

# Meal Plan - 1700 calorie high protein meal plan



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1740 cals ● 183g protein (42%) ● 69g fat (36%) ● 70g carbs (16%) ● 27g fiber (6%)

### Breakfast

310 cals, 22g protein, 10g net carbs, 19g fat



**Milk**  
1/2 cup(s)- 75 cals



**Chicken sausage & egg white breakfast bowl**  
234 cals

### Snacks

285 cals, 17g protein, 14g net carbs, 18g fat



**String cheese**  
1 stick(s)- 83 cals



**High-protein granola bar**  
1 bar(s)- 204 cals

### Lunch

555 cals, 69g protein, 39g net carbs, 10g fat



**Lentils**  
260 cals



**Lemon pepper chicken breast**  
8 oz- 296 cals

### Dinner

590 cals, 77g protein, 8g net carbs, 22g fat



**Marinaded chicken breast**  
10 2/3 oz- 377 cals



**Garlic collard greens**  
212 cals

## Day 2

1740 cals ● 183g protein (42%) ● 69g fat (36%) ● 70g carbs (16%) ● 27g fiber (6%)

### Breakfast

310 cals, 22g protein, 10g net carbs, 19g fat



**Milk**  
1/2 cup(s)- 75 cals



**Chicken sausage & egg white breakfast bowl**  
234 cals

### Snacks

285 cals, 17g protein, 14g net carbs, 18g fat



**String cheese**  
1 stick(s)- 83 cals



**High-protein granola bar**  
1 bar(s)- 204 cals

### Lunch

555 cals, 69g protein, 39g net carbs, 10g fat



**Lentils**  
260 cals



**Lemon pepper chicken breast**  
8 oz- 296 cals

### Dinner

590 cals, 77g protein, 8g net carbs, 22g fat



**Marinaded chicken breast**  
10 2/3 oz- 377 cals



**Garlic collard greens**  
212 cals

## Day 3

1747 cals ● 150g protein (34%) ● 86g fat (44%) ● 70g carbs (16%) ● 23g fiber (5%)

### Breakfast

345 cals, 30g protein, 33g net carbs, 8g fat



**Protein greek yogurt**  
1 container- 139 cals



**Scrambled egg whites**  
61 cals



**Simple cinnamon oatmeal with water**  
145 cals

### Snacks

250 cals, 14g protein, 15g net carbs, 13g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Turkey pepperoni**  
18 2/3 slices- 80 cals



**Applesauce**  
57 cals

### Lunch

570 cals, 47g protein, 4g net carbs, 38g fat



**Blue cheese stuffed chicken thighs**  
1 thigh- 452 cals



**Garlic collard greens**  
119 cals

### Dinner

585 cals, 59g protein, 17g net carbs, 27g fat



**Ranch chicken**  
8 oz- 461 cals



**Sugar snap peas**  
123 cals

## Day 4

1692 cals ● 164g protein (39%) ● 69g fat (37%) ● 78g carbs (18%) ● 25g fiber (6%)

### Breakfast

345 cals, 30g protein, 33g net carbs, 8g fat



**Protein greek yogurt**  
1 container- 139 cals



**Scrambled egg whites**  
61 cals



**Simple cinnamon oatmeal with water**  
145 cals

### Snacks

250 cals, 14g protein, 15g net carbs, 13g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Turkey pepperoni**  
18 2/3 slices- 80 cals



**Applesauce**  
57 cals

### Lunch

515 cals, 60g protein, 12g net carbs, 21g fat



**Olive oil drizzled sugar snap peas**  
204 cals



**Hummus crusted chicken**  
8 oz- 313 cals

### Dinner

585 cals, 59g protein, 17g net carbs, 27g fat



**Ranch chicken**  
8 oz- 461 cals



**Sugar snap peas**  
123 cals

## Day 5

1752 cals ● 155g protein (35%) ● 80g fat (41%) ● 82g carbs (19%) ● 22g fiber (5%)

