

# Meal Plan - Meal plan with over 180g 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

2144 cals ● 193g protein (36%) ● 85g fat (36%) ● 129g carbs (24%) ● 23g fiber (4%)

### Breakfast

285 cals, 33g protein, 17g net carbs, 9g fat



#### Carrot sticks

1 carrot(s)- 27 cals



#### Protein shake (milk)

258 cals

### Lunch

740 cals, 50g protein, 44g net carbs, 37g fat



#### Mediterranean turkey sandwich

1 sandwich(es)- 337 cals



#### Simple mozzarella and tomato salad

403 cals

### Snacks

320 cals, 21g protein, 19g net carbs, 17g fat



#### Cottage cheese & fruit cup

1 container- 131 cals



#### Pistachios

188 cals

### Dinner

800 cals, 91g protein, 50g net carbs, 23g fat



#### Farro

1/2 cups, cooked- 185 cals



#### Mushroom pork chops

2 chop(s)- 616 cals

## Day 2

2144 cals ● 193g protein (36%) ● 85g fat (36%) ● 129g carbs (24%) ● 23g fiber (4%)

### Breakfast

285 cals, 33g protein, 17g net carbs, 9g fat



#### Carrot sticks

1 carrot(s)- 27 cals



#### Protein shake (milk)

258 cals

### Lunch

740 cals, 50g protein, 44g net carbs, 37g fat



#### Mediterranean turkey sandwich

1 sandwich(es)- 337 cals



#### Simple mozzarella and tomato salad

403 cals

### Snacks

320 cals, 21g protein, 19g net carbs, 17g fat



#### Cottage cheese & fruit cup

1 container- 131 cals



#### Pistachios

188 cals

### Dinner

800 cals, 91g protein, 50g net carbs, 23g fat



#### Farro

1/2 cups, cooked- 185 cals



#### Mushroom pork chops

2 chop(s)- 616 cals

## Day 3

2097 cals ● 185g protein (35%) ● 76g fat (33%) ● 140g carbs (27%) ● 27g fiber (5%)

### Breakfast

285 cals, 33g protein, 17g net carbs, 9g fat



#### Carrot sticks

1 carrot(s)- 27 cals



#### Protein shake (milk)

258 cals

### Lunch

795 cals, 72g protein, 53g net carbs, 27g fat



#### Simple plain turkey burger

2 burger(s)- 375 cals



#### Caprese salad

71 cals



#### Lentils

347 cals

### Snacks

300 cals, 8g protein, 12g net carbs, 22g fat



#### Dark chocolate

3 square(s)- 180 cals



#### Sunflower seeds

120 cals

### Dinner

720 cals, 72g protein, 59g net carbs, 18g fat



#### Simple mixed greens and tomato salad

113 cals



#### Pork-broccoli-rice bowl

605 cals

## Day 4

2163 cals ● 184g protein (34%) ● 81g fat (34%) ● 142g carbs (26%) ● 31g fiber (6%)

### Breakfast

350 cals, 31g protein, 19g net carbs, 14g fat



#### Grapes

116 cals



#### Paleo beef & egg bowl

236 cals

### Lunch

795 cals, 72g protein, 53g net carbs, 27g fat



#### Simple plain turkey burger

2 burger(s)- 375 cals



#### Caprese salad

71 cals



#### Lentils

347 cals

### Snacks

300 cals, 8g protein, 12g net carbs, 22g fat



#### Dark chocolate

3 square(s)- 180 cals



#### Sunflower seeds

120 cals

### Dinner

720 cals, 72g protein, 59g net carbs, 18g fat



#### Simple mixed greens and tomato salad

113 cals



#### Pork-broccoli-rice bowl

605 cals

## Day 5

2167 cals ● 185g protein (34%) ● 78g fat (32%) ● 151g carbs (28%) ● 30g fiber (5%)

