

Meal Plan - 1400 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

1422 cals ● 92g protein (26%) ● 52g fat (33%) ● 124g carbs (35%) ● 24g fiber (7%)

Lunch

710 cals, 26g protein, 102g net carbs, 16g fat



Spiced lentil tacos

3 taco(s)- 597 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals

Dinner

710 cals, 66g protein, 23g net carbs, 36g fat



Mixed nuts

1/6 cup(s)- 163 cals



Buffalo chicken salad

474 cals



Grapes

73 cals

Day 2

1430 cals ● 95g protein (26%) ● 53g fat (33%) ● 125g carbs (35%) ● 19g fiber (5%)

Lunch

705 cals, 43g protein, 50g net carbs, 32g fat



Roasted tomatoes

1 tomato(es)- 60 cals



Pork & bean casserole

531 cals



Simple garlic bread

1 slice(s)- 115 cals

Dinner

725 cals, 51g protein, 76g net carbs, 21g fat



Couscous

301 cals



Almond crusted tilapia

6 oz- 424 cals

Day 3

1430 cals ● 95g protein (26%) ● 53g fat (33%) ● 125g carbs (35%) ● 19g fiber (5%)

Lunch

705 cals, 43g protein, 50g net carbs, 32g fat



Roasted tomatoes

1 tomato(es)- 60 cals



Pork & bean casserole

531 cals



Simple garlic bread

1 slice(s)- 115 cals

Dinner

725 cals, 51g protein, 76g net carbs, 21g fat



Couscous

301 cals



Almond crusted tilapia

6 oz- 424 cals

Day 4

1376 cals ● 122g protein (35%) ● 50g fat (33%) ● 90g carbs (26%) ● 20g fiber (6%)

Lunch

685 cals, 72g protein, 31g net carbs, 27g fat



Orange

1 orange(s)- 85 cals



Chicken beet & carrot salad bowl

599 cals

Dinner

690 cals, 50g protein, 59g net carbs, 23g fat



English scouse stew

463 cals



Simple garlic bread

2 slice(s)- 229 cals

Day 5

1457 cals ● 94g protein (26%) ● 76g fat (47%) ● 77g carbs (21%) ● 22g fiber (6%)

Lunch

725 cals, 43g protein, 43g net carbs, 37g fat



Apple

1 apple(s)- 105 cals



Goat cheese and marinara stuffed zucchini

3 zucchini halve(s)- 288 cals



String cheese

4 stick(s)- 331 cals

Dinner

735 cals, 51g protein, 35g net carbs, 39g fat



Slow cooker kalua pork & cabbage

520 cals



Brown rice

1/2 cup brown rice, cooked- 115 cals



Simple salad with tomatoes and carrots

98 cals

Day 6

1410 cals ● 91g protein (26%) ● 70g fat (45%) ● 85g carbs (24%) ● 18g fiber (5%)

Lunch

725 cals, 43g protein, 43g net carbs, 37g fat



Apple

1 apple(s)- 105 cals



Goat cheese and marinara stuffed zucchini

3 zucchini halve(s)- 288 cals



String cheese

4 stick(s)- 331 cals

Dinner

685 cals, 48g protein, 43g net carbs, 33g fat



Couscous

100 cals



Garlic parmesan wings

2/3 lbs- 465 cals



Beets

5 beets- 121 cals

Day 7

1392 cals ● 91g protein (26%) ● 59g fat (38%) ● 110g carbs (32%) ● 15g fiber (4%)

Lunch

705 cals, 42g protein, 68g net carbs, 26g fat



Turkey tortellini

565 cals



Simple kale salad

1/2 cup(s)- 28 cals



Simple garlic bread

1 slice(s)- 115 cals

Dinner

685 cals, 48g protein, 43g net carbs, 33g fat



Couscous

100 cals



Garlic parmesan wings

2/3 lbs- 465 cals



Beets

5 beets- 121 cals

Nut and Seed Products

- ☐ mixed nuts
3 tbsp (25g)
- ☐ almonds
1/2 cup, slivered (54g)

