

Meal Plan - Meal plan with over 100g protein



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

1242 cals ● 122g protein (39%) ● 46g fat (33%) ● 73g carbs (24%) ● 13g fiber (4%)

Breakfast

275 cals, 16g protein, 9g net carbs, 18g fat



String cheese

1 stick(s)- 83 cals



Sautéed Kale

61 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Lunch

435 cals, 47g protein, 29g net carbs, 12g fat



Mixed vegetables

1/2 cup(s)- 49 cals



Mushroom pork chops

1 chop(s)- 308 cals



Pita bread

1 pita bread(s)- 78 cals

Dinner

535 cals, 59g protein, 36g net carbs, 16g fat



Simple mixed greens and tomato salad

76 cals



Grilled chicken sandwich

1 sandwich(es)- 460 cals

Day 2

1164 cals ● 114g protein (39%) ● 48g fat (37%) ● 53g carbs (18%) ● 16g fiber (6%)

Breakfast

275 cals, 16g protein, 9g net carbs, 18g fat



String cheese

1 stick(s)- 83 cals



Sautéed Kale

61 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Lunch

435 cals, 47g protein, 29g net carbs, 12g fat



Mixed vegetables

1/2 cup(s)- 49 cals



Mushroom pork chops

1 chop(s)- 308 cals



Pita bread

1 pita bread(s)- 78 cals

Dinner

455 cals, 51g protein, 15g net carbs, 18g fat



Thai basil chicken

375 cals



Sugar snap peas

82 cals

Day 3

1246 cals ● 100g protein (32%) ● 50g fat (36%) ● 75g carbs (24%) ● 24g fiber (8%)

Breakfast

245 cals, 15g protein, 31g net carbs, 3g fat



Grapes
116 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

455 cals, 51g protein, 15g net carbs, 18g fat



Thai basil chicken
375 cals



Sugar snap peas
82 cals

Lunch

540 cals, 34g protein, 29g net carbs, 28g fat



Avocado tuna salad sandwich
1 sandwich(es)- 370 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Day 4

1210 cals ● 102g protein (34%) ● 31g fat (23%) ● 111g carbs (37%) ● 20g fiber (7%)

Breakfast

245 cals, 15g protein, 31g net carbs, 3g fat



Grapes
116 cals



Cottage cheese & fruit cup
1 container- 131 cals

Dinner

440 cals, 44g protein, 46g net carbs, 7g fat



Shrimp-broccoli-rice bowl
441 cals

Lunch

520 cals, 43g protein, 34g net carbs, 21g fat



Cranberry spinach salad
190 cals



Pork-broccoli-sweet potato bowl
333 cals

Day 5

1217 cals ● 102g protein (33%) ● 38g fat (28%) ● 98g carbs (32%) ● 20g fiber (6%)

Breakfast

255 cals, 15g protein, 19g net carbs, 10g fat



Southwest avocado toast
1 toast(s)- 193 cals



Scrambled egg whites
61 cals

Lunch

520 cals, 43g protein, 34g net carbs, 21g fat



Cranberry spinach salad
190 cals



Pork-broccoli-sweet potato bowl
333 cals

Dinner

440 cals, 44g protein, 46g net carbs, 7g fat



Shrimp-broccoli-rice bowl
441 cals

Day 6

1163 cals ● 121g protein (42%) ● 52g fat (40%) ● 38g carbs (13%) ● 14g fiber (5%)

Breakfast

255 cals, 15g protein, 19g net carbs, 10g fat



Southwest avocado toast

1 toast(s)- 193 cals



Scrambled egg whites

61 cals

Lunch

490 cals, 51g protein, 16g net carbs, 23g fat



Basic chicken thighs

9 oz- 383 cals



Parmesan & pesto roasted potatoes

106 cals

Dinner

420 cals, 55g protein, 4g net carbs, 19g fat



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals



Balsamic chicken breast

8 oz- 316 cals

Day 7

1163 cals ● 121g protein (42%) ● 52g fat (40%) ● 38g carbs (13%) ● 14g fiber (5%)

