

Meal Plan - Meal plan with under 85g carbs



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

1475 cals ● 70g protein (19%) ● 104g fat (63%) ● 45g carbs (12%) ● 21g fiber (6%)

Breakfast

285 cals, 6g protein, 4g net carbs, 24g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado

176 cals

Snacks

240 cals, 8g protein, 9g net carbs, 18g fat



Carrots and ranch

173 cals



Boiled eggs

1 egg(s)- 69 cals

Lunch

495 cals, 22g protein, 25g net carbs, 33g fat



Grilled cheese sandwich

1 sandwich(es)- 495 cals

Dinner

450 cals, 35g protein, 8g net carbs, 29g fat



Buttered green beans

196 cals



Basic chicken thighs

6 oz- 255 cals

Day 2

1472 cals ● 81g protein (22%) ● 101g fat (62%) ● 41g carbs (11%) ● 18g fiber (5%)

Breakfast

285 cals, 6g protein, 4g net carbs, 24g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado

176 cals

Snacks

240 cals, 8g protein, 9g net carbs, 18g fat



Carrots and ranch

173 cals



Boiled eggs

1 egg(s)- 69 cals

Lunch

495 cals, 22g protein, 25g net carbs, 33g fat



Grilled cheese sandwich

1 sandwich(es)- 495 cals

Dinner

450 cals, 46g protein, 4g net carbs, 27g fat



Basic ground turkey

8 oz- 375 cals



Olive oil drizzled green beans

72 cals

Day 3

1506 cals ● 67g protein (18%) ● 99g fat (59%) ● 61g carbs (16%) ● 25g fiber (7%)

Breakfast

285 cals, 6g protein, 4g net carbs, 24g fat



Roasted almonds

1/8 cup(s)- 111 cals



Avocado

176 cals

Lunch

480 cals, 30g protein, 25g net carbs, 25g fat



Milk

2/3 cup(s)- 99 cals



Simple kale & avocado salad

230 cals



Apricot glazed pork chops

1/2 chop(s)- 151 cals

Snacks

240 cals, 8g protein, 9g net carbs, 18g fat



Carrots and ranch

173 cals



Boiled eggs

1 egg(s)- 69 cals

Dinner

495 cals, 24g protein, 24g net carbs, 32g fat



Simple mixed greens and tomato salad

76 cals



Chicken thighs and mushrooms

3 oz- 295 cals



Buttery brown rice

125 cals

Day 4

1503 cals ● 77g protein (21%) ● 90g fat (54%) ● 79g carbs (21%) ● 18g fiber (5%)

Breakfast

295 cals, 17g protein, 13g net carbs, 18g fat



Toast with butter

1 slice(s)- 114 cals



Creamy scrambled eggs

182 cals

Lunch

480 cals, 30g protein, 25g net carbs, 25g fat



Milk

2/3 cup(s)- 99 cals



Simple kale & avocado salad

230 cals



Apricot glazed pork chops

1/2 chop(s)- 151 cals

Snacks

230 cals, 6g protein, 16g net carbs, 14g fat



Small granola bar

1 bar(s)- 119 cals



Roasted almonds

1/8 cup(s)- 111 cals

Dinner

495 cals, 24g protein, 24g net carbs, 32g fat



Simple mixed greens and tomato salad

76 cals



Chicken thighs and mushrooms

3 oz- 295 cals



Buttery brown rice

125 cals

Day 5

1444 cals ● 87g protein (24%) ● 77g fat (48%) ● 78g carbs (22%) ● 23g fiber (6%)

Breakfast

295 cals, 17g protein, 13g net carbs, 18g fat



Toast with butter

1 slice(s)- 114 cals



Creamy scrambled eggs

182 cals

Snacks

230 cals, 6g protein, 16g net carbs, 14g fat



Small granola bar

1 bar(s)- 119 cals



Roasted almonds

1/8 cup(s)- 111 cals

Lunch

495 cals, 22g protein, 35g net carbs, 24g fat



Avocado BLT

411 cals



Carrots and hummus

82 cals

Dinner

425 cals, 42g protein, 14g net carbs, 21g fat



Simple mixed greens salad

203 cals



Lemon pepper chicken breast

6 oz- 222 cals

Day 6

1475 cals ● 79g protein (22%) ● 83g fat (50%) ● 80g carbs (22%) ● 23g fiber (6%)

