

Meal Plan - Meal plan with under 90g 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

1490 cals ● 109g protein (29%) ● 80g fat (48%) ● 74g carbs (20%) ● 10g fiber (3%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs

4 egg(s)- 277 cals

Snacks

135 cals, 2g protein, 18g net carbs, 6g fat



Crackers

8 cracker(s)- 135 cals

Lunch

550 cals, 38g protein, 26g net carbs, 31g fat



Simple ham and cheese sandwich

1 sandwich(es)- 549 cals

Dinner

530 cals, 44g protein, 28g net carbs, 24g fat



Cajun cod

6 oz- 187 cals



Baked potato with toppings

1/2 large potato(es)- 189 cals



Cheese

1 1/3 oz- 153 cals

Day 2

1456 cals ● 92g protein (25%) ● 84g fat (52%) ● 76g carbs (21%) ● 7g fiber (2%)

Breakfast

275 cals, 25g protein, 1g net carbs, 19g fat



Boiled eggs

4 egg(s)- 277 cals

Snacks

135 cals, 2g protein, 18g net carbs, 6g fat



Crackers

8 cracker(s)- 135 cals

Lunch

550 cals, 38g protein, 26g net carbs, 31g fat



Simple ham and cheese sandwich

1 sandwich(es)- 549 cals

Dinner

495 cals, 27g protein, 31g net carbs, 29g fat



Ground turkey tacos

1 taco(s)- 234 cals



Milk


1 3/4 cup(s)- 261 cals

Day 3


1490 calsgreen55g protein (15%)orange95g fat (58%)blue87g carbs (23%)grey16g fiber (4%)

Breakfast

235 calsgreen16g protein, 7g net carbs, 16g fat

Milk


1/2 cup(s)- 75 calsgreen

Basic scrambled eggs

2 egg(s)- 159 calsgreen

Snacks


135 calsgreen2g protein, 18g net carbs, 6g fat

Crackers


8 cracker(s)- 135 calsgreen

Lunch

580 calsgreen19g protein, 30g net carbs, 40g fat

Clam chowder

1 can(s)- 364 calsgreen

Mixed nuts

1/4 cup(s)- 218 calsgreen

Dinner

540 calsgreen17g protein, 32g net carbs, 34g fat

Curried lentils

362 calsgreen

Buttered broccoli


1 1/3 cup(s)- 178 calsgreen

Day 4


1559 calsgreen69g protein (18%)orange101g fat (58%)blue78g carbs (20%)grey16g fiber (4%)

Breakfast

235 calsgreen16g protein, 7g net carbs, 16g fat

Milk


1/2 cup(s)- 75 calsgreen

Basic scrambled eggs


2 egg(s)- 159 calsgreen

Snacks

205 calsgreen17g protein, 9g net carbs, 11g fat

Cucumber sandwich bites


2 bite(s)- 189 calsgreen

Cucumber slices


1/4 cucumber- 15 calsgreen

Lunch

580 calsgreen19g protein, 30g net carbs, 40g fat

Clam chowder

1 can(s)- 364 calsgreen

Mixed nuts


1/4 cup(s)- 218 calsgreen

Dinner

540 calsgreen17g protein, 32g net carbs, 34g fat

Curried lentils

362 calsgreen

Buttered broccoli

1 1/3 cup(s)- 178 calsgreen

Day 5

1473 cals ● 132g protein (36%) ● 68g fat (42%) ● 77g carbs (21%) ● 5g fiber (1%)

Breakfast

235 cals, 16g protein, 7g net carbs, 16g fat



Milk

1/2 cup(s)- 75 cals



Basic scrambled eggs

2 egg(s)- 159 cals

Snacks

205 cals, 17g protein, 9g net carbs, 11g fat



Cucumber sandwich bites

2 bite(s)- 189 cals

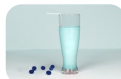


Cucumber slices

1/4 cucumber- 15 cals

Lunch

530 cals, 58g protein, 29g net carbs, 19g fat



Kefir

150 cals



Basic chicken & spinach salad

380 cals

Dinner

505 cals, 41g protein, 33g net carbs, 22g fat



Fruit juice

1 cup(s)- 115 cals



Simple mozzarella and tomato salad

242 cals



Lemon pepper chicken breast

4 oz- 148 cals

Day 6

1455 cals ● 111g protein (30%) ● 70g fat (43%) ● 81g carbs (22%) ● 14g fiber (4%)