### Breakfast

330 cals, 19g protein, 11g net carbs, 21g fat



#### Milk

1/2 cup(s)- 75 cals



#### Bacon

4 slice(s)- 202 cals



#### Raspberries

3/4 cup(s)- 54 cals

### Snacks

190 cals, 15g protein, 25g net carbs, 2g fat



#### Cottage cheese & honey

1/2 cup(s)- 125 cals



#### Strawberries

1 1/4 cup(s)- 65 cals

### Lunch

620 cals, 52g protein, 38g net carbs, 26g fat



#### Cottage pie

409 cals



#### Simple Greek cucumber salad

211 cals

### Dinner

610 cals, 69g protein, 8g net carbs, 31g fat



#### Buttered sugar snap peas

214 cals



#### Basic chicken breast

10 oz- 397 cals

## Day 6

1740 cals ● 157g protein (36%) ● 75g fat (39%) ● 89g carbs (21%) ● 20g fiber (5%)

### Breakfast

330 cals, 19g protein, 11g net carbs, 21g fat



#### Milk

1/2 cup(s)- 75 cals



#### Bacon

4 slice(s)- 202 cals



#### Raspberries

3/4 cup(s)- 54 cals

### Snacks

190 cals, 15g protein, 25g net carbs, 2g fat



#### Cottage cheese & honey

1/2 cup(s)- 125 cals



#### Strawberries

1 1/4 cup(s)- 65 cals

### Lunch

620 cals, 52g protein, 38g net carbs, 26g fat



#### Cottage pie

409 cals



#### Simple Greek cucumber salad

211 cals

### Dinner

600 cals, 70g protein, 15g net carbs, 27g fat



#### Chicken beet & carrot salad bowl

599 cals

# Day 7

1714 cals ● 151g protein (35%) ● 88g fat (46%) ● 57g carbs (13%) ● 22g fiber (5%)

## Breakfast

330 cals, 19g protein, 11g net carbs, 21g fat



### Milk

1/2 cup(s)- 75 cals



### Bacon

4 slice(s)- 202 cals



### Raspberries

3/4 cup(s)- 54 cals

## Snacks

190 cals, 15g protein, 25g net carbs, 2g fat



### Cottage cheese & honey

1/2 cup(s)- 125 cals



### Strawberries

1 1/4 cup(s)- 65 cals

## Lunch

595 cals, 46g protein, 6g net carbs, 39g fat



### Olive oil drizzled broccoli

3 cup(s)- 209 cals



### Baked chicken thighs

6 oz- 385 cals

## Dinner

600 cals, 70g protein, 15g net carbs, 27g fat



### Chicken beet & carrot salad bowl

599 cals

# Grocery List



## Dairy and Egg Products

- string cheese  
2 stick (56g)
- whole milk  
2 1/2 cup(s) (631mL)
- egg whites  
1 cup (243g)
- blue cheese  
1/2 oz (14g)
- low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- butter  
1/4 stick (25g)
- nonfat greek yogurt, plain  
3/4 cup (210g)

## Snacks

- high-protein granola bar  
2 bar (80g)

## Fats and Oils

- oil  
1/4 lbs (102mL)
- olive oil  
2 oz (59mL)
- marinade sauce  
2/3 cup (161mL)
- ranch dressing  
4 tbsp (60mL)

## Other

- chicken breakfast sausage  
4 link(s) (120g)
- protein greek yogurt, flavored  
2 container (300g)
- ranch dressing mix  
1/2 packet (1 oz) (14g)

## Vegetables and Vegetable Products

- tomatoes  
4 tbsp cherry tomatoes (37g)
- collard greens  
1 3/4 lbs (775g)
- garlic  
6 clove(s) (18g)
- frozen sugar snap peas  
7 cup (1008g)

## Beverages

- water  
4 cup(s) (948mL)

## Spices and Herbs

- salt  
5 g (5g)
- lemon pepper  
1 tbsp (7g)
- thyme, dried  
1 1/2 g (2g)
- paprika  
2 dash (1g)
- cinnamon  
1/2 tbsp (3g)
- black pepper  
1/2 tsp (0g)
- dried dill weed  
1/2 tbsp (2g)
- red wine vinegar  
1/2 tbsp (8mL)

## Legumes and Legume Products

- lentils, raw  
3/4 cup (144g)
- hummus  
2 tbsp (31g)

## Poultry Products

- boneless skinless chicken breast, raw  
6 lbs (2597g)
- chicken thighs, with bone and skin, raw  
3/4 lbs (340g)

## Breakfast Cereals

- quick oats  
2/3 cup (53g)

## Sweets

- sugar  
4 tsp (17g)
- honey  
2 tbsp (42g)

