

# Meal Plan - 2300 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

2283 cals ● 202g protein (35%) ● 96g fat (38%) ● 121g carbs (21%) ● 32g fiber (6%)

### Breakfast

435 cals, 29g protein, 3g net carbs, 33g fat



**Chili and cheese omelet**  
433 cals

### Snacks

300 cals, 7g protein, 25g net carbs, 14g fat



**Popcorn**  
3 1/3 cups- 134 cals



**Carrots and hummus**  
164 cals

### Lunch

800 cals, 95g protein, 46g net carbs, 23g fat



**Basic chicken breast**  
13 1/3 oz- 529 cals



**Mixed vegetables**  
1 1/4 cup(s)- 121 cals



**Couscous**  
151 cals

### Dinner

750 cals, 71g protein, 48g net carbs, 25g fat



**Basic chicken thighs**  
9 oz- 383 cals



**Lentils**  
260 cals



**Olive oil drizzled lima beans**  
108 cals

## Day 2

2283 cals ● 202g protein (35%) ● 96g fat (38%) ● 121g carbs (21%) ● 32g fiber (6%)

### Breakfast

435 cals, 29g protein, 3g net carbs, 33g fat



**Chili and cheese omelet**  
433 cals

### Snacks

300 cals, 7g protein, 25g net carbs, 14g fat



**Popcorn**  
3 1/3 cups- 134 cals



**Carrots and hummus**  
164 cals

### Lunch

800 cals, 95g protein, 46g net carbs, 23g fat



**Basic chicken breast**  
13 1/3 oz- 529 cals



**Mixed vegetables**  
1 1/4 cup(s)- 121 cals



**Couscous**  
151 cals

### Dinner

750 cals, 71g protein, 48g net carbs, 25g fat



**Basic chicken thighs**  
9 oz- 383 cals



**Lentils**  
260 cals



**Olive oil drizzled lima beans**  
108 cals

## Day 3

2341 cals ● 203g protein (35%) ● 105g fat (40%) ● 118g carbs (20%) ● 29g fiber (5%)

### Breakfast

380 cals, 33g protein, 9g net carbs, 22g fat



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



**Egg in an eggplant**  
241 cals

### Snacks

315 cals, 21g protein, 35g net carbs, 8g fat



**Crackers**  
4 cracker(s)- 68 cals



**Protein bar**  
1 bar- 245 cals

### Lunch

865 cals, 73g protein, 13g net carbs, 53g fat



**Mixed vegetables**  
1 cup(s)- 97 cals



**Indian chicken wings**  
18 2/3 oz- 770 cals

### Dinner

780 cals, 76g protein, 60g net carbs, 22g fat



**Bone both rice**  
123 cals



**Simple mozzarella and tomato salad**  
121 cals



**Chicken and vegetable stir fry**  
537 cals

## Day 4

2302 cals ● 226g protein (39%) ● 96g fat (37%) ● 106g carbs (18%) ● 28g fiber (5%)

### Breakfast

380 cals, 33g protein, 9g net carbs, 22g fat



**Protein greek yogurt**

1 container- 139 cals



**Egg in an eggplant**

241 cals

### Snacks

315 cals, 21g protein, 35g net carbs, 8g fat



**Crackers**

4 cracker(s)- 68 cals



**Protein bar**

1 bar- 245 cals

### Lunch

855 cals, 87g protein, 24g net carbs, 41g fat



**Sugar snap peas**

164 cals



**Ranch chicken**

12 oz- 691 cals

### Dinner

755 cals, 85g protein, 38g net carbs, 26g fat



**Simple roasted cod**

13 1/3 oz- 495 cals



**Lentils**

260 cals

## Day 5

2323 cals ● 218g protein (37%) ● 90g fat (35%) ● 119g carbs (21%) ● 41g fiber (7%)

### Breakfast

395 cals, 23g protein, 27g net carbs, 20g fat



**String cheese**

1 stick(s)- 83 cals



**Creamy scrambled eggs**

182 cals



**Peach**

2 peach(es)- 132 cals

### Snacks

315 cals, 21g protein, 35g net carbs, 8g fat



**Crackers**

4 cracker(s)- 68 cals



**Protein bar**

1 bar- 245 cals

### Lunch

770 cals, 86g protein, 29g net carbs, 30g fat



**Slow cooker pork roast**

608 cals



**Sugar snap peas**

164 cals

### Dinner

840 cals, 88g protein, 28g net carbs, 33g fat



**Tossed salad**

242 cals



**Baked chicken with tomatoes & olives**

12 oz- 599 cals

## Day 6

2326 cals ● 218g protein (37%) ● 99g fat (38%) ● 114g carbs (20%) ● 28g fiber (5%)