### Breakfast

350 cals, 31g protein, 19g net carbs, 14g fat



**Grapes**  
116 cals



**Paleo beef & egg bowl**  
236 cals

### Snacks

260 cals, 20g protein, 30g net carbs, 6g fat



**Plain yogurt**  
1 1/2 cup(s)- 232 cals



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

### Lunch

720 cals, 61g protein, 77g net carbs, 15g fat



**Chicken tzatziki pita sandwich**  
2 pita sandwich(es)- 607 cals



**Milk**  
3/4 cup(s)- 112 cals

### Dinner

835 cals, 72g protein, 26g net carbs, 44g fat



**Pakistani chicken seekh**  
6 patties- 711 cals



**Green beans**  
126 cals

## Day 6

2240 cals ● 184g protein (33%) ● 98g fat (39%) ● 125g carbs (22%) ● 29g fiber (5%)

### Breakfast

385 cals, 26g protein, 16g net carbs, 23g fat



**Milk**  
1 cup(s)- 149 cals



**Chicken sausage & egg white breakfast bowl**  
234 cals

### Snacks

260 cals, 20g protein, 30g net carbs, 6g fat



**Plain yogurt**  
1 1/2 cup(s)- 232 cals



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

### Lunch

760 cals, 67g protein, 54g net carbs, 26g fat



**Lentils**  
231 cals



**Almond crusted tilapia**  
7 1/2 oz- 529 cals

### Dinner

835 cals, 72g protein, 26g net carbs, 44g fat



**Pakistani chicken seekh**  
6 patties- 711 cals



**Green beans**  
126 cals

## Day 7

2175 cals ● 231g protein (42%) ● 83g fat (35%) ● 103g carbs (19%) ● 22g fiber (4%)

### Breakfast

385 cals, 26g protein, 16g net carbs, 23g fat



#### Milk

1 cup(s)- 149 cals



#### Chicken sausage & egg white breakfast bowl

234 cals

### Snacks

260 cals, 20g protein, 30g net carbs, 6g fat



#### Plain yogurt

1 1/2 cup(s)- 232 cals



#### Carrot sticks

1 carrot(s)- 27 cals

### Lunch

760 cals, 67g protein, 54g net carbs, 26g fat



#### Lentils

231 cals



#### Almond crusted tilapia

7 1/2 oz- 529 cals

### Dinner

770 cals, 119g protein, 4g net carbs, 29g fat



#### Broccoli

2 cup(s)- 58 cals



#### Basic chicken breast

18 oz- 714 cals

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# Grocery List



## Vegetables and Vegetable Products

- carrots  
6 medium (366g)
- tomatoes  
7 medium whole (2-3/5" dia) (852g)
- cucumber  
2/3 cucumber (8-1/4") (207g)
- onion  
3 medium (2-1/2" dia) (347g)
- mushrooms  
1/2 lbs (227g)
- frozen broccoli  
14 3/4 oz (419g)
- fresh cilantro  
1 1/2 cup (24g)
- garlic  
3 clove(s) (9g)
- frozen green beans  
5 1/3 cup (645g)

## Dairy and Egg Products

- whole milk  
5 3/4 cup(s) (1380mL)
- feta cheese  
4 tbsp (38g)
- fresh mozzarella cheese  
1/2 lbs (217g)
- eggs  
3 1/2 large (175g)
- plain lowfat yogurt  
4 1/2 cup (1103g)
- egg whites  
1/2 cup (122g)

## Beverages

- protein powder  
3 scoop (1/3 cup ea) (93g)
- water  
10 2/3 cup(s) (2529mL)

## Baked Products

- bread  
4 slice(s) (128g)
- pita bread  
2 pita, medium (5" dia) (100g)

## Other

## Spices and Herbs

- fresh basil  
1/2 oz (13g)
- salt  
3/4 oz (21g)
- black pepper  
1/2 tbsp, ground (3g)
- garlic salt  
1 dash (0g)
- ground cumin  
3/4 tbsp (5g)
- ground coriander  
3/4 tbsp (4g)
- curry powder  
3/4 tbsp (5g)
- ground ginger  
1/2 tbsp (3g)

## Pork Products

- pork chop, bone-in  
4 chop (712g)
- pork tenderloin, raw  
1 1/4 lbs (567g)

