

Meal Plan - 2200 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

2156 cals ● 209g protein (39%) ● 105g fat (44%) ● 64g carbs (12%) ● 29g fiber (5%)

Breakfast

335 cals, 27g protein, 7g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Chocolate avocado chia pudding
197 cals

Snacks

300 cals, 27g protein, 20g net carbs, 12g fat



Peach and goat cheese bites
1 peach- 162 cals



Protein greek yogurt
1 container- 139 cals

Lunch

720 cals, 71g protein, 14g net carbs, 37g fat



Salsa verde chicken salad
718 cals

Dinner

800 cals, 84g protein, 24g net carbs, 38g fat



Taco stuffed peppers
3 stuffed pepper(s)- 731 cals



Tomato cucumber salad
71 cals

Day 2

2281 cals ● 206g protein (36%) ● 120g fat (48%) ● 70g carbs (12%) ● 23g fiber (4%)

Breakfast

335 cals, 27g protein, 7g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Chocolate avocado chia pudding
197 cals

Snacks

300 cals, 27g protein, 20g net carbs, 12g fat



Peach and goat cheese bites
1 peach- 162 cals



Protein greek yogurt
1 container- 139 cals

Lunch

845 cals, 67g protein, 20g net carbs, 52g fat



Honey dijon salmon
10 1/2 oz- 703 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Dinner

800 cals, 84g protein, 24g net carbs, 38g fat



Taco stuffed peppers
3 stuffed pepper(s)- 731 cals



Tomato cucumber salad
71 cals

Day 3

2187 cals ● 197g protein (36%) ● 91g fat (38%) ● 111g carbs (20%) ● 33g fiber (6%)

Breakfast

335 cals, 27g protein, 7g net carbs, 19g fat



Boiled eggs
2 egg(s)- 139 cals



Chocolate avocado chia pudding
197 cals

Snacks

230 cals, 18g protein, 17g net carbs, 8g fat



Blackberry & granola parfait
229 cals

Lunch

845 cals, 67g protein, 20g net carbs, 52g fat



Honey dijon salmon
10 1/2 oz- 703 cals



Olive oil drizzled broccoli
2 cup(s)- 140 cals

Dinner

780 cals, 85g protein, 66g net carbs, 12g fat



White chicken chili soup
780 cals

Day 4

2224 cals ● 214g protein (39%) ● 108g fat (44%) ● 76g carbs (14%) ● 22g fiber (4%)

Breakfast

415 cals, 31g protein, 48g net carbs, 9g fat



Breakfast cereal with protein milk
413 cals

Snacks

230 cals, 18g protein, 17g net carbs, 8g fat



Blackberry & granola parfait
229 cals

Lunch

850 cals, 71g protein, 6g net carbs, 57g fat



Thyme & lime chicken thighs
551 cals



Buttered broccoli
2 1/4 cup(s)- 300 cals

Dinner

730 cals, 95g protein, 5g net carbs, 34g fat



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Basic chicken breast
14 oz- 555 cals

Day 5

2215 cals ● 232g protein (42%) ● 81g fat (33%) ● 117g carbs (21%) ● 22g fiber (4%)

Breakfast

415 cals, 31g protein, 48g net carbs, 9g fat



Breakfast cereal with protein milk
413 cals

Snacks

275 cals, 19g protein, 32g net carbs, 6g fat



Bell pepper strips and hummus
85 cals



Peach
1 peach(es)- 66 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Lunch

795 cals, 87g protein, 32g net carbs, 33g fat



Teriyaki chicken
12 oz- 570 cals



Simple mixed greens and tomato salad
227 cals

Dinner

730 cals, 95g protein, 5g net carbs, 34g fat



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals



Basic chicken breast
14 oz- 555 cals

Day 6

2158 cals ● 213g protein (40%) ● 96g fat (40%) ● 86g carbs (16%) ● 24g fiber (4%)