## Nut and Seed Products

- tomato paste**  
1/2 tbsp (8g)
- carrots**  
2 1/3 medium (142g)
- potatoes**  
1/2 lbs (227g)
- onion**  
1/2 medium (2-1/2" dia) (55g)
- red onion**  
3/8 medium (2-1/2" dia) (41g)
- cucumber**  
1 1/2 cucumber (8-1/4") (452g)
- beets, precooked (canned or refrigerated)**  
2/3 lbs (302g)
- frozen broccoli**  
3 cup (273g)

- almonds**  
4 tbsp, whole (36g)

## **Sausages and Luncheon Meats**

- turkey pepperoni**  
37 1/3 slices (66g)

## **Pork Products**

- bacon, cooked**  
12 slice(s) (120g)

## **Beef Products**

- ground beef (93% lean)**  
3/4 lbs (340g)

## **Soups, Sauces, and Gravies**

- vegetable broth**  
1/2 cup(s) (mL)
- worcestershire sauce**  
1 tsp (5mL)
- apple cider vinegar**  
1 1/3 tsp (0mL)

## **Cereal Grains and Pasta**

- cornstarch**  
1/2 tbsp (4g)

## **Fruits and Fruit Juices**

- avocados**  
1/2 avocado(s) (101g)
- applesauce**  
2 to-go container (~4 oz) (244g)
- strawberries**  
3 3/4 cup, whole (540g)
- raspberries**  
2 1/4 cup (277g)
- lemon juice**  
3/4 tbsp (11mL)

## Breakfast 1 ↗

Eat on day 1 and day 2

### 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 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

### Chicken sausage & egg white breakfast bowl

234 cals ● 18g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

**egg whites**

4 tbsp (61g)

**oil**

1/2 tsp (3mL)

**chicken breakfast sausage**

2 link(s) (60g)

**tomatoes, halved**

2 tbsp cherry tomatoes (19g)

**avocados, chopped**

1/4 avocado(s) (50g)

For all 2 meals:

**egg whites**

1/2 cup (122g)

**oil**

1 tsp (5mL)

**chicken breakfast sausage**

4 link(s) (120g)

**tomatoes, halved**

4 tbsp cherry tomatoes (37g)

**avocados, chopped**

1/2 avocado(s) (101g)

1. Cook chicken sausage according package instructions. Slice into bite-sized pieces and set aside.
2. Add oil to a skillet over low heat. Pour in egg whites and scramble until they turn opaque and firm.
3. Transfer egg whites to a bowl and add the chicken sausage, tomatoes, and avocado. Season with a pinch of salt/pepper and serve.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

1. Enjoy.

### Scrambled egg whites

61 cals ● 7g protein ● 4g fat ● 0g carbs ● 0g fiber



For single meal:

**egg whites**  
4 tbsp (61g)  
**oil**  
1/4 tbsp (4mL)

For all 2 meals:

**egg whites**  
1/2 cup (122g)  
**oil**  
1/2 tbsp (8mL)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### Simple cinnamon oatmeal with water

145 cals ● 4g protein ● 2g fat ● 25g carbs ● 3g fiber



For single meal:

**quick oats**  
1/3 cup (27g)  
**sugar**  
2 tsp (9g)  
**cinnamon**  
1/4 tbsp (2g)  
**water**  
1/2 cup(s) (119mL)

For all 2 meals:

**quick oats**  
2/3 cup (53g)  
**sugar**  
4 tsp (17g)  
**cinnamon**  
1/2 tbsp (3g)  
**water**  
1 cup(s) (237mL)

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 3 ↗

Eat on day 5, day 6, and day 7

### 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.

### Bacon

4 slice(s) - 202 cals ● 14g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

**bacon, cooked**  
4 slice(s) (40g)

For all 3 meals:

**bacon, cooked**  
12 slice(s) (120g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

### Raspberries

3/4 cup(s) - 54 cals ● 1g protein ● 1g fat ● 5g carbs ● 6g fiber



For single meal:

**raspberries**

3/4 cup (92g)

For all 3 meals:

**raspberries**

2 1/4 cup (277g)

1. Rinse raspberries and serve.

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## Lunch 1

Eat on day 1 and day 2

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### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**water**

1 1/2 cup(s) (356mL)

**salt**

3/4 dash (1g)

**lentils, raw, rinsed**

6 tbsp (72g)

For all 2 meals:

**water**

3 cup(s) (711mL)

**salt**

1 1/2 dash (1g)

**lentils, raw, rinsed**

3/4 cup (144g)

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.