Breakfast

270 cals, 17g protein, 13g net carbs, 17g fat



Goat cheese & tomato mini egg muffin

2 mini muffin(s)- 122 cals



Milk

1 cup(s)- 149 cals

Snacks

170 cals, 4g protein, 14g net carbs, 9g fat



Roasted almonds

1/8 cup(s)- 111 cals



Applesauce

57 cals

Lunch

495 cals, 22g protein, 35g net carbs, 24g fat



Avocado BLT

411 cals



Carrots and hummus

82 cals

Dinner

545 cals, 37g protein, 19g net carbs, 33g fat



String cheese

1 stick(s)- 83 cals



Honey mustard chicken salad

277 cals



Pecans

1/4 cup- 183 cals

Day 7

1536 cals ● 98g protein (25%) ● 88g fat (52%) ● 73g carbs (19%) ● 15g fiber (4%)

Breakfast

270 cals, 17g protein, 13g net carbs, 17g fat



[Goat cheese & tomato mini egg muffin](#)

2 mini muffin(s)- 122 cals



[Milk](#)

1 cup(s)- 149 cals

Snacks

170 cals, 4g protein, 14g net carbs, 9g fat



[Roasted almonds](#)

1/8 cup(s)- 111 cals



[Applesauce](#)

57 cals

Lunch

555 cals, 40g protein, 27g net carbs, 29g fat



[Honey mustard chicken thighs](#)

1 thigh(s)- 427 cals



[Honey glazed carrots](#)

128 cals

Dinner

545 cals, 37g protein, 19g net carbs, 33g fat



[String cheese](#)

1 stick(s)- 83 cals



[Honey mustard chicken salad](#)

277 cals



[Pecans](#)

1/4 cup- 183 cals

Grocery List



Nut and Seed Products

- almonds**
14 tbsp, whole (125g)
- pecans**
1/2 cup, halves (50g)

Fruits and Fruit Juices

- avocados**
3 1/4 avocado(s) (653g)
- lemon juice**
3/8 fl oz (13mL)
- lemon**
1 small (58g)
- applesauce**
2 to-go container (~4 oz) (244g)

Baked Products

- bread**
10 slice (320g)

Dairy and Egg Products

- butter**
3/4 stick (86g)
- sliced cheese**
4 slice (1 oz ea) (112g)
- eggs**
9 large (450g)
- whole milk**
3 1/2 cup(s) (830mL)
- goat cheese**
2 tbsp (28g)
- string cheese**
2 stick (56g)

Vegetables and Vegetable Products

- baby carrots**
52 medium (520g)
- frozen green beans**
2 cup (242g)
- kale leaves**
1 bunch (170g)
- tomatoes**
1 2/3 medium whole (2-3/5" dia) (210g)
- mushrooms**
4 oz (113g)
- fresh spinach**
1/2 cup(s) (15g)

Spices and Herbs

- black pepper**
1/8 oz (2g)
- salt**
1/6 oz (6g)
- balsamic vinegar**
1/4 tbsp (4mL)
- lemon pepper**
1 tsp (3g)
- dijon mustard**
5 tsp (25g)
- brown deli mustard**
1/2 tbsp (8g)
- thyme, dried**
4 dash, ground (1g)

Poultry Products

- boneless skinless chicken thighs**
6 oz (170g)
- ground turkey, raw**
1/2 lbs (227g)
- chicken thighs, with bone and skin, raw**
2 thigh(s) (340g)
- boneless skinless chicken breast, raw**
14 oz (395g)

Sweets

- jams and preserves, apricot**
2 tbsp (40g)
- honey**
2 oz (52g)

