

# Meal Plan - Meal plan with over 60g protein



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

1023 cals ● 62g protein (24%) ● 38g fat (34%) ● 81g carbs (32%) ● 27g fiber (11%)

### Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



**Eggs with avocado and salsa**

254 cals

### Lunch

425 cals, 24g protein, 39g net carbs, 15g fat



**Mexican posole soup**

113 cals



**Edamame & beet salad**

171 cals



**Tortilla chips**

141 cals

### Dinner

345 cals, 29g protein, 38g net carbs, 4g fat



**Basic baked potato**

1/2 potato(es)- 132 cals



**Jerk-y chicken**

3 oz- 130 cals



**Sugar snap peas**

82 cals

## Day 2

1029 cals ● 121g protein (47%) ● 45g fat (39%) ● 20g carbs (8%) ● 16g fiber (6%)

### Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



**Eggs with avocado and salsa**

254 cals

### Lunch

305 cals, 44g protein, 9g net carbs, 8g fat



**Sugar snap peas**

82 cals



**Lemon pepper chicken breast**

6 oz- 222 cals

### Dinner

470 cals, 69g protein, 8g net carbs, 17g fat



**Basic chicken breast**

10 2/3 oz- 423 cals



**Beets**

2 beets- 48 cals

## Day 3

1029 cals ● 121g protein (47%) ● 45g fat (39%) ● 20g carbs (8%) ● 16g fiber (6%)

### Breakfast

255 cals, 9g protein, 4g net carbs, 20g fat



**Eggs with avocado and salsa**  
254 cals

### Lunch

305 cals, 44g protein, 9g net carbs, 8g fat



**Sugar snap peas**  
82 cals



**Lemon pepper chicken breast**  
6 oz- 222 cals

### Dinner

470 cals, 69g protein, 8g net carbs, 17g fat



**Basic chicken breast**  
10 2/3 oz- 423 cals



**Beets**  
2 beets- 48 cals

## Day 4

1018 cals ● 61g protein (24%) ● 40g fat (35%) ● 89g carbs (35%) ● 15g fiber (6%)

### Breakfast

250 cals, 10g protein, 20g net carbs, 12g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Raspberries**  
3/4 cup(s)- 54 cals



**Small granola bar**  
1 bar(s)- 119 cals

### Lunch

410 cals, 22g protein, 34g net carbs, 19g fat



**Simple mixed greens and tomato salad**  
76 cals



**Chicken club bagel sandwich**  
1/2 sandwich(es)- 336 cals

### Dinner

355 cals, 29g protein, 35g net carbs, 9g fat



**Cranberry spinach salad**  
95 cals



**Bbq chicken stuffed sweet potatoes**  
1/2 potato(es)- 260 cals

## Day 5

978 cals ● 66g protein (27%) ● 38g fat (35%) ● 80g carbs (33%) ● 14g fiber (6%)

### Breakfast

250 cals, 10g protein, 20g net carbs, 12g fat



#### Basic fried eggs

1 egg(s)- 80 cals



#### Raspberries

3/4 cup(s)- 54 cals



#### Small granola bar

1 bar(s)- 119 cals

### Dinner

355 cals, 29g protein, 35g net carbs, 9g fat



#### Cranberry spinach salad

95 cals



#### Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals

### Lunch

370 cals, 28g protein, 25g net carbs, 17g fat



#### Chicken salad sandwich

1/2 sandwich(es)- 240 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

## Day 6

1056 cals ● 73g protein (28%) ● 54g fat (46%) ● 58g carbs (22%) ● 11g fiber (4%)

