

Meal Plan - Meal plan with over 150g 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

1840 cals ● 163g protein (35%) ● 67g fat (33%) ● 124g carbs (27%) ● 23g fiber (5%)

Breakfast

310 cals, 25g protein, 33g net carbs, 8g fat



Lowfat Greek yogurt

2 container(s)- 310 cals

Lunch

680 cals, 56g protein, 23g net carbs, 36g fat



Almond crusted tilapia

7 1/2 oz- 529 cals



Simple sauteed spinach

149 cals

Snacks

275 cals, 18g protein, 25g net carbs, 10g fat



Banana

1 banana(s)- 117 cals



Ham, cheese, and spinach pockets

3 pocket(s)- 158 cals

Dinner

575 cals, 64g protein, 43g net carbs, 13g fat



Easy chickpea salad

117 cals



Grilled chicken sandwich

1 sandwich(es)- 460 cals

Day 2

1811 cals ● 154g protein (34%) ● 73g fat (36%) ● 114g carbs (25%) ● 21g fiber (5%)

Breakfast

310 cals, 25g protein, 33g net carbs, 8g fat



Lowfat Greek yogurt

2 container(s)- 310 cals

Lunch

605 cals, 42g protein, 36g net carbs, 29g fat



Simple mixed greens and tomato salad

151 cals



Roast beef & pickle sandwich

1 sandwich(es)- 454 cals

Snacks

275 cals, 18g protein, 25g net carbs, 10g fat



Banana

1 banana(s)- 117 cals



Ham, cheese, and spinach pockets

3 pocket(s)- 158 cals

Dinner

620 cals, 69g protein, 21g net carbs, 26g fat



Green beans

63 cals



Southwest meatloaf

2 meatloaves- 558 cals

Day 3

1839 cals ● 167g protein (36%) ● 81g fat (40%) ● 92g carbs (20%) ● 20g fiber (4%)

Breakfast

340 cals, 37g protein, 11g net carbs, 16g fat



Protein greek yogurt

1 container- 139 cals



Double chocolate protein shake

69 cals



Walnuts

1/6 cup(s)- 131 cals

Snacks

275 cals, 18g protein, 25g net carbs, 10g fat



Banana

1 banana(s)- 117 cals



Ham, cheese, and spinach pockets

3 pocket(s)- 158 cals

Lunch

605 cals, 42g protein, 36g net carbs, 29g fat



Simple mixed greens and tomato salad

151 cals



Roast beef & pickle sandwich

1 sandwich(es)- 454 cals

Dinner

620 cals, 69g protein, 21g net carbs, 26g fat



Green beans

63 cals



Southwest meatloaf

2 meatloaves- 558 cals

Day 4

1864 cals ● 159g protein (34%) ● 72g fat (35%) ● 125g carbs (27%) ● 21g fiber (4%)

Breakfast

340 cals, 37g protein, 11g net carbs, 16g fat



Protein greek yogurt

1 container- 139 cals



Double chocolate protein shake

69 cals



Walnuts

1/6 cup(s)- 131 cals

Snacks

245 cals, 19g protein, 12g net carbs, 12g fat



Roasted almonds

1/8 cup(s)- 111 cals



Yogurt and cucumber

132 cals

Lunch

605 cals, 43g protein, 59g net carbs, 19g fat



Simple chicken salad sandwich

1/2 sandwich(es)- 362 cals



Protein bar

1 bar- 245 cals

Dinner

675 cals, 60g protein, 44g net carbs, 25g fat



Chicken fajitas

2 tortilla(s)- 562 cals



Simple mixed greens and tomato salad

113 cals

Day 5

1772 cals ● 159g protein (36%) ● 76g fat (38%) ● 91g carbs (20%) ● 24g fiber (5%)

Breakfast

295 cals, 24g protein, 13g net carbs, 16g fat



Toast with butter
1 slice(s)- 114 cals



Scrambled egg whites
182 cals

Snacks

245 cals, 19g protein, 12g net carbs, 12g fat



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



Yogurt and cucumber
132 cals

Lunch

595 cals, 57g protein, 6g net carbs, 35g fat



Lemon pepper chicken breast
8 oz- 296 cals



Buttered broccoli
2 1/4 cup(s)- 300 cals

Dinner

635 cals, 58g protein, 60g net carbs, 13g fat



Southwest chicken
8 oz- 362 cals



Mashed sweet potatoes
275 cals

Day 6

1844 cals ● 180g protein (39%) ● 50g fat (24%) ● 138g carbs (30%) ● 30g fiber (7%)