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### Lemon pepper chicken breast

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



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**olive oil**  
1/4 tbsp (4mL)  
**lemon pepper**  
1/2 tbsp (3g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**olive oil**  
1/2 tbsp (8mL)  
**lemon pepper**  
1 tbsp (7g)

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.

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## Lunch 2 ↗

Eat on day 3

### Blue cheese stuffed chicken thighs

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



Makes 1 thigh

**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)

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.

### Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



**collard greens**  
6 oz (170g)  
**oil**  
1 tsp (6mL)  
**salt**  
3/4 dash (1g)  
**garlic, minced**  
1 clove(s) (3g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Lunch 3 ↗

Eat on day 4

### Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen sugar snap peas**  
1 2/3 cup (240g)  
**olive oil**  
2 1/2 tsp (13mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Hummus crusted chicken

8 oz - 313 cals ● 53g protein ● 9g fat ● 3g carbs ● 2g fiber



Makes 8 oz

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**hummus**  
2 tbsp (31g)  
**paprika**  
1 dash (0g)

1. Preheat oven to 450°F (230°C).
2. Pat chicken dry with paper towels and season with salt and pepper.
3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Cottage pie

409 cals ● 39g protein ● 16g fat ● 24g carbs ● 4g fiber



For single meal:

**whole milk**  
1/8 cup(s) (15mL)  
**butter**  
1/4 tbsp (4g)  
**ground beef (93% lean)**  
6 oz (170g)  
**tomato paste**  
1/4 tbsp (4g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**worcestershire sauce**  
1/2 tsp (3mL)  
**thyme, dried**  
2 dash, leaves (0g)  
**cornstarch**  
1/4 tbsp (2g)  
**carrots, diced**  
1/2 medium (31g)  
**garlic, minced**  
1/2 clove(s) (2g)  
**potatoes, peeled & quartered**  
4 oz (113g)  
**onion, diced**  
1/4 medium (2-1/2" dia) (28g)

For all 2 meals:

**whole milk**  
1/8 cup(s) (30mL)  
**butter**  
1/2 tbsp (7g)  
**ground beef (93% lean)**  
3/4 lbs (340g)  
**tomato paste**  
1/2 tbsp (8g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**worcestershire sauce**  
1 tsp (5mL)  
**thyme, dried**  
4 dash, leaves (1g)  
**cornstarch**  
1/2 tbsp (4g)  
**carrots, diced**  
1 medium (61g)  
**garlic, minced**  
1 clove(s) (3g)  
**potatoes, peeled & quartered**  
1/2 lbs (227g)  
**onion, diced**  
1/2 medium (2-1/2" dia) (55g)

1. Submerge the potatoes with water and boil until fork-tender, 10-20 minutes. Drain and mash with milk, butter, and some salt and pepper. Set aside.
2. Preheat oven to 400°F (200°C).
3. Whisk cornstarch with broth in a small bowl. Set aside.
4. Saute beef in a skillet over medium-high heat until browned. Transfer to a plate.
5. Add onions, garlic, and carrots to the skillet. Cook 7-10 minutes until soft.
6. Reduce heat to medium and add tomato paste. Stir and cook 1-2 minutes.
7. Return beef to skillet and add broth mixture, worcestershire, thyme, and some salt and pepper. Simmer 5-10 minutes until sauce thickens.
8. Transfer meat mixture to a small baking dish. Spoon potatoes over the meat.
9. Bake for 20-30 until top is golden and filling is bubbling. Let stand for 5-10 minutes before serving.

