

Meal Plan - 1300 calorie high protein 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

1288 cals ● 115g protein (36%) ● 61g fat (43%) ● 52g carbs (16%) ● 18g fiber (5%)

Breakfast

275 cals, 18g protein, 15g net carbs, 15g fat



String cheese

1 stick(s)- 83 cals



Nectarine

1 nectarine(s)- 70 cals



Bacon & egg cups

1 cup(s)- 120 cals

Snacks

135 cals, 12g protein, 11g net carbs, 3g fat



Raspberries

1/2 cup(s)- 36 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals



Turkey pepperoni

8 slices- 34 cals

Lunch

440 cals, 41g protein, 22g net carbs, 18g fat



Pork and vegetable stir fry

440 cals

Dinner

445 cals, 44g protein, 4g net carbs, 26g fat



Broccoli

2 cup(s)- 58 cals



Baked chicken thighs

6 oz- 385 cals

Day 2

1288 cals ● 115g protein (36%) ● 61g fat (43%) ● 52g carbs (16%) ● 18g fiber (5%)

Breakfast

275 cals, 18g protein, 15g net carbs, 15g fat



String cheese

1 stick(s)- 83 cals



Nectarine

1 nectarine(s)- 70 cals



Bacon & egg cups

1 cup(s)- 120 cals

Snacks

135 cals, 12g protein, 11g net carbs, 3g fat



Raspberries

1/2 cup(s)- 36 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals



Turkey pepperoni

8 slices- 34 cals

Lunch

440 cals, 41g protein, 22g net carbs, 18g fat



Pork and vegetable stir fry

440 cals

Dinner

445 cals, 44g protein, 4g net carbs, 26g fat



Broccoli

2 cup(s)- 58 cals



Baked chicken thighs

6 oz- 385 cals

Day 3

1329 cals ● 117g protein (35%) ● 52g fat (35%) ● 73g carbs (22%) ● 26g fiber (8%)

Breakfast

250 cals, 19g protein, 34g net carbs, 3g fat



Kiwi

1 kiwi- 47 cals



Cottage cheese toast

1 toast(s)- 143 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Snacks

220 cals, 8g protein, 22g net carbs, 6g fat



Raspberries

1 cup(s)- 72 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

490 cals, 38g protein, 12g net carbs, 31g fat



Roasted cauliflower

116 cals



Honey mustard chicken thighs w/ skin

5 1/3 oz- 372 cals

Dinner

370 cals, 52g protein, 5g net carbs, 13g fat



Broccoli

2 1/2 cup(s)- 73 cals



Pan fried tilapia

8 oz- 298 cals

Day 4

1324 cals ● 118g protein (36%) ● 36g fat (24%) ● 106g carbs (32%) ● 26g fiber (8%)

Breakfast

250 cals, 19g protein, 34g net carbs, 3g fat



Kiwi

1 kiwi- 47 cals



Cottage cheese toast

1 toast(s)- 143 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Snacks

220 cals, 8g protein, 22g net carbs, 6g fat



Raspberries

1 cup(s)- 72 cals



Hummus toast

1 slice(s)- 146 cals

Lunch

485 cals, 39g protein, 45g net carbs, 15g fat



Milk

1 1/2 cup(s)- 224 cals



Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals

Dinner

370 cals, 52g protein, 5g net carbs, 13g fat



Broccoli

2 1/2 cup(s)- 73 cals



Pan fried tilapia

8 oz- 298 cals

Day 5

1355 cals ● 127g protein (38%) ● 46g fat (31%) ● 95g carbs (28%) ● 13g fiber (4%)

Breakfast

250 cals, 19g protein, 34g net carbs, 3g fat



Kiwi

1 kiwi- 47 cals



Cottage cheese toast

1 toast(s)- 143 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals

Snacks

185 cals, 10g protein, 12g net carbs, 10g fat



Boiled eggs

1 egg(s)- 69 cals



Toast with butter

1 slice(s)- 114 cals

Lunch

485 cals, 39g protein, 45g net carbs, 15g fat



Milk

1 1/2 cup(s)- 224 cals



Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals

Dinner

435 cals, 60g protein, 3g net carbs, 19g fat



Broccoli

1 cup(s)- 29 cals



Spicy dry rub chicken thighs

2 chicken thigh(s)- 407 cals

Day 6

1301 cals ● 115g protein (35%) ● 54g fat (37%) ● 74g carbs (23%) ● 16g fiber (5%)

Breakfast

255 cals, 15g protein, 25g net carbs, 7g fat



Southwest avocado toast
1 toast(s)- 193 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals

Snacks

185 cals, 10g protein, 12g net carbs, 10g fat



Boiled eggs
1 egg(s)- 69 cals



Toast with butter
1 slice(s)- 114 cals

Lunch

500 cals, 46g protein, 4g net carbs, 32g fat



Blue cheese stuffed chicken thighs
1 thigh- 452 cals



Roasted broccoli
49 cals

Dinner

360 cals, 44g protein, 32g net carbs, 5g fat



Spiced chicken tabbouleh bowl
362 cals

Day 7

1301 cals ● 115g protein (35%) ● 54g fat (37%) ● 74g carbs (23%) ● 16g fiber (5%)

Breakfast

255 cals, 15g protein, 25g net carbs, 7g fat



Southwest avocado toast
1 toast(s)- 193 cals



Cottage cheese & honey
1/4 cup(s)- 62 cals

Snacks

185 cals, 10g protein, 12g net carbs, 10g fat



Boiled eggs
1 egg(s)- 69 cals



Toast with butter
1 slice(s)- 114 cals

Lunch

500 cals, 46g protein, 4g net carbs, 32g fat



Blue cheese stuffed chicken thighs
1 thigh- 452 cals



Roasted broccoli
49 cals

Dinner

360 cals, 44g protein, 32g net carbs, 5g fat



Spiced chicken tabbouleh bowl
362 cals

Dairy and Egg Products

- ☐ string cheese
2 stick (56g)
- ☐ eggs
5 large (250g)
- ☐ low fat cottage cheese (1% milkfat)
2 1/2 cup (565g)
- ☐ whole milk
3 cup(s) (720mL)
- ☐ butter
1 tbsp (14g)
- ☐ blue cheese
1 oz (28g)

Fruits and Fruit Juices

- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ raspberries
3 cup (369g)
- ☐ kiwi
3 fruit (207g)
- ☐ lemon juice
1/4 tbsp (4mL)

Pork Products

- ☐ bacon, cooked
2 slice(s) (20g)
- ☐ boneless pork loin
3/4 lbs (340g)

Other

- ☐ stir-fry sauce
4 tbsp (68g)
- ☐ guacamole, store-bought
4 tbsp (62g)

Vegetables and Vegetable Products

- ☐ frozen mixed veggies
1 10oz package (284g)
- ☐ frozen broccoli
2 1/2 lbs (1194g)
- ☐ cauliflower
1/2 head small (4" dia.) (133g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ fresh spinach
1/4 cup(s) (8g)

Fats and Oils

- ☐ oil
1/2 oz (16mL)
- ☐ olive oil
1 1/2 tbsp (24mL)

Sweets

- ☐ honey
2 3/4 oz (77g)

Sausages and Luncheon Meats

- ☐ turkey pepperoni
16 slices (28g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
29 1/4 oz (831g)
- ☐ boneless skinless chicken breast, raw
1 1/4 lbs (560g)
- ☐ boneless skinless chicken thighs
2 thigh(s) (296g)

Baked Products

- ☐ bread
2/3 lbs (320g)

Legumes and Legume Products

- ☐ hummus
5 tbsp (75g)
- ☐ refried beans
1/2 cup (121g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 lbs (448g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
2 3/4 tbsp (48g)

Cereal Grains and Pasta

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

- ☐ **fresh parsley**
2 sprigs (2g)
- ☐ **cucumber**
1/4 cucumber (8-1/4") (75g)
- ☐ **tomatoes**
1/2 roma tomato (40g)

Spices and Herbs

- ☐ **black pepper**
1/2 tbsp, ground (3g)
 - ☐ **salt**
1 1/4 tsp (7g)
 - ☐ **thyme, dried**
1 1/2 g (1g)
 - ☐ **brown deli mustard**
1/2 tbsp (8g)
 - ☐ **ground cumin**
1 tsp (2g)
 - ☐ **chili powder**
1/4 tbsp (2g)
 - ☐ **cayenne pepper**
1/3 tsp (1g)
 - ☐ **oregano, dried**
1/4 tbsp, leaves (1g)
 - ☐ **paprika**
2 dash (1g)
 - ☐ **garlic powder**
2 dash (1g)
 - ☐ **onion powder**
2 dash (1g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

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.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Bacon & egg cups

1 cup(s) - 120 cals ● 10g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
bacon, cooked
1 slice(s) (10g)

For all 2 meals:

eggs
2 large (100g)
bacon, cooked
2 slice(s) (20g)

