

Meal Plan - Meal plan with over 30g protein

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

Day 1

910 cals ● 43g protein (19%) ● 45g fat (45%) ● 70g carbs (31%) ● 12g fiber (5%)

Breakfast

225 cals, 14g protein, 17g net carbs, 10g fat



Orange

1 orange(s)- 85 cals



Boiled eggs

2 egg(s)- 139 cals

Dinner

295 cals, 17g protein, 27g net carbs, 11g fat



Bbq chicken wings

4 oz- 182 cals



Brown rice

1/4 cup brown rice, cooked- 57 cals



Carrot sticks

2 carrot(s)- 54 cals

Lunch

395 cals, 13g protein, 27g net carbs, 24g fat



Clam chowder

1 can(s)- 364 cals



Roasted tomatoes

1/2 tomato(es)- 30 cals

Day 2

1009 cals ● 56g protein (22%) ● 47g fat (42%) ● 75g carbs (30%) ● 15g fiber (6%)

Breakfast

225 cals, 14g protein, 17g net carbs, 10g fat



Orange

1 orange(s)- 85 cals



Boiled eggs

2 egg(s)- 139 cals

Dinner

390 cals, 30g protein, 32g net carbs, 13g fat



Turkey-mixed veggies-quinoa bowl

392 cals

Lunch

395 cals, 13g protein, 27g net carbs, 24g fat



Clam chowder

1 can(s)- 364 cals



Roasted tomatoes

1/2 tomato(es)- 30 cals

Day 3

890 cals ● 60g protein (27%) ● 30g fat (30%) ● 83g carbs (37%) ● 11g fiber (5%)

Breakfast

235 cals, 9g protein, 30g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Fruit juice

1/2 cup(s)- 57 cals



Kale & eggs

95 cals

Dinner

390 cals, 30g protein, 32g net carbs, 13g fat



Turkey-mixed veggies-quinoa bowl

392 cals

Lunch

260 cals, 22g protein, 22g net carbs, 9g fat



Buttery brown rice

125 cals



Easy garlic chicken

3 oz- 137 cals

Day 4

900 cals ● 55g protein (24%) ● 40g fat (40%) ● 71g carbs (31%) ● 9g fiber (4%)

Breakfast

235 cals, 9g protein, 30g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Fruit juice

1/2 cup(s)- 57 cals



Kale & eggs

95 cals

Dinner

400 cals, 24g protein, 19g net carbs, 24g fat



Mixed vegetables

1/2 cup(s)- 49 cals



Brown rice

1/4 cup brown rice, cooked- 57 cals



Chicken thighs and mushrooms

3 oz- 295 cals

Lunch

260 cals, 22g protein, 22g net carbs, 9g fat



Buttery brown rice

125 cals



Easy garlic chicken

3 oz- 137 cals

Day 5

919 cals ● 48g protein (21%) ● 47g fat (46%) ● 63g carbs (28%) ● 13g fiber (6%)

Breakfast

235 cals, 9g protein, 30g net carbs, 8g fat



Orange

1 orange(s)- 85 cals



Fruit juice

1/2 cup(s)- 57 cals



Kale & eggs

95 cals

Dinner

400 cals, 24g protein, 19g net carbs, 24g fat



Mixed vegetables

1/2 cup(s)- 49 cals



Brown rice

1/4 cup brown rice, cooked- 57 cals



Chicken thighs and mushrooms

3 oz- 295 cals

Lunch

280 cals, 15g protein, 14g net carbs, 16g fat



Avocado egg salad sandwich

1/2 sandwich(es)- 281 cals

Day 6

1014 cals ● 59g protein (23%) ● 54g fat (48%) ● 55g carbs (22%) ● 18g fiber (7%)