Breakfast

255 cals, 15g protein, 19g net carbs, 10g fat



Southwest avocado toast

1 toast(s)- 193 cals



Scrambled egg whites

61 cals

Lunch

490 cals, 51g protein, 16g net carbs, 23g fat



Basic chicken thighs

9 oz- 383 cals



Parmesan & pesto roasted potatoes

106 cals

Dinner

420 cals, 55g protein, 4g net carbs, 19g fat



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals



Balsamic chicken breast

8 oz- 316 cals

Grocery List



Vegetables and Vegetable Products

- frozen mixed veggies
1 cup (135g)
- onion
5/8 medium (2-1/2" dia) (64g)
- mushrooms
4 oz (113g)
- tomatoes
3 1/2 medium whole (2-3/5" dia) (446g)
- kale leaves
2 cup, chopped (80g)
- garlic
2 clove(s) (6g)
- serrano pepper
2 pepper(s) (12g)
- shallots
1/2 shallot (57g)
- frozen sugar snap peas
2 2/3 cup (384g)
- frozen broccoli
22 oz (628g)
- fresh spinach
1/3 10oz package (96g)
- sweet potatoes
1 sweetpotato, 5" long (210g)
- potatoes
1/2 lbs (227g)

Pork Products

- pork chop, bone-in
2 chop (356g)
- pork tenderloin, raw
3/4 lbs (340g)

Spices and Herbs

- salt
1/3 oz (9g)
- black pepper
3 1/2 g (3g)
- garlic salt
1/2 dash (0g)
- dijon mustard
1/2 tbsp (8g)
- fresh basil
1/2 cup leaves, whole (12g)
- paprika
2 dash (1g)

Fats and Oils

- salad dressing
1 1/2 tbsp (23mL)
- oil
1 2/3 oz (52mL)
- olive oil
1 oz (36mL)
- raspberry walnut vinaigrette
2 3/4 tbsp (41mL)
- balsamic vinaigrette
4 tbsp (60mL)

Poultry Products

- boneless skinless chicken breast, raw
1 1/2 lbs (680g)
- boneless skinless chicken thighs
2 lbs (964g)

Dairy and Egg Products

- string cheese
2 stick (56g)
- eggs
2 large (100g)
- romano cheese
1/2 tbsp (3g)
- egg whites
3/4 cup (182g)
- parmesan cheese
1 tbsp (5g)

Sweets

- sugar
1 tsp (4g)

Legumes and Legume Products

- soy sauce
1 tbsp (15mL)
- roasted peanuts
3 tbsp (27g)
- refried beans
3/4 cup (182g)

Fruits and Fruit Juices

- lime juice
1/2 tsp (3mL)

Soups, Sauces, and Gravies

- condensed cream of mushroom soup**
1/2 11oz can (155g)
- pesto sauce**
1 1/2 tbsp (24g)

- avocados**
1/4 avocado(s) (50g)
- grapes**
4 cup (368g)
- dried cranberries**
2 3/4 tbsp (27g)

Baked Products

- pita bread**
2 pita, small (4" dia) (56g)
- kaiser rolls**
1 roll (3-1/2" dia) (57g)
- bread**
1/3 lbs (160g)

Finfish and Shellfish Products

- canned tuna**
1/2 can (86g)
- shrimp, raw**
3/4 lbs (341g)

Meals, Entrees, and Side Dishes

- flavored rice mix**
3/4 pouch (~5.6 oz) (119g)

Nut and Seed Products

- walnuts**
2 3/4 tbsp, chopped (19g)

Other

- mixed greens**
1 3/4 cup (53g)
 - cottage cheese & fruit cup**
2 container (340g)
 - guacamole, store-bought**
6 tbsp (93g)
 - italian seasoning**
4 dash (2g)
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Breakfast 1 ↗

Eat on day 1 and day 2

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Sauteed Kale

61 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

kale leaves
1 cup, chopped (40g)
oil
1 tsp (5mL)

For all 2 meals:

kale leaves
2 cup, chopped (80g)
oil
2 tsp (10mL)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)
tomatoes
1 large whole (3" dia) (182g)

For all 2 meals:

pesto sauce
1 tbsp (16g)
eggs
2 large (100g)
tomatoes
2 large whole (3" dia) (364g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Breakfast 2 ↗

Eat on day 3 and day 4

Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

grapes
2 cup (184g)

For all 2 meals:

grapes
4 cup (368g)

1. The recipe has no instructions.

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.

