

Meal Plan - 2200 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

2214 cals ● 150g protein (27%) ● 98g fat (40%) ● 159g carbs (29%) ● 24g fiber (4%)

Lunch

1130 cals, 67g protein, 64g net carbs, 63g fat



Sweet potato wedges
434 cals



Garlic parmesan wings
1 lbs- 697 cals

Dinner

1085 cals, 84g protein, 95g net carbs, 35g fat



Brussels sprout, apple & walnut side salad
338 cals



White rice
1 cup rice, cooked- 218 cals



Shrimp and vegetable stir fry
527 cals

Day 2

2163 cals ● 147g protein (27%) ● 95g fat (40%) ● 152g carbs (28%) ● 27g fiber (5%)

Lunch

1080 cals, 63g protein, 57g net carbs, 60g fat



Mashed sweet potatoes
275 cals



Buffalo drumsticks
12 oz- 700 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Dinner

1085 cals, 84g protein, 95g net carbs, 35g fat



Brussels sprout, apple & walnut side salad
338 cals



White rice
1 cup rice, cooked- 218 cals



Shrimp and vegetable stir fry
527 cals

Day 3

2232 cals ● 172g protein (31%) ● 126g fat (51%) ● 80g carbs (14%) ● 22g fiber (4%)

Lunch

1080 cals, 63g protein, 57g net carbs, 60g fat



Mashed sweet potatoes
275 cals



Buffalo drumsticks
12 oz- 700 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals

Dinner

1155 cals, 108g protein, 22g net carbs, 66g fat



Ranch chicken
16 oz- 921 cals



Roasted brussels sprouts
232 cals

Day 4

2188 cals ● 142g protein (26%) ● 108g fat (44%) ● 136g carbs (25%) ● 26g fiber (5%)

Lunch

1080 cals, 75g protein, 56g net carbs, 57g fat



[Simple garlic bread](#)
4 slice(s)- 458 cals



[Buffalo chicken slaw salad](#)
623 cals

Dinner

1105 cals, 67g protein, 79g net carbs, 51g fat



[Tossed salad](#)
242 cals



[Chipotle honey pork chops](#)
541 cals



[Buttery white rice](#)
324 cals

Day 5

2238 cals ● 173g protein (31%) ● 84g fat (34%) ● 156g carbs (28%) ● 41g fiber (7%)

Lunch

1080 cals, 75g protein, 56g net carbs, 57g fat



[Simple garlic bread](#)
4 slice(s)- 458 cals



[Buffalo chicken slaw salad](#)
623 cals

Dinner

1155 cals, 97g protein, 100g net carbs, 28g fat



[Tortilla chips](#)
188 cals



[Slow cooker chicken chili](#)
969 cals

Day 6

2271 cals ● 177g protein (31%) ● 68g fat (27%) ● 194g carbs (34%) ● 44g fiber (8%)

Lunch

1115 cals, 79g protein, 94g net carbs, 40g fat



[Brussels sprout, apple & walnut side salad](#)
380 cals



[Shrimp-broccoli-rice bowl](#)
735 cals

Dinner

1155 cals, 97g protein, 100g net carbs, 28g fat



[Tortilla chips](#)
188 cals



[Slow cooker chicken chili](#)
969 cals

Day 7

2209 cals ● 143g protein (26%) ● 100g fat (41%) ● 154g carbs (28%) ● 30g fiber (5%)

Lunch

1115 cals, 79g protein, 94g net carbs, 40g fat



[Brussels sprout, apple & walnut side salad](#)
380 cals



[Shrimp-broccoli-rice bowl](#)
735 cals

Dinner

1095 cals, 64g protein, 61g net carbs, 59g fat



[Sweet potato wedges](#)
434 cals



[Indian chicken wings](#)
16 oz- 660 cals

Sweets

- ☐ maple syrup
2 tbsp (28mL)
- ☐ honey
1 3/4 tsp (12g)

Nut and Seed Products

- ☐ walnuts
3/4 cup, chopped (79g)

Spices and Herbs

- ☐ apple cider vinegar
1 1/2 tbsp (21g)
- ☐ salt
1 oz (29g)
- ☐ black pepper
1/4 oz (7g)
- ☐ chipotle seasoning
1/2 tsp (1g)
- ☐ garlic powder
5 g (5g)
- ☐ ground cumin
1 tsp (2g)
- ☐ curry powder
1 1/2 tbsp (9g)

