

# Meal Plan - 3000 calorie intermittent fasting meal plan

[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

3051 cals ● 201g protein (26%) ● 87g fat (26%) ● 289g carbs (38%) ● 78g fiber (10%)

### Lunch

1540 cals, 71g protein, 187g net carbs, 32g fat



**White bean cassoulet**  
1540 cals

### Dinner

1510 cals, 130g protein, 102g net carbs, 55g fat



**Mixed vegetables**  
1 1/4 cup(s)- 121 cals



**Basic chicken breast**  
18 oz- 714 cals



**Baked fries**  
676 cals

## Day 2

2983 cals ● 214g protein (29%) ● 108g fat (33%) ● 251g carbs (34%) ● 39g fiber (5%)

### Lunch

1515 cals, 60g protein, 171g net carbs, 60g fat



**Spinach parmesan pasta**  
1218 cals



**Milk**  
2 cup(s)- 298 cals

### Dinner

1465 cals, 154g protein, 79g net carbs, 48g fat



**Lentils**  
463 cals



**Lemon pepper chicken breast**  
18 2/3 oz- 691 cals



**Tomato and avocado salad**  
313 cals

## Day 3

3003 cals ● 256g protein (34%) ● 60g fat (18%) ● 284g carbs (38%) ● 76g fiber (10%)

### Lunch

1460 cals, 135g protein, 135g net carbs, 30g fat



**Tortilla chips**  
247 cals



**White chicken chili soup**  
1213 cals

### Dinner

1545 cals, 120g protein, 150g net carbs, 30g fat



**Lentils**  
347 cals



**Teriyaki chicken**  
8 oz- 380 cals



**Easy chickpea salad**  
817 cals

## Day 4

2964 cals ● 197g protein (27%) ● 117g fat (36%) ● 202g carbs (27%) ● 78g fiber (11%)

### Lunch

1420 cals, 77g protein, 52g net carbs, 88g fat



**Roasted almonds**  
3/8 cup(s)- 370 cals



**Buffalo chicken wrap**  
1 wrap(s)- 639 cals



**Tomato and avocado salad**  
411 cals

### Dinner

1545 cals, 120g protein, 150g net carbs, 30g fat



**Lentils**  
347 cals



**Teriyaki chicken**  
8 oz- 380 cals



**Easy chickpea salad**  
817 cals

## Day 5

2962 cals ● 190g protein (26%) ● 123g fat (37%) ● 227g carbs (31%) ● 46g fiber (6%)

### Lunch

1460 cals, 105g protein, 124g net carbs, 51g fat



**Grilled chicken hummus wrap**  
4 wrap(s)- 1367 cals



**Carrot sticks**  
3 1/2 carrot(s)- 95 cals

### Dinner

1500 cals, 85g protein, 103g net carbs, 72g fat



**Lentils**  
463 cals



**Slow cooker carnitas taocs**  
2 taco(s)- 604 cals



**Buttered broccoli**  
3 1/4 cup(s)- 434 cals

## Day 6

2960 cals ● 191g protein (26%) ● 129g fat (39%) ● 205g carbs (28%) ● 54g fiber (7%)

### Lunch

1510 cals, 77g protein, 83g net carbs, 85g fat



**Simple kale & avocado salad**  
345 cals



**Chicken thighs with tomatoes & feta**  
1 1/2 thigh(s)- 683 cals



**Baked fries**  
483 cals

### Dinner

1450 cals, 113g protein, 122g net carbs, 45g fat



**Bbq chicken stuffed sweet potatoes**  
2 potato(es)- 1039 cals



**Tomato and avocado salad**  
411 cals

Day 7

2960 cals ● 191g protein (26%) ● 129g fat (39%) ● 205g carbs (28%) ● 54g fiber (7%)

Lunch

1510 cals, 77g protein, 83g net carbs, 85g fat



Simple kale & avocado salad  
345 cals



Chicken thighs with tomatoes & feta  
1 1/2 thigh(s)- 683 cals



Baked fries  
483 cals

Dinner

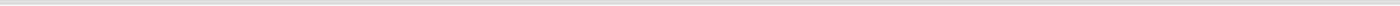
1450 cals, 113g protein, 122g net carbs, 45g fat



