

Meal Plan - 1500 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

1527 cals ● 147g protein (39%) ● 49g fat (29%) ● 109g carbs (28%) ● 15g fiber (4%)

Breakfast

310 cals, 23g protein, 32g net carbs, 9g fat



Boiled eggs

1 egg(s)- 69 cals



Cottage cheese & fruit cup

1 container- 131 cals



Simple cinnamon oatmeal with water

108 cals

Snacks

215 cals, 11g protein, 36g net carbs, 2g fat



Celery sticks

2 celery stalk- 13 cals



Cottage cheese & honey

1/4 cup(s)- 62 cals



Pretzels

138 cals

Lunch

445 cals, 53g protein, 7g net carbs, 21g fat



Lemon pepper chicken breast

8 oz- 296 cals



Roasted tomatoes

2 1/2 tomato(es)- 149 cals

Dinner

560 cals, 60g protein, 34g net carbs, 18g fat



Roast beef

330 cals



Lentils

231 cals

Day 2

1517 cals ● 146g protein (39%) ● 50g fat (30%) ● 105g carbs (28%) ● 16g fiber (4%)

Breakfast

310 cals, 23g protein, 32g net carbs, 9g fat



Boiled eggs
1 egg(s)- 69 cals



Cottage cheese & fruit cup
1 container- 131 cals



Simple cinnamon oatmeal with water
108 cals

Snacks

215 cals, 11g protein, 36g net carbs, 2g fat



Celery sticks
2 celery stalk- 13 cals



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



Pretzels
138 cals

Lunch

435 cals, 52g protein, 3g net carbs, 22g fat



Tomato and avocado salad
117 cals



Basic chicken breast
8 oz- 317 cals

Dinner

560 cals, 60g protein, 34g net carbs, 18g fat



Roast beef
330 cals



Lentils
231 cals

Day 3

1463 cals ● 154g protein (42%) ● 39g fat (24%) ● 102g carbs (28%) ● 23g fiber (6%)

Breakfast

300 cals, 19g protein, 26g net carbs, 11g fat



Avocado toast
1 slice(s)- 168 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

140 cals, 12g protein, 18g net carbs, 1g fat



Beef jerky
73 cals



Peach
1 peach(es)- 66 cals

Lunch

545 cals, 61g protein, 42g net carbs, 13g fat



Mashed sweet potatoes
92 cals



Apricot glazed pork chops
1 1/2 chop(s)- 454 cals

Dinner

480 cals, 62g protein, 16g net carbs, 13g fat



Balsamic chicken breast
8 oz- 316 cals



Sugar snap peas
164 cals

Day 4

1476 cals ● 135g protein (37%) ● 52g fat (31%) ● 93g carbs (25%) ● 26g fiber (7%)

Breakfast

300 cals, 19g protein, 26g net carbs, 11g fat



Avocado toast
1 slice(s)- 168 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

140 cals, 12g protein, 18g net carbs, 1g fat



Beef jerky
73 cals



Peach
1 peach(es)- 66 cals

Lunch

560 cals, 42g protein, 34g net carbs, 26g fat



Simple kale salad
1 1/2 cup(s)- 83 cals



Roast beef sandwich
1 sandwich(es)- 476 cals

Dinner

480 cals, 62g protein, 16g net carbs, 13g fat



Balsamic chicken breast
8 oz- 316 cals



Sugar snap peas
164 cals

Day 5

1588 cals ● 144g protein (36%) ● 66g fat (38%) ● 85g carbs (21%) ● 20g fiber (5%)

Breakfast

300 cals, 19g protein, 26g net carbs, 11g fat



Avocado toast
1 slice(s)- 168 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

205 cals, 21g protein, 20g net carbs, 3g fat



Protein greek yogurt
1 container- 139 cals



Peach
1 peach(es)- 66 cals

Lunch

560 cals, 42g protein, 34g net carbs, 26g fat



Simple kale salad
1 1/2 cup(s)- 83 cals



Roast beef sandwich
1 sandwich(es)- 476 cals

Dinner

525 cals, 62g protein, 5g net carbs, 26g fat



Tomato and avocado salad
176 cals



Seasoned broiled pork chops
1 1/2 chop(s)- 350 cals

Day 6

1534 cals ● 139g protein (36%) ● 73g fat (43%) ● 63g carbs (17%) ● 17g fiber (4%)