Pork Products

- pork chop, bone-in**
1 chop (178g)
- bacon, cooked**
4 slice(s) (40g)

Other

- mixed greens**
9 1/2 cup (285g)

Beverages

- water**
1 cup (230mL)

carrots
6 oz (170g)

Fats and Oils

ranch dressing
6 tbsp (90mL)

oil
1/2 oz (15mL)

olive oil
2/3 oz (25mL)

salad dressing
1/2 cup (113mL)

Cereal Grains and Pasta

brown rice
4 tbsp (48g)

Snacks

small granola bar
2 bar (50g)

Legumes and Legume Products

hummus
1/2 cup (120g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Breakfast 2 ↗

Eat on day 4 and day 5

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.

Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
butter
1 tsp (5g)
whole milk
1/8 cup(s) (15mL)

For all 2 meals:

eggs
4 large (200g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
butter
2 tsp (9g)
whole milk
1/8 cup(s) (30mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Breakfast 3 ↗

Eat on day 6 and day 7

Goat cheese & tomato mini egg muffin

2 mini muffin(s) - 122 cals ● 9g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

water
1 tsp (5mL)
eggs
1 large (50g)
goat cheese
3 tsp (14g)
tomatoes, chopped
1 slice(s), thin/small (15g)

For all 2 meals:

water
2 tsp (10mL)
eggs
2 large (100g)
goat cheese
2 tbsp (28g)
tomatoes, chopped
2 slice(s), thin/small (30g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Lunch 1 ↗

Eat on day 1 and day 2

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

For all 2 meals:

bread
4 slice (128g)
butter
2 tbsp (28g)
sliced cheese
4 slice (1 oz ea) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Lunch 2 ↗

Eat on day 3 and day 4

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.

Simple kale & avocado salad

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



For single meal:

kale leaves, chopped
1/2 bunch (85g)
avocados, chopped
1/2 avocado(s) (101g)
lemon, juiced
1/2 small (29g)

For all 2 meals:

kale leaves, chopped
1 bunch (170g)
avocados, chopped
1 avocado(s) (201g)
lemon, juiced
1 small (58g)

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.

Apricot glazed pork chops

1/2 chop(s) - 151 cals ● 20g protein ● 4g fat ● 8g carbs ● 0g fiber



For single meal:

balsamic vinegar
3/8 tsp (2mL)
jams and preserves, apricot
1 tbsp (20g)
olive oil
1/4 tsp (1mL)
salt
1/2 dash (0g)
black pepper
1/2 dash, ground (0g)
pork chop, bone-in
1/2 chop (89g)

For all 2 meals:

balsamic vinegar
1/4 tbsp (4mL)
jams and preserves, apricot
2 tbsp (40g)
olive oil
1/2 tsp (3mL)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
pork chop, bone-in
1 chop (178g)

1. Rub the pork chops with the salt and pepper on both sides.
2. Heat the olive oil in a large skillet over medium-high heat and add the chops until browned, about 6-8 minutes on each side.
3. Add the apricot preserves and the balsamic vinegar to the skillet and turn the pork until it is fully coated. Cook each side 1-2 minutes.
4. Serve.

Lunch 3 ↗

Eat on day 5 and day 6

Avocado BLT

411 cals ● 19g protein ● 21g fat ● 28g carbs ● 10g fiber



For single meal:

hummus
2 tbsp (30g)
bacon, cooked
2 slice(s) (20g)
tomatoes
2 slice(s), thin/small (30g)
salt
1 dash (0g)
bread
2 slice (64g)
fresh spinach
1/4 cup(s) (8g)
black pepper
1 dash (0g)
avocados, sliced
1/4 avocado(s) (50g)

For all 2 meals:

hummus
4 tbsp (60g)
bacon, cooked
4 slice(s) (40g)
tomatoes
4 slice(s), thin/small (60g)
salt
2 dash (1g)
bread
4 slice (128g)
fresh spinach
1/2 cup(s) (15g)
black pepper
2 dash (0g)
avocados, sliced
1/2 avocado(s) (101g)

1. Cook bacon according to package.
2. Toast bread.
3. Spread hummus over bread.
4. Layer one slice with lettuce, bacon, avocado, and tomato.
5. Season with salt and pepper.
6. Top with the other slice.

