

# Meal Plan - Meal plan with over 140g 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

1722 cals ● 153g protein (36%) ● 78g fat (41%) ● 82g carbs (19%) ● 21g fiber (5%)

### Breakfast

310 cals, 22g protein, 10g net carbs, 19g fat



Milk

1/2 cup(s)- 75 cals



Chicken sausage & egg white breakfast bowl

234 cals

### Lunch

575 cals, 62g protein, 24g net carbs, 22g fat



Baked chicken with tomatoes & olives

9 oz- 449 cals



Mashed sweet potatoes with butter

125 cals

### Dinner

625 cals, 63g protein, 24g net carbs, 28g fat



Olive oil drizzled lima beans

161 cals



Chicken marsala

8 oz chicken- 466 cals

## Snacks

215 cals, 7g protein, 23g net carbs, 9g fat



Chocolate chip protein oat cookies

1 cookies- 213 cals

## Day 2

1738 cals ● 147g protein (34%) ● 65g fat (34%) ● 120g carbs (28%) ● 21g fiber (5%)

### Breakfast

310 cals, 22g protein, 10g net carbs, 19g fat



Milk

1/2 cup(s)- 75 cals



Chicken sausage & egg white breakfast bowl

234 cals

### Lunch

590 cals, 56g protein, 62g net carbs, 10g fat



Bbq chicken stuffed sweet potatoes

1 potato(es)- 520 cals



Tomato cucumber salad

71 cals

### Dinner

625 cals, 63g protein, 24g net carbs, 28g fat



Olive oil drizzled lima beans

161 cals



Chicken marsala

8 oz chicken- 466 cals

## Day 3

1697 cals ● 158g protein (37%) ● 43g fat (23%) ● 152g carbs (36%) ● 18g fiber (4%)

### Breakfast

320 cals, 20g protein, 33g net carbs, 9g fat



**String cheese**  
1 stick(s)- 83 cals



**Breakfast cereal with protein milk**  
165 cals



**Nectarine**  
1 nectarine(s)- 70 cals

### Snacks

270 cals, 15g protein, 44g net carbs, 3g fat



**Raisins**  
1/4 cup- 137 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Lunch

590 cals, 56g protein, 62g net carbs, 10g fat



**Bbq chicken stuffed sweet potatoes**  
1 potato(es)- 520 cals



**Tomato cucumber salad**  
71 cals

### Dinner

520 cals, 67g protein, 12g net carbs, 21g fat



**Simple mixed greens and tomato salad**  
151 cals



**Lemon pepper chicken breast**  
10 oz- 370 cals

## Day 4

1684 cals ● 147g protein (35%) ● 64g fat (34%) ● 113g carbs (27%) ● 17g fiber (4%)

### Breakfast

320 cals, 20g protein, 33g net carbs, 9g fat



**String cheese**  
1 stick(s)- 83 cals



**Breakfast cereal with protein milk**  
165 cals



**Nectarine**  
1 nectarine(s)- 70 cals

### Snacks

270 cals, 15g protein, 44g net carbs, 3g fat



**Raisins**  
1/4 cup- 137 cals



**Cottage cheese & fruit cup**  
1 container- 131 cals

### Lunch

575 cals, 45g protein, 23g net carbs, 31g fat



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



**Pumpkin seeds**  
183 cals



**Salsa verde chicken salad**  
239 cals

### Dinner

520 cals, 67g protein, 12g net carbs, 21g fat



**Simple mixed greens and tomato salad**  
151 cals



**Lemon pepper chicken breast**  
10 oz- 370 cals

## Day 5

1675 cals ● 143g protein (34%) ● 59g fat (32%) ● 120g carbs (29%) ● 24g fiber (6%)

### Breakfast

340 cals, 23g protein, 46g net carbs, 4g fat



**Strawberries**  
1 cup(s)- 52 cals



**Cottage cheese toast**  
2 toast(s)- 286 cals

### Snacks

165 cals, 18g protein, 3g net carbs, 9g fat



**Cucumber slices**  
1/4 cucumber- 15 cals



**Pork rinds**  
1 oz- 149 cals

### Lunch

600 cals, 39g protein, 61g net carbs, 17g fat



**Basic chicken thighs**  
6 oz- 255 cals



**Mashed sweet potatoes**  
275 cals



**Tomato cucumber salad**  
71 cals

### Dinner

570 cals, 63g protein, 9g net carbs, 29g fat



**Sugar snap peas**  
82 cals



**Thyme & lime chicken thighs**  
490 cals

## Day 6

1686 cals ● 146g protein (35%) ● 74g fat (39%) ● 90g carbs (21%) ● 20g fiber (5%)