Bbq chicken stuffed sweet potatoes  
2 potato(es)- 1039 cals



Tomato and avocado salad  
411 cals



## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1 cup(s) (mL)
- ☐ chicken broth  
3 1/2 cup(s) (mL)
- ☐ salsa verde  
3/4 jar (16 oz) (331g)
- ☐ apple cider vinegar  
3 1/2 tbsp (3mL)
- ☐ hot sauce  
2 3/4 tbsp (41mL)
- ☐ pasta sauce  
3 tbsp (49g)
- ☐ barbecue sauce  
2/3 cup (190g)

## Fats and Oils

- ☐ oil  
1/2 cup (126mL)
- ☐ olive oil  
2 1/2 tbsp (38mL)

## Vegetables and Vegetable Products

- ☐ raw celery  
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ carrots  
8 1/4 medium (502g)
- ☐ onion  
4 medium (2-1/2" dia) (441g)
- ☐ garlic  
5 2/3 clove(s) (17g)
- ☐ frozen mixed veggies  
1 1/4 cup (169g)
- ☐ potatoes  
4 1/4 large (3" to 4-1/4" dia.) (1568g)
- ☐ fresh spinach  
5/6 10oz package (237g)
- ☐ tomatoes  
11 medium whole (2-3/5" dia) (1346g)
- ☐ fresh parsley  
10 1/2 sprigs (11g)
- ☐ cucumber  
1 cup slices (104g)
- ☐ frozen broccoli  
3 1/4 cup (296g)
- ☐ kale leaves  
1 1/2 bunch (255g)
- ☐ sweet potatoes  
4 sweetpotato, 5" long (840g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 1/3 lbs (3278g)
- ☐ chicken thighs, with bone and skin, raw  
3 thigh(s) (510g)

## Cereal Grains and Pasta

- ☐ uncooked dry pasta  
6 2/3 oz (190g)

## Dairy and Egg Products

- ☐ butter  
5 3/4 tbsp (82g)
- ☐ parmesan cheese  
6 3/4 tbsp (42g)
- ☐ whole milk  
2 cup(s) (480mL)
- ☐ feta cheese  
4 oz (118g)

## Spices and Herbs

- ☐ salt  
1/2 oz (18g)
- ☐ black pepper  
1/4 oz (8g)
- ☐ lemon pepper  
3 1/2 tsp (8g)
- ☐ garlic powder  
1/2 tbsp (5g)
- ☐ ground cumin  
1 tsp (2g)
- ☐ balsamic vinegar  
1/4 cup (53mL)

## Beverages

- ☐ water  
9 1/2 cup(s) (2278mL)

## Fruits and Fruit Juices

- ☐ lime juice  
6 1/2 tbsp (99mL)
- ☐ avocados  
5 avocado(s) (1030g)
- ☐ lemon  
1 1/2 small (87g)

## Legumes and Legume Products

- ☐ white beans, canned  
2 can(s) (878g)
- ☐ lentils, raw  
2 1/3 cup (448g)
- ☐ canned great northern beans  
1 1/6 can (~15 oz) (496g)
- ☐ chickpeas, canned  
3 1/2 can(s) (1568g)
- ☐ hummus  
1/2 cup (120g)

## Snacks

- ☐ tortilla chips  
1 3/4 oz (50g)

## Other

- ☐ teriyaki sauce  
1/2 cup (120mL)
- ☐ mixed greens  
1 cup (30g)
- ☐ italian seasoning  
1/4 tbsp (3g)

## Nut and Seed Products

- ☐ almonds  
6 3/4 tbsp, whole (60g)

## Baked Products

- ☐ flour tortillas  
6 2/3 tortilla (approx 7-8" dia) (328g)

## Pork Products

- ☐ pork shoulder  
1/2 lbs (227g)
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## Lunch 1 [↗](#)

