

Meal Plan - Meal plan with over 120g 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

1498 cals ● 132g protein (35%) ● 76g fat (45%) ● 50g carbs (13%) ● 22g fiber (6%)

Breakfast

265 cals, 16g protein, 18g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Snacks

185 cals, 13g protein, 9g net carbs, 10g fat



Kiwi

1 kiwi- 47 cals



Boiled eggs

2 egg(s)- 139 cals

Lunch

500 cals, 52g protein, 16g net carbs, 23g fat



Olive oil drizzled lima beans

161 cals



Broiled tilapia

8 oz- 340 cals

Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



Avocado tuna salad

545 cals

Day 2

1498 cals ● 132g protein (35%) ● 76g fat (45%) ● 50g carbs (13%) ● 22g fiber (6%)

Breakfast

265 cals, 16g protein, 18g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Snacks

185 cals, 13g protein, 9g net carbs, 10g fat



Kiwi

1 kiwi- 47 cals



Boiled eggs

2 egg(s)- 139 cals

Lunch

500 cals, 52g protein, 16g net carbs, 23g fat



Olive oil drizzled lima beans

161 cals



Broiled tilapia

8 oz- 340 cals

Dinner

545 cals, 51g protein, 7g net carbs, 30g fat



Avocado tuna salad

545 cals

Day 3

1458 cals ● 136g protein (37%) ● 53g fat (32%) ● 94g carbs (26%) ● 16g fiber (4%)

Breakfast

265 cals, 16g protein, 18g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Snacks

240 cals, 17g protein, 35g net carbs, 3g fat



Cottage cheese & fruit cup

1 container- 131 cals



Pretzels

110 cals

Lunch

500 cals, 52g protein, 12g net carbs, 26g fat



Basic chicken thighs

9 oz- 383 cals



Sautéed corn & lima beans

119 cals

Dinner

450 cals, 51g protein, 29g net carbs, 11g fat



Sugar snap peas

41 cals



Simple seared tuna steak

5 1/3 oz- 235 cals



Lentils

174 cals

Day 4

1472 cals ● 140g protein (38%) ● 51g fat (31%) ● 96g carbs (26%) ● 17g fiber (5%)

Breakfast

280 cals, 20g protein, 20g net carbs, 11g fat



Coffee overnight protein oats

169 cals



Roasted almonds

1/8 cup(s)- 111 cals

Snacks

240 cals, 17g protein, 35g net carbs, 3g fat



Cottage cheese & fruit cup

1 container- 131 cals



Pretzels

110 cals

Lunch

500 cals, 52g protein, 12g net carbs, 26g fat



Basic chicken thighs

9 oz- 383 cals



Sautéed corn & lima beans

119 cals

Dinner

450 cals, 51g protein, 29g net carbs, 11g fat



Sugar snap peas

41 cals



Simple seared tuna steak

5 1/3 oz- 235 cals



Lentils

174 cals

Day 5

1505 cals ● 126g protein (33%) ● 56g fat (34%) ● 103g carbs (27%) ● 21g fiber (6%)

Breakfast

280 cals, 20g protein, 20g net carbs, 11g fat



Coffee overnight protein oats
169 cals



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

Snacks

190 cals, 8g protein, 13g net carbs, 10g fat



String cheese
1 stick(s)- 83 cals



Kiwi
1 kiwi- 47 cals



Dark chocolate
1 square(s)- 60 cals

Lunch

525 cals, 41g protein, 44g net carbs, 17g fat



Tomato and avocado salad
117 cals



Shrimp-snap pea-lemon rice bowl
408 cals

Dinner

510 cals, 57g protein, 26g net carbs, 18g fat



Olive oil drizzled sugar snap peas
122 cals



Buttery lemon rice
92 cals



Lemon pepper chicken breast
8 oz- 296 cals

Day 6

1489 cals ● 124g protein (33%) ● 52g fat (32%) ● 113g carbs (30%) ● 18g fiber (5%)