### Breakfast

395 cals, 23g protein, 27g net carbs, 20g fat



**String cheese**

1 stick(s)- 83 cals



**Creamy scrambled eggs**

182 cals



**Peach**

2 peach(es)- 132 cals

### Snacks

375 cals, 31g protein, 17g net carbs, 20g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Cottage cheese & honey**

1/2 cup(s)- 125 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Lunch

770 cals, 86g protein, 29g net carbs, 30g fat



**Slow cooker pork roast**

608 cals



**Sugar snap peas**

164 cals

### Dinner

785 cals, 79g protein, 41g net carbs, 30g fat



**Honey garlic pork chops**

11 oz- 695 cals



**Broccoli**

3 cup(s)- 87 cals

## Day 7

2383 cals ● 202g protein (34%) ● 105g fat (40%) ● 135g carbs (23%) ● 24g fiber (4%)

### Breakfast

395 cals, 23g protein, 27g net carbs, 20g fat



**String cheese**

1 stick(s)- 83 cals



**Creamy scrambled eggs**

182 cals



**Peach**

2 peach(es)- 132 cals

### Snacks

375 cals, 31g protein, 17g net carbs, 20g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Cottage cheese & honey**

1/2 cup(s)- 125 cals



**Boiled eggs**

2 egg(s)- 139 cals

### Lunch

830 cals, 69g protein, 50g net carbs, 35g fat



**Honey mustard chicken thighs**

1 1/3 thigh(s)- 569 cals



**Lentils**

260 cals

### Dinner

785 cals, 79g protein, 41g net carbs, 30g fat



**Honey garlic pork chops**

11 oz- 695 cals



**Broccoli**

3 cup(s)- 87 cals

## Fats and Oils

- ☐ olive oil  
2 oz (62mL)
- ☐ oil  
3 oz (94mL)
- ☐ balsamic vinaigrette  
1/2 tbsp (7mL)
- ☐ ranch dressing  
3 tbsp (45mL)
- ☐ salad dressing  
2 tbsp (31mL)

## Spices and Herbs

- ☐ chili powder  
4 tsp (11g)
- ☐ ground coriander  
2 tsp (4g)
- ☐ salt  
1 tbsp (17g)
- ☐ black pepper  
2 1/2 g (2g)
- ☐ curry powder  
1 3/4 tbsp (11g)
- ☐ fresh basil  
1/4 oz (7g)
- ☐ balsamic vinegar  
2 tbsp (31mL)
- ☐ brown deli mustard  
2 tsp (10g)
- ☐ thyme, dried  
1/4 tbsp, ground (1g)

## Dairy and Egg Products

- ☐ cheddar cheese  
4 tbsp, shredded (28g)
- ☐ eggs  
22 large (1100g)
- ☐ fresh mozzarella cheese  
1 oz (28g)
- ☐ string cheese  
3 stick (84g)
- ☐ butter  
1 tbsp (14g)
- ☐ whole milk  
1/6 cup(s) (46mL)
- ☐ low fat cottage cheese (1% milkfat)  
1 cup (226g)

## Cereal Grains and Pasta

- ☐ instant couscous, flavored  
1/2 box (5.8 oz) (82g)
- ☐ long-grain white rice  
2 3/4 tbsp (31g)

## Other

- ☐ Popcorn, microwave, salted  
6 2/3 cup popped (73g)
- ☐ protein bar (20g protein)  
3 bar (150g)
- ☐ protein greek yogurt, flavored  
2 container (300g)
- ☐ chicken bone broth  
1/3 cup(s) (mL)
- ☐ stir-fry sauce  
3 tbsp (51g)
- ☐ ranch dressing mix  
3/8 packet (1 oz) (11g)

## Legumes and Legume Products

- ☐ hummus  
1/2 cup (120g)
- ☐ lentils, raw  
1 1/2 cup (288g)
- ☐ soy sauce  
1/4 lbs (85mL)