Eat on day 1

### White bean cassoulet

1540 cals ● 71g protein ● 32g fat ● 187g carbs ● 56g fiber



**vegetable broth**  
1 cup(s) (mL)  
**oil**  
2 tbsp (30mL)  
**raw celery, thinly sliced**  
2 stalk, medium (7-1/2" - 8" long) (80g)  
**carrots, peeled & slices**  
4 large (288g)  
**onion, diced**  
2 medium (2-1/2" dia) (220g)  
**garlic, minced**  
4 clove(s) (12g)  
**white beans, canned, drained & rinsed**  
2 can(s) (878g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

## Lunch 2 [↗](#)

Eat on day 2

### Spinach parmesan pasta

1218 cals ● 44g protein ● 44g fat ● 148g carbs ● 12g fiber



**uncooked dry pasta**  
6 2/3 oz (190g)  
**butter**  
2 1/2 tbsp (36g)  
**fresh spinach**  
5/6 10oz package (237g)  
**parmesan cheese**  
6 2/3 tbsp (42g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tbsp, ground (4g)  
**water**  
1/4 cup(s) (66mL)  
**garlic, minced**  
1 2/3 clove(s) (5g)

1. Cook pasta according to its package. Set pasta aside when finished.
2. In the pot the pasta was in, put the butter over medium heat. When melted, add the garlic and cook a minute or two until fragrant.
3. Add pasta, water, and spinach, stir together and cook until spinach has wilted.
4. Stir in parmesan and season with salt and pepper.
5. Serve.

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



Makes 2 cup(s)

**whole milk**

2 cup(s) (480mL)

1. The recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 3

### Tortilla chips

247 cals ● 3g protein ● 11g fat ● 31g carbs ● 2g fiber



**tortilla chips**

1 3/4 oz (50g)

1. The recipe has no instructions.

### White chicken chili soup

1213 cals ● 132g protein ● 19g fat ● 103g carbs ● 24g fiber



**chicken broth**

3 1/2 cup(s) (mL)

**ground cumin**

1 tsp (2g)

**salsa verde**

56 tsp (299g)

**boneless skinless chicken breast, raw**

14 oz (397g)

**canned great northern beans, drained**

1 1/6 can (~15 oz) (496g)

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.
3. In a new pot, add broth, chicken, beans, salsa, and cumin over medium-high heat and stir.
4. Allow to cook for about 5 minutes. Serve.
5. \*Crock pot method: Add all ingredients (including the uncooked chicken) into the crock pot. Cook on low for 6-8 hours, or high for 3-4. Once finished, shred the chicken with two forks and serve.



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## Lunch 4 [↗](#)

Eat on day 4

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### Roasted almonds

3/8 cup(s) - 370 cals ● 13g protein ● 30g fat ● 5g carbs ● 8g fiber



Makes 3/8 cup(s)

#### almonds

6 2/3 tbsp, whole (60g)

1. The recipe has no instructions.

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### Buffalo chicken wrap

1 wrap(s) - 639 cals ● 59g protein ● 26g fat ● 35g carbs ● 8g fiber



Makes 1 wrap(s)

#### black pepper

1 1/3 dash, ground (0g)

#### salt

1 1/3 dash (1g)

#### hot sauce

2 2/3 tbsp (40mL)

#### olive oil

1 tsp (5mL)

#### flour tortillas

1 tortilla (approx 10" dia) (72g)

#### avocados, chopped

1/3 avocado(s) (67g)

#### tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

#### boneless skinless chicken breast, raw, cubed

1/2 lbs (227g)

1. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
2. Heat the olive oil in a skillet over medium heat.
3. Add chicken to skillet and cook 7-10 minutes until cooked through.
4. Assemble wrap by taking a tortilla, topping with chicken, tomatoes and avocado, and wrapping.
5. Serve.

### Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber





**onion**  
1 3/4 tbsp minced (26g)  
**lime juice**  
1 3/4 tbsp (26mL)  
**olive oil**  
1/2 tbsp (7mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
7/8 avocado(s) (176g)  
**tomatoes, diced**  
7/8 medium whole (2-3/5" dia) (108g)

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.