Breakfast

265 cals, 18g protein, 30g net carbs, 7g fat



Toast with butter and jelly
1 slice(s)- 133 cals



Cottage cheese & fruit cup
1 container- 131 cals

Snacks

190 cals, 8g protein, 13g net carbs, 10g fat



String cheese
1 stick(s)- 83 cals



Kiwi
1 kiwi- 47 cals



Dark chocolate
1 square(s)- 60 cals

Lunch

525 cals, 41g protein, 44g net carbs, 17g fat



Tomato and avocado salad
117 cals



Shrimp-snap pea-lemon rice bowl
408 cals

Dinner

510 cals, 57g protein, 26g net carbs, 18g fat



Olive oil drizzled sugar snap peas
122 cals



Buttery lemon rice
92 cals



Lemon pepper chicken breast
8 oz- 296 cals

Day 7

1409 cals ● 125g protein (36%) ● 70g fat (45%) ● 54g carbs (15%) ● 15g fiber (4%)

Breakfast

265 cals, 18g protein, 30g net carbs, 7g fat



Toast with butter and jelly

1 slice(s)- 133 cals



Cottage cheese & fruit cup

1 container- 131 cals

Snacks

190 cals, 8g protein, 13g net carbs, 10g fat



String cheese

1 stick(s)- 83 cals



Kiwi

1 kiwi- 47 cals



Dark chocolate

1 square(s)- 60 cals

Lunch

480 cals, 44g protein, 5g net carbs, 29g fat



Marinated chicken breast

6 oz- 212 cals



Buttered broccoli

2 cup(s)- 267 cals

Dinner

475 cals, 55g protein, 7g net carbs, 23g fat



Balsamic chicken breast

8 oz- 316 cals



Buttered sugar snap peas

161 cals

Grocery List



Nut and Seed Products

- almonds
10 tbsp, whole (89g)

Dairy and Egg Products

- lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- eggs
4 large (200g)
- whole milk
1/4 cup(s) (60mL)
- string cheese
3 stick (84g)
- butter
1/2 stick (53g)

Spices and Herbs

- black pepper
1/8 oz (4g)
- salt
1/2 oz (12g)
- garlic powder
2 dash (1g)
- lemon pepper
1/3 oz (9g)

Vegetables and Vegetable Products

- lima beans, frozen
1 package (10 oz) (293g)
- tomatoes
1 1/2 medium whole (2-3/5" dia) (174g)
- onion
1/2 medium (2-1/2" dia) (59g)
- frozen sugar snap peas
1 2/3 lbs (766g)
- frozen corn kernels
1/2 cup (68g)
- frozen broccoli
2 cup (182g)

Fats and Oils

- olive oil
1/4 lbs (112mL)
- oil
1/2 oz (16mL)
- balsamic vinaigrette
2 tbsp (31mL)

Finfish and Shellfish Products

- tilapia, raw
1 lbs (448g)
- canned tuna
2 1/2 can (430g)
- yellowfin tuna steaks, raw
2/3 lbs (302g)
- shrimp, raw
3/4 lbs (341g)

Other

- mixed greens
2 1/2 cup (75g)
- cottage cheese & fruit cup
4 container (680g)
- italian seasoning
2 dash (1g)

Beverages

- water
2 3/4 cup(s) (652mL)
- protein powder
1 scoop (1/3 cup ea) (31g)
- coffee, brewed
3 tbsp (44g)

Legumes and Legume Products

- lentils, raw
1/2 cup (96g)

Poultry Products

- boneless skinless chicken thighs
18 oz (510g)
- boneless skinless chicken breast, raw
30 oz (843g)

Snacks

- pretzels, hard, salted
2 oz (57g)

Sweets

- maple syrup
2 tsp (10mL)
- chocolate, dark, 70-85%
3 square(s) (30g)

marinade sauce
3 tbsp (46mL)

jelly
2 tsp (14g)

Fruits and Fruit Juices

lemon juice
2 1/2 tbsp (38mL)

avocados
1 3/4 avocado(s) (352g)

lime juice
1 fl oz (27mL)

kiwi
5 fruit (345g)

Breakfast Cereals

oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)

Cereal Grains and Pasta

long-grain white rice
3/4 cup (139g)

Soups, Sauces, and Gravies

vegetable broth
3/4 cup(s) (mL)

Baked Products

bread
2 slice (64g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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 3 meals:

almonds
6 tbsp, whole (54g)

1. The recipe has no instructions.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

1. The recipe has no instructions.

Breakfast 2 ↗

Eat on day 4 and day 5

Coffee overnight protein oats

169 cals ● 16g protein ● 3g fat ● 18g carbs ● 3g fiber



For single meal:

maple syrup
1 tsp (5mL)
whole milk
1/8 cup(s) (30mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)
oatmeal, old-fashioned oats, rolled oats
4 tbsp (20g)
coffee, brewed
1 1/2 tbsp (22g)

For all 2 meals:

maple syrup
2 tsp (10mL)
whole milk
1/4 cup(s) (60mL)
protein powder
1 scoop (1/3 cup ea) (31g)
oatmeal, old-fashioned oats, rolled oats
1/2 cup (41g)
coffee, brewed
3 tbsp (44g)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours.