Other

- ☐ mixed greens
1 cup (30g)
- ☐ italian seasoning
1/4 tbsp (2g)
- ☐ diced tomatoes
1/3 can(s) (140g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
18 3/4 oz (525g)
- ☐ chicken wings, with skin, raw
1 1/3 lbs (606g)
- ☐ ground turkey, raw
4 oz (113g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
4 tbsp (70g)
- ☐ butter
1/4 stick (27g)
- ☐ goat cheese
3 oz (85g)
- ☐ string cheese
8 stick (224g)
- ☐ parmesan cheese
2 3/4 tbsp (17g)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
3 tbsp (45mL)
- ☐ salsa
3 tbsp (54g)
- ☐ worcestershire sauce
2 tsp (11mL)
- ☐ vegetable broth
1 1/2 cup(s) (mL)
- ☐ apple cider vinegar
2/3 tsp (0mL)
- ☐ pasta sauce
1/2 jar (24 oz) (365g)

Fruits and Fruit Juices

- ☐ grapes
1 1/4 cup (115g)
- ☐ apples
2 1/3 medium (3" dia) (425g)
- ☐ orange
1 orange (154g)

Legumes and Legume Products

- ☐ red lentils, raw
6 tbsp (72g)
- ☐ white beans, canned
2/3 can(s) (293g)

Baked Products

- ☐ corn tortillas
3 tortilla, medium (approx 6" dia) (78g)
- ☐ bread
5 slice (160g)
- ☐ baking powder
2 tsp (10g)

Spices and Herbs

- ☐ ground cumin
1/4 tbsp (2g)
- ☐ crushed red pepper
2 dash (0g)
- ☐ salt
2 1/4 g (2g)
- ☐ black pepper
2 dash, ground (1g)
- ☐ garlic powder
1/8 oz (2g)
- ☐ thyme, dried
1/3 tsp, leaves (0g)

Beverages

- ☐ water
1 1/2 cup(s) (337mL)

Cereal Grains and Pasta

- ☐ brown rice
1/3 cup (63g)
- ☐ instant couscous, flavored
1 1/3 box (5.8 oz) (219g)

Fats and Oils

- ☐ mayonnaise
1 1/2 tbsp (23mL)
- ☐ oil
2 oz (55mL)
- ☐ olive oil
1 tbsp (15mL)
- ☐ salad dressing
1 1/4 tbsp (19mL)

Vegetables and Vegetable Products

- ☐ raw celery
1 stalk, small (5" long) (17g)
- ☐ onion
1 1/2 medium (2-1/2" dia) (174g)
- ☐ garlic
4 clove(s) (13g)
- ☐ carrots
3 medium (183g)
- ☐ tomatoes
2 medium whole (2-3/5" dia) (244g)
- ☐ cabbage
6 1/2 oz (186g)
- ☐ potatoes
3/4 medium (2+-1/4" to 3-1/4" dia.) (160g)
- ☐ beets, precooked (canned or refrigerated)
1 1/2 lbs (651g)
- ☐ romaine lettuce
1/2 hearts (250g)
- ☐ zucchini
3 large (969g)
- ☐ kale leaves
1/2 cup, chopped (20g)

- ☐ all-purpose flour
1/3 cup(s) (42g)

Finfish and Shellfish Products

- ☐ tilapia, raw
3/4 lbs (336g)

Pork Products

- ☐ pork shoulder
17 1/4 oz (492g)
- ☐ bacon, raw
1 slice(s) (28g)

Beef Products

- ☐ beef stew meat, raw
6 oz (170g)

Meals, Entrees, and Side Dishes

- ☐ frozen cheese tortellini
1/3 lbs (135g)
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Lunch 1 [↗](#)

Eat on day 1

Spiced lentil tacos

3 taco(s) - 597 cals ● 24g protein ● 15g fat ● 78g carbs ● 14g fiber



Makes 3 taco(s)

red lentils, raw

6 tbsp (72g)

corn tortillas

3 tortilla, medium (approx 6" dia) (78g)

ground cumin

1/4 tbsp (2g)

salsa

3 tbsp (54g)

oil

3/4 tbsp (11mL)

water

3/4 cup(s) (178mL)

crushed red pepper

2 dash (0g)

onion, diced

1/4 medium (2-1/2" dia) (28g)

garlic, minced

1 1/2 clove(s) (5g)

carrots, peeled & grated

1/2 small (5-1/2" long) (25g)