### Breakfast

250 cals, 17g protein, 13g net carbs, 14g fat



#### Toast with butter

1 slice(s)- 114 cals



#### Boiled eggs

2 egg(s)- 139 cals

### Lunch

370 cals, 28g protein, 25g net carbs, 17g fat



#### Chicken salad sandwich

1/2 sandwich(es)- 240 cals



#### Cottage cheese & fruit cup

1 container- 131 cals

### Dinner

435 cals, 29g protein, 20g net carbs, 23g fat



#### Milk

2/3 cup(s)- 99 cals



#### Salmon & chickpea salad

334 cals

## Day 7

984 cals ● 62g protein (25%) ● 59g fat (54%) ● 39g carbs (16%) ● 12g fiber (5%)

### Breakfast

250 cals, 17g protein, 13g net carbs, 14g fat



#### Toast with butter

1 slice(s)- 114 cals



#### Boiled eggs

2 egg(s)- 139 cals

### Lunch

300 cals, 17g protein, 7g net carbs, 21g fat



#### Sugar snap peas

41 cals



#### Italian sausage

1 link- 257 cals

### Dinner

435 cals, 29g protein, 20g net carbs, 23g fat



#### Milk

2/3 cup(s)- 99 cals



#### Salmon & chickpea salad

334 cals

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# Grocery List



## Fats and Oils

- oil  
1 oz (28mL)
- olive oil  
1/6 oz (6mL)
- balsamic vinaigrette  
1 tbsp (15mL)
- salad dressing  
1 1/2 tbsp (23mL)
- mayonnaise  
1 1/4 oz (37mL)
- raspberry walnut vinaigrette  
4 tsp (19mL)

## Spices and Herbs

- salt  
1/2 dash (0g)
- allspice  
1/2 dash (0g)
- thyme, dried  
1/2 dash, leaves (0g)
- red wine vinegar  
1/2 tbsp (8mL)
- chipotle seasoning  
2 dash (1g)
- lemon pepper  
3/4 tbsp (5g)
- black pepper  
1 dash, ground (0g)
- dijon mustard  
1 tsp (5g)
- ground cumin  
2 dash (1g)

## Vegetables and Vegetable Products

- potatoes  
1/2 large (3" to 4-1/4" dia.) (185g)
- onion  
1 tsp chopped (4g)
- garlic  
3/8 clove(s) (1g)
- habanero peppers  
1/8 pepper (2g)
- frozen sugar snap peas  
4 2/3 cup (672g)
- edamame, frozen, shelled  
1/2 cup (59g)
- beets, precooked (canned or refrigerated)  
6 beet(s) (300g)

## Poultry Products

- boneless skinless chicken breast, raw  
3 lbs (1327g)

## Beverages

- water  
1/8 cup(s) (31mL)

## Other

- stewed tomatoes with peppers and spices  
1/8 can (~15 oz) (53g)
- mixed greens  
4 1/2 cup (135g)
- cottage cheese & fruit cup  
2 container (340g)
- Italian pork sausage, raw  
1 link (108g)

## Cereal Grains and Pasta

- white hominy  
1/8 can (15.5 oz) (55g)

## Pork Products

- pork tenderloin, raw  
2 oz (57g)

## Snacks

- tortilla chips  
1 oz (28g)
- small granola bar  
2 bar (50g)

## Soups, Sauces, and Gravies

- salsa  
1/4 cup (81g)
- barbecue sauce  
2 3/4 tbsp (48g)

## Dairy and Egg Products

- eggs  
9 large (450g)
- sliced cheese  
1 slice (3/4 oz ea) (21g)
- romano cheese  
1/4 tbsp (2g)

- tomatoes**  
3/8 medium whole (2-3/5" dia) (52g)
- romaine lettuce**  
1/2 leaf inner (3g)
- fresh spinach**  
1/4 6oz package (43g)
- sweet potatoes**  
1 sweetpotato, 5" long (210g)
- raw celery**  
1/4 stalk, medium (7-1/2" - 8" long) (10g)
- sun-dried tomatoes**  
2 piece(s) (20g)

### **Sweets**

- brown sugar**  
1 tsp (5g)

