

Meal Plan - Meal plan with over 160g 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

1897 cals ● 170g protein (36%) ● 89g fat (42%) ● 75g carbs (16%) ● 30g fiber (6%)

Breakfast

315 cals, 18g protein, 8g net carbs, 21g fat



Roasted almonds

1/8 cup(s)- 111 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Snacks

280 cals, 17g protein, 29g net carbs, 8g fat



Quinoa & chia yogurt parfait

282 cals

Lunch

630 cals, 51g protein, 16g net carbs, 35g fat



Low carb fried chicken

8 oz- 468 cals



Sugar snap peas

164 cals

Dinner

670 cals, 84g protein, 22g net carbs, 24g fat



Parmesan crusted tilapia

12 oz- 548 cals



Mixed vegetables

1 1/4 cup(s)- 121 cals

Day 2

1922 cals ● 159g protein (33%) ● 90g fat (42%) ● 87g carbs (18%) ● 34g fiber (7%)

Breakfast

315 cals, 18g protein, 8g net carbs, 21g fat



Roasted almonds

1/8 cup(s)- 111 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Snacks

280 cals, 17g protein, 29g net carbs, 8g fat



Quinoa & chia yogurt parfait

282 cals

Lunch

645 cals, 57g protein, 34g net carbs, 31g fat



Flavored rice mix

143 cals



Simple mozzarella and tomato salad

121 cals



Caesar chicken breasts

6 2/3 oz- 383 cals

Dinner

680 cals, 67g protein, 15g net carbs, 30g fat



Southwest chicken

8 oz- 362 cals



Garlic collard greens

319 cals

Day 3

1957 cals ● 167g protein (34%) ● 86g fat (40%) ● 96g carbs (20%) ● 32g fiber (7%)

Breakfast

350 cals, 26g protein, 18g net carbs, 18g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Broccoli & cheddar egg muffins

2 muffins- 193 cals

Snacks

280 cals, 17g protein, 29g net carbs, 8g fat



Quinoa & chia yogurt parfait

282 cals

Lunch

645 cals, 57g protein, 34g net carbs, 31g fat



Flavored rice mix

143 cals



Simple mozzarella and tomato salad

121 cals



Caesar chicken breasts

6 2/3 oz- 383 cals

Dinner

680 cals, 67g protein, 15g net carbs, 30g fat



Southwest chicken

8 oz- 362 cals



Garlic collard greens

319 cals

Day 4

1935 cals ● 178g protein (37%) ● 70g fat (33%) ● 120g carbs (25%) ● 27g fiber (6%)

Breakfast

350 cals, 26g protein, 18g net carbs, 18g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Broccoli & cheddar egg muffins

2 muffins- 193 cals

Snacks

285 cals, 18g protein, 39g net carbs, 4g fat



Kiwi

2 kiwi- 94 cals



Fruit juice

1/2 cup(s)- 57 cals



Yogurt and cucumber

132 cals

Lunch

670 cals, 52g protein, 58g net carbs, 21g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Roasted almonds

1/8 cup(s)- 111 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

635 cals, 83g protein, 5g net carbs, 28g fat



Garlic collard greens

159 cals



Basic chicken breast

12 oz- 476 cals

Day 5

1991 cals ● 161g protein (32%) ● 67g fat (30%) ● 157g carbs (32%) ● 29g fiber (6%)

Breakfast

350 cals, 26g protein, 18g net carbs, 18g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Broccoli & cheddar egg muffins

2 muffins- 193 cals

Snacks

285 cals, 18g protein, 39g net carbs, 4g fat



Kiwi

2 kiwi- 94 cals



Fruit juice

1/2 cup(s)- 57 cals



Yogurt and cucumber

132 cals

Lunch

670 cals, 52g protein, 58g net carbs, 21g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Roasted almonds

1/8 cup(s)- 111 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

690 cals, 65g protein, 41g net carbs, 25g fat



Mashed sweet potatoes with butter

249 cals



Roasted broccoli

49 cals



Rosemary chicken

9 oz- 393 cals

Day 6

1897 cals ● 165g protein (35%) ● 82g fat (39%) ● 87g carbs (18%) ● 38g fiber (8%)

Breakfast

365 cals, 30g protein, 19g net carbs, 17g fat



Basic scrambled eggs

2 egg(s)- 159 cals



Pumped up greek yogurt

1 container(s)- 206 cals

Snacks

250 cals, 25g protein, 11g net carbs, 11g fat



Cottage cheese and pineapple

140 cals



Roasted almonds

1/8 cup(s)- 111 cals

Lunch

590 cals, 45g protein, 16g net carbs, 29g fat



Chicken avocado salad

500 cals



Raspberries

1 1/4 cup(s)- 90 cals

Dinner

690 cals, 65g protein, 41g net carbs, 25g fat



Mashed sweet potatoes with butter

249 cals



Roasted broccoli

49 cals



Rosemary chicken

9 oz- 393 cals

Day 7

1939 cals ● 168g protein (35%) ● 95g fat (44%) ● 70g carbs (14%) ● 33g fiber (7%)