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 2 meals:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

1. Serve carrots with hummus.

Lunch 4 ↗

Eat on day 7

Honey mustard chicken thighs

1 thigh(s) - 427 cals ● 39g protein ● 26g fat ● 9g carbs ● 1g fiber



Makes 1 thigh(s)

brown deli mustard

1/2 tbsp (8g)

thyme, dried

4 dash, ground (1g)

honey

1/2 tbsp (11g)

chicken thighs, with bone and skin, raw

1 thigh(s) (170g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

Honey glazed carrots

128 cals ● 2g protein ● 3g fat ● 18g carbs ● 5g fiber



butter

1/4 tbsp (3g)

carrots

6 oz (170g)

water

1/8 cup(s) (30mL)

honey

1 tsp (8g)

salt

3/4 dash (1g)

lemon juice

1 tsp (6mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Carrots and ranch

173 cals ● 1g protein ● 14g fat ● 8g carbs ● 4g fiber



For single meal:

baby carrots
12 medium (120g)
ranch dressing
2 tbsp (30mL)

For all 3 meals:

baby carrots
36 medium (360g)
ranch dressing
6 tbsp (90mL)

1. slice carrots into thin strips. Serve with ranch to dip in.

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Snacks 2 ↗

Eat on day 4 and day 5

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.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Applesauce

57 cals ● 0g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

applesauce
1 to-go container (~4 oz) (122g)

For all 2 meals:

applesauce
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

Dinner 1 ↗

Eat on day 1

Buttered green beans

196 cals ● 3g protein ● 15g fat ● 8g carbs ● 4g fiber



butter
4 tsp (18g)
black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

Basic chicken thighs

6 oz - 255 cals ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 6 oz

boneless skinless chicken thighs
6 oz (170g)
oil
1/4 tbsp (4mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Dinner 2 ↗

Eat on day 2

Basic ground turkey

8 oz - 375 cals ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 8 oz

ground turkey, raw
1/2 lbs (227g)
oil
1 tsp (5mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Olive oil drizzled green beans

72 cals ● 1g protein ● 5g fat ● 4g carbs ● 2g fiber



black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Dinner 3 ↗

Eat on day 3 and day 4

Simple mixed greens and tomato salad

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



For single meal:

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

For all 2 meals:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

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

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.

Buttery brown rice

125 cals ● 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.

Dinner 4 ↗

Eat on day 5

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens
4 1/2 cup (135g)
salad dressing
1/4 cup (68mL)

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

Lemon pepper chicken breast

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



Makes 6 oz

boneless skinless chicken breast, raw

6 oz (168g)

olive oil

1/2 tsp (3mL)

lemon pepper

1 tsp (3g)

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.

Dinner 5 ↗

Eat on day 6 and day 7

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Honey mustard chicken salad

277 cals ● 28g protein ● 10g fat ● 16g carbs ● 3g fiber



For single meal:

dijon mustard
2 1/2 tsp (12g)
honey
2 1/2 tsp (17g)
oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw
4 oz (113g)
mixed greens
1 cup (30g)
tomatoes, sliced
2 tbsp, sliced (23g)
avocados, chopped
1/8 avocado(s) (25g)

For all 2 meals:

dijon mustard
5 tsp (25g)
honey
5 tsp (34g)
oil
1 tsp (6mL)
boneless skinless chicken breast, raw
1/2 lbs (227g)
mixed greens
2 cup (60g)
tomatoes, sliced
4 tbsp, sliced (45g)
avocados, chopped
1/4 avocado(s) (50g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Pecans

1/4 cup - 183 cals ● 2g protein ● 18g fat ● 1g carbs ● 2g fiber



For single meal:

pecans

4 tbsp, halves (25g)

For all 2 meals:

pecans

1/2 cup, halves (50g)

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1. The recipe has no instructions.