1. Heat just half of the oil in a saucepan over medium heat. Add the onion, carrot, and garlic and cook for 5-7 minutes until the onion is translucent.
2. Stir in cumin and cook for about one minute, until fragrant.
3. Add water, salsa, lentils, and some salt. Bring to a boil, cover, reduce the heat to low, and cook 20-25 minutes or until lentils are soft.
4. Divide lentil mixture between tortillas and spread almost to the edge of each tortilla. Sprinkle crushed red pepper on top.
5. Heat the remaining oil in a nonstick skillet over medium heat. Add the tortilla lentil side up and toast for 3-5 minutes until edges begin to crisp.
6. Transfer the tacos to plate, fold, and serve.

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

- 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.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Roasted tomatoes

1 tomato(es) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

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

For all 2 meals:

- oil**
2 tsp (10mL)
- tomatoes**
2 small whole (2-2/5" dia) (182g)

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.

Pork & bean casserole

531 cals ● 38g protein ● 22g fat ● 35g carbs ● 9g fiber



For single meal:

italian seasoning
1/3 tsp (1g)
worcestershire sauce
1/2 tsp (3mL)
vegetable broth
1/4 cup(s) (mL)
diced tomatoes
1/6 can(s) (70g)
garlic powder
2/3 dash (0g)
pork shoulder
1/3 lbs (151g)
oil
1/4 tbsp (3mL)
carrots, sliced
1/3 large (24g)
apples, chopped
1/6 medium (3" dia) (30g)
onion, chopped
1/6 large (25g)
white beans, canned, drained & rinsed
1/3 can(s) (146g)

For all 2 meals:

italian seasoning
1/4 tbsp (2g)
worcestershire sauce
1 tsp (5mL)
vegetable broth
1/2 cup(s) (mL)
diced tomatoes
1/3 can(s) (140g)
garlic powder
1 1/3 dash (1g)
pork shoulder
2/3 lbs (303g)
oil
1/2 tbsp (7mL)
carrots, sliced
2/3 large (48g)
apples, chopped
1/3 medium (3" dia) (61g)
onion, chopped
1/3 large (50g)
white beans, canned, drained & rinsed
2/3 can(s) (293g)

1. Preheat oven to 350° (180°C).
2. Heat oil in an oven-safe pot over medium heat. Add pork and cook until seared, 5-8 minutes.
3. Add onion, carrots, and apple to the pot. Cook, stirring, for 2 minutes.
4. Add tomatoes, beans, worcestershire sauce, broth, italian seasoning, garlic powder, and some salt and pepper. Stir to mix and bring to a simmer. Once simmering, put the lid on, transfer the pot to the oven and cook for 90 minutes or until vegetables are soft and pork is cooked through.
5. Serve.

Simple garlic bread

1 slice(s) - 115 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
garlic powder
1/2 dash (0g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
garlic powder
1 dash (1g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.
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Lunch 3 [↗](#)

Eat on day 4

Orange

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



Makes 1 orange(s)

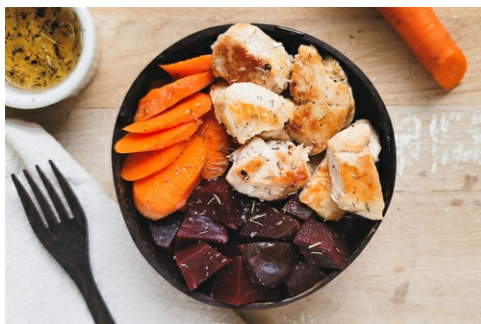
orange

1 orange (154g)

1. The recipe has no instructions.

Chicken beet & carrot salad bowl

599 cals ● 70g protein ● 27g fat ● 15g carbs ● 4g fiber



oil

4 tsp (20mL)

thyme, dried

1/3 tsp, leaves (0g)

apple cider vinegar

2/3 tsp (0mL)

beets, precooked (canned or refrigerated), cubed

1/3 lbs (151g)

boneless skinless chicken breast, raw, cubed

2/3 lbs (299g)

carrots, thinly sliced

2/3 medium (41g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Lunch 4 [↗](#)

Eat on day 5 and day 6

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.