1. Preheat oven to 400°F (200°C).
2. Cook bacon on a sheet pan for about 10 minutes until it is mostly cooked but still flexible. Set aside on paper towels.
3. Grease muffin tin and place one slice of bacon in each hole, wrapping it around the sides. Crack an egg into each hole.
4. Cook for 12-15 minutes until eggs are cooked. Remove from tin and let cool slightly. Serve.
5. Meal prep note: store extra in airtight container in fridge or individually wrap and freeze. Reheat in microwave.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 3 meals:

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Cottage cheese toast

1 toast(s) - 143 cals ● 11g protein ● 2g fat ● 19g carbs ● 2g fiber



For single meal:

bread
1 slice(s) (32g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 3 meals:

bread
3 slice(s) (96g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

1. Toast the bread, if desired.
2. Spread cottage cheese on top of the bread, drizzle with honey, and serve.

Cottage cheese & honey

1/4 cup(s) - 62 cal ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Breakfast 3 [🔗](#)

Eat on day 6 and day 7

Southwest avocado toast

1 toast(s) - 193 cal ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

bread
1 slice(s) (32g)
guacamole, store-bought
2 tbsp (31g)
refried beans
4 tbsp (61g)
fresh spinach
1/8 cup(s) (4g)

For all 2 meals:

bread
2 slice(s) (64g)
guacamole, store-bought
4 tbsp (62g)
refried beans
1/2 cup (121g)
fresh spinach
1/4 cup(s) (8g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Lunch 1 [🔗](#)

Eat on day 1 and day 2

Pork and vegetable stir fry

440 cals ● 41g protein ● 18g fat ● 22g carbs ● 6g fiber



For single meal:

stir-fry sauce
2 tbsp (34g)
frozen mixed veggies
1/2 10oz package (142g)
black pepper
2 dash, ground (1g)
salt
1 dash (1g)
oil, divided
1/4 tbsp (4mL)
boneless pork loin, cubed
6 oz (170g)

For all 2 meals:

stir-fry sauce
4 tbsp (68g)
frozen mixed veggies
1 10oz package (284g)
black pepper
4 dash, ground (1g)
salt
2 dash (2g)
oil, divided
1/2 tbsp (8mL)
boneless pork loin, cubed
3/4 lbs (340g)

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

Eat on day 3

Roasted cauliflower

116 cals ● 3g protein ● 8g fat ● 6g carbs ● 3g fiber



oil

1/2 tbsp (8mL)

thyme, dried

2 dash, leaves (0g)

cauliflower, cut into florets

1/2 head small (4" dia.) (133g)

1. Preheat oven to 450°F (230°C).
2. Toss the cauliflower florets in oil. Season with thyme and some salt and pepper. Roast until golden, about 20-25 minutes. Serve.

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals ● 34g protein ● 23g fat ● 6g carbs ● 0g fiber



Makes 5 1/3 oz

brown deli mustard

1/2 tbsp (8g)

honey

1 tsp (7g)

thyme, dried

1/3 tsp, ground (0g)

salt

2/3 dash (1g)

chicken thighs, with bone and skin, raw

1/3 lbs (151g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and 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 to 45 minutes. Let rest 4 to 6 minutes before serving.

Lunch 3 [↗](#)

Eat on day 4 and day 5

Milk

1 1/2 cup(s) - 224 cal ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cal ● 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.

Lunch 4 [↗](#)

Eat on day 6 and day 7

Blue cheese stuffed chicken thighs

1 thigh - 452 cal ● 41g protein ● 32g fat ● 1g carbs ● 0g fiber



For single meal:

blue cheese
1/2 oz (14g)
thyme, dried
1 1/2 dash, ground (0g)
olive oil
3/8 tsp (2mL)
paprika
1 dash (0g)
chicken thighs, with bone and skin, raw
1 thigh(s) (170g)

For all 2 meals:

blue cheese
1 oz (28g)
thyme, dried
3 dash, ground (1g)
olive oil
1/4 tbsp (4mL)
paprika
2 dash (1g)
chicken thighs, with bone and skin, raw
2 thigh(s) (340g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Roasted broccoli

49 cal ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

frozen broccoli
1/2 package (142g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
garlic powder
1 dash (0g)
onion powder
1 dash (0g)

For all 2 meals:

frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.
-

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
4 tbsp (57g)
honey
1 tsp (7g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1/2 cup (113g)
honey
2 tsp (14g)

1. Serve cottage cheese in a bowl and drizzle with honey.
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Turkey pepperoni

8 slices - 34 cals ● 4g protein ● 2g fat ● 1g carbs ● 0g fiber



For single meal:

turkey pepperoni
8 slices (14g)