## Soups, Sauces, and Gravies

- condensed cream of mushroom soup  
1 11oz can (310g)

## Nut and Seed Products

- pistachios, shelled  
1/2 cup (62g)
- sunflower kernels  
1 1/3 oz (38g)
- almonds  
10 tbsp, slivered (68g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
5/6 pouch (~5.6 oz) (132g)

## Poultry Products

- ground turkey, raw  
1 lbs (454g)
- ground chicken, raw  
1 1/2 lbs (680g)

- mixed greens**  
1 1/2 package (5.5 oz) (232g)
- farro**  
1/2 cup (104g)
- cottage cheese & fruit cup**  
2 container (340g)
- tzatziki**  
4 tbsp (56g)
- chicken breakfast sausage**  
4 link(s) (120g)

### **Sausages and Luncheon Meats**

- turkey cold cuts**  
6 oz (170g)
- chicken cold cuts**  
1/2 lbs (227g)

### **Fats and Oils**

- balsamic vinaigrette**  
2 oz (60mL)
- salad dressing**  
1/4 cup (68mL)
- olive oil**  
1 oz (27mL)
- oil**  
1 3/4 oz (54mL)

- boneless skinless chicken breast, raw**  
18 oz (504g)

### **Legumes and Legume Products**

- lentils, raw**  
1 2/3 cup (320g)

### **Sweets**

- chocolate, dark, 70-85%**  
6 square(s) (60g)

### **Fruits and Fruit Juices**

- grapes**  
4 cup (368g)
- avocados**  
1/2 avocado(s) (101g)

### **Beef Products**

- ground beef (93% lean)**  
1/2 lbs (227g)

### **Finfish and Shellfish Products**

- tilapia, raw**  
15 oz (420g)

### **Cereal Grains and Pasta**

- all-purpose flour**  
3/8 cup(s) (52g)

## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### Carrot sticks

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



For single meal:

**carrots**

1 medium (61g)

For all 3 meals:

**carrots**

3 medium (183g)

1. Cut carrots into strips and serve.

### Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**

1 cup(s) (240mL)

**protein powder**

1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**whole milk**

3 cup(s) (720mL)

**protein powder**

3 scoop (1/3 cup ea) (93g)

1. Mix until well-combined.
2. Serve.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**  
2 cup (184g)

For all 2 meals:

**grapes**  
4 cup (368g)

1. The recipe has no instructions.

### Paleo beef & egg bowl

236 cals ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

**ground beef (93% lean)**  
4 oz (114g)  
**eggs**  
1 large (50g)

For all 2 meals:

**ground beef (93% lean)**  
1/2 lbs (227g)  
**eggs**  
2 large (100g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Milk

1 cup(s) - 149 cals ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)

For all 2 meals:

**whole milk**  
2 cup(s) (480mL)

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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Mediterranean turkey sandwich

1 sandwich(es) - 337 cals ● 26g protein ● 8g fat ● 33g carbs ● 6g fiber



For single meal:

**bread**  
2 slice(s) (64g)  
**mixed greens**  
4 tbsp (8g)  
**turkey cold cuts**  
3 oz (85g)  
**feta cheese**  
2 tbsp (19g)  
**tomatoes, sliced**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**cucumber, sliced**  
1/4 cucumber (8-1/4") (75g)  
**onion, sliced**  
4 slices, thin (36g)

For all 2 meals:

**bread**  
4 slice(s) (128g)  
**mixed greens**  
1/2 cup (15g)  
**turkey cold cuts**  
6 oz (170g)  
**feta cheese**  
4 tbsp (38g)  
**tomatoes, sliced**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)  
**onion, sliced**  
8 slices, thin (72g)

1. Build sandwich by layering all ingredients inside of the bread.  
Serve.

### Simple mozzarella and tomato salad

403 cals ● 23g protein ● 28g fat ● 11g carbs ● 3g fiber



For single meal:

**balsamic vinaigrette**  
5 tsp (25mL)  
**fresh basil**  
5 tsp, chopped (4g)  
**fresh mozzarella cheese, sliced**  
1/4 lbs (95g)  
**tomatoes, sliced**  
1 1/4 large whole (3" dia) (228g)

For all 2 meals:

**balsamic vinaigrette**  
1/4 cup (50mL)  
**fresh basil**  
1/4 cup, chopped (9g)  
**fresh mozzarella cheese, sliced**  
6 2/3 oz (189g)  
**tomatoes, sliced**  
2 1/2 large whole (3" dia) (455g)

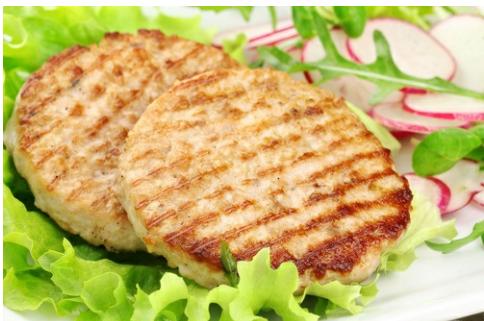
1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

## Lunch 2 ↗

Eat on day 3 and day 4

### Simple plain turkey burger

2 burger(s) - 375 cals ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

**ground turkey, raw**  
1/2 lbs (227g)  
**oil**  
1 tsp (5mL)

For all 2 meals:

**ground turkey, raw**  
1 lbs (454g)  
**oil**  
2 tsp (10mL)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

### Caprese salad

71 cals ● 4g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

**fresh mozzarella cheese**  
1/2 oz (14g)  
**mixed greens**  
1/6 package (5.5 oz) (26g)  
**fresh basil**  
4 tsp leaves, whole (2g)  
**balsamic vinaigrette**  
1 tsp (5mL)  
**tomatoes, halved**  
2 2/3 tbsp cherry tomatoes (25g)

For all 2 meals:

**fresh mozzarella cheese**  
1 oz (28g)  
**mixed greens**  
1/3 package (5.5 oz) (52g)  
**fresh basil**  
2 2/3 tbsp leaves, whole (4g)  
**balsamic vinaigrette**  
2 tsp (10mL)  
**tomatoes, halved**  
1/3 cup cherry tomatoes (50g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

### Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

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

For all 2 meals:

**water**  
4 cup(s) (948mL)  
**salt**  
2 dash (2g)  
**lentils, raw, rinsed**  
1 cup (192g)

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.

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## Lunch 3

Eat on day 5

### Chicken tzatziki pita sandwich

2 pita sandwich(es) - 607 cals ● 55g protein ● 9g fat ● 68g carbs ● 8g fiber



Makes 2 pita sandwich(es)

**pita bread**  
2 pita, medium (5" dia) (100g)  
**chicken cold cuts**  
1/2 lbs (227g)  
**mixed greens**  
1 cup (30g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**cucumber**  
8 slices (56g)  
**tzatziki**  
4 tbsp (56g)

1. Slice pita open. Spread tzatziki sauce inside of pita. Stuff with sliced chicken, mixed greens, sliced tomato and sliced cucumber. Serve.

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## Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

**whole milk**  
3/4 cup(s) (180mL)

1. The recipe has no instructions.

## Lunch 4 ↗

Eat on day 6 and day 7

### Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (0g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

For all 2 meals:

**water**  
2 2/3 cup(s) (632mL)  
**salt**  
1 1/3 dash (1g)  
**lentils, raw, rinsed**  
2/3 cup (128g)

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.

### Almond crusted tilapia

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



For single meal:

**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)

For all 2 meals:

**almonds**  
10 tbsp, slivered (68g)  
**tilapia, raw**  
15 oz (420g)  
**all-purpose flour**  
3/8 cup(s) (52g)  
**salt**  
1/3 tsp (1g)  
**olive oil**  
1 1/4 tbsp (19mL)

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.