Breakfast

295 cals, 24g protein, 13g net carbs, 16g fat



Toast with butter
1 slice(s)- 114 cals



Scrambled egg whites
182 cals

Snacks

260 cals, 12g protein, 29g net carbs, 9g fat



Cheesy ham roll ups
1 roll up(s)- 108 cals



Pretzels
110 cals



Carrot sticks
1 1/2 carrot(s)- 41 cals

Lunch

645 cals, 81g protein, 45g net carbs, 13g fat



Pork souvlaki & tzatziki
3 skewer(s)- 460 cals



Mashed sweet potatoes
183 cals

Dinner

645 cals, 63g protein, 51g net carbs, 13g fat



Slow cooker chicken chili
646 cals

Day 7

1844 cals ● 180g protein (39%) ● 50g fat (24%) ● 138g carbs (30%) ● 30g fiber (7%)

Breakfast

295 cals, 24g protein, 13g net carbs, 16g fat



Toast with butter
1 slice(s)- 114 cals



Scrambled egg whites
182 cals

Snacks

260 cals, 12g protein, 29g net carbs, 9g fat



Cheesy ham roll ups
1 roll up(s)- 108 cals



Pretzels
110 cals



Carrot sticks
1 1/2 carrot(s)- 41 cals

Lunch

645 cals, 81g protein, 45g net carbs, 13g fat



Pork souvlaki & tzatziki
3 skewer(s)- 460 cals



Mashed sweet potatoes
183 cals

Dinner

645 cals, 63g protein, 51g net carbs, 13g fat



Slow cooker chicken chili
646 cals



Fruits and Fruit Juices

- ☐ banana
3 medium (7" to 7-7/8" long) (354g)
- ☐ dried cranberries
2 3/4 tbsp (27g)
- ☐ limes
1/4 fruit (2" dia) (17g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
11 slice (253g)
- ☐ roast beef cold cuts
1/2 lbs (227g)

Dairy and Egg Products

- ☐ cheese
1 1/4 cup, shredded (140g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ sliced cheese
4 slice (2/3 oz ea) (76g)
- ☐ nonfat greek yogurt, plain
1/2 cup (128g)
- ☐ lowfat greek yogurt
1 cup (280g)
- ☐ butter
3/8 stick (45g)
- ☐ egg whites
2 1/4 cup (547g)
- ☐ cheddar cheese
1/3 cup, shredded (38g)

Vegetables and Vegetable Products

- ☐ fresh spinach
3/4 10oz package (225g)
- ☐ garlic
3/4 clove (2g)
- ☐ onion
3/8 medium (2-1/2" dia) (46g)
- ☐ tomatoes
2 1/3 medium whole (2-3/5" dia) (287g)
- ☐ fresh parsley
3/4 sprigs (1g)
- ☐ frozen green beans
2 2/3 cup (323g)
- ☐ pickles
8 slices (56g)

Fats and Oils

- ☐ olive oil
5 tsp (24mL)
- ☐ oil
1 2/3 oz (50mL)
- ☐ salad dressing
1/2 cup (124mL)
- ☐ mayonnaise
1 tbsp (15mL)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1/4 tbsp (0mL)
- ☐ salsa
2/3 jar (303g)

Legumes and Legume Products

- ☐ chickpeas, canned
1/4 can(s) (112g)
- ☐ kidney beans
1 1/3 can (597g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1282g)

Other

- ☐ mixed greens
8 1/2 cup (255g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
- ☐ protein bar (20g protein)
1 bar (50g)
- ☐ tzatziki
3/4 cup(s) (168g)
- ☐ skewer(s)
6 skewer(s) (6g)

Baked Products

- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
- ☐ bread
2/3 lbs (320g)

- ☐ **cucumber**
1 cucumber (8-1 1/4") (301g)
- ☐ **bell pepper**
1 1/2 large (242g)
- ☐ **sweet potatoes**
3 1/2 sweetpotato, 5" long (735g)
- ☐ **frozen broccoli**
2 1/4 cup (205g)
- ☐ **carrots**
3 medium (183g)
- ☐ **tomato puree**
10 oz (283g)