## Beverages

- ☐ water  
6 cup(s) (1422mL)

## Baked Products

- ☐ crackers  
12 crackers (42g)

## Finfish and Shellfish Products

- ☐ cod, raw  
13 1/3 oz (378g)

## Fruits and Fruit Juices

- ☐ peach  
6 medium (2-2/3" dia) (900g)
- ☐ green olives  
12 large (53g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
3 3/4 lbs (1675g)
- ☐ boneless skinless chicken thighs  
18 oz (510g)
- ☐ chicken wings, with skin, raw  
18 3/4 oz (530g)
- ☐ chicken thighs, with bone and skin, raw  
1 1/3 thigh(s) (227g)

## Vegetables and Vegetable Products

- ☐ frozen mixed veggies  
1 1/2 lbs (686g)
- ☐ baby carrots  
32 medium (320g)
- ☐ lima beans, frozen  
1/2 package (10 oz) (142g)
- ☐ eggplant  
4 1 inch (2.5 cm) slice(s) (240g)
- ☐ tomatoes  
3 medium whole (2-3/5" dia) (363g)
- ☐ frozen sugar snap peas  
8 cup (1152g)
- ☐ romaine lettuce  
1 hearts (500g)
- ☐ red onion  
1/4 medium (2-1/2" dia) (28g)
- ☐ cucumber  
1/4 cucumber (8-1/4") (75g)
- ☐ carrots  
1 small (5-1/2" long) (50g)
- ☐ garlic  
4 2/3 clove(s) (14g)
- ☐ frozen broccoli  
6 cup (546g)

## Pork Products

- ☐ boneless pork loin  
1 1/2 lbs (680g)
- ☐ pork loin chops, boneless, raw  
22 oz (623g)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1/2 cup(s) (mL)
- ☐ apple cider vinegar  
2 tbsp (1mL)

## Sweets

- ☐ honey  
5 oz (140g)

## Nut and Seed Products

- ☐ almonds  
4 tbsp, whole (36g)
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## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Chili and cheese omelet

433 cal ● 29g protein ● 33g fat ● 3g carbs ● 2g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**chili powder**  
1 tsp (3g)  
**ground coriander**  
1 tsp (2g)  
**cheddar cheese**  
2 tbsp, shredded (14g)  
**eggs, beaten**  
4 large (200g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**chili powder**  
2 tsp (5g)  
**ground coriander**  
2 tsp (4g)  
**cheddar cheese**  
4 tbsp, shredded (28g)  
**eggs, beaten**  
8 large (400g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

## Breakfast 2 [↗](#)

Eat on day 3 and day 4

### Protein greek yogurt

1 container - 139 cal ● 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.

## Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber





For single meal:

**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**eggplant**  
4 1 inch (2.5 cm) slice(s) (240g)  
**oil**  
4 tsp (20mL)  
**eggs**  
4 large (200g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Breakfast 3 [↗](#)

Eat on day 5, day 6, and day 7

#### 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 3 meals:

**string cheese**  
3 stick (84g)

1. The recipe has no instructions.

#### Creamy scrambled eggs

182 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber





For single meal:

**eggs**  
2 large (100g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**butter**  
1 tsp (5g)  
**whole milk**  
1/8 cup(s) (15mL)

For all 3 meals:

**eggs**  
6 large (300g)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**butter**  
1 tbsp (14g)  
**whole milk**  
1/6 cup(s) (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter 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.

**Peach**

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

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

For all 3 meals:

**peach**  
6 medium (2-2/3" dia) (900g)

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

Eat on day 1 and day 2

### Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**

13 1/3 oz (373g)

**oil**

2 1/2 tsp (13mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

1 2/3 lbs (747g)

**oil**

5 tsp (25mL)

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.