### **Legumes and Legume Products**

- soy sauce**  
1/2 tbsp (8mL)
- hummus**  
1 1/2 tbsp (23g)
- chickpeas, canned**  
1/4 can(s) (112g)

- butter**  
2 tsp (9g)
- whole milk**  
1 1/3 cup(s) (319mL)

### **Fruits and Fruit Juices**

- avocados**  
1 3/4 avocado(s) (352g)
- raspberries**  
1 1/2 cup (185g)
- dried cranberries**  
4 tsp (13g)
- lemon juice**  
3/4 tbsp (11mL)

### **Baked Products**

- bagel**  
1/2 medium bagel (3-1/2" to 4" dia) (53g)
- bread**  
4 slice (128g)

### **Sausages and Luncheon Meats**

- chicken cold cuts**  
2 oz (57g)

### **Nut and Seed Products**

- walnuts**  
4 tsp, chopped (10g)

### **Finfish and Shellfish Products**

- salmon**  
6 oz (170g)

## Breakfast 1

Eat on day 1, day 2, and day 3

### Eggs with avocado and salsa

254 cals ● 9g protein ● 20g fat ● 4g carbs ● 7g fiber



For single meal:

**salsa**  
1 1/2 tbsp (27g)  
**eggs**  
1 large (50g)  
**avocados, diced**  
1/2 avocado(s) (101g)

For all 3 meals:

**salsa**  
1/4 cup (81g)  
**eggs**  
3 large (150g)  
**avocados, diced**  
1 1/2 avocado(s) (302g)

1. Cook eggs according to your preference (scrambled, sunny side up, etc.)
2. Season with somesalt and pepper and top with the diced avocado and salsa.
3. Serve.

## Breakfast 2

Eat on day 4 and day 5

### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**eggs**  
1 large (50g)  
**oil**  
1/4 tsp (1mL)

For all 2 meals:

**eggs**  
2 large (100g)  
**oil**  
1/2 tsp (3mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

## Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**

3/4 cup (92g)

For all 2 meals:

**raspberries**

1 1/2 cup (185g)

1. Rinse raspberries and serve.

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**

1 bar (25g)

For all 2 meals:

**small granola bar**

2 bar (50g)

1. The recipe has no instructions.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

**bread**

1 slice (32g)

**butter**

1 tsp (5g)

For all 2 meals:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Boiled eggs

2 egg(s) - 139 cals ● 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.

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## Lunch 1 ↗

Eat on day 1

### Mexican posole soup

113 cals ● 13g protein ● 2g fat ● 9g carbs ● 2g fiber



**water**

1/8 cup(s) (30mL)

**chipotle seasoning**

2 dash (1g)

**stewed tomatoes with peppers and spices, undrained**

1/8 can (~15 oz) (53g)

**white hominy, undrained**

1/8 can (15.5 oz) (55g)

**pork tenderloin, raw, trimmed, cut into bite-sized pieces**

2 oz (57g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
2. Sprinkle pork evenly with chipotle seasoning blend.
3. Add pork to pan; cook 4 minutes or until browned.
4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
5. Serve.

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### Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



**mixed greens**

1 cup (30g)

**balsamic vinaigrette**

1 tbsp (15mL)

**edamame, frozen, shelled**

1/2 cup (59g)

**beets, precooked (canned or refrigerated), chopped**

2 beet(s) (100g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Tortilla chips

141 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber

**tortilla chips**  
1 oz (28g)



1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 2 and day 3

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

### Lemon pepper chicken breast

6 oz - 222 cals ● 38g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

**boneless skinless chicken breast, raw**  
6 oz (168g)  
**olive oil**  
1/2 tsp (3mL)  
**lemon pepper**  
1 tsp (3g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**olive oil**  
1 tsp (6mL)  
**lemon pepper**  
3/4 tbsp (5g)

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.