Breakfast

290 cals, 21g protein, 10g net carbs, 18g fat



Scrambled eggs with veggies and ham

232 cals



Toast with butter

1/2 slice(s)- 57 cals

Snacks

175 cals, 5g protein, 15g net carbs, 8g fat



Grapes

87 cals



Sunflower seeds

90 cals

Lunch

485 cals, 43g protein, 23g net carbs, 23g fat



Caprese chicken

4 oz- 298 cals



Lentils

87 cals



Milk

2/3 cup(s)- 99 cals

Dinner

505 cals, 41g protein, 33g net carbs, 22g fat



Fruit juice

1 cup(s)- 115 cals



Simple mozzarella and tomato salad

242 cals



Lemon pepper chicken breast

4 oz- 148 cals

Day 7

1460 cals ● 91g protein (25%) ● 80g fat (50%) ● 79g carbs (22%) ● 14g fiber (4%)

Breakfast

290 cals, 21g protein, 10g net carbs, 18g fat



Scrambled eggs with veggies and ham
232 cals



Toast with butter
1/2 slice(s)- 57 cals

Snacks

175 cals, 5g protein, 15g net carbs, 8g fat



Grapes
87 cals



Sunflower seeds
90 cals

Lunch

485 cals, 43g protein, 23g net carbs, 23g fat



Caprese chicken
4 oz- 298 cals



Lentils
87 cals



Milk
2/3 cup(s)- 99 cals

Dinner

510 cals, 22g protein, 31g net carbs, 32g fat



Salmon burger
1 burger(s)- 442 cals



Simple mixed greens salad
68 cals

Grocery List



Dairy and Egg Products

- ☐ eggs
18 large (900g)
- ☐ sliced cheese
4 slice (3/4 oz ea) (84g)
- ☐ sour cream
1 oz (25g)
- ☐ butter
1/2 stick (54g)
- ☐ cheese
1/4 lbs (101g)
- ☐ mexican blend cheese
2/3 oz (19g)
- ☐ whole milk
5 cup(s) (1159mL)
- ☐ fresh mozzarella cheese
6 oz (170g)
- ☐ kefir, flavored
1 cup (240mL)

Baked Products

- ☐ bread
5 slice (160g)
- ☐ crackers
24 crackers (84g)
- ☐ taco shells
1 shell (13g)
- ☐ hamburger buns
1 bun(s) (51g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
13 1/4 oz (376g)

Fats and Oils

- ☐ mayonnaise
1/4 cup (53mL)
- ☐ oil
1 3/4 tbsp (26mL)
- ☐ balsamic vinaigrette
2 tbsp (31mL)
- ☐ olive oil
1/4 tbsp (4mL)
- ☐ salad dressing
1/4 cup (51mL)

Vegetables and Vegetable Products

Finfish and Shellfish Products

- ☐ cod, raw
6 oz (170g)

Spices and Herbs

- ☐ cajun seasoning
2 tsp (5g)
- ☐ salt
2 g (2g)
- ☐ black pepper
2 dash (0g)
- ☐ taco seasoning mix
1/8 packet (3g)
- ☐ fresh basil
4 tbsp, chopped (11g)
- ☐ lemon pepper
1/2 tbsp (3g)
- ☐ dried dill weed
2 dash (0g)

Poultry Products

- ☐ ground turkey, raw
1 1/4 oz (38g)
- ☐ boneless skinless chicken breast, raw
1 1/2 lbs (661g)

Soups, Sauces, and Gravies

- ☐ canned clam chowder
2 can (18.5 oz) (1038g)
- ☐ pesto sauce
2 tbsp (32g)

Nut and Seed Products

- ☐ mixed nuts
1/2 cup (67g)
- ☐ coconut milk, canned
3/4 cup (180mL)
- ☐ sunflower kernels
1 oz (28g)

Legumes and Legume Products

- ☐ lentils, raw
3/4 cup (144g)

Beverages

☐ **tomatoes**
3 1/4 medium whole (2-3/5" dia) (399g)

☐ **romaine lettuce**
1/8 head (16g)

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

☐ **frozen broccoli**
2 2/3 cup (243g)

☐ **cucumber**
1 1/2 cucumber (8-1/4") (452g)

☐ **fresh spinach**
2 1/2 cup(s) (75g)

☐ **onion**
4 tbsp, chopped (40g)

☐ **green pepper**
4 tbsp, chopped (37g)

☐ **water**
2 cup(s) (474mL)

Other

☐ **curry paste**
1 tbsp (15g)

☐ **italian seasoning**
4 dash (2g)

☐ **salmon burger patty**
1 patty (113g)

☐ **mixed greens**
1 3/4 cup (53g)

Fruits and Fruit Juices

☐ **fruit juice**
16 fl oz (480mL)

☐ **grapes**
3 cup (276g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)

For all 2 meals:

eggs
8 large (400g)