Fats and Oils

- ☐ olive oil
1/4 lbs (112mL)
- ☐ oil
1/4 lbs (113mL)
- ☐ ranch dressing
10 tbsp (150mL)
- ☐ salad dressing
2 tbsp (31mL)

Fruits and Fruit Juices

- ☐ apples
1 small (2-3/4" dia) (141g)

Vegetables and Vegetable Products

- ☐ brussels sprouts
1 1/3 lbs (601g)
- ☐ frozen broccoli
2 lbs (912g)

Beverages

- ☐ water
2 cup (499mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (185g)

Other

- ☐ stir-fry sauce
2/3 cup (181g)
- ☐ Chicken, drumsticks, with skin
1 1/2 lbs (680g)
- ☐ ranch dressing mix
1/2 packet (1 oz) (14g)
- ☐ coleslaw mix
3 cup (270g)

Finfish and Shellfish Products

- ☐ shrimp, raw
2 3/4 lbs (1249g)

Poultry Products

- ☐ chicken wings, with skin, raw
2 lbs (908g)
- ☐ boneless skinless chicken breast, raw
3 lbs (1406g)

Baked Products

- ☐ baking powder
1/2 tbsp (8g)
- ☐ bread
8 slice (256g)

Dairy and Egg Products

- ☐ butter
1/2 stick (54g)
- ☐ parmesan cheese
2 tbsp (13g)
- ☐ ghee
1 3/4 tsp (8g)
- ☐ nonfat greek yogurt, plain
1/2 cup (140g)
- ☐ cheddar cheese
1/2 cup, shredded (57g)

- ☐ **carrots**
4 medium (233g)
- ☐ **sweet potatoes**
6 1/3 sweetpotato, 5" long (1330g)
- ☐ **garlic**
2 clove(s) (6g)
- ☐ **romaine lettuce**
1 hearts (500g)
- ☐ **tomatoes**
1 1/3 medium whole (2-3/5" dia) (147g)
- ☐ **red onion**
1/4 medium (2-1/2" dia) (28g)
- ☐ **cucumber**
1/4 cucumber (8-1/4") (75g)
- ☐ **tomato puree**
15 oz (425g)

Soups, Sauces, and Gravies

- ☐ **Frank's Red Hot sauce**
10 tbsp (149mL)
- ☐ **salsa**
1 jar (454g)

Pork Products

- ☐ **pork loin chops, boneless, raw**
1/2 lbs (248g)

Snacks

- ☐ **tortilla chips**
2 2/3 oz (76g)

Legumes and Legume Products

- ☐ **kidney beans**
2 can (896g)

Meals, Entrees, and Side Dishes

- ☐ **flavored rice mix**
1 1/4 pouch (~5.6 oz) (198g)
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Lunch 1 [↗](#)

Eat on day 1

Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



oil

1 1/4 tbsp (19mL)

salt

1 tsp (5g)

black pepper

1/2 tsp, ground (1g)

sweet potatoes, cut into wedges

1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Garlic parmesan wings

1 lbs - 697 cals ● 61g protein ● 48g fat ● 4g carbs ● 0g fiber



Makes 1 lbs

chicken wings, with skin, raw

1 lbs (454g)

baking powder

1/2 tbsp (8g)

butter

1/4 tbsp (4g)

parmesan cheese

2 tbsp (13g)

garlic, diced

2 clove(s) (6g)

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.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Mashed sweet potatoes

275 cal ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



For single meal:

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

sweet potatoes

3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Buffalo drumsticks

12 oz - 700 cal ● 54g protein ● 53g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

2 tbsp (30mL)

oil

1 tsp (6mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

Chicken, drumsticks, with skin

3/4 lbs (340g)

For all 2 meals:

Frank's Red Hot sauce

4 tbsp (60mL)

oil

3/4 tbsp (11mL)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

Chicken, drumsticks, with skin

1 1/2 lbs (680g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cal ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen broccoli
3 cup (273g)
olive oil
1 tbsp (15mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lunch 3 [🔗](#)

Eat on day 4 and day 5

Simple garlic bread

4 slice(s) - 458 cals ● 16g protein ● 19g fat ● 48g carbs ● 8g fiber



For single meal:

bread
4 slice (128g)
butter
4 tsp (18g)
garlic powder
2 dash (1g)

For all 2 meals:

bread
8 slice (256g)
butter
2 2/3 tbsp (36g)
garlic powder
4 dash (2g)