Breakfast

260 cals, 17g protein, 10g net carbs, 16g fat



Blueberries

1/2 cup(s)- 47 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Snacks

205 cals, 21g protein, 20g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals



Peach

1 peach(es)- 66 cals

Lunch

545 cals, 39g protein, 28g net carbs, 28g fat



Sweet potato wedges

130 cals



Sugar snap peas

41 cals



Honey mustard chicken thighs w/ skin

5 1/3 oz- 372 cals

Dinner

525 cals, 62g protein, 5g net carbs, 26g fat



Tomato and avocado salad

176 cals



Seasoned broiled pork chops

1 1/2 chop(s)- 350 cals

Day 7

1473 cals ● 133g protein (36%) ● 51g fat (31%) ● 100g carbs (27%) ● 19g fiber (5%)

Breakfast

260 cals, 17g protein, 10g net carbs, 16g fat



Blueberries

1/2 cup(s)- 47 cals



Basic scrambled eggs

2 2/3 egg(s)- 212 cals

Snacks

205 cals, 21g protein, 20g net carbs, 3g fat



Protein greek yogurt

1 container- 139 cals



Peach

1 peach(es)- 66 cals

Lunch

545 cals, 39g protein, 28g net carbs, 28g fat



Sweet potato wedges

130 cals



Sugar snap peas

41 cals



Honey mustard chicken thighs w/ skin

5 1/3 oz- 372 cals

Dinner

465 cals, 55g protein, 42g net carbs, 5g fat



Lentils

289 cals



Pork tenderloin

6 oz- 176 cals

Grocery List



Vegetables and Vegetable Products

- ☐ raw celery
4 stalk, medium (7-1/2" - 8" long) (160g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (431g)
- ☐ onion
2 tbsp minced (30g)
- ☐ frozen sugar snap peas
6 2/3 cup (960g)
- ☐ sweet potatoes
1 1/2 sweetpotato, 5" long (315g)
- ☐ kale leaves
3 cup, chopped (120g)
- ☐ romaine lettuce
2 leaf outer (56g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ eggs
7 1/3 large (367g)
- ☐ sliced cheese
4 slice (3/4 oz ea) (84g)

Sweets

- ☐ honey
1 oz (28g)
- ☐ sugar
1 tbsp (13g)
- ☐ jams and preserves, apricot
3 tbsp (60g)

Snacks

- ☐ pretzels, hard, salted
2 1/2 oz (71g)
- ☐ beef jerky
2 oz (57g)

Other

- ☐ cottage cheese & fruit cup
5 container (850g)
- ☐ italian seasoning
4 dash (2g)
- ☐ protein greek yogurt, flavored
3 container (450g)

Breakfast Cereals

Beverages

- ☐ water
5 cup(s) (1204mL)

Beef Products

- ☐ top round roast beef
1/2 roast (379g)

Fats and Oils

- ☐ oil
2 oz (59mL)
- ☐ olive oil
1/2 oz (15mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)
- ☐ salad dressing
3 tbsp (45mL)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (208g)
- ☐ soy sauce
1/2 tbsp (8mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 lbs (902g)
- ☐ chicken thighs, with bone and skin, raw
2/3 lbs (303g)

Fruits and Fruit Juices

- ☐ lime juice
2 tbsp (30mL)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ peach
5 medium (2-2/3" dia) (750g)
- ☐ blueberries
1 cup (148g)

Baked Products

- ☐ bread
7 slice (224g)

Pork Products

- ☐ quick oats
1/2 cup (40g)

Spices and Herbs

- ☐ cinnamon
1 tsp (3g)
 - ☐ salt
1/2 tbsp (10g)
 - ☐ lemon pepper
1/2 tbsp (3g)
 - ☐ garlic powder
5 dash (2g)
 - ☐ black pepper
1 tsp, ground (2g)
 - ☐ balsamic vinegar
1 tsp (6mL)
 - ☐ mustard
2 tsp (10g)
 - ☐ sage
1 dash (0g)
 - ☐ thyme, dried
1 g (1g)
 - ☐ rosemary, dried
4 dash (1g)
 - ☐ seasoning salt
2 dash (2g)
 - ☐ brown deli mustard
1 tbsp (15g)
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- ☐ pork chop, bone-in
4 1/2 chop (801g)
- ☐ pork tenderloin, raw
6 oz (170g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1/2 lbs (227g)