Nut and Seed Products

- ☐ **almonds**
2 1/2 oz (70g)
- ☐ **walnuts**
6 tbsp, shelled (38g)

Finfish and Shellfish Products

- ☐ **tilapia, raw**
1/2 lbs (210g)

Cereal Grains and Pasta

- ☐ **all-purpose flour**
1/4 cup(s) (26g)

Spices and Herbs

- ☐ **salt**
2 g (2g)
- ☐ **black pepper**
1/2 g (1g)
- ☐ **balsamic vinegar**
1/4 tbsp (4mL)
- ☐ **dijon mustard**
2 1/2 tbsp (38g)
- ☐ **garlic powder**
1/2 tbsp (4g)
- ☐ **chili powder**
2 1/4 g (2g)
- ☐ **ground cumin**
2 1/4 g (2g)
- ☐ **taco seasoning mix**
1/2 tbsp (4g)
- ☐ **lemon pepper**
1/2 tbsp (3g)
- ☐ **dried dill weed**
1/4 tbsp (1g)

- ☐ **flour tortillas**
2 tortilla medium (approx 6" dia) (60g)

Beef Products

- ☐ **ground beef (93% lean)**
1 1/4 lbs (567g)

Beverages

- ☐ **water**
1 1/4 cup (307mL)

Sweets

- ☐ **cocoa powder**
1 tsp (2g)

Snacks

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

Pork Products

- ☐ **pork tenderloin, raw**
1 1/2 lbs (680g)
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Breakfast 1 [↗](#)

Eat on day 1 and day 2

Lowfat Greek yogurt

2 container(s) - 310 cal ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt

4 (5.3 oz ea) container(s) (600g)

1. The recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3 and day 4

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 2 meals:

protein greek yogurt, flavored

2 container (300g)

1. Enjoy.

Double chocolate protein shake

69 cal ● 14g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
cocoa powder
4 dash (1g)
nonfat greek yogurt, plain
1 tbsp (18g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
3 tbsp, shelled (19g)

For all 2 meals:

walnuts
6 tbsp, shelled (38g)

1. The recipe has no instructions.

Breakfast 3 [🔗](#)

Eat on day 5, day 6, and day 7

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

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

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

1. Toast the bread to desired toastiness.
 2. Spread the butter on the bread.
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Scrambled egg whites

182 cals ● 20g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

egg whites

3/4 cup (182g)

oil

3/4 tbsp (11mL)

For all 3 meals:

egg whites

2 1/4 cup (547g)

oil

2 1/4 tbsp (34mL)

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

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



Makes 7 1/2 oz

almonds

5 tbsp, slivered (34g)

tilapia, raw

1/2 lbs (210g)

all-purpose flour

1/6 cup(s) (26g)

salt

1 1/4 dash (1g)

olive oil

2 tsp (9mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Simple sauteed spinach

149 cals ● 5g protein ● 11g fat ● 3g carbs ● 4g fiber



black pepper
1 1/2 dash, ground (0g)
salt
1 1/2 dash (1g)
olive oil
3/4 tbsp (11mL)
fresh spinach
6 cup(s) (180g)
garlic, diced
3/4 clove (2g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

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.

Roast beef & pickle sandwich

1 sandwich(es) - 454 cals ● 39g protein ● 20g fat ● 25g carbs ● 5g fiber



For single meal:

bread
2 slice(s) (64g)
roast beef cold cuts
4 oz (113g)
sliced cheese
2 slice (2/3 oz ea) (38g)
pickles
4 slices (28g)
dijon mustard
1 tbsp (15g)

For all 2 meals:

bread
4 slice(s) (128g)
roast beef cold cuts
1/2 lbs (227g)
sliced cheese
4 slice (2/3 oz ea) (76g)
pickles
8 slices (56g)
dijon mustard
2 tbsp (30g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Lunch 3 [↗](#)

Eat on day 4

Simple chicken salad sandwich

1/2 sandwich(es) - 362 cals ● 23g protein ● 14g fat ● 33g carbs ● 3g fiber



Makes 1/2 sandwich(es)

mayonnaise

1 tbsp (15mL)

dried cranberries

2 2/3 tbsp (27g)

bread

1 slice (32g)

boneless skinless chicken breast, raw

3 oz (85g)

1. Place raw chicken 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.
3. In a bowl combine completely cooked chicken, mayo and cranberries.
4. Keep in refrigerator until ready to serve.
5. Serve in between two slices of bread.