### Simple Greek cucumber salad

211 cals ● 13g protein ● 11g fat ● 14g carbs ● 2g fiber



For single meal:

**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**lemon juice**  
1 tsp (6mL)  
**dried dill weed**  
1/4 tbsp (1g)  
**red wine vinegar**  
1/4 tbsp (4mL)  
**olive oil**  
3/4 tbsp (11mL)  
**red onion, thinly sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced into half moons**  
3/4 cucumber (8-1/4") (226g)

For all 2 meals:

**nonfat greek yogurt, plain**  
3/4 cup (210g)  
**lemon juice**  
3/4 tbsp (11mL)  
**dried dill weed**  
1/2 tbsp (2g)  
**red wine vinegar**  
1/2 tbsp (8mL)  
**olive oil**  
1 1/2 tbsp (23mL)  
**red onion, thinly sliced**  
3/8 medium (2-1/2" dia) (41g)  
**cucumber, sliced into half moons**  
1 1/2 cucumber (8-1/4") (452g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

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## Lunch 5

Eat on day 7

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### Olive oil drizzled broccoli

3 cup(s) - 209 cals  8g protein  14g fat  6g carbs  8g fiber



Makes 3 cup(s)

**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.

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### Baked chicken thighs

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



Makes 6 oz

**chicken thighs, with bone and skin, raw**

6 oz (170g)

**thyme, dried**

1/2 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.

## Snacks 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.

### High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

**high-protein granola bar**

1 bar (40g)

For all 2 meals:

**high-protein granola bar**

2 bar (80g)

1. The recipe has no instructions.

## Snacks 2

Eat on day 3 and day 4

### Roasted almonds

1/8 cup(s) - 111 cals  4g protein  9g fat  2g carbs  2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.

### Turkey pepperoni

18 2/3 slices - 80 cals  10g protein  4g fat  1g carbs  0g fiber



For single meal:

**turkey pepperoni**  
18 2/3 slices (33g)

For all 2 meals:

**turkey pepperoni**  
37 1/3 slices (66g)

1. Enjoy.

### Applesauce

57 cals  0g protein  0g fat  12g carbs  1g fiber



For single meal:

**applesauce**  
1 to-go container (~4 oz) (122g)

For all 2 meals:

**applesauce**  
2 to-go container (~4 oz) (244g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

**honey**

2 tsp (14g)

For all 3 meals:

**low fat cottage cheese (1% milkfat)**

1 1/2 cup (339g)

**honey**

2 tbsp (42g)

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

### Strawberries

1 1/4 cup(s) - 65 cals ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

**strawberries**

1 1/4 cup, whole (180g)

For all 3 meals:

**strawberries**

3 3/4 cup, whole (540g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1 and day 2

### Marinaded chicken breast

10 2/3 oz - 377 cals ● 67g protein ● 11g fat ● 2g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
2/3 lbs (299g)  
**marinade sauce**  
1/3 cup (80mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/3 lbs (597g)  
**marinade sauce**  
2/3 cup (160mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

### Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

**collard greens**  
2/3 lbs (302g)  
**oil**  
2 tsp (10mL)  
**salt**  
1 1/3 dash (1g)  
**garlic, minced**  
2 clove(s) (6g)

For all 2 meals:

**collard greens**  
1 1/3 lbs (605g)  
**oil**  
4 tsp (20mL)  
**salt**  
1/3 tsp (2g)  
**garlic, minced**  
4 clove(s) (12g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### Ranch chicken

8 oz - 461 cals ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

**ranch dressing**  
2 tbsp (30mL)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**oil**  
1/2 tbsp (8mL)  
**ranch dressing mix**  
1/4 packet (1 oz) (7g)

For all 2 meals:

**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.

### Sugar snap peas

123 cals ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



For single meal:

**frozen sugar snap peas**  
2 cup (288g)

For all 2 meals:

**frozen sugar snap peas**  
4 cup (576g)

1. Prepare according to instructions on package.

## Dinner 3 ↗

Eat on day 5

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### Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**butter**

4 tsp (18g)

**frozen sugar snap peas**

1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

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### Basic chicken breast

10 oz - 397 cals ● 63g protein ● 16g fat ● 0g carbs ● 0g fiber



Makes 10 oz

**boneless skinless chicken breast, raw**

10 oz (280g)

oil

2 tsp (9mL)

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.

## Dinner 4 ↗

Eat on day 6 and day 7

### Chicken beet & carrot salad bowl

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



For single meal:

**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)

For all 2 meals:

**oil**  
2 2/3 tbsp (40mL)  
**thyme, dried**  
1/4 tbsp, leaves (1g)  
**apple cider vinegar**  
1 1/3 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
2/3 lbs (302g)  
**boneless skinless chicken breast, raw, cubed**  
1 1/3 lbs (597g)  
**carrots, thinly sliced**  
1 1/3 medium (81g)

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.