Breakfast

355 cals, 34g protein, 30g net carbs, 7g fat



Milk
2/3 cup(s)- 99 cals



Overnight mixed berry protein oats w/ water
256 cals

Snacks

275 cals, 19g protein, 32g net carbs, 6g fat



Bell pepper strips and hummus
85 cals



Peach
1 peach(es)- 66 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Lunch

815 cals, 79g protein, 9g net carbs, 49g fat



Marry me chicken
505 cals



Buttered broccoli
2 1/3 cup(s)- 311 cals

Dinner

710 cals, 81g protein, 16g net carbs, 34g fat



Balsamic chicken breast
12 oz- 473 cals



Simple mixed greens salad
237 cals

Day 7

2158 cals ● 213g protein (40%) ● 96g fat (40%) ● 86g carbs (16%) ● 24g fiber (4%)

Breakfast

355 cals, 34g protein, 30g net carbs, 7g fat



Milk

2/3 cup(s)- 99 cals



Overnight mixed berry protein oats w/ water

256 cals

Snacks

275 cals, 19g protein, 32g net carbs, 6g fat



Bell pepper strips and hummus

85 cals



Peach

1 peach(es)- 66 cals



Cottage cheese & honey

1/2 cup(s)- 125 cals

Lunch

815 cals, 79g protein, 9g net carbs, 49g fat



Marry me chicken

505 cals



Buttered broccoli

2 1/3 cup(s)- 311 cals

Dinner

710 cals, 81g protein, 16g net carbs, 34g fat



Balsamic chicken breast

12 oz- 473 cals



Simple mixed greens salad

237 cals

Grocery List



Dairy and Egg Products

- eggs**
6 large (300g)
- whole milk**
3 3/4 cup(s) (900mL)
- lowfat greek yogurt**
1 1/2 cup (385g)
- goat cheese**
4 tbsp (56g)
- cheddar cheese**
1/2 cup, shredded (64g)
- butter**
7 tbsp (98g)
- low fat cottage cheese (1% milkfat)**
1 1/2 cup (339g)
- parmesan cheese**
1/3 cup (33g)

Nut and Seed Products

- chia seeds**
3 tbsp (43g)
- roasted pumpkin seeds, unsalted**
3 tbsp (22g)

Other

- cacao powder**
1 1/2 tbsp (9g)
- protein greek yogurt, flavored**
2 container (300g)
- mixed greens**
17 1/4 cup (518g)
- teriyaki sauce**
6 tbsp (91mL)
- frozen mixed berries**
1 cup (136g)
- half & half**
1/3 cup (mL)
- italian seasoning**
2 tsp (7g)

Fruits and Fruit Juices

- avocados**
4 1/2 slices (113g)
- peach**
5 medium (2-2/3" dia) (735g)
- blackberries**
1/2 cup (72g)

Soups, Sauces, and Gravies

- salsa verde**
1/2 jar (16 oz) (216g)
- chicken broth**
2 1/4 cup(s) (mL)
- vegetable broth**
2/3 cup(s) (mL)

Fats and Oils

- oil**
2 2/3 oz (80mL)
- salad dressing**
1/2 lbs (255mL)
- olive oil**
4 tbsp (63mL)
- balsamic vinaigrette**
6 tbsp (91mL)

Poultry Products

- boneless skinless chicken breast, raw**
6 1/2 lbs (2908g)
- boneless skinless chicken thighs**
3/4 lb (340g)

Vegetables and Vegetable Products

- tomatoes**
2 1/2 medium whole (2-3/5" dia) (295g)
- tomato puree**
3/4 cup (188g)
- bell pepper**
4 large (623g)
- red onion**
1/2 small (35g)
- cucumber**
1/2 cucumber (8-1/4") (151g)
- garlic**
3 clove(s) (9g)
- frozen broccoli**
16 cup (1448g)

Legumes and Legume Products

- black beans**
3 tbsp (45g)
- canned great northern beans**
3/4 can (~15 oz) (319g)
- hummus**
1/2 cup (122g)

lime juice
1 1/2 tbsp (23mL)

Beverages

protein powder
2 1/2 scoop (1/3 cup ea) (75g)
 protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
 water
1 1/2 cup(s) (356mL)