Serve.

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.

Breakfast 3 ↗

Eat on day 6 and day 7

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly on the bread.

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.

Lunch 1 ↗

Eat on day 1 and day 2

Olive oil drizzled lima beans

161 cals ● 7g protein ● 5g fat ● 15g carbs ● 6g fiber



For single meal:

black pepper
3/4 dash, ground (0g)
salt
1 1/2 dash (1g)
lima beans, frozen
3/8 package (10 oz) (107g)
olive oil
1 tsp (6mL)

For all 2 meals:

black pepper
1 1/2 dash, ground (0g)
salt
3 dash (2g)
lima beans, frozen
3/4 package (10 oz) (213g)
olive oil
3/4 tbsp (11mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Broiled tilapia

8 oz - 340 cals ● 45g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

lemon juice
1/2 tbsp (8mL)
black pepper
2 dash, ground (1g)
tilapia, raw
1/2 lbs (224g)
olive oil
1 tbsp (15mL)
salt
2 dash (2g)

For all 2 meals:

lemon juice
1 tbsp (15mL)
black pepper
4 dash, ground (1g)
tilapia, raw
1 lbs (448g)
olive oil
2 tbsp (30mL)
salt
4 dash (3g)

1. Preheat oven broiler. Grease broiling pan or line with aluminum foil.
2. Coat tilapia with olive oil and season with sprinkle with lemon juice.
3. Season with salt and pepper.
4. Arrange fillets in a single layer on prepared pan.
5. Broil a few inches from the heat for 2 to 3 minutes. Flip fillets over and broil until fish flakes easily with a fork, about 2 minutes.

Lunch 2 ↗

Eat on day 3 and day 4

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.

Sauteed corn & lima beans

119 cals ● 4g protein ● 5g fat ● 12g carbs ● 3g fiber



For single meal:

black pepper
2/3 dash, ground (0g)
salt
2/3 dash (1g)
lima beans, frozen
4 tbsp (40g)
frozen corn kernels
4 tbsp (34g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
1 1/3 dash, ground (0g)
salt
1 1/3 dash (1g)
lima beans, frozen
1/2 cup (80g)
frozen corn kernels
1/2 cup (68g)
olive oil
2 tsp (10mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Lunch 3 ↗

Eat on day 5 and day 6

Tomato and avocado salad

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



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia)
(31g)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia)
(62g)

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

Shrimp-snap pea-lemon rice bowl

408 cals ● 40g protein ● 8g fat ● 41g carbs ● 3g fiber



For single meal:

lemon pepper
1/3 tsp (1g)
water
1/4 cup(s) (59mL)
lemon juice
1/2 tbsp (8mL)
long-grain white rice
4 tbsp (46g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
vegetable broth
1/4 cup(s) (mL)
frozen sugar snap peas
1/4 package (10 oz) (71g)
olive oil, divided
1/2 tbsp (8mL)
shrimp, raw, peeled and deveined
6 oz (170g)

For all 2 meals:

lemon pepper
5 dash (1g)
water
1/2 cup(s) (119mL)
lemon juice
1 tbsp (15mL)
long-grain white rice
1/2 cup (93g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
vegetable broth
1/2 cup(s) (mL)
frozen sugar snap peas
1/2 package (10 oz) (142g)
olive oil, divided
1 tbsp (15mL)
shrimp, raw, peeled and deveined
3/4 lbs (341g)

1. Prepare the rice:
2. Combine the rice, lemon juice, water, broth and half of the oil in a saucepan.
3. Bring to a boil, then reduce heat.
4. Cover and simmer for 20 minutes or until tender.
5. Mix in lemon pepper. Set aside.
6. Meanwhile, prepare the shrimp:
7. Heat the second half of the oil in a large skillet over medium-high heat.
8. Add the shrimp and season with salt and pepper. Cook for 5-6 minutes or until shrimp is fully pink and opaque.
9. Prepare the snap peas according to its package.
10. Bring the shrimp, snap peas, and rice together; stir (or keep it all separate- whichever you prefer!) Serve.