Goat cheese and marinara stuffed zucchini

3 zucchini halve(s) - 288 cals ● 16g protein ● 15g fat ● 16g carbs ● 7g fiber



For single meal:

pasta sauce
6 tbsp (98g)
goat cheese
1 1/2 oz (43g)
zucchini
1 1/2 large (485g)

For all 2 meals:

pasta sauce
3/4 cup (195g)
goat cheese
3 oz (85g)
zucchini
3 large (969g)

1. Preheat oven to 400°F (200°C).
2. Cut a zucchini in half from stem to base.
3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.
4. Add the pasta sauce to the cavity and top with the goat cheese.
5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



For single meal:

string cheese
4 stick (112g)

For all 2 meals:

string cheese
8 stick (224g)

1. The recipe has no instructions.
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Lunch 5 [↗](#)

Eat on day 7

Turkey tortellini

565 cals ● 38g protein ● 19g fat ● 54g carbs ● 7g fiber



ground turkey, raw
4 oz (113g)
pasta sauce
6 oz (170g)
oil
1/2 tsp (3mL)
frozen cheese tortellini
1/3 lbs (135g)

1. Cook tortellini according to package instructions. Drain and set aside.
2. Heat oil in a saucepan over medium heat. Add turkey, break apart, and cook until browned, 8-10 minutes.
3. Add sauce and bring to a simmer, stirring occasionally.
4. Pour sauce over tortellini and serve.

Simple kale salad

1/2 cup(s) - 28 cals ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)
kale leaves
1/2 cup, chopped (20g)
salad dressing
1/2 tbsp (8mL)

1. Toss kale in dressing of your choice and serve.

Simple garlic bread

1 slice(s) - 115 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



Makes 1 slice(s)
bread
1 slice (32g)
butter
1 tsp (5g)
garlic powder
1/2 dash (0g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.
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Dinner 1 [↗](#)

Eat on day 1

Mixed nuts

1/6 cup(s) - 163 cals ● 5g protein ● 14g fat ● 4g carbs ● 2g fiber



Makes 1/6 cup(s)

mixed nuts
3 tbsp (25g)

1. The recipe has no instructions.

Buffalo chicken salad

474 cals ● 60g protein ● 22g fat ● 8g carbs ● 2g fiber



mixed greens
1 cup (30g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
nonfat greek yogurt, plain
4 tbsp (70g)
Frank's Red Hot sauce
3 tbsp (45mL)
mayonnaise
1 1/2 tbsp (23mL)
raw celery, chopped
1 stalk, small (5" long) (17g)
onion, chopped
4 tbsp, chopped (40g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

Grapes

73 cals ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



grapes
1 1/4 cup (115g)

1. The recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2 and day 3

Couscous

301 cals ● 11g protein ● 1g fat ● 60g carbs ● 4g fiber



For single meal:

instant couscous, flavored
1/2 box (5.8 oz) (82g)

For all 2 meals:

instant couscous, flavored
1 box (5.8 oz) (164g)

1. Follow instructions on package.
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Almond crusted tilapia

6 oz - 424 cals ● 41g protein ● 20g fat ● 16g carbs ● 4g fiber



For single meal:

almonds
4 tbsp, slivered (27g)
tilapia, raw
6 oz (168g)
all-purpose flour
1/6 cup(s) (21g)
salt
1 dash (0g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

almonds
1/2 cup, slivered (54g)
tilapia, raw
3/4 lbs (336g)
all-purpose flour
1/3 cup(s) (42g)
salt
2 dash (1g)
olive oil
1 tbsp (15mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
 2. Season fish with salt and dredge in flour mixture.
 3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
 4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
 5. Sprinkle almonds over fish.
 6. Serve.
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Dinner 3 [↗](#)

Eat on day 4

English scouse stew

463 cals ● 42g protein ● 14g fat ● 35g carbs ● 8g fiber



beef stew meat, raw
6 oz (170g)
onion, chopped
3/8 large (56g)
vegetable broth
1 cup(s) (mL)
worcestershire sauce
1 tsp (6mL)
oil
1 tsp (6mL)
cabbage, chopped
3/4 cup, chopped (67g)
potatoes, cut into chunks
3/4 medium (2+-1/4" to 3-1/4" dia.)
(160g)
carrots, chopped
3/4 large (54g)