Spices and Herbs

salt
1 1/4 tsp (4g)
 ground cumin
3/4 tbsp (5g)
 taco seasoning mix
1 tbsp (9g)
 dijon mustard
1/4 cup (53g)
 black pepper
1 tsp (1g)
 thyme, dried
3 dash, leaves (0g)
 paprika
1/3 tsp (1g)
 onion powder
1/3 tsp (1g)

Beef Products

ground beef (93% lean)
1 1/2 lbs (680g)

Finfish and Shellfish Products

salmon
3 1/2 fillet/s (6 oz each) (595g)

Sweets

honey
2 3/4 oz (79g)

Breakfast Cereals

granola
1/2 cup (45g)
 breakfast cereal
3 1/3 serving (100g)
 oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Chocolate avocado chia pudding

197 cals ● 15g protein ● 9g fat ● 7g carbs ● 7g fiber



For single meal:

chia seeds
1 tbsp (14g)
whole milk
1/4 cup(s) (60mL)
cacao powder
1/2 tbsp (3g)
avocados
1/2 slices (13g)
lowfat greek yogurt
2 tbsp (35g)
protein powder
1/4 scoop (1/3 cup ea) (8g)

For all 3 meals:

chia seeds
3 tbsp (43g)
whole milk
3/4 cup(s) (180mL)
cacao powder
1 1/2 tbsp (9g)
avocados
1 1/2 slices (38g)
lowfat greek yogurt
6 tbsp (105g)
protein powder
3/4 scoop (1/3 cup ea) (23g)

1. Mash avocado in the bottom of a jar. Add in all other ingredients and mix well.
2. Cover and refrigerate for 1-2 hours or overnight.
3. Serve and enjoy.

Breakfast 2 ↗

Eat on day 4 and day 5

Breakfast cereal with protein milk

413 cals ● 31g protein ● 9g fat ● 48g carbs ● 5g fiber



For single meal:

breakfast cereal
1 2/3 serving (50g)
whole milk
5/6 cup(s) (200mL)
protein powder
5/6 scoop (1/3 cup ea) (26g)

For all 2 meals:

breakfast cereal
3 1/3 serving (100g)
whole milk
1 2/3 cup(s) (400mL)
protein powder
1 2/3 scoop (1/3 cup ea) (52g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Breakfast 3 ↗

Eat on day 6 and day 7

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

whole milk
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

Overnight mixed berry protein oats w/ water

256 cals ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

frozen mixed berries
1/2 cup (68g)
oatmeal, old-fashioned oats, rolled oats
1/3 cup(s) (27g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
water
3/4 cup(s) (178mL)

For all 2 meals:

frozen mixed berries
1 cup (136g)
oatmeal, old-fashioned oats, rolled oats
2/3 cup(s) (54g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
water
1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours.

Serve.

Lunch 1 ↗

Eat on day 1

Salsa verde chicken salad

718 cals ● 71g protein ● 37g fat ● 14g carbs ● 12g fiber



salsa verde
1 1/2 tbsp (24g)
ground cumin
1/2 tbsp (3g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
mixed greens
2 1/4 cup (68g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)
tomatoes, chopped
3/4 roma tomato (60g)
black beans, drained and rinsed
3 tbsp (45g)
avocados, sliced
3 slices (75g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. Add the black beans into the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
3. When chicken is cool enough to handle, chop it into bite-sized pieces.
4. Add mixed greens to a bowl and arrange the chicken, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Lunch 2 ↗

Eat on day 2 and day 3

Honey dijon salmon

10 1/2 oz - 703 cals ● 62g protein ● 43g fat ● 16g carbs ● 1g fiber



For single meal:

salmon
1 3/4 fillet/s (6 oz each) (298g)
dijon mustard
1 3/4 tbsp (26g)
honey
2 1/2 tsp (18g)
olive oil
1 3/4 tsp (9mL)
garlic, minced
7/8 clove (3g)

