

Meal Plan - Meal plan with over 130g 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

1577 cals ● 143g protein (36%) ● 69g fat (39%) ● 78g carbs (20%) ● 19g fiber (5%)

Breakfast

255 cals, 19g protein, 17g net carbs, 12g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Bacon
2 slice(s)- 101 cals

Snacks

180 cals, 22g protein, 9g net carbs, 6g fat



Boiled eggs
1 egg(s)- 69 cals



Beef jerky
110 cals

Lunch

570 cals, 41g protein, 39g net carbs, 23g fat



Sugar snap peas
41 cals



Pork & bean casserole
531 cals

Dinner

570 cals, 61g protein, 13g net carbs, 28g fat



Slow cooker Greek chicken
426 cals



Olive oil drizzled green beans
145 cals

Day 2

1589 cals ● 137g protein (35%) ● 80g fat (45%) ● 61g carbs (15%) ● 19g fiber (5%)

Breakfast

255 cals, 19g protein, 17g net carbs, 12g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Bacon
2 slice(s)- 101 cals

Lunch

585 cals, 35g protein, 22g net carbs, 34g fat



Walnuts
1/6 cup(s)- 117 cals



Tossed salad
182 cals



Honey mustard chicken thighs
2/3 thigh(s)- 285 cals

Dinner

570 cals, 61g protein, 13g net carbs, 28g fat



Slow cooker Greek chicken
426 cals



Olive oil drizzled green beans
145 cals

Snacks

180 cals, 22g protein, 9g net carbs, 6g fat



Boiled eggs
1 egg(s)- 69 cals



Beef jerky
110 cals

Day 3

1525 cals ● 159g protein (42%) ● 45g fat (26%) ● 105g carbs (28%) ● 16g fiber (4%)

Breakfast

255 cals, 19g protein, 17g net carbs, 12g fat

 **Lowfat Greek yogurt**
1 container(s)- 155 cals

 **Bacon**
2 slice(s)- 101 cals

Snacks

230 cals, 4g protein, 39g net carbs, 5g fat

 **Baked chips**
20 crisps- 203 cals

 **Carrot sticks**
1 carrot(s)- 27 cals

Lunch

525 cals, 58g protein, 45g net carbs, 8g fat

 **Lentils**
289 cals

 **Cajun cod**
7 1/2 oz- 234 cals

Dinner

515 cals, 77g protein, 5g net carbs, 20g fat

 **Basic chicken breast**
12 oz- 476 cals

 **Okra**
1 cup- 40 cals

Day 4

1530 cals ● 154g protein (40%) ● 46g fat (27%) ● 105g carbs (28%) ● 19g fiber (5%)

Breakfast

260 cals, 15g protein, 17g net carbs, 13g fat

 **Kiwi**
2 kiwi- 94 cals

 **Egg & cheese mini muffin**
3 mini muffin(s)- 168 cals

Snacks

230 cals, 4g protein, 39g net carbs, 5g fat

 **Baked chips**
20 crisps- 203 cals

 **Carrot sticks**
1 carrot(s)- 27 cals

Lunch

525 cals, 58g protein, 45g net carbs, 8g fat

 **Lentils**
289 cals

 **Cajun cod**
7 1/2 oz- 234 cals

Dinner

515 cals, 77g protein, 5g net carbs, 20g fat

 **Basic chicken breast**
12 oz- 476 cals

 **Okra**
1 cup- 40 cals

Day 5

1525 cals ● 148g protein (39%) ● 56g fat (33%) ● 87g carbs (23%) ● 21g fiber (5%)

Breakfast

260 cals, 15g protein, 17g net carbs, 13g fat



Kiwi

2 kiwi- 94 cals



Egg & cheese mini muffin

3 mini muffin(s)- 168 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



Protein bar

1 bar- 245 cals

Lunch

460 cals, 43g protein, 38g net carbs, 12g fat



Tomato cucumber salad

71 cals



Chicken-broccoli-quinoa bowl

390 cals

Dinner

560 cals, 70g protein, 6g net carbs, 26g fat



Hummus crusted chicken

10 oz- 391 cals



Buttered broccoli

1 1/4 cup(s)- 167 cals

Day 6

1556 cals ● 167g protein (43%) ● 54g fat (31%) ● 83g carbs (21%) ● 18g fiber (5%)