1. Heat oil in a large pot over medium heat. Add onions and cook until softened, 5-7 minutes.
2. Add in stew meat with some salt and pepper and cook until beef is browned all over.
3. Add carrots and cabbage and cook, stirring occasionally, for 3-5 minutes.
4. Mix in potatoes, broth, and worcestershire sauce. Bring to a boil, reduce heat, and simmer, covered, for 30 minutes to 2 hours. The stew is ready once beef is cooked and veggies are tender, however, the longer you let it simmer, the more tender and delicious it becomes.
5. Season to taste with salt and pepper and serve.

Simple garlic bread

2 slice(s) - 229 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



Makes 2 slice(s)

bread
2 slice (64g)
butter
2 tsp (9g)
garlic powder
1 dash (1g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Dinner 4 [↗](#)

Eat on day 5

Slow cooker kalua pork & cabbage

520 cals ● 44g protein ● 35g fat ● 4g carbs ● 3g fiber



pork shoulder

6 2/3 oz (189g)

bacon, raw, chopped

1 slice(s) (28g)

cabbage, chopped

1/6 head, small (about 4-1/2" dia)
(119g)

1. Line the bottom of a slow cooker with half the bacon. Season all sides of the roast with salt and pepper, then place it in the slow cooker. Arrange the remaining slices of bacon on top of the roast.
2. Cover and cook on low for 8-10 hours, or until the pork is tender. Add the cabbage around the roast, season with some salt and pepper, and continue cooking, covered, for about 45 minutes longer until the cabbage is tender.
3. Remove the pork to a serving bowl and shred it with two forks. Return the pulled pork to the slow cooker and mix with the cabbage and bacon until combined. Serve and enjoy.

Brown rice

1/2 cup brown rice, cooked - 115 cals ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



Makes 1/2 cup brown rice, cooked

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.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



For single meal:

instant couscous, flavored

1/6 box (5.8 oz) (27g)

For all 2 meals:

instant couscous, flavored

1/3 box (5.8 oz) (55g)

1. Follow instructions on package.

Garlic parmesan wings

2/3 lbs - 465 cals ● 41g protein ● 32g fat ● 3g carbs ● 0g fiber



For single meal:

chicken wings, with skin, raw
2/3 lbs (303g)
baking powder
1 tsp (5g)
butter
4 dash (2g)
parmesan cheese
4 tsp (8g)
garlic, diced
1 1/3 clove(s) (4g)

For all 2 meals:

chicken wings, with skin, raw
1 1/3 lbs (606g)
baking powder
2 tsp (10g)
butter
1 tsp (5g)
parmesan cheese
2 2/3 tbsp (17g)
garlic, diced
2 2/3 clove(s) (8g)

1. There are two versions of this recipe. One is very fast/easy, but skin doesn't get very crispy. The other takes a bit longer, but has super crispy skin and requires baking powder.
2. FAST VERSION
3. Heat a large frying pan over high heat. Add the wings and sear each side, a couple minutes per side.
4. Reduce heat to low and cover, stirring occasionally. Cook for about 20 minutes or until done.
5. Add in the butter, garlic, and parmesan (no baking powder is used in fast version). Coat the wings thoroughly.
6. Serve.
7. CRISPY SKIN VERSION
8. Preheat oven to 250 F (120 C).
9. Pat wings dry with paper towels.
10. Put wings and baking powder in a plastic bag and shake to coat.
11. Place wings on a lightly greased baking sheet and bake for 30 minutes.
12. When the time is up, increase the temperature to 425 F (220 C) and bake for an additional 30-40 minutes.
13. When done, melt the butter and pour over wings and add the garlic and parmesan. Toss the wings until fully coated.
14. Serve.

Beets

5 beets - 121 cals ● 4g protein ● 1g fat ● 20g carbs ● 5g fiber



For single meal:

beets, precooked (canned or refrigerated)
5 beet(s) (250g)

For all 2 meals:

beets, precooked (canned or refrigerated)
10 beet(s) (500g)

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