Breakfast 1 [↗](#)

Eat on day 1 and day 2

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Simple cinnamon oatmeal with water

108 cals ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

quick oats
4 tbsp (20g)
sugar
1/2 tbsp (7g)
cinnamon
4 dash (1g)
water
3/8 cup(s) (89mL)

For all 2 meals:

quick oats
1/2 cup (40g)
sugar
1 tbsp (13g)
cinnamon
1 tsp (3g)
water
3/4 cup(s) (178mL)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread
1 slice (32g)
avocados, ripe, sliced
1/4 avocado(s) (50g)

For all 3 meals:

bread
3 slice (96g)
avocados, ripe, sliced
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Breakfast 3 [↗](#)

Eat on day 6 and day 7

Blueberries

1/2 cup(s) - 47 cals ● 1g protein ● 0g fat ● 9g carbs ● 2g fiber



For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.
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Basic scrambled eggs

2 2/3 egg(s) - 212 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (3mL)
eggs
2 2/3 large (133g)

For all 2 meals:

oil
1/2 tbsp (7mL)
eggs
5 1/3 large (267g)

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.
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Lunch 1 [↗](#)

Eat on day 1

Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

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.

Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

oil

2 1/2 tsp (13mL)

tomatoes

2 1/2 small whole (2-2/5" dia) (228g)

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.

Lunch 2 [🔗](#)

Eat on day 2

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
 2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
 3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
 4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
 5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.
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Lunch 3 [↗](#)

Eat on day 3

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



sweet potatoes

1/2 sweetpotato, 5" long (105g)

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.

Apricot glazed pork chops

1 1/2 chop(s) - 454 cals ● 59g protein ● 13g fat ● 24g carbs ● 0g fiber



Makes 1 1/2 chop(s)

balsamic vinegar

1 tsp (6mL)

jams and preserves, apricot

3 tbsp (60g)

olive oil

1/4 tbsp (4mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

pork chop, bone-in

1 1/2 chop (267g)

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 4 [↗](#)

Eat on day 4 and day 5

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

kale leaves

1 1/2 cup, chopped (60g)

salad dressing

1 1/2 tbsp (23mL)

For all 2 meals:

kale leaves

3 cup, chopped (120g)

salad dressing

3 tbsp (45mL)

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

Roast beef sandwich

1 sandwich(es) - 476 cals ● 40g protein ● 21g fat ● 27g carbs ● 5g fiber



For single meal:

roast beef cold cuts

4 oz (113g)

bread

2 slice (64g)

mustard

1 tsp (5g)

tomatoes

2 slice, medium (1/4" thick) (40g)

romaine lettuce

1 leaf outer (28g)

sliced cheese

2 slice (3/4 oz ea) (42g)

For all 2 meals:

roast beef cold cuts

1/2 lbs (227g)

bread

4 slice (128g)

mustard

2 tsp (10g)

tomatoes

4 slice, medium (1/4" thick) (80g)

romaine lettuce

2 leaf outer (56g)

sliced cheese

4 slice (3/4 oz ea) (84g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.

Lunch 5 [↗](#)

Eat on day 6 and day 7

Sweet potato wedges

130 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

oil

1 tsp (6mL)

salt

2 dash (2g)

black pepper

1 dash, ground (0g)

sweet potatoes, cut into wedges

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

oil

3/4 tbsp (11mL)

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

sweet potatoes, cut into wedges

1 sweetpotato, 5" long (210g)

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.

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

frozen sugar snap peas

2/3 cup (96g)

For all 2 meals:

frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare according to instructions on package.