### Mixed vegetables

1 1/4 cup(s) - 121 cals ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



For single meal:

**frozen mixed veggies**

1 1/4 cup (169g)

For all 2 meals:

**frozen mixed veggies**

2 1/2 cup (338g)

1. Prepare according to instructions on package.

### Couscous

151 cals ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



For single meal:  
**instant couscous, flavored**  
1/4 box (5.8 oz) (41g)

For all 2 meals:  
**instant couscous, flavored**  
1/2 box (5.8 oz) (82g)

1. Follow instructions on package.

## Lunch 2 [↗](#)

Eat on day 3

### Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



Makes 1 cup(s)  
**frozen mixed veggies**  
1 cup (135g)

1. Prepare according to instructions on package.

### Indian chicken wings

18 2/3 oz - 770 cals ● 68g protein ● 52g fat ● 0g carbs ● 6g fiber



Makes 18 2/3 oz  
**oil**  
1 tsp (4mL)  
**chicken wings, with skin, raw**  
18 2/3 oz (530g)  
**salt**  
1 tsp (7g)  
**curry powder**  
1 3/4 tbsp (11g)

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

## Lunch 3 [↗](#)

Eat on day 4

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### Sugar snap peas

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



**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.

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### Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



Makes 12 oz

**ranch dressing**  
3 tbsp (45mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**oil**  
3/4 tbsp (11mL)  
**ranch dressing mix**  
3/8 packet (1 oz) (11g)

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.
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## Lunch 4 [↗](#)

Eat on day 5 and day 6

### Slow cooker pork roast

608 cals ● 75g protein ● 28g fat ● 13g carbs ● 0g fiber



For single meal:

**boneless pork loin**  
3/4 lbs (340g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**soy sauce**  
1 tbsp (15mL)  
**honey**  
1/2 tbsp (11g)  
**garlic, minced**  
1/2 clove(s) (2g)

For all 2 meals:

**boneless pork loin**  
1 1/2 lbs (680g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**balsamic vinegar**  
2 tbsp (30mL)  
**soy sauce**  
2 tbsp (30mL)  
**honey**  
1 tbsp (21g)  
**garlic, minced**  
1 clove(s) (3g)

1. In the bottom of the crock pot, mix the broth, balsamic vinegar, soy sauce, honey, and garlic. Add the pork loin and turn to coat.
2. Cover and cook on low for 6-8 hours or high for 3-4 hours.
3. Slice or shred the pork and drizzle with the sauce before serving.

### 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.



## Lunch 5 [↗](#)

Eat on day 7

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### Honey mustard chicken thighs

1 1/3 thigh(s) - 569 cal ● 51g protein ● 35g fat ● 12g carbs ● 1g fiber



Makes 1 1/3 thigh(s)

**brown deli mustard**

2 tsp (10g)

**thyme, dried**

1/4 tbsp, ground (1g)

**honey**

2 tsp (14g)

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

1 1/3 thigh(s) (227g)

1. Preheat the oven to 375°F (190°C).
2. Whisk honey, mustard, thyme and a pinch of 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, 40-45 minutes, or until the chicken is cooked through and the internal temperature reaches 165°F (74°C).

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### Lentils

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



**water**

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

**salt**

3/4 dash (1g)

**lentils, raw, rinsed**

6 tbsp (72g)

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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## Snacks 1 [🔗](#)

Eat on day 1 and day 2

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### Popcorn

3 1/3 cups - 134 cals ● 2g protein ● 8g fat ● 11g carbs ● 2g fiber



For single meal:

**Popcorn, microwave, salted**  
3 1/3 cup popped (37g)

For all 2 meals:

**Popcorn, microwave, salted**  
6 2/3 cup popped (73g)

1. Follow instructions on package.
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### Carrots and hummus

164 cals ● 6g protein ● 6g fat ● 14g carbs ● 8g fiber



For single meal:

**hummus**  
4 tbsp (60g)  
**baby carrots**  
16 medium (160g)

For all 2 meals:

**hummus**  
1/2 cup (120g)  
**baby carrots**  
32 medium (320g)

1. Serve carrots with hummus.
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## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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### Crackers

4 cracker(s) - 68 cals ● 1g protein ● 3g fat ● 9g carbs ● 1g fiber



For single meal:

**crackers**  
4 crackers (14g)

For all 3 meals:

**crackers**  
12 crackers (42g)

1. Enjoy.

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### Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

**protein bar (20g protein)**  
1 bar (50g)

For all 3 meals:

**protein bar (20g protein)**  
3 bar (150g)

1. The recipe has no instructions.
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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

### 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.

### 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 2 meals:

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**honey**  
4 tsp (28g)

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

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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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## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Basic chicken thighs

9 oz - 383 cals ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken thighs**  
1/2 lbs (255g)  
**oil**  
1 tsp (6mL)

For all 2 meals:

**boneless skinless chicken thighs**  
18 oz (510g)  
**oil**  
3/4 tbsp (11mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

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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.