For all 2 meals:

salmon
3 1/2 fillet/s (6 oz each) (595g)
dijon mustard
1/4 cup (53g)
honey
1 3/4 tbsp (37g)
olive oil
3 1/2 tsp (18mL)
garlic, minced
1 3/4 clove (5g)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen broccoli
2 cup (182g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen broccoli
4 cup (364g)
olive oil
4 tsp (20mL)

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

Thyme & lime chicken thighs

551 cals ● 65g protein ● 32g fat ● 2g carbs ● 0g fiber



boneless skinless chicken thighs

3/4 lb (340g)
thyme, dried
3 dash, leaves (0g)
lime juice
1 1/2 tbsp (23mL)
oil
3/4 tbsp (11mL)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Buttered broccoli

2 1/4 cup(s) - 300 cals ● 7g protein ● 26g fat ● 4g carbs ● 6g fiber



Makes 2 1/4 cup(s)

salt
1 dash (0g)
frozen broccoli
2 1/4 cup (205g)
black pepper
1 dash (0g)
butter
2 1/4 tbsp (32g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lunch 4 ↗

Eat on day 5

Teriyaki chicken

12 oz - 570 cals ● 82g protein ● 19g fat ● 17g carbs ● 0g fiber



Makes 12 oz

oil

3/4 tbsp (11mL)

teriyaki sauce

6 tbsp (90mL)

boneless skinless chicken breast, raw, cubed

3/4 lbs (336g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



mixed greens

4 1/2 cup (135g)

tomatoes

3/4 cup cherry tomatoes (112g)

salad dressing

1/4 cup (68mL)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

Lunch 5 ↗

Eat on day 6 and day 7

Marry me chicken

505 cals ● 72g protein ● 22g fat ● 4g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
2/3 lbs (299g)
oil
1 tsp (5mL)
vegetable broth
1/3 cup(s) (mL)
half & half
1/6 cup (mL)
parmesan cheese
2 2/3 tbsp (17g)
italian seasoning
1/4 tbsp (2g)
paprika
1 1/3 dash (0g)
onion powder
1 1/3 dash (0g)
garlic, minced
2/3 clove(s) (2g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/3 lbs (597g)
oil
2 tsp (10mL)
vegetable broth
2/3 cup(s) (mL)
half & half
1/3 cup (mL)
parmesan cheese
1/3 cup (33g)
italian seasoning
1/2 tbsp (5g)
paprika
1/3 tsp (1g)
onion powder
1/3 tsp (1g)
garlic, minced
1 1/3 clove(s) (4g)

1. Season the chicken breasts with salt and pepper on both sides.
2. Heat oil in a large skillet over medium heat. Add the chicken and cook for 5-6 minutes per side, until cooked through. Transfer the chicken to a plate and set aside.
3. In the same skillet, add the garlic and cook for 1 minute, until fragrant.
4. Stir in the broth, scraping up any brown bits from the bottom of the pan.
5. Add the half & half, Parmesan, Italian seasoning, paprika, and onion powder. Simmer uncovered for 3-4 minutes, until the sauce has thickened slightly.
6. Return the chicken to the skillet and spoon the sauce over the top. Simmer for an additional 5 minutes, then serve.

Buttered broccoli

2 1/3 cup(s) - 311 cals ● 7g protein ● 27g fat ● 4g carbs ● 6g fiber



For single meal:

salt
1 dash (0g)
frozen broccoli
2 1/3 cup (212g)
black pepper
1 dash (0g)
butter
2 1/3 tbsp (33g)

For all 2 meals:

salt
1/4 tsp (1g)
frozen broccoli
4 2/3 cup (425g)
black pepper
1/4 tsp (0g)
butter
1/4 cup (66g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Snacks 1 ↗

Eat on day 1 and day 2

Peach and goat cheese bites

1 peach - 162 cals ● 7g protein ● 9g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (143g)
goat cheese
2 tbsp (28g)
salt
1 dash (0g)

For all 2 meals:

peach
2 medium (2-2/3" dia) (285g)
goat cheese
4 tbsp (56g)
salt
2 dash (1g)

1. Slice peach from top to bottom to make thin strips.
2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.

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.