Breakfast

295 cals, 15g protein, 25g net carbs, 14g fat



Spicy sun dried tomato and feta omelet

177 cals



Small toasted bagel with butter

1/2 bagel(s)- 120 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



Protein bar

1 bar- 245 cals

Lunch

455 cals, 62g protein, 27g net carbs, 9g fat



Marinaded chicken breast

8 oz- 283 cals



Lentils

174 cals

Dinner

560 cals, 70g protein, 6g net carbs, 26g fat



Hummus crusted chicken

10 oz- 391 cals



Buttered broccoli

1 1/4 cup(s)- 167 cals

Day 7

1597 cals ● 148g protein (37%) ● 46g fat (26%) ● 127g carbs (32%) ● 20g fiber (5%)

Breakfast

295 cals, 15g protein, 25g net carbs, 14g fat



[Spicy sun dried tomato and feta omelet](#)
177 cals



[Small toasted bagel with butter](#)
1/2 bagel(s)- 120 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



[Protein bar](#)
1 bar- 245 cals

Lunch

455 cals, 62g protein, 27g net carbs, 9g fat



[Marinaded chicken breast](#)
8 oz- 283 cals



[Lentils](#)
174 cals

Dinner

600 cals, 51g protein, 50g net carbs, 18g fat



[Tossed salad](#)
121 cals



[Chinese chicken-fried rice](#)
477 cals

Grocery List



Dairy and Egg Products

- lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- eggs
7 1/2 large (375g)
- cheddar cheese
1/4 cup, shredded (32g)
- butter
3 tbsp (43g)
- feta cheese
4 tbsp, crumbled (38g)

Pork Products

- bacon, cooked
6 slice(s) (60g)
- pork shoulder
1/3 lbs (151g)

Vegetables and Vegetable Products

- frozen sugar snap peas
2/3 cup (96g)
- carrots
3 1/2 medium (209g)
- onion
1/2 medium (2-1/2" dia) (53g)
- garlic
2 2/3 clove(s) (8g)
- red onion
1 medium (2-1/2" dia) (125g)
- frozen green beans
2 2/3 cup (323g)
- romaine lettuce
1 1/4 hearts (625g)
- tomatoes
1 1/2 medium whole (2-3/5" dia) (175g)
- cucumber
1/2 cucumber (8-1/4") (169g)
- okra, frozen
2 cup (224g)
- frozen broccoli
3/4 lbs (322g)
- sun-dried tomatoes
1 oz (28g)

Other

- italian seasoning
1/3 tsp (1g)

Fats and Oils

- oil
1 1/2 oz (45mL)
- olive oil
5 tsp (26mL)
- salad dressing
1/4 cup (53mL)
- marinade sauce
1/2 cup (120mL)

Fruits and Fruit Juices

- apples
1/6 medium (3" dia) (30g)
- lemon juice
2/3 gram (1mL)
- kiwi
4 fruit (276g)

Legumes and Legume Products

- white beans, canned
1/3 can(s) (146g)
- lentils, raw
1 1/3 cup (256g)
- hummus
5 tbsp (77g)
- soy sauce
3/4 tbsp (11mL)

Poultry Products

- boneless skinless chicken thighs
1 1/3 lbs (605g)
- chicken thighs, with bone and skin, raw
2/3 thigh(s) (113g)
- boneless skinless chicken breast, raw
4 1/2 lbs (2006g)

Snacks

- beef jerky
3 oz (85g)

Nut and Seed Products

- walnuts
2 3/4 tbsp, shelled (17g)

Sweets

- diced tomatoes**
1/6 can(s) (70g)
- baked chips, any flavor**
40 crisps (93g)
- protein bar (20g protein)**
3 bar (150g)
- flavored quinoa mix**
1/3 package (4.9 oz) (46g)

Soups, Sauces, and Gravies

- worcestershire sauce**
1/2 tsp (3mL)
- vegetable broth**
1/8 carton (mL)