Breakfast

245 cals, 24g protein, 17g net carbs, 8g fat



Clementine

1 clementine(s)- 39 cals



Tomato mushroom egg white omelet

149 cals



Toast with butter

1/2 slice(s)- 57 cals

Dinner

340 cals, 23g protein, 12g net carbs, 19g fat



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals



Simple mixed greens and tomato salad

113 cals

Lunch

425 cals, 13g protein, 26g net carbs, 27g fat



Strawberry avocado goat cheese panini

244 cals



Carrot sticks

1 carrot(s)- 27 cals



Roasted cashews

1/6 cup(s)- 156 cals

Day 7

1014 cals ● 59g protein (23%) ● 54g fat (48%) ● 55g carbs (22%) ● 18g fiber (7%)

Breakfast

245 cals, 24g protein, 17g net carbs, 8g fat



Clementine

1 clementine(s)- 39 cals



Tomato mushroom egg white omelet

149 cals



Toast with butter

1/2 slice(s)- 57 cals

Dinner

340 cals, 23g protein, 12g net carbs, 19g fat



Avocado tuna salad stuffed pepper

1 half pepper(s)- 228 cals



Simple mixed greens and tomato salad

113 cals

Lunch

425 cals, 13g protein, 26g net carbs, 27g fat



Strawberry avocado goat cheese panini

244 cals



Carrot sticks

1 carrot(s)- 27 cals



Roasted cashews

1/6 cup(s)- 156 cals

Poultry Products

- ☐ chicken wings, with skin, raw
4 oz (114g)
- ☐ ground turkey, raw
1/2 lbs (227g)
- ☐ boneless skinless chicken breast, raw
6 oz (170g)
- ☐ chicken thighs, with bone and skin, raw
1 thigh(s) (170g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1 tbsp (17g)
- ☐ canned clam chowder
2 can (18.5 oz) (1038g)

Spices and Herbs

- ☐ salt
5 g (5g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ garlic powder
2 dash (1g)

Beverages

- ☐ water
1 1/4 cup(s) (296mL)

Cereal Grains and Pasta

- ☐ brown rice
1/2 cup (95g)

Vegetables and Vegetable Products

- ☐ carrots
4 medium (244g)
- ☐ tomatoes
2 1/4 medium whole (2-3/5" dia) (276g)
- ☐ frozen mixed veggies
12 3/4 oz (362g)
- ☐ kale leaves
3/4 cup, chopped (30g)
- ☐ garlic
1 1/2 clove(s) (5g)
- ☐ mushrooms
5 oz (137g)

Fruits and Fruit Juices

- ☐ orange
5 orange (770g)
- ☐ fruit juice
12 fl oz (360mL)
- ☐ avocados
1 1/4 avocado(s) (251g)
- ☐ clementines
2 fruit (148g)
- ☐ lime juice
1 tsp (5mL)
- ☐ strawberries
4 medium (1-1/4" dia) (48g)

Dairy and Egg Products

- ☐ eggs
10 1/2 large (525g)
- ☐ butter
1/3 stick (34g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ egg whites
4 large (132g)
- ☐ goat cheese
1 oz (28g)

Other

- ☐ flavored quinoa mix
1/2 package (4.9 oz) (69g)
- ☐ mixed greens
4 1/2 cup (135g)

Baked Products

- ☐ bread crumbs
2 tbsp (14g)
- ☐ bread
4 slice (128g)

Finfish and Shellfish Products

- ☐ canned tuna
1 can (172g)

Nut and Seed Products

- ☐ roasted cashews
6 tbsp (51g)

- ☐ **bell pepper**
1 large (164g)
- ☐ **onion**
1/4 small (18g)

Fats and Oils

- ☐ **oil**
2 1/2 tsp (13mL)
 - ☐ **olive oil**
3/4 oz (20mL)
 - ☐ **salad dressing**
1/4 cup (68mL)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Orange

1 orange(s) - 85 cal ● 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.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

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

Orange

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



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber



For single meal:

fruit juice
4 fl oz (120mL)

For all 3 meals:

fruit juice
12 fl oz (360mL)

1. The recipe has no instructions.

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

- oil
1/2 tsp (3mL)
- eggs
1 large (50g)
- kale leaves
4 tbsp, chopped (10g)
- salt
1/2 dash (0g)

For all 3 meals:

- oil
1/2 tbsp (8mL)
- eggs
3 large (150g)
- kale leaves
3/4 cup, chopped (30g)
- salt
1 1/2 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Clementine

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



For single meal:

- clementines
1 fruit (74g)

For all 2 meals:

- clementines
2 fruit (148g)

1. The recipe has no instructions.

Tomato mushroom egg white omelet

149 cals ● 21g protein ● 6g fat ● 3g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
black pepper
1 dash, ground (0g)
egg whites
2 large (66g)
eggs
1 large (50g)
mushrooms, chopped
2 2/3 tbsp, pieces or slices (12g)
tomatoes, chopped
1/4 small whole (2-2/5" dia) (23g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
black pepper
2 dash, ground (1g)
egg whites
4 large (132g)
eggs
2 large (100g)
mushrooms, chopped
1/3 cup, pieces or slices (23g)
tomatoes, chopped
1/2 small whole (2-2/5" dia) (46g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

Toast with butter

1/2 slice(s) - 57 cal ● 2g protein ● 2g fat ● 6g carbs ● 1g fiber



For single meal:

bread
1/2 slice (16g)
butter
4 dash (2g)

For all 2 meals:

bread
1 slice (32g)
butter
1 tsp (5g)

1. Toast the bread to desired toastiness.
 2. Spread the butter on the bread.
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Lunch 1 [↗](#)

Eat on day 1 and day 2

Clam chowder

1 can(s) - 364 cals ● 12g protein ● 22g fat ● 25g carbs ● 4g fiber



For single meal:

canned clam chowder
1 can (18.5 oz) (519g)

For all 2 meals:

canned clam chowder
2 can (18.5 oz) (1038g)

1. Prepare according to instructions on package.
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Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



For single meal:

oil
1/2 tsp (3mL)
tomatoes
1/2 small whole (2-2/5" dia) (46g)

For all 2 meals:

oil
1 tsp (5mL)
tomatoes
1 small whole (2-2/5" dia) (91g)

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.
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Lunch 2 [↗](#)

Eat on day 3 and day 4

Buttery brown rice

125 cal ● 2g protein ● 5g fat ● 17g carbs ● 1g fiber



For single meal:

butter
1 tsp (5g)
brown rice
2 tbsp (24g)
salt
3/4 dash (1g)
water
1/4 cup(s) (59mL)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

butter
3/4 tbsp (11g)
brown rice
4 tbsp (48g)
salt
1 1/2 dash (1g)
water
1/2 cup(s) (119mL)
black pepper
1 1/2 dash, ground (0g)

1. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
2. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
3. Add the rice, stir it just once, and boil, covered, for 30 minutes.
4. Pour the rice into a strainer over the sink and drain for 10 seconds.
5. Return the rice to the same pot, off the heat.
6. Cover immediately and set aside for 10 minutes (this is the steaming part).
7. Uncover, mix in butter, and season with salt and pepper.

Easy garlic chicken

3 oz - 137 cal ● 20g protein ● 4g fat ● 4g carbs ● 0g fiber



For single meal:

butter
1/4 tbsp (4g)
boneless skinless chicken breast, raw
3 oz (85g)
bread crumbs
1 tbsp (7g)
garlic, minced
3/4 clove(s) (2g)

For all 2 meals:

butter
1/2 tbsp (7g)
boneless skinless chicken breast, raw
6 oz (170g)
bread crumbs
2 tbsp (14g)
garlic, minced
1 1/2 clove(s) (5g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Lunch 3 [↗](#)

Eat on day 5

Avocado egg salad sandwich

1/2 sandwich(es) - 281 cal ● 15g protein ● 16g fat ● 14g carbs ● 6g fiber



Makes 1/2 sandwich(es)

garlic powder

2 dash (1g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

tomatoes, halved

3 tbsp cherry tomatoes (28g)

eggs, hard-boiled and chilled

1 1/2 large (75g)