Snacks 2 ↗

Eat on day 3 and day 4

Blackberry & granola parfait

229 cals ● 18g protein ● 8g fat ● 17g carbs ● 4g fiber



For single meal:

lowfat greek yogurt
1/2 cup (140g)
granola
4 tbsp (23g)
blackberries, roughly chopped
4 tbsp (36g)

For all 2 meals:

lowfat greek yogurt
1 cup (280g)
granola
1/2 cup (45g)
blackberries, roughly chopped
1/2 cup (72g)

1. Layer the ingredients to your liking, or just mix together.
2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Bell pepper strips and hummus

85 cals ● 4g protein ● 4g fat ● 5g carbs ● 3g fiber



For single meal:

hummus
2 1/2 tbsp (41g)
bell pepper
1/2 medium (60g)

For all 3 meals:

hummus
1/2 cup (122g)
bell pepper
1 1/2 medium (179g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

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.

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.

Dinner 1 ↗

Eat on day 1 and day 2

Taco stuffed peppers

3 stuffed pepper(s) - 731 cals ● 82g protein ● 35g fat ● 16g carbs ● 6g fiber



For single meal:

ground beef (93% lean)
3/4 lbs (340g)
tomato puree
6 tbsp (94g)
taco seasoning mix
1/2 tbsp (4g)
bell pepper
3 small (222g)
cheddar cheese
1/4 cup, shredded (32g)

For all 2 meals:

ground beef (93% lean)
1 1/2 lbs (680g)
tomato puree
3/4 cup (188g)
taco seasoning mix
1 tbsp (9g)
bell pepper
6 small (444g)
cheddar cheese
1/2 cup, shredded (64g)

1. Preheat oven to 400°F (200°C).
2. Cut tops off of peppers and discard the seeds. Set aside.
3. In a large skillet, brown the ground beef with some salt and pepper, 8-10 minutes.
4. Add in tomato puree, taco seasoning, and a small splash of water. Simmer for 2-4 minutes and turn off heat. Stir in about half of the cheese.
5. Scoop taco mixture into the peppers. Top with remaining cheese.
6. Bake for 20 minutes until peppers are tender. Serve.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

salad dressing
1 tbsp (15mL)
red onion, thinly sliced
1/4 small (18g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)

For all 2 meals:

salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

1. Mix ingredients together in a bowl and serve.

Dinner 2

Eat on day 3

White chicken chili soup

780 cals ● 85g protein ● 12g fat ● 66g carbs ● 16g fiber



chicken broth

2 1/4 cup(s) (mL)

ground cumin

1/4 tbsp (2g)

salsa verde

3/4 cup (192g)

boneless skinless chicken breast, raw

1/2 lbs (255g)

canned great northern beans, drained

3/4 can (~15 oz) (319g)

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.
3. In a new pot, add broth, chicken, beans, salsa, and cumin over medium-high heat and stir.
4. Allow to cook for about 5 minutes. Serve.
5. *Crock pot method: Add all ingredients (including the uncooked chicken) into the crock pot. Cook on low for 6-8 hours, or high for 3-4. Once finished, shred the chicken with two forks and serve.

Dinner 3

Eat on day 4 and day 5

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



For single meal:

black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen broccoli

2 1/2 cup (228g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

black pepper

1/3 tsp (0g)

salt

1/3 tsp (1g)

frozen broccoli

5 cup (455g)

olive oil

5 tsp (25mL)

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

Basic chicken breast

14 oz - 555 cals ● 88g protein ● 23g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
14 oz (392g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 3/4 lbs (784g)
oil
1 3/4 tbsp (26mL)

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

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (340g)
balsamic vinaigrette
3 tbsp (45mL)
oil
1/2 tbsp (8mL)
italian seasoning
3 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (680g)
balsamic vinaigrette
6 tbsp (90mL)
oil
1 tbsp (15mL)
italian seasoning
1/4 tbsp (3g)

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.

Simple mixed greens salad

237 cals ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



For single meal:

mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

For all 2 meals:

mixed greens

10 1/2 cup (315g)

salad dressing

2/3 cup (158mL)

1. Mix greens and dressing in a small bowl.
Serve.