## Lunch 5 [🔗](#)

Eat on day 5

### Grilled chicken hummus wrap

4 wrap(s) - 1367 cals ● 102g protein ● 51g fat ● 109g carbs ● 16g fiber



Makes 4 wrap(s)

**boneless skinless chicken breast, raw**  
10 oz (284g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**mixed greens**  
1 cup (30g)  
**hummus**  
1/2 cup (120g)  
**feta cheese**  
1/2 cup (75g)  
**cucumber, chopped**  
1 cup slices (104g)  
**tomatoes, chopped**  
4 slice(s), thin/small (60g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

### Carrot sticks

3 1/2 carrot(s) - 95 cals ● 2g protein ● 0g fat ● 14g carbs ● 6g fiber



Makes 3 1/2 carrot(s)

**carrots**  
3 1/2 medium (214g)

1. Cut carrots into strips and serve.

## Lunch 6 [↗](#)

Eat on day 6 and day 7

### 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.

### Chicken thighs with tomatoes & feta

1 1/2 thigh(s) - 683 cals ● 62g protein ● 44g fat ● 8g carbs ● 3g fiber



For single meal:

**chicken thighs, with bone and skin, raw**  
1 1/2 thigh(s) (255g)  
**feta cheese**  
3/4 oz (21g)  
**italian seasoning**  
3 dash (1g)  
**pasta sauce**  
1 1/2 tbsp (24g)  
**tomatoes**  
1/2 pint, cherry tomatoes (168g)

For all 2 meals:

**chicken thighs, with bone and skin, raw**  
3 thigh(s) (510g)  
**feta cheese**  
1 1/2 oz (43g)  
**italian seasoning**  
1/4 tbsp (3g)  
**pasta sauce**  
3 tbsp (49g)  
**tomatoes**  
1 pint, cherry tomatoes (335g)

1. Season the chicken generously with salt and pepper.
2. Heat a deep skillet over medium heat. Add the chicken skin-side down and cook until the skin is well browned and crispy, about 12-15 minutes. Transfer the chicken to a plate, skin-side up, and set aside.
3. Add the tomatoes, tomato sauce, and seasoning. Stir to combine and simmer for about 10 minutes, until the tomatoes begin to burst and the sauce thickens slightly.
4. Return the chicken to the skillet, skin-side up, nestling it so the meat touches the sauce while keeping the skin exposed. Continue cooking for 8-12 minutes, or until the chicken reaches an internal temperature of 165°F (75°C).
5. Remove from heat, crumble feta over the top, and serve.

### Baked fries

483 cals ● 8g protein ● 18g fat ● 62g carbs ● 11g fiber



For single meal:

**potatoes**  
1 1/4 large (3" to 4-1/4" dia.) (461g)  
**oil**  
1 1/4 tbsp (19mL)

For all 2 meals:

**potatoes**  
2 1/2 large (3" to 4-1/4" dia.) (923g)  
**oil**  
2 1/2 tbsp (38mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

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## Dinner 1 [↗](#)

Eat on day 1

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### Mixed vegetables

1 1/4 cup(s) - 121 cals ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



Makes 1 1/4 cup(s)

**frozen mixed veggies**  
1 1/4 cup (169g)

1. Prepare according to instructions on package.

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### Basic chicken breast

18 oz - 714 cals ● 113g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 18 oz

**boneless skinless chicken breast, raw**

18 oz (504g)

**oil**

1 tbsp (17mL)

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.

## Baked fries

676 cals ● 11g protein ● 25g fat ● 86g carbs ● 15g fiber





**potatoes**  
1 3/4 large (3" to 4-1/4" dia.) (646g)  
**oil**  
1 3/4 tbsp (26mL)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

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## Dinner 2 [↗](#)

Eat on day 2

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### Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

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### Lemon pepper chicken breast

18 2/3 oz - 691 cals ● 119g protein ● 22g fat ● 3g carbs ● 2g fiber



Makes 18 2/3 oz

**boneless skinless chicken breast, raw**

18 2/3 oz (523g)

**olive oil**

1 3/4 tsp (9mL)

**lemon pepper**

3 1/2 tsp (8g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

## Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



**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.

## Dinner 3 [↗](#)

Eat on day 3 and day 4

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

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

For all 2 meals:

**water**  
4 cup(s) (948mL)  
**salt**  
2 dash (2g)  
**lentils, raw, rinsed**  
1 cup (192g)

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.