For all 2 meals:

turkey pepperoni
16 slices (28g)

1. Enjoy.
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Snacks 2 [🔗](#)

Eat on day 3 and day 4

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 2 meals:

raspberries
2 cup (246g)

1. Rinse raspberries and serve.
-

Hummus toast

1 slice(s) - 146 cals ● 7g protein ● 5g fat ● 15g carbs ● 4g fiber



For single meal:

bread
1 slice (32g)
hummus
2 1/2 tbsp (38g)

For all 2 meals:

bread
2 slice (64g)
hummus
5 tbsp (75g)

1. (Optional) Toast bread.
 2. Spread hummus over bread and serve.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

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.
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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 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

1. Toast the bread to desired toastiness.
 2. Spread the butter on the bread.
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Dinner 1 [↗](#)

Eat on day 1 and day 2

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



For single meal:

frozen broccoli
2 cup (182g)

For all 2 meals:

frozen broccoli
4 cup (364g)

1. Prepare according to instructions on package.
-

Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

chicken thighs, with bone and skin, raw
6 oz (170g)
thyme, dried
1/2 dash, ground (0g)

For all 2 meals:

chicken thighs, with bone and skin, raw
3/4 lbs (340g)
thyme, dried
1 dash, ground (0g)

1. Preheat oven to 400°F (200°C).
 2. Arrange the chicken thighs on a baking sheet or in a baking dish.
 3. Season thighs with thyme and some salt and pepper.
 4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
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Dinner 2 [↗](#)

Eat on day 3 and day 4

Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



For single meal:

frozen broccoli
2 1/2 cup (228g)

For all 2 meals:

frozen broccoli
5 cup (455g)

1. Prepare according to instructions on package.
-

Pan fried tilapia

8 oz - 298 cals ● 45g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
2 tsp (10mL)
black pepper
1/3 tsp, ground (1g)
salt
1/3 tsp (2g)
tilapia, raw
1/2 lbs (224g)

For all 2 meals:

olive oil
4 tsp (20mL)
black pepper
1/4 tbsp, ground (2g)
salt
1/4 tbsp (4g)
tilapia, raw
16 oz (448g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
 2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.
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Dinner 3 [↗](#)

Eat on day 5

Broccoli

1 cup(s) - 29 cal ● 3g protein ● 0g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

frozen broccoli
1 cup (91g)

1. Prepare according to instructions on package.

Spicy dry rub chicken thighs

2 chicken thigh(s) - 407 cal ● 57g protein ● 19g fat ● 1g carbs ● 1g fiber



Makes 2 chicken thigh(s)

boneless skinless chicken thighs
2 thigh(s) (296g)
ground cumin
1/4 tbsp (1g)
chili powder
1/4 tbsp (2g)
cayenne pepper
1/3 tsp (1g)
oregano, dried
1/4 tbsp, leaves (1g)

1. Preheat the oven to 375°F (190°C).
 2. In a mixing bowl, combine the spices and a pinch of salt. Feel free to adjust the cayenne to your preferred spice level. Add the chicken and toss until evenly coated.
 3. Place the chicken thighs on a sheet pan and bake for 20-30 minutes, until cooked through and no longer pink inside. Serve.
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Dinner 4 [↗](#)

Eat on day 6 and day 7

Spiced chicken tabbouleh bowl

362 cal ● 44g protein ● 5g fat ● 32g carbs ● 3g fiber



For single meal:

lemon juice
3/8 tsp (2mL)
ground cumin
2 dash (1g)
oil
1/8 tsp (1mL)
instant couscous, flavored
1/4 box (5.8 oz) (41g)
boneless skinless chicken breast, raw
6 oz (168g)
fresh parsley, chopped
1 sprigs (1g)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
tomatoes, chopped
1/4 roma tomato (20g)

For all 2 meals:

lemon juice
1/4 tbsp (4mL)
ground cumin
4 dash (1g)
oil
1/4 tsp (1mL)
instant couscous, flavored
1/2 box (5.8 oz) (82g)
boneless skinless chicken breast, raw
3/4 lbs (336g)
fresh parsley, chopped
2 sprigs (2g)
cucumber, chopped
1/4 cucumber (8-1/4") (75g)
tomatoes, chopped
1/2 roma tomato (40g)

1. Coat chicken with oil, cumin and a dash of salt. Place in a skillet over medium heat and cook until chicken is cooked through. Set aside.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Chop the chicken.
4. Assemble bowl with couscous, chicken, cucumber, and tomatoes. Drizzle lemon juice on top and serve.