Protein bar

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



Makes 1 bar

protein bar (20g protein)

1 bar (50g)

1. The recipe has no instructions.
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Lunch 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

8 oz - 296 cals ● 51g protein ● 9g fat ● 1g carbs ● 1g fiber



Makes 8 oz

boneless skinless chicken breast, raw

1/2 lbs (224g)

olive oil

1/4 tbsp (4mL)

lemon pepper

1/2 tbsp (3g)

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.

Buttered broccoli

2 1/4 cup(s) - 300 cals ● 7g protein ● 26g fat ● 4g carbs ● 6g fiber



Makes 2 1/4 cup(s)

salt
1 dash (0g)
frozen broccoli
2 1/4 cup (205g)
black pepper
1 dash (0g)
butter
2 1/4 tbsp (32g)

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

Lunch 5 [↗](#)

Eat on day 6 and day 7

Pork souvlaki & tzatziki

3 skewer(s) - 460 cals ● 77g protein ● 13g fat ● 9g carbs ● 0g fiber



For single meal:

dried dill weed
3 dash (0g)
tzatziki
3/8 cup(s) (84g)
oil
3/4 gram (1mL)
skewer(s)
3 skewer(s) (3g)
pork tenderloin, raw, cut into bite-sized cubes
3/4 lbs (340g)

For all 2 meals:

dried dill weed
1/4 tbsp (1g)
tzatziki
3/4 cup(s) (168g)
oil
1 1/2 gram (2mL)
skewer(s)
6 skewer(s) (6g)
pork tenderloin, raw, cut into bite-sized cubes
1 1/2 lbs (680g)

1. Season cubed pork with dill and salt/pepper to taste. Assemble the pork evenly on the skewers.
2. Heat a large skillet over medium-high heat and add the oil. Add the skewers and cook for 3-4 minutes on each side or until done.
3. Serve skewers with tzatziki.

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)

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.

Snacks 1 [🔗](#)

Eat on day 1, day 2, and day 3

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

banana

3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.
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Ham, cheese, and spinach pockets

3 pocket(s) - 158 cals ● 17g protein ● 9g fat ● 1g carbs ● 0g fiber



For single meal:

ham cold cuts

3 slice (69g)

cheese

3 tbsp, shredded (21g)

fresh spinach

15 leaves (15g)

For all 3 meals:

ham cold cuts

9 slice (207g)

cheese

1/2 cup, shredded (63g)

fresh spinach

45 leaves (45g)

1. Lay a slice of ham down flat.
 2. Put a tbsp of cheese and about 5 leaves of spinach on one half of the slice.
 3. Fold the other half over.
 4. You can eat as is, or heat up a skillet and fry each side of the pocket for a minute or two until warmed and lightly browned.
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Snacks 2 [🔗](#)

Eat on day 4 and day 5

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.
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Yogurt and cucumber

132 cals ● 15g protein ● 3g fat ● 11g carbs ● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
lowfat greek yogurt
1/2 cup (140g)

For all 2 meals:

cucumber
1 cucumber (8-1/4") (301g)
lowfat greek yogurt
1 cup (280g)

1. Slice cucumber and dip in yogurt.
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Snacks 3 [🔗](#)

Eat on day 6 and day 7

Cheesy ham roll ups

1 roll up(s) - 108 cals ● 9g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

cheese
3 tbsp, shredded (21g)
ham cold cuts
1 slice (23g)

For all 2 meals:

cheese
6 tbsp, shredded (42g)
ham cold cuts
2 slice (46g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

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.