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## Lunch 3

Eat on day 4

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### Simple mixed greens and tomato salad

76 cals  2g protein  5g fat  5g carbs  2g fiber



**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)  
**salad dressing**  
1 1/2 tbsp (23mL)

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

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### Chicken club bagel sandwich

1/2 sandwich(es) - 336 cals  21g protein  14g fat  29g carbs  1g fiber



Makes 1/2 sandwich(es)

**romaine lettuce**

1/2 leaf inner (3g)

**bagel**

1/2 medium bagel (3-1/2" to 4" dia)

(53g)

**mayonnaise**

1/2 tbsp (8mL)

**sliced cheese**

1 slice (3/4 oz ea) (21g)

**chicken cold cuts**

2 oz (57g)

**tomatoes**

1 slice(s), thin/small (15g)

1. Build the sandwich to your liking.

## Lunch 4 ↗

Eat on day 5 and day 6

### Chicken salad sandwich

1/2 sandwich(es) - 240 cals ● 14g protein ● 14g fat ● 12g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**

1/4 piece (43g)

**bread**

1 slice (32g)

**mayonnaise**

1 tbsp (15mL)

**lemon juice**

3/8 tsp (2mL)

**black pepper**

1/2 dash, ground (0g)

**oil**

3/8 tsp (2mL)

**raw celery, chopped**

1/8 stalk, medium (7-1/2" - 8" long)

(5g)

For all 2 meals:

**boneless skinless chicken breast, raw**

1/2 piece (85g)

**bread**

2 slice (64g)

**mayonnaise**

2 tbsp (30mL)

**lemon juice**

1/4 tbsp (4mL)

**black pepper**

1 dash, ground (0g)

**oil**

1/4 tbsp (4mL)

**raw celery, chopped**

1/4 stalk, medium (7-1/2" - 8" long)

(10g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until chicken is done.
4. Let chicken cool and then chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread mixture evenly over a slice of bread and top with another slice.

### Cottage cheese & fruit cup

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



For single meal:

**cottage cheese & fruit cup**  
1 container (170g)

For all 2 meals:

**cottage cheese & fruit cup**  
2 container (340g)

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

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## Lunch 5 ↗

Eat on day 7

### Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



**frozen sugar snap peas**  
2/3 cup (96g)

1. Prepare according to instructions on package.

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### Italian sausage

1 link - 257 cals ● 14g protein ● 21g fat ● 3g carbs ● 0g fiber



Makes 1 link

**Italian pork sausage, raw**  
1 link (108g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

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## Dinner 1 ↗

Eat on day 1

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## Basic baked potato

1/2 potato(es) - 132 cals ● 3g protein ● 0g fat ● 25g carbs ● 4g fiber



Makes 1/2 potato(es)

**oil**

1/4 tsp (1mL)

**salt**

1/2 dash (0g)

**potatoes**

1/2 large (3" to 4-1/4" dia.) (185g)

**1. OVEN:**

2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.

3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.

**4. MICROWAVE:**

5. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.

6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.

7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.

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## Jerk-y chicken

3 oz - 130 cals ● 20g protein ● 3g fat ● 6g carbs ● 0g fiber



Makes 3 oz

**onion**

1 tsp chopped (4g)

**brown sugar**

1 tsp (5g)

**olive oil**

1/8 tsp (1mL)

**soy sauce**

1/2 tbsp (8mL)

**garlic**

3/8 clove(s) (1g)

**allspice**

1/2 dash (0g)

**thyme, dried**

1/2 dash, leaves (0g)

**red wine vinegar**

1/2 tbsp (8mL)

**boneless skinless chicken breast, raw**

3 oz (85g)

**habanero peppers, deseeded**

1/8 pepper (2g)

1. Combine the onion, brown sugar, soy sauce, red wine vinegar, thyme, oil, garlic, allspice, and habanero pepper (use less of the pepper if you'd like the dish to be less spicy) in a food processor or blender. Blend until smooth. Place the chicken in a bowl, pour about half of the sauce over it, and rub the sauce evenly over the chicken. (Optional: cover and marinate in the fridge for at least an hour.)

2. Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 5-6 minutes per side until it's no longer pink inside.

3. In a small pan, heat the remaining sauce for a couple of minutes until it slightly thickens. Pour over the chicken when serving.

## Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



**frozen sugar snap peas**

1 1/3 cup (192g)

1. Prepare according to instructions on package.

## Dinner 2 ↗

Eat on day 2 and day 3

### Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
2/3 lbs (299g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)  
**oil**  
4 tsp (20mL)

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.

### Beets

2 beets - 48 cals ● 2g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

**beets, precooked (canned or refrigerated)**  
2 beet(s) (100g)

For all 2 meals:

**beets, precooked (canned or refrigerated)**  
4 beet(s) (200g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

## Dinner 3 ↗

Eat on day 4 and day 5

### Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



For single meal:

**dried cranberries**  
2 tsp (7g)  
**walnuts**  
2 tsp, chopped (5g)  
**fresh spinach**  
1/8 6oz package (21g)  
**raspberry walnut vinaigrette**  
2 tsp (10mL)  
**romano cheese, finely shredded**  
3 dash (1g)

For all 2 meals:

**dried cranberries**  
4 tsp (13g)  
**walnuts**  
4 tsp, chopped (10g)  
**fresh spinach**  
1/4 6oz package (43g)  
**raspberry walnut vinaigrette**  
4 tsp (20mL)  
**romano cheese, finely shredded**  
1/4 tbsp (2g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

### Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cals ● 27g protein ● 3g fat ● 28g carbs ● 3g fiber



For single meal:

**barbecue sauce**  
4 tsp (24g)  
**boneless skinless chicken breast, raw**  
4 oz (112g)  
**sweet potatoes, halved**  
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

**barbecue sauce**  
2 2/3 tbsp (48g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**sweet potatoes, halved**  
1 sweetpotato, 5" long (210g)

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.

## Dinner 4 ↗

Eat on day 6 and day 7

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### Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber

For single meal:



**whole milk**  
2/3 cup(s) (160mL)

For all 2 meals:

**whole milk**  
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

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### Salmon & chickpea salad

334 cals ● 24g protein ● 18g fat ● 12g carbs ● 7g fiber



For single meal:

**mixed greens**  
1 cup (30g)  
**hummus**  
3/4 tbsp (11g)  
**dijon mustard**  
4 dash (3g)  
**lemon juice**  
1/4 tbsp (4mL)  
**ground cumin**  
1 dash (0g)  
**oil**  
1/8 tsp (0mL)  
**salmon**  
3 oz (85g)  
**avocados, chopped**  
1/8 avocado(s) (25g)  
**chickpeas, canned, rinsed and drained**  
1/8 can(s) (56g)  
**sun-dried tomatoes, thinly sliced**  
1 piece(s) (10g)

For all 2 meals:

**mixed greens**  
2 cup (60g)  
**hummus**  
1 1/2 tbsp (23g)  
**dijon mustard**  
1 tsp (5g)  
**lemon juice**  
1/2 tbsp (8mL)  
**ground cumin**  
2 dash (1g)  
**oil**  
1/8 tsp (1mL)  
**salmon**  
6 oz (170g)  
**avocados, chopped**  
1/4 avocado(s) (50g)  
**chickpeas, canned, rinsed and drained**  
1/4 can(s) (112g)  
**sun-dried tomatoes, thinly sliced**  
2 piece(s) (20g)

1. Preheat oven to 350°F (180°C).
2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated.
3. Move the chickpeas away from the center of the sheet and place the salmon skin side down in the middle. Season salmon with some salt and pepper and bake 14-16 minutes until salmon is fully cooked and chickpeas are golden.
4. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
5. When salmon is done and cool enough to handle, cut it into chunks.
6. Serve greens with sun dried tomatoes, avocado, chickpeas, salmon and dressing.