fat ● 16g carbs ● 16g fiber





For single meal:

**kale leaves, chopped**  
7/8 bunch (149g)  
**avocados, chopped**  
7/8 avocado(s) (176g)  
**lemon, juiced**  
7/8 small (51g)

For all 2 meals:

**kale leaves, chopped**  
1 3/4 bunch (298g)  
**avocados, chopped**  
1 3/4 avocado(s) (352g)  
**lemon, juiced**  
1 3/4 small (102g)

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 4 and day 5

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### Pita bread

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



For single meal:

**pita bread**  
2 pita, small (4" dia) (56g)

For all 2 meals:

**pita bread**  
4 pita, small (4" dia) (112g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

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### Avocado, apple, chicken salad

1237 cals ● 92g protein ● 74g fat ● 30g carbs ● 21g fiber



For single meal:

**raw celery**

1/4 cup chopped (28g)

**olive oil**

2 1/4 tbsp (34mL)

**garlic powder**

1/2 tsp (2g)

**salt**

1/4 tsp (2g)

**black pepper**

1/4 tsp, ground (1g)

**lime juice**

3/4 tbsp (11mL)

**boneless skinless chicken breast,  
raw, cubed**

13 1/2 oz (383g)

**avocados, chopped**

1 avocado(s) (226g)

**apples, finely chopped**

1 medium (3" dia) (205g)

For all 2 meals:

**raw celery**

1/2 cup chopped (57g)

**olive oil**

1/4 cup (68mL)

**garlic powder**

1 tsp (3g)

**salt**

1/2 tsp (3g)

**black pepper**

1/2 tsp, ground (1g)

**lime juice**

1 1/2 tbsp (23mL)

**boneless skinless chicken breast,  
raw, cubed**

1 2/3 lbs (765g)

**avocados, chopped**

2 1/4 avocado(s) (452g)

**apples, finely chopped**

2 1/4 medium (3" dia) (410g)

1. Cube the chicken and season with salt and pepper.
  2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
  3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
  4. Combine all ingredients in a large bowl and toss to coat.
  5. Serve.
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## Lunch 4 [↗](#)

Eat on day 6 and day 7

### Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
3/4 lb (340g)  
**thyme, dried**  
3 dash, leaves (0g)  
**lime juice**  
1 1/2 tbsp (23mL)  
**oil**  
3/4 tbsp (11mL)

For all 2 meals:

**boneless skinless chicken thighs**  
1 1/2 lb (680g)  
**thyme, dried**  
1/4 tbsp, leaves (1g)  
**lime juice**  
3 tbsp (45mL)  
**oil**  
1 1/2 tbsp (23mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

### Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

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

For all 2 meals:

**sweet potatoes**  
4 sweetpotato, 5" long (840g)  
**butter**  
2 2/3 tbsp (36g)

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

### Simple kale & avocado salad

345 cals ● 7g protein ● 23g fat ● 14g carbs ● 14g fiber



For single meal:

**kale leaves, chopped**  
3/4 bunch (128g)  
**avocados, chopped**  
3/4 avocado(s) (151g)  
**lemon, juiced**  
3/4 small (44g)

For all 2 meals:

**kale leaves, chopped**  
1 1/2 bunch (255g)  
**avocados, chopped**  
1 1/2 avocado(s) (302g)  
**lemon, juiced**  
1 1/2 small (87g)

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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## Dinner 1 [↗](#)

Eat on day 1

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### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



**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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### Basic chicken breast

29 1/3 oz - 1164 cals ● 185g protein ● 47g fat ● 0g carbs ● 0g fiber



Makes 29 1/3 oz

**boneless skinless chicken breast, raw**

29 1/3 oz (821g)

**oil**

2 tbsp (28mL)

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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## Dinner 2 [↗](#)

Eat on day 2

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### Buttery white rice

567 cals ● 8g protein ● 21g fat ● 85g carbs ● 2g fiber



#### **black pepper**

1/4 tsp, ground (1g)

#### **butter**

1 3/4 tbsp (25g)

#### **salt**

1/2 tsp (3g)

#### **water**

1 1/6 cup(s) (276mL)

#### **long-grain white rice**

9 1/3 tbsp (108g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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### Marinated chicken breast

16 oz - 565 cals ● 101g protein ● 17g fat ● 3g carbs ● 0g fiber



Makes 16 oz

**boneless skinless chicken breast, raw**

1 lbs (448g)

**marinade sauce**

1/2 cup (120mL)

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 marinate 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.

## Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen sugar snap peas**

2 cup (288g)

**olive oil**

1 tbs (15mL)

1. Prepare sugar snap peas according to instructions on package.
  2. Drizzle with olive oil and season with salt and pepper.
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## Dinner 3 [↗](#)

Eat on day 3

### Almond crusted tilapia

15 oz - 1059 cals ● 102g protein ● 51g fat ● 40g carbs ● 9g fiber



Makes 15 oz

**almonds**

10 tbsp, slivered (68g)

**tilapia, raw**

15 oz (420g)

**all-purpose flour**

3/8 cup(s) (52g)

**salt**

1/3 tsp (1g)

**olive oil**

1 1/4 tbsp (19mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

### Buttered sugar snap peas

322 cals ● 8g protein ● 23g fat ● 12g carbs ● 9g fiber



**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**butter**

2 tbsp (27g)

**frozen sugar snap peas**

2 cup (288g)

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



## Dinner 4 [↗](#)

Eat on day 4

### Avocado tuna salad

1164 cals ● 108g protein ● 64g fat ● 15g carbs ● 22g fiber



#### avocados

1 1/3 avocado(s) (268g)

#### lime juice

1 tbsp (13mL)

#### salt

1/3 tsp (1g)

#### black pepper

1/3 tsp (0g)

#### mixed greens

2 2/3 cup (80g)

#### canned tuna

2 2/3 can (459g)

#### tomatoes

2/3 cup, chopped (120g)

#### onion, minced

2/3 small (47g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

#### almonds

4 tbsp, whole (36g)

1. The recipe has no instructions.

## Dinner 5 [↗](#)

Eat on day 5 and day 6

### Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



For single meal:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen sugar snap peas**  
2 1/3 cup (336g)  
**olive oil**  
3 1/2 tsp (18mL)

For all 2 meals:

**black pepper**  
1/2 tsp (0g)  
**salt**  
1/2 tsp (1g)  
**frozen sugar snap peas**  
4 2/3 cup (672g)  
**olive oil**  
2 1/3 tbsp (35mL)

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

### Buttery white rice

607 cals ● 9g protein ● 23g fat ● 91g carbs ● 2g fiber



For single meal:

**black pepper**  
1/3 tsp, ground (1g)  
**butter**  
2 tbsp (27g)  
**salt**  
5 dash (4g)  
**water**  
1 1/4 cup(s) (296mL)  
**long-grain white rice**  
10 tbsp (116g)

For all 2 meals:

**black pepper**  
5 dash, ground (1g)  
**butter**  
1/4 cup (53g)  
**salt**  
1 1/4 tsp (8g)  
**water**  
2 1/2 cup(s) (593mL)  
**long-grain white rice**  
1 1/4 cup (231g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

### Buttery tarragon tilapia

14 oz - 478 cals ● 79g protein ● 17g fat ● 2g carbs ● 0g fiber



For single meal:

**tilapia, raw**  
14 oz (392g)  
**fresh tarragon**  
1 3/4 tsp, chopped (1g)  
**butter**  
2 1/2 tsp (12g)  
**garlic, minced**  
1 3/4 clove (5g)

For all 2 meals:

**tilapia, raw**  
1 3/4 lbs (784g)  
**fresh tarragon**  
3 1/2 tsp, chopped (2g)  
**butter**  
1 3/4 tbsp (25g)  
**garlic, minced**  
3 1/2 clove (11g)

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small bowl, microwave the butter for a few seconds until melted. Stir in the garlic, tarragon, and a pinch of salt.
3. Place the tilapia fillets on the prepared baking sheet and spoon the buttery sauce evenly over the top.
4. Bake for 12-15 minutes, or until the tilapia is opaque and flakes easily with a fork. Serve.

## Dinner 6 [↗](#)

Eat on day 7

### Ginger beef & carrot bowl

1147 cal ● 106g protein ● 57g fat ● 47g carbs ● 4g fiber



**long-grain white rice**  
4 tbsp (46g)  
**ground beef (93% lean)**  
1 lbs (452g)  
**mayonnaise**  
2 tbsp (30mL)  
**sriracha chili sauce**  
1 tsp (5g)  
**soy sauce**  
4 tbsp (60mL)  
**oil**  
1 tsp (5mL)  
**carrots, shredded or finely sliced**  
1 large (72g)  
**fresh ginger, peeled & minced**  
2 inch (2.5cm) cube (10g)  
**fresh cilantro, chopped**  
2 tbsp, chopped (6g)

1. Cook rice according to package instructions. Set aside.
2. Meanwhile in a small bowl, mix together the mayonnaise and sriracha. Set aside.
3. Heat oil in a skillet over medium heat. Add ginger and cook for 1 minute until aromatic. Add beef, and some salt and pepper. Break up beef and cook until browned, 5-8 minutes.
4. Stir in carrots and soy sauce and cook a couple more minutes until carrots have softened and soy sauce has reduced.
5. Plate rice and top with beef and carrot mixture. Drizzle with sriracha mayo, sprinkle with cilantro, and serve.

### Fruit juice

2 cup(s) - 229 cal ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



Makes 2 cup(s)

**fruit juice**

16 fl oz (480mL)

1. The recipe has no instructions.

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