### Breakfast

340 cals, 23g protein, 46g net carbs, 4g fat



**Strawberries**  
1 cup(s)- 52 cals



**Cottage cheese toast**  
2 toast(s)- 286 cals

### Snacks

165 cals, 18g protein, 3g net carbs, 9g fat



**Cucumber slices**  
1/4 cucumber- 15 cals



**Pork rinds**  
1 oz- 149 cals

### Lunch

610 cals, 49g protein, 18g net carbs, 35g fat



**Edamame & beet salad**  
171 cals



**Pork & mushroom ragout**  
6 oz pork- 440 cals

### Dinner

575 cals, 56g protein, 23g net carbs, 26g fat



**Simple roasted cod**  
10 2/3 oz- 396 cals



**Roasted carrots**  
1 carrots(s)- 53 cals



**Mashed sweet potatoes with butter**  
125 cals

## Day 7

1686 cals ● 146g protein (35%) ● 74g fat (39%) ● 90g carbs (21%) ● 20g fiber (5%)

### Breakfast

340 cals, 23g protein, 46g net carbs, 4g fat



#### Strawberries

1 cup(s)- 52 cals



#### Cottage cheese toast

2 toast(s)- 286 cals

### Snacks

165 cals, 18g protein, 3g net carbs, 9g fat



#### Cucumber slices

1/4 cucumber- 15 cals



#### Pork rinds

1 oz- 149 cals

### Lunch

610 cals, 49g protein, 18g net carbs, 35g fat



#### Edamame & beet salad

171 cals



#### Pork & mushroom ragout

6 oz pork- 440 cals

### Dinner

575 cals, 56g protein, 23g net carbs, 26g fat



#### Simple roasted cod

10 2/3 oz- 396 cals



#### Roasted carrots

1 carrots(s)- 53 cals



#### Mashed sweet potatoes with butter

125 cals

---

# Grocery List



## Legumes and Legume Products

- peanut butter  
4 tsp (21g)
- black beans  
1 tbsp (15g)

## Spices and Herbs

- salt  
1/4 tbsp (5g)
- cinnamon  
1/3 tsp (1g)
- black pepper  
1/8 oz (1g)
- chili powder  
1/2 tbsp (4g)
- fresh basil  
9 leaves (5g)
- balsamic vinegar  
1 tbsp (15mL)
- lemon pepper  
1 1/4 tbsp (9g)
- ground cumin  
4 dash (1g)
- thyme, dried  
1/3 tsp, leaves (0g)

## Other

- chocolate chips  
1 tbsp (14g)
- chicken breakfast sausage  
4 link(s) (120g)
- cottage cheese & fruit cup  
2 container (340g)
- mixed greens  
8 3/4 cup (263g)
- pork rinds  
3 oz (85g)

## Dairy and Egg Products

- whole milk  
2 1/4 cup(s) (540mL)
- egg whites  
1/2 cup (122g)
- butter  
1 tbsp (14g)
- string cheese  
2 stick (56g)

## Vegetables and Vegetable Products

- tomatoes  
6 medium whole (2-3/5" dia) (723g)
- sweet potatoes  
5 sweetpotato, 5" long (1050g)
- lima beans, frozen  
3/4 package (10 oz) (213g)
- mushrooms  
13 oz (363g)
- garlic  
2 clove(s) (6g)
- red onion  
3/4 small (53g)
- cucumber  
1 1/2 cucumber (8-1/4") (452g)
- frozen sugar snap peas  
1 1/3 cup (192g)
- edamame, frozen, shelled  
1 cup (118g)
- beets, precooked (canned or refrigerated)  
4 beet(s) (200g)
- carrots  
2 large (144g)

## Fruits and Fruit Juices

- avocados  
5/8 avocado(s) (126g)
- green olives  
9 large (40g)
- lemon juice  
1 tbsp (15mL)
- nectarine  
2 medium (2-1/2" dia) (284g)
- raisins  
1/2 cup, packed (83g)
- lime juice  
4 tsp (20mL)
- strawberries  
3 cup, whole (432g)

## Poultry Products

- boneless skinless chicken breast, raw  
4 lbs (1796g)
- boneless skinless chicken thighs  
16 2/3 oz (472g)