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots
1 1/2 medium (92g)

For all 2 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Dinner 1 [↗](#)

Eat on day 1

Easy chickpea salad

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



balsamic vinegar
1/4 tbsp (4mL)
apple cider vinegar
1/4 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/4 can(s) (112g)
onion, thinly sliced
1/8 small (9g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
fresh parsley, chopped
3/4 sprigs (1g)

1. Add all ingredients to a bowl and toss. 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

Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



For single meal:

frozen green beans
1 1/3 cup (161g)

For all 2 meals:

frozen green beans
2 2/3 cup (323g)

1. Prepare according to instructions on package.

Southwest meatloaf

2 meatloaves - 558 cals ● 67g protein ● 26g fat ● 13g carbs ● 2g fiber



For single meal:

garlic powder
2 dash (1g)
bread
1 slice (32g)
ground beef (93% lean)
10 oz (284g)
chili powder
2 dash (1g)
cheese
2 tbsp, shredded (14g)
water
2 tbsp (30mL)

For all 2 meals:

garlic powder
4 dash (2g)
bread
2 slice (64g)
ground beef (93% lean)
1 1/4 lbs (567g)
chili powder
4 dash (1g)
cheese
4 tbsp, shredded (28g)
water
4 tbsp (60mL)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chili powder and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet. Bake until meat loaves are browned and cooked through, 15-18 minutes.
6. Carefully top the meat loaves with shredded cheese. Return sheet to the oven until cheese melts, 1-2 minutes more. Serve.

Dinner 3 [↗](#)

Eat on day 4

Chicken fajitas

2 tortilla(s) - 562 cals ● 57g protein ● 18g fat ● 36g carbs ● 6g fiber



Makes 2 tortilla(s)

boneless skinless chicken breast, raw

1/2 lbs (224g)

oil

1/2 tbsp (8mL)

limes

1/4 fruit (2" dia) (17g)

garlic powder

2 dash (1g)

flour tortillas

2 tortilla medium (approx 6" dia) (60g)

ground cumin

3 dash (1g)

chili powder

3 dash (1g)

bell pepper, deseeded & sliced

3/4 large (123g)

onion, sliced

1/4 large (38g)

1. Mix all seasonings in a small bowl and add in a pinch of salt. Season chicken breasts on all sides.
2. Heat oil in a skillet over medium heat. Add in chicken breasts and cook 7-10 minutes on each side until chicken is fully cooked. Remove and set aside to cool.
3. Meanwhile, add onions and peppers to skillet. Saute for about 5 minutes, stirring frequently, until they have softened a little.
4. When chicken is cool enough to handle, slice it into strips and add the strips back to the skillet. Stir to incorporate.
5. Spoon fajita mixture onto the tortillas and squeeze some lime on top. Serve.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



mixed greens

2 1/4 cup (68g)

tomatoes

6 tbsp cherry tomatoes (56g)

salad dressing

2 1/4 tbsp (34mL)

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

Dinner 4 [↗](#)

Eat on day 5

Southwest chicken

8 oz - 362 cals ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber



Makes 8 oz

oil

1 tsp (5mL)

taco seasoning mix

1/2 tbsp (4g)

cheese

1 tbsp, shredded (7g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

bell pepper, cut into strips

1 medium (119g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top and 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.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Slow cooker chicken chili

646 cals ● 63g protein ● 13g fat ● 51g carbs ● 19g fiber



For single meal:

garlic powder
1/3 tsp (1g)
nonfat greek yogurt, plain
2 2/3 tbsp (47g)
cheddar cheese
2 2/3 tbsp, shredded (19g)
ground cumin
1/3 tsp (1g)
kidney beans
2/3 can (299g)
tomato puree
5 oz (142g)
boneless skinless chicken breast, raw
1/3 lbs (149g)
salsa, divided
1/3 jar (151g)

For all 2 meals:

garlic powder
1/4 tbsp (2g)
nonfat greek yogurt, plain
1/3 cup (93g)
cheddar cheese
1/3 cup, shredded (38g)
ground cumin
1/4 tbsp (1g)
kidney beans
1 1/3 can (597g)
tomato puree
10 oz (283g)
boneless skinless chicken breast, raw
2/3 lbs (299g)
salsa, divided
2/3 jar (303g)

1. Place the chicken, tomato puree, kidney beans, just half of the salsa, cumin, garlic powder, and a generous pinch of salt in a slow cooker. Stir until well combined. Refrigerate the remaining salsa for later use.
2. Cover the slow cooker and cook on high for 4-6 hours or on low for 6-8 hours, until the chicken is fully cooked and easily shreds.
3. Once cooked, shred the chicken in the slow cooker using two forks. Stir in the reserved salsa and season with salt and pepper to taste.
4. Serve topped with cheese and a dollop of Greek yogurt.