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

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 3 meals:

whole milk
1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

oil
1/2 tbsp (8mL)
eggs
6 large (300g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Scrambled eggs with veggies and ham

232 cals ● 19g protein ● 15g fat ● 4g carbs ● 1g fiber



For single meal:

whole milk
1/8 cup(s) (30mL)
butter
1 tsp (5g)
eggs
2 large (100g)
onion, diced
2 tbsp, chopped (20g)
green pepper, chopped
2 tbsp, chopped (19g)
ham cold cuts, chopped
1 oz (28g)

For all 2 meals:

whole milk
1/4 cup(s) (60mL)
butter
2 tsp (9g)
eggs
4 large (200g)
onion, diced
4 tbsp, chopped (40g)
green pepper, chopped
4 tbsp, chopped (37g)
ham cold cuts, chopped
2 oz (57g)

1. Beat eggs, milk, onions, green peppers, ham, and some 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.

Toast with butter

1/2 slice(s) - 57 cals ● 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.

Lunch 1 [🔗](#)

Eat on day 1 and day 2

Simple ham and cheese sandwich

1 sandwich(es) - 549 cals ● 38g protein ● 31g fat ● 26g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
ham cold cuts
4 oz (113g)
sliced cheese
2 slice (3/4 oz ea) (42g)
mayonnaise
1 tbsp (15mL)
tomatoes
2 slice(s), thin/small (30g)
romaine lettuce
1 leaf inner (6g)

For all 2 meals:

bread
4 slice (128g)
ham cold cuts
1/2 lbs (227g)
sliced cheese
4 slice (3/4 oz ea) (84g)
mayonnaise
2 tbsp (30mL)
tomatoes
4 slice(s), thin/small (60g)
romaine lettuce
2 leaf inner (12g)

1. Put the ham, cheese, lettuce, and tomato on one slice of bread.
 2. Spread the mayonnaise on the other slice of bread and place it mayonnaise-down on top of the ham/cheese/lettuce/tomato.
 3. That's how you make a sandwich.
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Lunch 2 [↗](#)

Eat on day 3 and day 4

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.

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts
4 tbsp (34g)

For all 2 meals:

mixed nuts
1/2 cup (67g)

1. The recipe has no instructions.

Lunch 3 [↗](#)

Eat on day 5

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



kefir, flavored
1 cup (240mL)

1. Pour into a glass and drink.

Basic chicken & spinach salad

380 cals ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



fresh spinach
2 1/2 cup(s) (75g)
oil
1 1/4 tsp (6mL)
salad dressing
2 tbsp (28mL)
boneless skinless chicken breast, raw, chopped, cooked
1/2 lbs (213g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Caprese chicken

4 oz - 298 cals ● 32g protein ● 17g fat ● 2g carbs ● 1g fiber



For single meal:
boneless skinless chicken breast, raw
4 oz (112g)
fresh basil
1 tbsp, chopped (3g)
oil
1/2 tsp (3mL)
pesto sauce
1 tbsp (16g)
italian seasoning
2 dash (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, quartered
1 1/2 cherry tomatoes (26g)

For all 2 meals:
boneless skinless chicken breast, raw
1/2 lbs (224g)
fresh basil
2 tbsp, chopped (5g)
oil
1 tsp (5mL)
pesto sauce
2 tbsp (32g)
italian seasoning
4 dash (2g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, quartered
3 cherry tomatoes (51g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



For single meal:

water
1/2 cup(s) (119mL)
salt
1/4 dash (0g)
lentils, raw, rinsed
2 tbsp (24g)

For all 2 meals:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

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.

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.

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Crackers

8 cracker(s) - 135 cals ● 2g protein ● 6g fat ● 18g carbs ● 1g fiber



For single meal:

crackers
8 crackers (28g)

For all 3 meals:

crackers
24 crackers (84g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 4 and day 5

Cucumber sandwich bites

2 bite(s) - 189 cals ● 16g protein ● 11g fat ● 6g carbs ● 1g fiber



For single meal:

cucumber

1/2 cucumber (8-1/4") (151g)

cheese

1 slice (1 oz each) (28g)

ham cold cuts

2 slice (46g)

For all 2 meals:

cucumber

1 cucumber (8-1/4") (301g)

cheese

2 slice (1 oz each) (56g)

ham cold cuts

4 slice (92g)

1. Cut cucumber into 1 inch slices.
2. Cut cheese into even squares (4 squares per slice).
3. Assemble bites by putting ham and cheese in between cucumber slices and secure with a toothpick.

Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber

1/4 cucumber (8-1/4") (75g)

For all 2 meals:

cucumber

1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.