Breakfast

365 cals, 30g protein, 19g net carbs, 17g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Pumped up greek yogurt
1 container(s)- 206 cals

Snacks

250 cals, 25g protein, 11g net carbs, 11g fat



Cottage cheese and pineapple
140 cals



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

Lunch

590 cals, 45g protein, 16g net carbs, 29g fat



Chicken avocado salad
500 cals



Raspberries
1 1/4 cup(s)- 90 cals

Dinner

735 cals, 68g protein, 24g net carbs, 37g fat



Pesto chicken & quinoa stuffed peppers
4 half pepper(s)- 733 cals

Grocery List



Dairy and Egg Products

- lowfat flavored greek yogurt
8 (5.3 oz ea) container(s) (1200g)
- eggs
12 large (600g)
- parmesan cheese
2 oz (54g)
- cheese
2 tbsp, shredded (14g)
- fresh mozzarella cheese
2 oz (57g)
- cheddar cheese
1/2 cup, shredded (57g)
- lowfat greek yogurt
1 cup (280g)
- low fat cottage cheese (1% milkfat)
3 cup (678g)
- butter
4 tsp (18g)
- mozzarella cheese, shredded
1/2 cup (43g)

Nut and Seed Products

- chia seeds
2 tbsp (28g)
- almonds
3/4 cup, whole (107g)

Cereal Grains and Pasta

- quinoa, uncooked
3 oz (83g)

Fats and Oils

- oil
3 oz (87mL)
- olive oil
1 oz (35mL)
- balsamic vinaigrette
1 tbsp (14mL)
- caesar salad dressing
1/4 cup (49g)

Beverages

- water
6 tbsp (90mL)
- protein powder
2 tbsp (12g)

Soups, Sauces, and Gravies

- hot sauce
1/2 tbsp (8mL)
- chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)
- pesto sauce
1/3 jar (6.25 oz) (59g)

Other

- chicken, drumsticks, with skin
1/2 lbs (227g)
- pork rinds
1/4 oz (7g)
- cacao nibs
2 tsp (7g)

Finfish and Shellfish Products

- tilapia, raw
3/4 lbs (336g)

Poultry Products

- boneless skinless chicken breast, raw
5 lbs (2239g)

Meals, Entrees, and Side Dishes

- flavored rice mix
1/2 pouch (~5.6 oz) (79g)

Fruits and Fruit Juices

- kiwi
4 fruit (276g)
- fruit juice
8 fl oz (240mL)
- lemon juice
1 1/2 tbsp (23mL)
- raspberries
3/4 lbs (338g)
- canned pineapple
6 tbsp, chunks (68g)
- lime juice
4 tsp (20mL)
- avocados
1 avocado(s) (201g)

Sweets

Spices and Herbs

honey
2 tbsp (42g)

- balsamic vinegar
2 tsp (10mL)
- rosemary, dried
3 g (3g)
- cajun seasoning
1/3 tsp (1g)
- paprika
1 tsp (2g)
- taco seasoning mix
1 tbsp (9g)
- salt
1/2 tbsp (9g)
- fresh basil
1 tbsp, chopped (3g)
- black pepper
1/4 tbsp, ground (2g)
- garlic powder
2 dash (1g)
- onion powder
2 dash (1g)

Vegetables and Vegetable Products

- tomatoes
2 1/2 medium whole (2-3/5" dia) (317g)
- kale leaves
2 cup, chopped (80g)
- frozen sugar snap peas
2 2/3 cup (384g)
- frozen mixed veggies
1 1/4 cup (169g)
- bell pepper
4 medium (476g)
- collard greens
2 1/2 lbs (1134g)
- garlic
9 clove(s) (27g)
- frozen broccoli
13 1/4 oz (375g)
- cucumber
1 cucumber (8-1/4") (301g)
- sweet potatoes
2 sweetpotato, 5" long (420g)
- onion
2 tbsp chopped (20g)
- brussels sprouts
10 sprouts (190g)

Breakfast 1 ↗

Eat on day 1 and day 2

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.

Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
water
3 tbsp (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
1 tsp (5mL)
water
6 tbsp (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

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.

Broccoli & cheddar egg muffins

2 muffins - 193 cals ● 14g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

eggs
1 1/3 large (67g)
cheddar cheese
2 2/3 tbsp, shredded (19g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
olive oil
1/3 tsp (2mL)
frozen broccoli, steamed
1/3 cup (30g)

For all 3 meals:

eggs
4 large (200g)
cheddar cheese
1/2 cup, shredded (57g)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
olive oil
1 tsp (5mL)
frozen broccoli, steamed
1 cup (91g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.