### Teriyaki chicken

8 oz - 380 cals ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**teriyaki sauce**  
4 tbsp (60mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (224g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**teriyaki sauce**  
1/2 cup (120mL)  
**boneless skinless chicken breast, raw, cubed**  
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.



## Easy chickpea salad

817 cals ● 42g protein ● 16g fat ● 88g carbs ● 39g fiber



For single meal:

**balsamic vinegar**  
1 3/4 tbsp (26mL)  
**apple cider vinegar**  
1 3/4 tbsp (1mL)  
**chickpeas, canned, drained and rinsed**  
1 3/4 can(s) (784g)  
**onion, thinly sliced**  
7/8 small (61g)  
**tomatoes, halved**  
1 3/4 cup cherry tomatoes (261g)  
**fresh parsley, chopped**  
5 1/4 sprigs (5g)

For all 2 meals:

**balsamic vinegar**  
1/4 cup (53mL)  
**apple cider vinegar**  
3 1/2 tbsp (3mL)  
**chickpeas, canned, drained and rinsed**  
3 1/2 can(s) (1568g)  
**onion, thinly sliced**  
1 3/4 small (123g)  
**tomatoes, halved**  
3 1/2 cup cherry tomatoes (522g)  
**fresh parsley, chopped**  
10 1/2 sprigs (11g)

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

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## Dinner 4 [↗](#)

Eat on day 5

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### Lentils

463 cals ● 31g protein ● 1g fat ● 67g carbs ● 14g fiber



**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

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## Slow cooker carnitas taocs

2 taco(s) - 604 cals ● 45g protein ● 33g fat ● 30g carbs ● 2g fiber



Makes 2 taco(s)

**pork shoulder**

1/2 lbs (227g)

**salsa verde**

2 tbsp (32g)

**flour tortillas**

2 tortilla medium (approx 6" dia) (60g)

1. Season pork shoulder with some salt and pepper.
2. Place pork in a slower cooker, cover, and cook on low for 6-8 hours. Time may vary, so be sure to check throughout. Pork should easily shred when done.
3. Take two forks and shred the pork.
4. Place shredded pork on a tortilla. Top with salsa verde and serve.

## Buttered broccoli

3 1/4 cup(s) - 434 cals ● 9g protein ● 37g fat ● 6g carbs ● 9g fiber



Makes 3 1/4 cup(s)

**salt**

1 1/2 dash (1g)

**frozen broccoli**

3 1/4 cup (296g)

**black pepper**

1 1/2 dash (0g)

**butter**

3 1/4 tbsp (46g)

1. Prepare broccoli according to instructions on package.
  2. Mix in butter until melted and season with salt and pepper to taste.
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## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Bbq chicken stuffed sweet potatoes

2 potato(es) - 1039 cals ● 108g protein ● 13g fat ● 110g carbs ● 13g fiber



For single meal:

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

For all 2 meals:

**barbecue sauce**  
2/3 cup (190g)  
**boneless skinless chicken breast, raw**  
2 lbs (896g)  
**sweet potatoes, halved**  
4 sweetpotato, 5" long (840g)

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.

### Tomato and avocado salad

411 cals ● 5g protein ● 32g fat ● 12g carbs ● 14g fiber



For single meal:

**onion**  
1 3/4 tbsp minced (26g)  
**lime juice**  
1 3/4 tbsp (26mL)  
**olive oil**  
1/2 tbsp (7mL)  
**garlic powder**  
1/2 tsp (1g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**avocados, cubed**  
7/8 avocado(s) (176g)  
**tomatoes, diced**  
7/8 medium whole (2-3/5" dia) (108g)

For all 2 meals:

**onion**  
1/4 cup minced (53g)  
**lime juice**  
1/4 cup (53mL)  
**olive oil**  
2 1/2 tsp (13mL)  
**garlic powder**  
1 tsp (3g)  
**salt**  
1 tsp (5g)  
**black pepper**  
1 tsp, ground (2g)  
**avocados, cubed**  
1 3/4 avocado(s) (352g)  
**tomatoes, diced**  
1 3/4 medium whole (2-3/5" dia) (215g)

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.