Lunch 4 ↗

Eat on day 7

Marinaded chicken breast

6 oz - 212 cals ● 38g protein ● 6g fat ● 1g carbs ● 0g fiber



Makes 6 oz

boneless skinless chicken breast, raw

6 oz (168g)

marinade sauce

3 tbsp (45mL)

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.

Buttered broccoli

2 cup(s) - 267 cals ● 6g protein ● 23g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

black pepper

1 dash (0g)

butter

2 tbsp (28g)

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

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber

For single meal:

For all 2 meals:

kiwi
1 fruit (69g)

kiwi
2 fruit (138g)



1. Slice the kiwi and serve.

Boiled eggs

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

For single meal:

For all 2 meals:

eggs
2 large (100g)

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.

Snacks 2 ↗

Eat on day 3 and day 4

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.

Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. The recipe has no instructions.

Snacks 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.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 3 meals:

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Dark chocolate

1 square(s) - 60 cals ● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

chocolate, dark, 70-85%
1 square(s) (10g)

For all 3 meals:

chocolate, dark, 70-85%
3 square(s) (30g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

avocados
5/8 avocado(s) (126g)
lime juice
1 1/4 tsp (6mL)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash (0g)
mixed greens
1 1/4 cup (38g)
canned tuna
1 1/4 can (215g)
tomatoes
5 tbsp, chopped (56g)
onion, minced
1/3 small (22g)

For all 2 meals:

avocados
1 1/4 avocado(s) (251g)
lime juice
2 1/2 tsp (13mL)
salt
1/3 tsp (1g)
black pepper
1/3 tsp (0g)
mixed greens
2 1/2 cup (75g)
canned tuna
2 1/2 can (430g)
tomatoes
10 tbsp, chopped (113g)
onion, minced
5/8 small (44g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Dinner 2 ↗

Eat on day 3 and day 4

Sugar snap peas

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



For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

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

1. Prepare according to instructions on package.

Simple seared tuna steak

5 1/3 oz - 235 cals ● 37g protein ● 10g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
2 tsp (10mL)
yellowfin tuna steaks, raw
1/3 lbs (151g)

For all 2 meals:

olive oil
4 tsp (20mL)
yellowfin tuna steaks, raw
2/3 lbs (302g)

1. Rub both sides of the steaks with olive oil.
2. Season both sides generously with salt, pepper, and any other preferred seasonings.
3. Place a skillet over high heat. Once the pan is hot, add the tuna steaks. Sear for about 1-2 minutes on each side for rare to medium-rare doneness. If you prefer your tuna more well-done, cook for an additional 1-2 minutes per side. Be careful not to overcook, as tuna can become dry.
4. Remove the tuna from the pan and let it rest for a minute or two.
5. Slice the tuna against the grain for serving.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

water
2 cup(s) (474mL)
salt
1 dash (1g)
lentils, raw, rinsed
1/2 cup (96g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Dinner 3 ↗

Eat on day 5 and day 6

Olive oil drizzled sugar snap peas

122 cals ● 4g protein ● 7g fat ● 6g carbs ● 5g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen sugar snap peas
1 cup (144g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

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

Buttery lemon rice

92 cals ● 2g protein ● 1g fat ● 19g carbs ● 0g fiber



For single meal:

lemon juice
1/4 tbsp (4mL)
water
1/8 cup(s) (30mL)
long-grain white rice
2 tbsp (23g)
lemon pepper
1 1/4 dash (0g)
vegetable broth
1/8 cup(s) (mL)
butter
1 1/2 dash (1g)

For all 2 meals:

lemon juice
1/2 tbsp (8mL)
water
1/4 cup(s) (59mL)
long-grain white rice
4 tbsp (46g)
lemon pepper
1/3 tsp (1g)
vegetable broth
1/4 cup(s) (mL)
butter
3 dash (2g)

1. Combine all ingredients except lemon pepper in saucepan.
2. Bring to a boil, then reduce heat.
3. Cover pot and allow to simmer slowly for 20 minutes, or until liquid is absorbed.
4. Sprinkle with lemon pepper before serving.

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.

Dinner 4

Eat on day 7

Balsamic chicken breast

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



Makes 8 oz

boneless skinless chicken breast, raw
1/2 lbs (227g)
balsamic vinaigrette
2 tbsp (30mL)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)

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.

Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen sugar snap peas
1 cup (144g)

1. Prepare sugar snap peas according to instructions on package.

2. Top with butter and season with salt and pepper.