1. Use store-bought hard-boiled eggs or make your own by placing eggs in a small saucepan and covering with water. Bring water to boil and continue boiling 8-10 minutes. Allow eggs to cool and then peel.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Add in tomatoes. Mix.
4. Put egg salad in between bread to form sandwich.
5. Serve.
6. (Note: You can store any leftover egg salad in the fridge for a day or two)

Lunch 4 [↗](#)

Eat on day 6 and day 7

Strawberry avocado goat cheese panini

244 cals ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



For single meal:

bread
1 slice (32g)
goat cheese
1/2 oz (14g)
butter
4 dash (2g)
strawberries, hulled and thinly sliced
2 medium (1-1/4" dia) (24g)
avocados, sliced
1/4 avocado(s) (50g)

For all 2 meals:

bread
2 slice (64g)
goat cheese
1 oz (28g)
butter
1 tsp (5g)
strawberries, hulled and thinly sliced
4 medium (1-1/4" dia) (48g)
avocados, sliced
1/2 avocado(s) (101g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:
roasted cashews
3 tbsp (26g)

For all 2 meals:
roasted cashews
6 tbsp (51g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Bbq chicken wings

4 oz - 182 cals ● 14g protein ● 11g fat ● 7g carbs ● 0g fiber



Makes 4 oz

chicken wings, with skin, raw
4 oz (114g)
barbecue sauce
1 tbsp (17g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. Optional: When the chicken is getting close to being done, add the barbeque sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbeque sauce to coat.
6. Serve.

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



Makes 1/4 cup brown rice, cooked

salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)
brown rice
4 tsp (16g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 2 carrot(s)
carrots
2 medium (122g)

1. Cut carrots into strips and serve.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Turkey-mixed veggies-quinoa bowl

392 cals ● 30g protein ● 13g fat ● 32g carbs ● 6g fiber



For single meal:

salt
1 dash (1g)
black pepper
1 dash, ground (0g)
ground turkey, raw
4 oz (113g)
flavored quinoa mix
1/4 package (4.9 oz) (35g)
frozen mixed veggies
1/4 package (16 oz ea) (113g)
olive oil
1/2 tsp (3mL)

For all 2 meals:

salt
2 dash (2g)
black pepper
2 dash, ground (1g)
ground turkey, raw
1/2 lbs (227g)
flavored quinoa mix
1/2 package (4.9 oz) (69g)
frozen mixed veggies
1/2 package (16 oz ea) (227g)
olive oil
1 tsp (5mL)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) and serve.

Dinner 3 [↗](#)

Eat on day 4 and day 5

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

frozen mixed veggies
1/2 cup (68g)

For all 2 meals:

frozen mixed veggies
1 cup (135g)

1. Prepare according to instructions on package.

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)
brown rice
4 tsp (16g)

For all 2 meals:

salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Chicken thighs and mushrooms

3 oz - 295 cals ● 21g protein ● 23g fat ● 1g carbs ● 1g fiber



For single meal:

olive oil
1/2 tbsp (8mL)
salt
1/2 dash (0g)
water
1/8 cup(s) (30mL)
butter
1/4 tbsp (4g)
black pepper
1/2 dash (0g)
chicken thighs, with bone and skin, raw
1/2 thigh(s) (85g)
mushrooms, sliced 1/4 in thick
2 oz (57g)

For all 2 meals:

olive oil
1 tbsp (15mL)
salt
1 dash (0g)
water
1/4 cup(s) (59mL)
butter
1/2 tbsp (7g)
black pepper
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh(s) (170g)
mushrooms, sliced 1/4 in thick
4 oz (113g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cal ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

avocados
1/4 avocado(s) (50g)
lime juice
1/2 tsp (3mL)
salt
1/2 dash (0g)
black pepper
1/2 dash (0g)
bell pepper
1/2 large (82g)
onion
1/8 small (9g)
canned tuna, drained
1/2 can (86g)

For all 2 meals:

avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)
canned tuna, drained
1 can (172g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

mixed greens
4 1/2 cup (135g)
tomatoes
3/4 cup cherry tomatoes (112g)
salad dressing
1/4 cup (68mL)

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