Breakfast 3

Eat on day 6 and day 7

Basic scrambled eggs

2 egg(s) - 159 cals  13g protein  12g fat  1g carbs  0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Pumped up greek yogurt

1 container(s) - 206 cals  17g protein  6g fat  18g carbs  3g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
protein powder
1 tbsp (6g)
raspberries
8 raspberries (15g)
cacao nibs
1 tsp (3g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
protein powder
2 tbsp (12g)
raspberries
16 raspberries (30g)
cacao nibs
2 tsp (7g)

1. Mix Greek yogurt and protein powder together until smooth. Top with smashed raspberries and cacao nibs (optional). Serve.

Lunch 1 ↗

Eat on day 1

Low carb fried chicken

8 oz - 468 cals ● 40g protein ● 34g fat ● 0g carbs ● 0g fiber



Makes 8 oz

hot sauce

1/2 tbsp (8mL)

cajun seasoning

1/3 tsp (1g)

Chicken, drumsticks, with skin

1/2 lbs (227g)

pork rinds, crushed

1/4 oz (7g)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Sugar snap peas

164 cals ● 11g protein ● 1g fat ● 16g carbs ● 12g fiber



frozen sugar snap peas

2 2/3 cup (384g)

1. Prepare according to instructions on package.

Lunch 2 ↗

Eat on day 2 and day 3

Flavored rice mix

143 cals ● 4g protein ● 1g fat ● 29g carbs ● 1g fiber



For single meal:

flavored rice mix
1/4 pouch (~5.6 oz) (40g)

For all 2 meals:

flavored rice mix
1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.

Simple mozzarella and tomato salad

121 cals ● 7g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
1/2 tbsp, chopped (1g)
fresh mozzarella cheese, sliced
1 oz (28g)
tomatoes, sliced
3/8 large whole (3" dia) (68g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
1 tbsp, chopped (3g)
fresh mozzarella cheese, sliced
2 oz (57g)
tomatoes, sliced
3/4 large whole (3" dia) (137g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Caesar chicken breasts

6 2/3 oz - 383 cals ● 46g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
6 2/3 oz (189g)
caesar salad dressing
5 tsp (24g)
parmesan cheese
5 tsp (8g)

For all 2 meals:

boneless skinless chicken breast, raw
13 1/3 oz (378g)
caesar salad dressing
1/4 cup (49g)
parmesan cheese
1/4 cup (17g)

1. Preheat oven to 400°F (200°C).
2. Pour Caesar dressing into a baking dish large enough to fit the chicken in one layer.
3. Place the chicken in dressing and flip to coat.
4. Bake for 20-25 minutes until chicken is cooked through.
5. Remove the dish from the oven, set broiler to high, sprinkle the chicken with parmesan cheese, and broil until cheese is melted and golden, about 1-2 minutes. Serve.

Lunch 3 ↗

Eat on day 4 and day 5

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals ● 27g protein ● 10g fat ● 35g carbs ● 8g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
3 can (~19 oz) (1578g)

1. Prepare according to instructions on package.

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.

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
honey
2 tbsp (42g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Lunch 4 ↗

Eat on day 6 and day 7

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
onion
1 tbsp chopped (10g)
lime juice
2 tsp (10mL)
oil
2 tsp (10mL)
brussels sprouts
5 sprouts (95g)
avocados, chopped
1/2 avocado(s) (101g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
onion
2 tbsp chopped (20g)
lime juice
4 tsp (20mL)
oil
4 tsp (20mL)
brussels sprouts
10 sprouts (190g)
avocados, chopped
1 avocado(s) (201g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries

1 1/4 cup (154g)

For all 2 meals:

raspberries

2 1/2 cup (308g)

1. Rinse raspberries and serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Quinoa & chia yogurt parfait

282 cals ● 17g protein ● 8g fat ● 29g carbs ● 6g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

chia seeds

2 tsp (9g)

quinoa, uncooked

2 tbsp (21g)

For all 3 meals:

lowfat flavored greek yogurt

3 (5.3 oz ea) container(s) (450g)

chia seeds

2 tbsp (28g)

quinoa, uncooked

6 tbsp (64g)

1. Cook quinoa according to package- 2 tbsp uncooked should yield around 1/3 cup cooked. Let cool.
2. Mix together the quinoa and yogurt. Top with chia seeds.
3. Serve.
4. To make in bulk: cook quinoa all at once and store in an airtight container in the fridge. Mix with yogurt and chia seeds when serving.

Snacks 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.

Fruit juice

1/2 cup(s) - 57 cals ● 1g protein ● 0g fat ● 13g carbs ● 0g fiber

For single meal:



fruit juice
4 fl oz (120mL)

For all 2 meals:

fruit juice
8 fl oz (240mL)

1. The recipe has no instructions.

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.