Spices and Herbs

- garlic powder**
3/4 dash (0g)
- oregano, dried**
1 tbsp, leaves (3g)
- red wine vinegar**
2 tsp (10mL)
- black pepper**
1 1/2 g (1g)
- salt**
4 1/4 g (4g)
- brown deli mustard**
1 tsp (5g)
- thyme, dried**
2 1/2 g (3g)
- cajun seasoning**
5 tsp (11g)
- paprika**
1/3 tsp (1g)
- cayenne pepper**
1 pinch (0g)

- honey**
1 tsp (7g)

Beverages

- water**
1/3 gallon (1306mL)

Finfish and Shellfish Products

- cod, raw**
15 oz (425g)

Baked Products

- bagel**
1 small bagel (3" dia) (69g)

Cereal Grains and Pasta

- long-grain white rice**
4 tbsp (46g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

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.

Bacon

2 slice(s) - 101 cals ● 7g protein ● 8g fat ● 0g carbs ● 0g fiber



For single meal:

bacon, cooked
2 slice(s) (20g)

For all 3 meals:

bacon, cooked
6 slice(s) (60g)

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

Breakfast 2 ↗

Eat on day 4 and day 5

Kiwi

2 kiwi - 94 cals ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 2 meals:

kiwi
4 fruit (276g)

1. Slice the kiwi and serve.

Egg & cheese mini muffin

3 mini muffin(s) - 168 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 1/2 large (75g)
water
1/2 tbsp (8mL)
cheddar cheese
2 1/4 tbsp, shredded (16g)

For all 2 meals:

eggs
3 large (150g)
water
1 tbsp (15mL)
cheddar cheese
1/4 cup, shredded (32g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

Breakfast 3 ↗

Eat on day 6 and day 7

Spicy sun dried tomato and feta omelet

177 cals ● 11g protein ● 10g fat ● 8g carbs ● 2g fiber



For single meal:

eggs
1 large (50g)
sun-dried tomatoes
1/2 oz (14g)
feta cheese
2 tbsp, crumbled (19g)
olive oil
1/4 tsp (1mL)
cayenne pepper
1/2 pinch (0g)
thyme, dried
1/4 tbsp, ground (1g)

For all 2 meals:

eggs
2 large (100g)
sun-dried tomatoes
1 oz (28g)
feta cheese
4 tbsp, crumbled (38g)
olive oil
1/2 tsp (3mL)
cayenne pepper
1 pinch (0g)
thyme, dried
1/2 tbsp, ground (2g)

1. Break the eggs into a small bowl and scramble them. Mix in thyme, cayenne, and some pepper.
2. Heat the oil in a frying pan and add the egg mixture, making an even layer.
3. Sprinkle the rest of the ingredients over the egg and let it cook for a minute or two.
4. Using a spatula, flip half of the omelette onto the other half and continue cooking for another minute or two until fully cooked. Serve.

Small toasted bagel with butter

1/2 bagel(s) - 120 cals ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

butter
1/4 tbsp (4g)
bagel
1/2 small bagel (3" dia) (35g)

For all 2 meals:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Lunch 1 ↗

Eat on day 1

Sugar snap peas

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



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

1. Prepare according to instructions on package.

Pork & bean casserole

531 cals ● 38g protein ● 22g fat ● 35g carbs ● 9g fiber



italian seasoning
1/3 tsp (1g)
worcestershire sauce
1/2 tsp (3mL)
vegetable broth
1/4 cup(s) (mL)
diced tomatoes
1/6 can(s) (70g)
garlic powder
2/3 dash (0g)
pork shoulder
1/3 lbs (151g)
oil
1/4 tbsp (3mL)
carrots, sliced
1/3 large (24g)
apples, chopped
1/6 medium (3" dia) (30g)
onion, chopped
1/6 large (25g)
white beans, canned, drained & rinsed
1/3 can(s) (146g)

1. Preheat oven to 350° (180°C).
2. Heat oil in an oven-safe pot over medium heat. Add pork and cook until seared, 5-8 minutes.
3. Add onion, carrots, and apple to the pot. Cook, stirring, for 2 minutes.
4. Add tomatoes, beans, worcestershire sauce, broth, italian seasoning, garlic powder, and some salt and pepper. Stir to mix and bring to a simmer. Once simmering, put the lid on, transfer the pot to the oven and cook for 90 minutes or until vegetables are soft and pork is cooked through.
5. Serve.