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

Buffalo chicken slaw salad

623 cals ● 59g protein ● 38g fat ● 9g carbs ● 4g fiber



For single meal:

oil
 3/4 tbsp (11mL)
ranch dressing
 3 tbsp (45mL)
Frank's Red Hot sauce
 3 tbsp (45mL)
coleslaw mix
 1 1/2 cup (135g)
boneless skinless chicken breast, raw
 1/2 lbs (255g)
tomatoes, halved
 3 tbsp cherry tomatoes (28g)

For all 2 meals:

oil
 1 1/2 tbsp (23mL)
ranch dressing
 6 tbsp (90mL)
Frank's Red Hot sauce
 6 tbsp (90mL)
coleslaw mix
 3 cup (270g)
boneless skinless chicken breast, raw
 18 oz (510g)
tomatoes, halved
 6 tbsp cherry tomatoes (56g)

1. Season the chicken with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat.
3. Add the chicken and cook for 5-6 minutes per side, or until fully cooked and no longer pink in the center. Set the chicken aside to cool slightly, then chop into bite-sized pieces. Toss the chicken with hot sauce.
4. Serve over a bed of coleslaw and cherry tomatoes. Drizzle ranch on top and serve.
5. Meal Prep Tip: Store the chicken and ranch separately from the coleslaw. Combine all components just before serving to keep the slaw crisp.

Lunch 4 [🔗](#)

Eat on day 6 and day 7

Brussels sprout, apple & walnut side salad

380 cals ● 6g protein ● 29g fat ● 18g carbs ● 6g fiber



For single meal:

maple syrup
 1/2 tbsp (8mL)
walnuts
 3 tbsp, chopped (21g)
apple cider vinegar
 1 tsp (6g)
olive oil
 1 tbsp (17mL)
apples, chopped
 1/4 small (2-3/4" dia) (37g)
brussels sprouts, ends trimmed and discarded
 1 cup (99g)

For all 2 meals:

maple syrup
 1 tbsp (15mL)
walnuts
 6 tbsp, chopped (42g)
apple cider vinegar
 3/4 tbsp (11g)
olive oil
 2 1/4 tbsp (34mL)
apples, chopped
 1/2 small (2-3/4" dia) (74g)
brussels sprouts, ends trimmed and discarded
 2 1/4 cup (198g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Shrimp-broccoli-rice bowl

735 cals ● 73g protein ● 12g fat ● 76g carbs ● 9g fiber



For single meal:

olive oil
2 tsp (9mL)
flavored rice mix
5/8 pouch (~5.6 oz) (99g)
frozen broccoli
5/8 package (178g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
shrimp, raw, peeled and deveined
10 oz (284g)

For all 2 meals:

olive oil
1 1/4 tbsp (19mL)
flavored rice mix
1 1/4 pouch (~5.6 oz) (198g)
frozen broccoli
1 1/4 package (355g)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)
shrimp, raw, peeled and deveined
1 1/4 lbs (568g)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Dinner 1 [↗](#)

Eat on day 1 and day 2

Brussels sprout, apple & walnut side salad

338 cals ● 6g protein ● 26g fat ● 16g carbs ● 5g fiber



For single meal:

maple syrup
1/2 tbsp (7mL)
walnuts
2 2/3 tbsp, chopped (19g)
apple cider vinegar
1 tsp (5g)
olive oil
1 tbsp (15mL)
apples, chopped
1/4 small (2-3/4" dia) (33g)
brussels sprouts, ends trimmed and discarded
1 cup (88g)

For all 2 meals:

maple syrup
1 tbsp (13mL)
walnuts
1/3 cup, chopped (37g)
apple cider vinegar
2 tsp (10g)
olive oil
2 tbsp (30mL)
apples, chopped
1/2 small (2-3/4" dia) (66g)
brussels sprouts, ends trimmed and discarded
2 cup (176g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

White rice

1 cup rice, cooked - 218 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
long-grain white rice
2/3 cup (123g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Shrimp and vegetable stir fry

527 cals ● 74g protein ● 9g fat ● 31g carbs ● 7g fiber



For single meal:

frozen broccoli
1/2 package (142g)
salt
2 dash (2g)
black pepper
4 dash, ground (1g)
stir-fry sauce
1/3 cup (91g)
shrimp, raw, peeled and deveined
3/4 lbs (341g)
carrots, sliced
1 1/2 medium (92g)
oil, divided
1/2 tbsp (8mL)