Snacks 3 ↗

Eat on day 6 and day 7

Cottage cheese and pineapple

140 cals ● 21g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
canned pineapple, drained
3 tbsp, chunks (34g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
canned pineapple, drained
6 tbsp, chunks (68g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

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.

Dinner 1 ↗

Eat on day 1

Parmesan crusted tilapia

12 oz - 548 cals ● 78g protein ● 23g fat ● 6g carbs ● 1g fiber



Makes 12 oz

paprika
1 tsp (2g)
tilapia, raw
3/4 lbs (336g)
olive oil
1/2 tbsp (8mL)
parmesan cheese, grated
6 tbsp (38g)

1. Preheat the oven to 400°F (200°C).
2. Line a baking sheet with aluminum foil.
3. In a small bowl, mix together Parmesan cheese, paprika, and a pinch of salt and pepper.
4. Coat the tilapia fillets with olive oil, then place them on the prepared baking sheet. Press the Parmesan mixture onto the top of the tilapia.
5. Bake in the preheated oven for 10 to 12 minutes, or until the fish flakes easily with a fork.

Mixed vegetables

1 1/4 cup(s) - 121 cals ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



Makes 1 1/4 cup(s)

frozen mixed veggies
1 1/4 cup (169g)

1. Prepare according to instructions on package.

Dinner 2 ↗

Eat on day 2 and day 3

Southwest chicken

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



For single meal:

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)

For all 2 meals:

oil
2 tsp (10mL)
taco seasoning mix
1 tbsp (9g)
cheese
2 tbsp, shredded (14g)
boneless skinless chicken breast, raw
1 lbs (448g)
bell pepper, cut into strips
2 medium (238g)

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.

Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



For single meal:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
salt
2 dash (2g)
garlic, minced
3 clove(s) (9g)

For all 2 meals:

collard greens
2 lbs (907g)
oil
2 tbsp (30mL)
salt
4 dash (3g)
garlic, minced
6 clove(s) (18g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 3 ↗

Eat on day 4

Garlic collard greens

159 cals ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



collard greens

1/2 lbs (227g)

oil

1/2 tbsp (8mL)

salt

1 dash (1g)

garlic, minced

1 1/2 clove(s) (5g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and sauté until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Basic chicken breast

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



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

oil

3/4 tbsp (11mL)

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.

Dinner 4 ↗

Eat on day 5 and day 6

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)
butter
2 tsp (9g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

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.

Roasted broccoli

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



For single meal:

frozen broccoli
1/2 package (142g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
garlic powder
1 dash (0g)
onion powder
1 dash (0g)

For all 2 meals:

frozen broccoli
1 package (284g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)
garlic powder
2 dash (1g)
onion powder
2 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Rosemary chicken

9 oz - 393 cals ● 58g protein ● 17g fat ● 2g carbs ● 1g fiber



For single meal:

salt
3/4 dash (1g)
olive oil
3/4 tbsp (11mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)
lemon juice
3/4 tbsp (11mL)
rosemary, dried
1 tsp (1g)
garlic, minced
3/4 clove(s) (2g)

For all 2 meals:

salt
1 1/2 dash (1g)
olive oil
1 1/2 tbsp (23mL)
boneless skinless chicken breast, raw
18 oz (510g)
lemon juice
1 1/2 tbsp (23mL)
rosemary, dried
3/4 tbsp (2g)
garlic, minced
1 1/2 clove(s) (5g)

1. In a small bowl, whisk together the oil, lemon juice, garlic, rosemary, and salt.
2. Put chicken in a ziplock bag and add in the oil mixture. Make sure marinade coats all sides of the chicken. Put it in the refrigerator for at least 15 minutes.
3. Grill chicken or cook in frying pan- about 5-7 minutes per side, or until internal temperature reaches 165 F (75 C). Serve.

Dinner 5 ↗

Eat on day 7

Pesto chicken & quinoa stuffed peppers

4 half pepper(s) - 733 cals ● 68g protein ● 37g fat ● 24g carbs ● 7g fiber



Makes 4 half pepper(s)

bell pepper

2 medium (238g)

mozzarella cheese, shredded

1/2 cup (43g)

pesto sauce

1/3 jar (6.25 oz) (59g)

quinoa, uncooked

1 3/4 tbsp (19g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

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. Cook quinoa according to package. Should yield about 1 cup of cooked quinoa. Set aside.

4. Meanwhile, turn on broiler and place bell peppers under broiler for 5 minutes until skin blisters and blackens. Remove and set aside.

5. Preheat oven to 350 F (180 C).

6. In a medium bowl mix the quinoa, chicken, cheese, and pesto together.

7. When peppers have cooled, cut in half and remove seeds.

8. Fill pepper halves with chicken mixture and top with cheese.

9. Bake for 10 minutes. Serve.