Lunch 2 ↗

Eat on day 2

Walnuts

1/6 cup(s) - 117 cals ● 3g protein ● 11g fat ● 1g carbs ● 1g fiber

Makes 1/6 cup(s)

walnuts

2 2/3 tbsp, shelled (17g)



1. The recipe has no instructions.

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



romaine lettuce, shredded

3/4 hearts (375g)

tomatoes, diced

3/4 small whole (2-2/5" dia) (68g)

salad dressing

1 1/2 tbsp (23mL)

red onion, sliced

1/6 medium (2-1/2" dia) (21g)

cucumber, sliced or diced

1/6 cucumber (8-1/4") (56g)

carrots, peeled and shredded or sliced

3/4 small (5-1/2" long) (38g)

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.

Honey mustard chicken thighs

2/3 thigh(s) - 285 cals ● 26g protein ● 17g fat ● 6g carbs ● 0g fiber



Makes 2/3 thigh(s)

brown deli mustard

1 tsp (5g)

thyme, dried

1/3 tsp, ground (0g)

honey

1 tsp (7g)

chicken thighs, with bone and skin, raw

2/3 thigh(s) (113g)

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).

Lunch 3 ↗

Eat on day 3 and day 4

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

water
1 2/3 cup(s) (395mL)
salt
1 dash (1g)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

water
3 1/3 cup(s) (790mL)
salt
1/4 tsp (1g)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Cajun cod

7 1/2 oz - 234 cals ● 39g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

cod, raw
1/2 lbs (213g)
cajun seasoning
2 1/2 tsp (6g)
oil
1 1/4 tsp (6mL)

For all 2 meals:

cod, raw
15 oz (425g)
cajun seasoning
5 tsp (11g)
oil
2 1/2 tsp (13mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

Lunch 4 ↗

Eat on day 5

Tomato cucumber salad

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



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)

1. Mix ingredients together in a bowl and serve.

Chicken-broccoli-quinoa bowl

390 cals ● 41g protein ● 9g fat ● 31g carbs ● 5g fiber



salt

1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
olive oil
1/4 tbsp (3mL)
frozen broccoli
1/3 package (95g)
flavored quinoa mix
1/3 package (4.9 oz) (46g)
boneless skinless chicken breast, raw, cubed
1/3 lbs (149g)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!) Serve.

Lunch 5 ↗

Eat on day 6 and day 7

Marinaded chicken breast

8 oz - 283 cals ● 50g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
marinade sauce
4 tbsp (60mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
marinade sauce
1/2 cup (120mL)

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.

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.

Snacks 1 ↗

Eat on day 1 and day 2

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Beef jerky

110 cals ● 16g protein ● 1g fat ● 9g carbs ● 0g fiber



For single meal:

beef jerky
1 1/2 oz (43g)

For all 2 meals:

beef jerky
3 oz (85g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Baked chips

20 crisps - 203 cals ● 3g protein ● 5g fat ● 35g carbs ● 2g fiber



For single meal:

baked chips, any flavor
20 crisps (47g)

For all 2 meals:

baked chips, any flavor
40 crisps (93g)

1. Enjoy.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

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.

Dinner 1 ↗

Eat on day 1 and day 2

Slow cooker Greek chicken

426 cals ● 58g protein ● 19g fat ● 5g carbs ● 1g fiber



For single meal:

oregano, dried
1/2 tbsp, leaves (1g)
garlic, minced
1 1/3 clove(s) (4g)
red wine vinegar
1 tsp (5mL)
lemon juice
1/3 gram (0mL)
vegetable broth
1 1/3 tbsp (mL)
boneless skinless chicken thighs
2/3 lbs (302g)
red onion, thinly sliced
1/3 medium (2-1/2" dia) (37g)