Honey mustard chicken thighs w/ skin

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



For single meal:

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)

For all 2 meals:

brown deli mustard
1 tbsp (15g)
honey
2 tsp (14g)
thyme, dried
1/4 tbsp, ground (1g)
salt
1 1/3 dash (1g)
chicken thighs, with bone and skin, raw
2/3 lbs (303g)

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.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Celery sticks

2 celery stalk - 13 cals ● 1g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery
2 stalk, medium (7-1/2" - 8" long)
(80g)

For all 2 meals:

raw celery
4 stalk, medium (7-1/2" - 8" long)
(160g)

1. Slice celery into sticks 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.

Pretzels

138 cal ● 4g protein ● 1g fat ● 27g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 1/4 oz (35g)

For all 2 meals:

pretzels, hard, salted
2 1/2 oz (71g)

1. The recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3 and day 4

Beef jerky

73 cal ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:

beef jerky
1 oz (28g)

For all 2 meals:

beef jerky
2 oz (57g)

1. The recipe has no instructions.

Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 2 meals:

peach

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 3 meals:

protein greek yogurt, flavored

3 container (450g)

1. Enjoy.

Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

peach

1 medium (2-2/3" dia) (150g)

For all 3 meals:

peach

3 medium (2-2/3" dia) (450g)

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

Eat on day 1 and day 2

Roast beef

330 cals ● 44g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

top round roast beef

1/4 roast (190g)

oil

1/4 tbsp (4mL)

For all 2 meals:

top round roast beef

1/2 roast (379g)

oil

1/2 tbsp (8mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

water

1 1/3 cup(s) (316mL)

salt

2/3 dash (0g)

lentils, raw, rinsed

1/3 cup (64g)

For all 2 meals:

water

2 2/3 cup(s) (632mL)

salt

1 1/3 dash (1g)

lentils, raw, rinsed

2/3 cup (128g)

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.

Dinner 2 [↗](#)

Eat on day 3 and day 4

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (227g)

balsamic vinaigrette

2 tbsp (30mL)

oil

1 tsp (5mL)

italian seasoning

2 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw

1 lbs (454g)

balsamic vinaigrette

4 tbsp (60mL)

oil

2 tsp (10mL)

italian seasoning

4 dash (2g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



For single meal:

frozen sugar snap peas

2 2/3 cup (384g)

For all 2 meals:

frozen sugar snap peas

5 1/3 cup (768g)

1. Prepare according to instructions on package.

Dinner 3 [🔗](#)

Eat on day 5 and day 6

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion
3/4 tbsp minced (11g)
lime juice
3/4 tbsp (11mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/2 dash (1g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
avocados, cubed
3/8 avocado(s) (75g)
tomatoes, diced
3/8 medium whole (2-3/5" dia)
(46g)

For all 2 meals:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia)
(92g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Seasoned broiled pork chops

1 1/2 chop(s) - 350 cals ● 59g protein ● 12g fat ● 0g carbs ● 0g fiber



For single meal:

sage
1/2 dash (0g)
oil
1/2 tsp (3mL)
soy sauce
1/4 tbsp (4mL)
thyme, dried
1/2 dash, leaves (0g)
rosemary, dried
2 dash (0g)
seasoning salt
1 dash (1g)
garlic powder
1/2 dash (0g)
pork chop, bone-in
1 1/2 chop (267g)

For all 2 meals:

sage
1 dash (0g)
oil
1 tsp (5mL)
soy sauce
1/2 tbsp (8mL)
thyme, dried
1 dash, leaves (0g)
rosemary, dried
4 dash (1g)
seasoning salt
2 dash (2g)
garlic powder
1 dash (0g)
pork chop, bone-in
3 chop (534g)

1. Combine all ingredients except the chops, and mix well with small whisk.
2. Brush mixture on chops and either:
3. GRILL: by searing on both sides and then cooking more slowly for 30 minutes or until done, brushing chops occasionally with the sauce.
4. OR BROIL: place chops on a broiler rack 5" from heat and broil about 12 minutes per side or until done.

Dinner 4 [↗](#)

Eat on day 7

Lentils

289 cal ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

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.

Pork tenderloin

6 oz - 176 cal ● 36g protein ● 4g fat ● 0g carbs ● 0g fiber



Makes 6 oz

pork tenderloin, raw
6 oz (170g)

1. Preheat oven to 350°F (180°C).
 2. If your pork tenderloin came unseasoned, season with salt/pepper and any herbs or spices you have on hand.
 3. Place on a baking sheet and bake for about 20-25 minutes, or until the internal temperature reaches 160°F (72°C).
 4. Remove from oven and let rest for about 5 minutes. Slice and serve.
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