Snacks 3 [🔗](#)

Eat on day 6 and day 7

Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

grapes
1 1/2 cup (138g)

For all 2 meals:

grapes
3 cup (276g)

1. The recipe has no instructions.

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels
1/2 oz (14g)

For all 2 meals:

sunflower kernels
1 oz (28g)

1. The recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Cajun cod

6 oz - 187 cal ● 31g protein ● 6g fat ● 2g carbs ● 1g fiber



Makes 6 oz

cod, raw
6 oz (170g)
cajun seasoning
2 tsp (5g)
oil
1 tsp (5mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Baked potato with toppings

1/2 large potato(es) - 189 cal ● 5g protein ● 6g fat ● 25g carbs ● 4g fiber



Makes 1/2 large potato(es)

salt

1/2 dash (0g)

black pepper

1/2 dash (0g)

sour cream

1/2 tbsp (6g)

potatoes

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

oil

1/4 tsp (1mL)

butter

4 dash (2g)

cheese

1 tbsp, shredded (7g)

1. OVEN:

2. Heat oven to 350 degrees 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 with butter, salt to taste, pepper to taste, sour cream and cheese.

Cheese

1 1/3 oz - 153 cals ● 9g protein ● 13g fat ● 1g carbs ● 0g fiber



Makes 1 1/3 oz

cheese
1 1/3 oz (38g)

1. The recipe has no instructions.

Dinner 2 [↗](#)
Eat on day 2

Ground turkey tacos

1 taco(s) - 234 cals ● 14g protein ● 15g fat ● 10g carbs ● 2g fiber



Makes 1 taco(s)

ground turkey, raw
1 1/3 oz (38g)
sour cream
2/3 oz (19g)
taco shells
1 shell (13g)
romaine lettuce
4 tsp shredded (4g)
taco seasoning mix
1/8 packet (3g)
tomatoes, chopped
1/8 large whole (3" dia) (15g)
mexican blend cheese, shredded
2/3 oz (19g)

1. Brown the turkey over medium heat and season with taco seasoning.
2. Once the turkey is cooked through, add to taco shells, top with other ingredients, and serve.

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



Makes 1 3/4 cup(s)

whole milk
1 3/4 cup(s) (420mL)

1. The recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 3 and day 4

Curried lentils

362 cals ● 14g protein ● 19g fat ● 30g carbs ● 5g fiber



For single meal:

lentils, raw
4 tbsp (48g)
water
1/2 cup(s) (119mL)
salt
1/2 dash (0g)
coconut milk, canned
6 tbsp (90mL)
curry paste
1/2 tbsp (8g)

For all 2 meals:

lentils, raw
1/2 cup (96g)
water
1 cup(s) (237mL)
salt
1 dash (1g)
coconut milk, canned
3/4 cup (180mL)
curry paste
1 tbsp (15g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Buttered broccoli

1 1/3 cup(s) - 178 cals ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



For single meal:

salt
2/3 dash (0g)
frozen broccoli
1 1/3 cup (121g)
black pepper
2/3 dash (0g)
butter
4 tsp (19g)

For all 2 meals:

salt
1 1/3 dash (1g)
frozen broccoli
2 2/3 cup (243g)
black pepper
1 1/3 dash (0g)
butter
2 2/3 tbsp (38g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Simple mozzarella and tomato salad

242 cals ● 14g protein ● 17g fat ● 7g carbs ● 2g fiber



For single meal:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

For all 2 meals:

balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)
fresh mozzarella cheese, sliced
4 oz (113g)
tomatoes, sliced
1 1/2 large whole (3" dia) (273g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lemon pepper chicken breast

4 oz - 148 cals ● 25g protein ● 5g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
4 oz (112g)
olive oil
3/8 tsp (2mL)
lemon pepper
1/4 tbsp (2g)

For all 2 meals:

boneless skinless chicken breast, raw
1/2 lbs (224g)
olive oil
1/4 tbsp (4mL)
lemon pepper
1/2 tbsp (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 7

Salmon burger

1 burger(s) - 442 cals ● 20g protein ● 28g fat ● 27g carbs ● 1g fiber



Makes 1 burger(s)

salmon burger patty
1 patty (113g)
mixed greens
4 tbsp (8g)
mayonnaise
1 1/2 tbsp (23mL)
dried dill weed
2 dash (0g)
oil
1/4 tsp (1mL)
hamburger buns
1 bun(s) (51g)

1. Heat oil in a skillet over medium-low heat. Add salmon burger to the skillet and cook for about 4-6 minutes on each side until fully cooked.
2. Meanwhile, mix together the mayo and the dill.
3. Place the salmon burger on the bun and top with mayo and greens. Serve.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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