For all 2 meals:

oregano, dried
2 2/3 tsp, leaves (3g)
garlic, minced
2 2/3 clove(s) (8g)
red wine vinegar
2 tsp (10mL)
lemon juice
2/3 gram (1mL)
vegetable broth
2 2/3 tbsp (mL)
boneless skinless chicken thighs
1 1/3 lbs (605g)
red onion, thinly sliced
2/3 medium (2-1/2" dia) (73g)

1. Add all ingredients to the slow cooker and toss to coat.
2. Cook on high for 3-4 hours or on low for 6-8 hours.
3. Once cooked, shred the chicken using two forks, then let it soak in the sauce for 10 minutes before serving.
4. Optional: Using a slotted spoon, transfer the shredded chicken to a baking sheet, allowing the sauce to drip back into the slow cooker. Broil in the oven for 4-5 minutes, until the chicken starts to brown and crisp up. Return the chicken to the pot with its juices and stir.
5. Serve.

Olive oil drizzled green beans

145 cals ● 3g protein ● 9g fat ● 8g carbs ● 4g fiber



For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen green beans
1 1/3 cup (161g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen green beans
2 2/3 cup (323g)
olive oil
4 tsp (20mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Dinner 2 ↗

Eat on day 3 and day 4

Basic chicken breast

12 oz - 476 cals ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
3/4 lbs (336g)
oil
3/4 tbsp (11mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/2 lbs (672g)
oil
1 1/2 tbsp (23mL)

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.

Okra

1 cup - 40 cals ● 2g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

okra, frozen

1 cup (112g)

For all 2 meals:

okra, frozen

2 cup (224g)

1. Pour frozen okra into a saucepan.
2. Cover with water and boil for 3 minutes.
3. Drain and season to taste. Serve.

Dinner 3 ↗

Eat on day 5 and day 6

Hummus crusted chicken

10 oz - 391 cals ● 67g protein ● 11g fat ● 3g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw

10 oz (284g)

hummus

2 1/2 tbsp (38g)

paprika

1 1/4 dash (0g)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/4 lbs (567g)

hummus

5 tbsp (77g)

paprika

1/3 tsp (1g)

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

Buttered broccoli

1 1/4 cup(s) - 167 cals ● 4g protein ● 14g fat ● 2g carbs ● 3g fiber



For single meal:

salt
5/8 dash (0g)
frozen broccoli
1 1/4 cup (114g)
black pepper
5/8 dash (0g)
butter
1 1/4 tbsp (18g)

For all 2 meals:

salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
black pepper
1 1/4 dash (0g)
butter
2 1/2 tbsp (36g)

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

Dinner 4 ↗

Eat on day 7

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded
1/2 hearts (250g)
tomatoes, diced
1/2 small whole (2-2/5" dia) (46g)
salad dressing
1 tbsp (15mL)
red onion, sliced
1/8 medium (2-1/2" dia) (14g)
cucumber, sliced or diced
1/8 cucumber (8-1/4") (38g)
carrots, peeled and shredded or sliced
1/2 small (5-1/2" long) (25g)

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.

Chinese chicken-fried rice

477 cals ● 47g protein ● 14g fat ● 40g carbs ● 1g fiber



eggs
1/2 large (25g)
oil
1/2 tbsp (8mL)
soy sauce
3/4 tbsp (11mL)
black pepper
2 dash, ground (1g)
long-grain white rice
4 tbsp (46g)
boneless skinless chicken breast, raw, chopped
6 oz (170g)
onion, chopped
1/4 medium (2-1/2" dia) (28g)

1. Cook rice according to package instructions. Set aside.
2. Heat half of the oil in a large skillet over medium heat. Add the onions and saute for about 10 minutes until soft.
3. Add in the chopped chicken to the skillet and continue cooking until chicken is fully cooked and no longer pink inside. Transfer chicken and onion mixture to a plate and set aside.
4. Wipe out the skillet and heat up the remaining half of the oil. Scramble the egg in a small bowl and then pour it in the skillet. Once the egg starts to solidify, stir to break it up into small pieces.
5. Add in the chicken and onions, rice, black pepper, soy sauce, and some salt to taste. Stir until well-incorporated and heated through. Serve.
6. Meal prep note: leftover, refrigerated, cooked rice works great in fried rice. If you can, try meal prepping the rice ahead of time.