Breakfast 3

Eat on day 5, day 6, and day 7

Southwest avocado toast

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



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

For all 3 meals:
bread
3 slice(s) (96g)
guacamole, store-bought
6 tbsp (93g)
refried beans
3/4 cup (182g)
fresh spinach
3/8 cup(s) (11g)

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

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 3 meals:
egg whites
3/4 cup (182g)
oil
3/4 tbsp (11mL)

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.

Lunch 1 ↗

Eat on day 1 and day 2

Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

frozen mixed veggies
1/2 cup (68g)

For all 2 meals:

frozen mixed veggies
1 cup (135g)

1. Prepare according to instructions on package.

Mushroom pork chops

1 chop(s) - 308 cals ● 42g protein ● 11g fat ● 8g carbs ● 2g fiber



For single meal:

pork chop, bone-in
1 chop (178g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
condensed cream of mushroom soup
1/4 11oz can (78g)
garlic salt
1/4 dash (0g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)
mushrooms, sliced
2 oz (57g)

For all 2 meals:

pork chop, bone-in
2 chop (356g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
condensed cream of mushroom soup
1/2 11oz can (155g)
garlic salt
1/2 dash (0g)
onion, chopped
1/2 medium (2-1/2" dia) (55g)
mushrooms, sliced
4 oz (113g)

1. Season pork chops with salt, pepper, and garlic salt to taste.
2. In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms, and saute for one minute. Pour cream of mushroom soup over chops. Cover skillet, and reduce temperature to medium-low. Simmer 20 to 30 minutes, or until chops are cooked through.

Pita bread

1 pita bread(s) - 78 cals ● 3g protein ● 0g fat ● 14g carbs ● 2g fiber



For single meal:

pita bread

1 pita, small (4" dia) (28g)

For all 2 meals:

pita bread

2 pita, small (4" dia) (56g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Lunch 2 ↗

Eat on day 3

Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



Makes 1 sandwich(es)

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

lime juice

1/2 tsp (3mL)

avocados

1/4 avocado(s) (50g)

bread

2 slice (64g)

canned tuna, drained

1/2 can (86g)

onion, minced

1/8 small (9g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber

Makes 1/6 cup(s)

roasted peanuts

3 tbsp (27g)



1. The recipe has no instructions.

Lunch 3 ↗

Eat on day 4 and day 5

Cranberry spinach salad

190 cals ● 3g protein ● 12g fat ● 14g carbs ● 2g fiber



For single meal:

dried cranberries
4 tsp (13g)
walnuts
4 tsp, chopped (10g)
fresh spinach
1/4 6oz package (43g)
raspberry walnut vinaigrette
4 tsp (20mL)
romano cheese, finely shredded
1/4 tbsp (2g)

For all 2 meals:

dried cranberries
2 2/3 tbsp (27g)
walnuts
2 2/3 tbsp, chopped (19g)
fresh spinach
1/2 6oz package (85g)
raspberry walnut vinaigrette
2 2/3 tbsp (40mL)
romano cheese, finely shredded
1/2 tbsp (3g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Pork-broccoli-sweet potato bowl

333 cals ● 40g protein ● 8g fat ● 20g carbs ● 6g fiber



For single meal:

paprika
1 dash (0g)
frozen broccoli
1/4 package (71g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
olive oil
1 tsp (5mL)
sweet potatoes, cut into bite-sized cubes
1/2 sweetpotato, 5" long (105g)
pork tenderloin, raw, cut into bite-sized cubes
6 oz (170g)