## Soups, Sauces, and Gravies

- lowfat flavored greek yogurt**  
1 (5.3 oz ea) container(s) (150g)
- low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)
- heavy cream**  
1/2 cup (108mL)

## Baked Products

- baking powder**  
3/4 dash (0g)
- bread**  
6 slice(s) (192g)

## Beverages

- protein powder**  
5/6 scoop (1/3 cup ea) (26g)

## Sweets

- maple syrup**  
4 tsp (19mL)
- honey**  
2 tbsp (42g)

## Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**  
1/3 cup(s) (27g)
- breakfast cereal**  
1 1/3 serving (40g)

## Fats and Oils

- oil**  
2 oz (65mL)
- olive oil**  
2 oz (68mL)
- salad dressing**  
1/3 lbs (135mL)
- balsamic vinaigrette**  
2 tbsp (30mL)

- vegetable broth**  
1 cup(s) (mL)
- barbecue sauce**  
1/3 cup (95g)
- salsa verde**  
1/2 tbsp (8g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted**  
1 1/3 oz (37g)

## Pork Products

- pork tenderloin, raw**  
3/4 lbs (340g)

## Finfish and Shellfish Products

- cod, raw**  
1 1/3 lbs (604g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

**whole milk**

1/2 cup(s) (120mL)

For all 2 meals:

**whole milk**

1 cup(s) (240mL)

1. The recipe has no instructions.

### Chicken sausage & egg white breakfast bowl

234 cals ● 18g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

**egg whites**

4 tbsp (61g)

**oil**

1/2 tsp (3mL)

**chicken breakfast sausage**

2 link(s) (60g)

**tomatoes, halved**

2 tbsp cherry tomatoes (19g)

**avocados, chopped**

1/4 avocado(s) (50g)

For all 2 meals:

**egg whites**

1/2 cup (122g)

**oil**

1 tsp (5mL)

**chicken breakfast sausage**

4 link(s) (120g)

**tomatoes, halved**

4 tbsp cherry tomatoes (37g)

**avocados, chopped**

1/2 avocado(s) (101g)

1. Cook chicken sausage according package instructions. Slice into bite-sized pieces and set aside.
2. Add oil to a skillet over low heat. Pour in egg whites and scramble until they turn opaque and firm.
3. Transfer egg whites to a bowl and add the chicken sausage, tomatoes, and avocado. Season with a pinch of salt/pepper and serve.

## Breakfast 2 ↗

Eat on day 3 and day 4

### 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.

### Breakfast cereal with protein milk

165 cals ● 12g protein ● 3g fat ● 19g carbs ● 2g fiber



For single meal:

**breakfast cereal**  
2/3 serving (20g)  
**whole milk**  
1/3 cup(s) (80mL)  
**protein powder**  
1/3 scoop (1/3 cup ea) (10g)

For all 2 meals:

**breakfast cereal**  
1 1/3 serving (40g)  
**whole milk**  
2/3 cup(s) (160mL)  
**protein powder**  
2/3 scoop (1/3 cup ea) (21g)

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

### Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:  
**nectarine, pitted**  
1 medium (2-1/2" dia) (142g)

For all 2 meals:  
**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

---

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:  
**strawberries**  
1 cup, whole (144g)

For all 3 meals:  
**strawberries**  
3 cup, whole (432g)

1. The recipe has no instructions.

---

### Cottage cheese toast

2 toast(s) - 286 cals ● 22g protein ● 3g fat ● 38g carbs ● 4g fiber



For single meal:  
**bread**  
2 slice(s) (64g)  
**low fat cottage cheese (1% milkfat)**  
1/2 cup (113g)  
**honey**  
2 tsp (14g)

For all 3 meals:  
**bread**  
6 slice(s) (192g)  
**low fat cottage cheese (1% milkfat)**  
1 1/2 cup (339g)  
**honey**  
2 tbsp (42g)

1. Toast the bread, if desired.
2. Spread cottage cheese on top of the bread, drizzle with honey, and serve.

## Lunch 1 ↗

Eat on day 1

### Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

#### tomatoes

9 cherry tomatoes (153g)

#### olive oil

1/2 tbsp (8mL)

#### salt

3 dash (2g)

#### green olives

9 large (40g)

#### black pepper

3 dash (0g)

#### chili powder

1/2 tbsp (4g)

#### boneless skinless chicken breast, raw

1/2 lbs (255g)

#### fresh basil, shredded

9 leaves (5g)

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.

### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



#### sweet potatoes

1/2 sweetpotato, 5" long (105g)

#### butter

1 tsp (5g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

## Lunch 2 ↗

Eat on day 2 and day 3

### Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cals ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



For single meal:

**barbecue sauce**  
2 2/3 tbsp (48g)  
**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**sweet potatoes, halved**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**barbecue sauce**  
1/3 cup (95g)  
**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**sweet potatoes, halved**  
2 sweetpotato, 5" long (420g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

### Tomato cucumber salad

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



For single meal:

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

For all 2 meals:

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

1. Mix ingredients together in a bowl and serve.

## Lunch 3 ↗

Eat on day 4

### Lowfat Greek yogurt

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

Makes 1 container(s)



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

1. The recipe has no instructions.

### Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

1. The recipe has no instructions.

### Salsa verde chicken salad

239 cals ● 24g protein ● 12g fat ● 5g carbs ● 4g fiber



**salsa verde**  
1/2 tbsp (8g)  
**ground cumin**  
4 dash (1g)  
**roasted pumpkin seeds, unsalted**  
1 tbsp (7g)  
**mixed greens**  
3/4 cup (23g)  
**oil**  
1/2 tsp (3mL)  
**boneless skinless chicken breast, raw**  
3 oz (85g)  
**tomatoes, chopped**  
1/4 roma tomato (20g)  
**black beans, drained and rinsed**  
1 tbsp (15g)  
**avocados, sliced**  
1 slices (25g)

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

## Lunch 4

Eat on day 5

### Basic chicken thighs

6 oz - 255 cals ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 6 oz

**boneless skinless chicken thighs**  
6 oz (170g)  
**oil**  
1/4 tbsp (4mL)

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.

### Mashed sweet potatoes

275 cals ● 5g protein ● 0g fat ● 54g carbs ● 9g fiber



**sweet potatoes**  
1 1/2 sweetpotato, 5" long (315g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

## 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.

## Lunch 5 ↗

Eat on day 6 and day 7

### Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

**mixed greens**  
1 cup (30g)  
**balsamic vinaigrette**  
1 tbsp (15mL)  
**edamame, frozen, shelled**  
1/2 cup (59g)  
**beets, precooked (canned or refrigerated), chopped**  
2 beet(s) (100g)

For all 2 meals:

**mixed greens**  
2 cup (60g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**edamame, frozen, shelled**  
1 cup (118g)  
**beets, precooked (canned or refrigerated), chopped**  
4 beet(s) (200g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

## Pork & mushroom ragout

6 oz pork - 440 cals ● 40g protein ● 28g fat ● 6g carbs ● 2g fiber



For single meal:

**pork tenderloin, raw**  
6 oz (170g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**heavy cream**  
1/4 cup (54mL)  
**oil**  
1 tsp (5mL)  
**tomatoes, halved**  
1/3 pint, cherry tomatoes (89g)  
**mushrooms, sliced**  
2 1/2 oz (68g)

For all 2 meals:

**pork tenderloin, raw**  
3/4 lbs (340g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**heavy cream**  
1/2 cup (108mL)  
**oil**  
2 tsp (9mL)  
**tomatoes, halved**  
5/8 pint, cherry tomatoes (179g)  
**mushrooms, sliced**  
5 oz (136g)

1. Heat oil in skillet over medium heat. Cut pork into inch-thick medallions and add to the skillet. Once browned on both sides and fully cooked, remove pork and set aside.
2. Add mushrooms to the skillet and saute for about 5 minutes. Add tomatoes and cook for 2 more minutes.
3. Add cream and stock and simmer for 4-8 minutes until it has reduced some and formed a thicker sauce. Season with salt/pepper to taste.
4. Add back in pork and heat until warmed through. Serve.

---

## Snacks 1

Eat on day 1 and day 2

---

### Chocolate chip protein oat cookies

1 cookies - 213 cals  7g protein  9g fat  23g carbs  3g fiber



For single meal:

**peanut butter**  
2 tsp (11g)  
**salt**  
1/3 dash (0g)  
**chocolate chips**  
1/2 tbsp (7g)  
**whole milk**  
1/8 cup(s) (10mL)  
**cinnamon**  
1 1/3 dash (0g)  
**baking powder**  
1/3 dash (0g)  
**protein powder**  
1/8 scoop (1/3 cup ea) (3g)  
**maple syrup**  
2 tsp (10mL)  
**oatmeal, old-fashioned oats, rolled oats**  
1/6 cup(s) (14g)

For all 2 meals:

**peanut butter**  
4 tsp (21g)  
**salt**  
2/3 dash (0g)  
**chocolate chips**  
3 tsp (14g)  
**whole milk**  
1/8 cup(s) (20mL)  
**cinnamon**  
1/3 tsp (1g)  
**baking powder**  
2/3 dash (0g)  
**protein powder**  
1/6 scoop (1/3 cup ea) (5g)  
**maple syrup**  
4 tsp (20mL)  
**oatmeal, old-fashioned oats, rolled oats**  
1/3 cup(s) (27g)

1. Preheat oven to 400°F (200°C).
2. Mix all ingredients, except the chocolate chips, in a bowl until a dough forms.
3. Fold in the chocolate chips.
4. Shape into cookies (using the number of cookies listed in the recipe details) and place them on a baking sheet. Bake for about 12 minutes. Serve.
5. Meal prep note: Keep any extra cookies in an airtight container in the refrigerator for up to 1 week or place the cookies in a freezer-safe container and store in the freezer for up to 3 months. When ready to eat, let them thaw at room temperature or warm them in the oven.

## Snacks 2 ↗

Eat on day 3 and day 4

### Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

**raisins**  
4 tbsp, packed (41g)

For all 2 meals:

**raisins**  
1/2 cup, packed (83g)

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.

---

## Snacks 3

Eat on day 5, day 6, and day 7

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 3 meals:

**cucumber**  
3/4 cucumber (8-1/4") (226g)

1. Slice cucumber into rounds and serve.

---

### Pork rinds

1 oz - 149 cals ● 17g protein ● 9g fat ● 0g carbs ● 0g fiber



For single meal:

**pork rinds**  
1 oz (28g)

For all 3 meals:

**pork rinds**  
3 oz (85g)

1. Enjoy.

## Dinner 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.

### Chicken marsala

8 oz chicken - 466 cals ● 56g protein ● 22g fat ● 9g carbs ● 1g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (224g)  
**vegetable broth**  
1/4 cup(s) (mL)  
**whole milk**  
1/4 cup(s) (60mL)  
**lemon juice**  
1/2 tbsp (8mL)  
**balsamic vinegar**  
1/2 tbsp (8mL)  
**oil, divided**  
1 tbsp (15mL)  
**mushrooms, sliced**  
4 oz (113g)  
**garlic, diced**  
1 clove(s) (3g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (448g)  
**vegetable broth**  
1/2 cup(s) (mL)  
**whole milk**  
1/2 cup(s) (120mL)  
**lemon juice**  
1 tbsp (15mL)  
**balsamic vinegar**  
1 tbsp (15mL)  
**oil, divided**  
2 tbsp (30mL)  
**mushrooms, sliced**  
1/2 lbs (227g)  
**garlic, diced**  
2 clove(s) (6g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**tomatoes**  
1 cup cherry tomatoes (149g)  
**salad dressing**  
6 tbsp (90mL)

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

### Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

**boneless skinless chicken breast, raw**  
10 oz (280g)  
**olive oil**  
1 tsp (5mL)  
**lemon pepper**  
2 tsp (4g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/4 lbs (560g)  
**olive oil**  
2 tsp (9mL)  
**lemon pepper**  
1 1/4 tbsp (9g)

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 3 ↗

Eat on day 5

### Sugar snap peas

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



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

1. Prepare according to instructions on package.

### Thyme & lime chicken thighs

490 cals ● 58g protein ● 28g fat ● 2g carbs ● 0g fiber



**boneless skinless chicken thighs**  
2/3 lb (302g)  
**thyme, dried**  
1/3 tsp, leaves (0g)  
**lime juice**  
4 tsp (20mL)  
**oil**  
2 tsp (10mL)

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

## Dinner 4 ↗

Eat on day 6 and day 7

### Simple roasted cod

10 2/3 oz - 396 cals ● 54g protein ● 20g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
4 tsp (20mL)  
**cod, raw**  
2/3 lbs (302g)

For all 2 meals:

**olive oil**  
2 2/3 tbsp (40mL)  
**cod, raw**  
1 1/3 lbs (604g)

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.

### Roasted carrots

1 carrots(s) - 53 cals ● 1g protein ● 3g fat ● 5g carbs ● 2g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**carrots, sliced**  
1 large (72g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**carrots, sliced**  
2 large (144g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about about 30 minutes until soft. Serve.

### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

**butter**

1 tsp (5g)

For all 2 meals:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

**butter**

2 tsp (9g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

---