Olive oil drizzled lima beans

108 cal● 5g protein● 4g fat● 10g carbs● 4g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
1/4 package (10 oz) (71g)  
**olive oil**  
1/4 tbsp (4mL)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
1/2 package (10 oz) (142g)  
**olive oil**  
1/2 tbsp (8mL)

1. Cook lima beans according to package.
  2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
  3. Serve.
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## Dinner 2 [↗](#)

Eat on day 3

### Bone both rice

123 cals ● 5g protein ● 0g fat ● 24g carbs ● 0g fiber



**chicken bone broth**  
1/3 cup(s) (mL)  
**long-grain white rice**  
2 2/3 tbsp (31g)

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

### Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



**balsamic vinaigrette**  
1/2 tbsp (8mL)  
**fresh basil**  
1/2 tbsp, chopped (1g)  
**fresh mozzarella cheese, sliced**  
1 oz (28g)  
**tomatoes, sliced**  
3/8 large whole (3" dia) (68g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

### Chicken and vegetable stir fry

537 cals ● 64g protein ● 13g fat ● 33g carbs ● 9g fiber





**stir-fry sauce**  
3 tbsp (51g)  
**frozen mixed veggies**  
3/4 10oz package (213g)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
1 1/2 dash (1g)  
**oil, divided**  
1 tsp (6mL)  
**boneless skinless chicken breast, raw, cubed**  
1/2 lbs (252g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken 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 chicken to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until chicken is fully cooked.
6. Serve.

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## Dinner 3 [↗](#)

Eat on day 4

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### Simple roasted cod

13 1/3 oz - 495 cals ● 67g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

**olive oil**  
5 tsp (25mL)  
**cod, raw**  
13 1/3 oz (378g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

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



**water**  
1 1/2 cup(s) (356mL)  
**salt**  
3/4 dash (1g)  
**lentils, raw, rinsed**  
6 tbsp (72g)

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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## Dinner 4 [🔗](#)

Eat on day 5

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### Tossed salad

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



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

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

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### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber





Makes 12 oz

**tomatoes**

12 cherry tomatoes (204g)

**olive oil**

2 tsp (10mL)

**salt**

4 dash (3g)

**green olives**

12 large (53g)

**black pepper**

4 dash (0g)

**chili powder**

2 tsp (5g)

**boneless skinless chicken breast, raw**

3/4 lbs (340g)

**fresh basil, shredded**

12 leaves (6g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

## Dinner 5 [↗](#)

Eat on day 6 and day 7

### Honey garlic pork chops

11 oz - 695 cals ● 71g protein ● 30g fat ● 35g carbs ● 1g fiber



For single meal:

**pork loin chops, boneless, raw**

2/3 lbs (312g)

**oil**

2 tsp (9mL)

**apple cider vinegar**

1 tbsp (1mL)

**soy sauce**

2 tbsp (28mL)

**honey**

2 tbsp (39g)

**garlic, minced**

2 clove(s) (6g)

For all 2 meals:

**pork loin chops, boneless, raw**

22 oz (623g)

**oil**

1 1/4 tbsp (18mL)

**apple cider vinegar**

2 tbsp (1mL)

**soy sauce**

1/4 cup (55mL)

**honey**

1/4 cup (77g)

**garlic, minced**

3 2/3 clove(s) (11g)

1. In a small bowl, whisk together the honey, garlic, soy sauce, apple cider vinegar, and some salt and pepper.
2. Place the pork chops in a shallow dish and pour the marinade over them, ensuring they are well-coated. If time allows, cover and refrigerate for 30 minutes to overnight to marinate.
3. Remove the pork chops from the marinade, letting the excess drip off. Set the marinade aside for later use.
4. Preheat oil in a skillet over medium heat. Cook the pork chops for 4-5 minutes on each side, or until fully cooked. Remove from the skillet and let them rest.
5. In the same skillet, pour the reserved marinade and simmer over medium-high heat for 5-7 minutes, until slightly reduced.
6. Drizzle the sauce over the pork chops and serve.

## Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



For single meal:

**frozen broccoli**  
3 cup (273g)

For all 2 meals:

**frozen broccoli**  
6 cup (546g)

1. Prepare according to instructions on package.
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