For all 2 meals:

paprika
2 dash (1g)
frozen broccoli
1/2 package (142g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
olive oil
2 tsp (10mL)
sweet potatoes, cut into bite-sized cubes
1 sweetpotato, 5" long (210g)
pork tenderloin, raw, cut into bite-sized cubes
3/4 lbs (340g)

1. Preheat oven to 400 F (200 C)
2. In a small bowl add the salt, pepper, paprika, and half of the olive oil. Mix until blended.
3. Take the mixture and coat the sweet potatoes.
4. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
5. Meanwhile, take the remaining olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring frequently. Set aside.
6. Prepare the broccoli according to the instructions on its packaging.
7. Once all items are prepared, bring the pork, broccoli, and sweet potatoes together; stir (or keep it all separate- whichever you prefer!). Serve.

Lunch 4 ↗

Eat on day 6 and day 7

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.

Parmesan & pesto roasted potatoes

106 cals ● 3g protein ● 2g fat ● 16g carbs ● 3g fiber



For single meal:

pesto sauce
1/4 tbsp (4g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
parmesan cheese, grated
1/2 tbsp (3g)
potatoes, washed, cut into bite-sized pieces
4 oz (114g)

For all 2 meals:

pesto sauce
1/2 tbsp (8g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
parmesan cheese, grated
1 tbsp (5g)
potatoes, washed, cut into bite-sized pieces
1/2 lbs (227g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

Dinner 1 ↗

Eat on day 1

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

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

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

boneless skinless chicken breast, raw

1/2 lbs (227g)

tomatoes

3 slice(s), thin/small (45g)

mixed greens

4 tbsp (8g)

dijon mustard

1/2 tbsp (8g)

kaiser rolls

1 roll (3-1/2" dia) (57g)

oil

1/2 tsp (3mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 2 ↗

Eat on day 2 and day 3

Thai basil chicken

375 cals ● 45g protein ● 18g fat ● 8g carbs ● 1g fiber



For single meal:

sugar
4 dash (2g)
soy sauce
1/2 tbsp (8mL)
oil
1/4 tbsp (4mL)
boneless skinless chicken thighs, cubed
1/2 lbs (227g)
garlic, minced
1 clove(s) (3g)
fresh basil, roughly chopped
4 tbsp leaves, whole (6g)
serrano pepper, chopped
1 pepper(s) (6g)
shallots, thinly sliced
1/4 shallot (28g)

For all 2 meals:

sugar
1 tsp (4g)
soy sauce
1 tbsp (15mL)
oil
1/2 tbsp (8mL)
boneless skinless chicken thighs, cubed
1 lbs (454g)
garlic, minced
2 clove(s) (6g)
fresh basil, roughly chopped
1/2 cup leaves, whole (12g)
serrano pepper, chopped
2 pepper(s) (12g)
shallots, thinly sliced
1/2 shallot (57g)

1. Heat oil in a skillet over medium-high heat. Add serrano, shallots, and garlic. Cook 1-2 minutes until fragrant. Stir in chicken and stir fry until chicken is cooked, about 7-10 minutes.
2. Stir in sugar and soy sauce. Simmer until liquid has reduced, 2-3 minutes.
3. Turn off heat, add basil, and stir until wilted. Serve.

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

frozen sugar snap peas
1 1/3 cup (192g)

For all 2 meals:

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

1. Prepare according to instructions on package.

Dinner 3 ↗

Eat on day 4 and day 5

Shrimp-broccoli-rice bowl

441 cals ● 44g protein ● 7g fat ● 46g carbs ● 5g fiber



For single meal:

olive oil
1 tsp (6mL)
flavored rice mix
3/8 pouch (~5.6 oz) (59g)
frozen broccoli
3/8 package (107g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
shrimp, raw, peeled and deveined
6 oz (170g)

For all 2 meals:

olive oil
3/4 tbsp (11mL)
flavored rice mix
3/4 pouch (~5.6 oz) (119g)
frozen broccoli
3/4 package (213g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
shrimp, raw, peeled and deveined
3/4 lbs (341g)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Dinner 4 ↗

Eat on day 6 and day 7

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

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.

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.
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