For all 2 meals:

frozen broccoli
1 package (284g)
salt
4 dash (3g)
black pepper
1 tsp, ground (2g)
stir-fry sauce
2/3 cup (181g)
shrimp, raw, peeled and deveined
1 1/2 lbs (681g)
carrots, sliced
3 medium (183g)
oil, divided
1 tbsp (15mL)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the shrimp and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove shrimp and set aside.
 2. Put remaining oil into the skillet and add the frozen broccoli and sliced carrot. Stir-fry 4-5 minutes or until crisp but warmed through.
 3. Return shrimp to skillet, stir.
 4. Pour in stir-fry sauce and mix until it is well distributed.
 5. Reduce heat to low and simmer until shrimp is fully cooked.
 6. Serve.
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Dinner 2 [↗](#)

Eat on day 3

Ranch chicken

16 oz - 921 cal ● 102g protein ● 52g fat ● 11g carbs ● 0g fiber



Makes 16 oz

ranch dressing

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (448g)

oil

1 tbsp (15mL)

ranch dressing mix

1/2 packet (1 oz) (14g)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Roasted brussels sprouts

232 cal ● 7g protein ● 14g fat ● 12g carbs ● 9g fiber



salt

2 dash (1g)

black pepper

1 1/3 dash, ground (0g)

brussels sprouts

1/2 lbs (227g)

olive oil

3 tsp (15mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Dinner 3 [↗](#)

Eat on day 4

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



romaine lettuce, shredded
1 hearts (500g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)
red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Chipotle honey pork chops

541 cals ● 54g protein ● 32g fat ● 11g carbs ● 0g fiber



ghee
1 3/4 tsp (8g)
pork loin chops, boneless, raw
1/2 lbs (248g)
honey
1 3/4 tsp (12g)
chipotle seasoning
1/2 tsp (1g)
water
2 1/2 tsp (13mL)
oil
1 3/4 tsp (9mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

Buttery white rice

324 cals ● 5g protein ● 12g fat ● 49g carbs ● 1g fiber



black pepper
1 1/3 dash, ground (0g)
butter
1 tbsp (14g)
salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

Dinner 4 [↗](#)

Eat on day 5 and day 6

Tortilla chips

188 cals ● 3g protein ● 8g fat ● 24g carbs ● 2g fiber



For single meal:

tortilla chips
1 1/3 oz (38g)

For all 2 meals:

tortilla chips
2 2/3 oz (76g)

1. The recipe has no instructions.

Slow cooker chicken chili

969 cals ● 95g protein ● 19g fat ● 76g carbs ● 28g fiber



For single meal:

garlic powder
4 dash (2g)
nonfat greek yogurt, plain
4 tbsp (70g)
cheddar cheese
4 tbsp, shredded (28g)
ground cumin
4 dash (1g)
kidney beans
1 can (448g)
tomato puree
1/2 lbs (213g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
salsa, divided
1/2 jar (227g)

For all 2 meals:

garlic powder
1 tsp (3g)
nonfat greek yogurt, plain
1/2 cup (140g)
cheddar cheese
1/2 cup, shredded (57g)
ground cumin
1 tsp (2g)
kidney beans
2 can (896g)
tomato puree
15 oz (425g)
boneless skinless chicken breast, raw
1 lbs (448g)
salsa, divided
1 jar (454g)

1. Place the chicken, tomato puree, kidney beans, just half of the salsa, cumin, garlic powder, and a generous pinch of salt in a slow cooker. Stir until well combined. Refrigerate the remaining salsa for later use.
2. Cover the slow cooker and cook on high for 4-6 hours or on low for 6-8 hours, until the chicken is fully cooked and easily shreds.
3. Once cooked, shred the chicken in the slow cooker using two forks. Stir in the reserved salsa and season with salt and pepper to taste.
4. Serve topped with cheese and a dollop of Greek yogurt.

Dinner 5 [↗](#)

Eat on day 7

Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



oil
1 1/4 tbsp (19mL)
salt
1 tsp (5g)
black pepper
1/2 tsp, ground (1g)
sweet potatoes, cut into wedges
1 2/3 sweetpotato, 5" long (350g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Indian chicken wings

16 oz - 660 cals ● 58g protein ● 45g fat ● 0g carbs ● 5g fiber



Makes 16 oz

oil

1/4 tbsp (4mL)

chicken wings, with skin, raw

1 lbs (454g)

salt

1 tsp (6g)

curry powder

1 1/2 tbsp (9g)

1. Preheat oven to 450°F (230°C).
 2. Grease a large baking tray with the oil of your choice.
 3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
 4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
 5. Serve.
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