## Snacks 1 ↗

Eat on day 1 and day 2

### 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.

### Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

**pistachios, shelled**  
4 tbsp (31g)

For all 2 meals:

**pistachios, shelled**  
1/2 cup (62g)

1. The recipe has no instructions.

## Snacks 2 ↗

Eat on day 3 and day 4

### Dark chocolate

3 square(s) - 180 cals ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

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

For all 2 meals:

**chocolate, dark, 70-85%**  
6 square(s) (60g)

1. The recipe has no instructions.

### Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**sunflower kernels**  
2/3 oz (19g)

For all 2 meals:

**sunflower kernels**  
1 1/3 oz (38g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Plain yogurt

1 1/2 cup(s) - 232 cals ● 19g protein ● 6g fat ● 26g carbs ● 0g fiber



For single meal:

**plain lowfat yogurt**  
1 1/2 cup (368g)

For all 3 meals:

**plain lowfat yogurt**  
4 1/2 cup (1103g)

1. The recipe has no instructions.

### Carrot sticks

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



For single meal:

**carrots**  
1 medium (61g)

For all 3 meals:

**carrots**  
3 medium (183g)

1. Cut carrots into strips and serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Farro

1/2 cups, cooked - 185 cals ● 6g protein ● 1g fat ● 33g carbs ● 5g fiber



For single meal:

**farro**  
4 tbsp (52g)  
**water**  
2 cup(s) (474mL)

For all 2 meals:

**farro**  
1/2 cup (104g)  
**water**  
4 cup(s) (948mL)

1. Follow package instructions if they differ. Bring salted water to a boil. Add farro, return to a boil, then reduce heat to medium-high and cook uncovered for about 30 minutes, until soft. Drain and serve.

### Mushroom pork chops

2 chop(s) - 616 cals ● 85g protein ● 22g fat ● 17g carbs ● 3g fiber



For single meal:

**pork chop, bone-in**  
2 chop (356g)  
**salt**  
4 dash (3g)  
**black pepper**  
4 dash, ground (1g)  
**condensed cream of mushroom soup**  
1/2 11oz can (155g)  
**garlic salt**  
1/2 dash (0g)  
**onion, chopped**  
1/2 medium (2-1/2" dia) (55g)  
**mushrooms, sliced**  
4 oz (113g)

For all 2 meals:

**pork chop, bone-in**  
4 chop (712g)  
**salt**  
1 tsp (6g)  
**black pepper**  
1 tsp, ground (2g)  
**condensed cream of mushroom soup**  
1 11oz can (310g)  
**garlic salt**  
1 dash (0g)  
**onion, chopped**  
1 medium (2-1/2" dia) (110g)  
**mushrooms, sliced**  
1/2 lbs (227g)

1. Season pork chops with salt, pepper, and garlic salt to taste.
2. In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms, and saute for one minute. Pour cream of mushroom soup over chops. Cover skillet, and reduce temperature to medium-low. Simmer 20 to 30 minutes, or until chops are cooked through.

## Dinner 2 ↗

Eat on day 3 and day 4

### Simple mixed greens and tomato salad

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



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**salad dressing**  
1/4 cup (68mL)

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

### Pork-broccoli-rice bowl

605 cals ● 70g protein ● 11g fat ● 51g carbs ● 6g fiber



For single meal:

**flavored rice mix**  
3/8 pouch (~5.6 oz) (66g)  
**salt**  
1/4 tsp (1g)  
**black pepper**  
1/4 tsp, ground (0g)  
**olive oil**  
1 tsp (4mL)  
**frozen broccoli**  
3/8 package (118g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
10 oz (284g)

For all 2 meals:

**flavored rice mix**  
5/6 pouch (~5.6 oz) (132g)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**frozen broccoli**  
5/6 package (237g)  
**pork tenderloin, raw, cut into bite-sized cubes**  
1 1/4 lbs (567g)

1. Season the pork with salt and pepper.
2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
3. Meanwhile, prepare the rice and broccoli according to the instructions on their packaging.
4. Once all items are prepared, bring the pork, broccoli, and rice together; stir (or keep it all separate-whichever you prefer!). Serve.

## Dinner 3 ↗

Eat on day 5 and day 6

### Pakistani chicken seekh

6 patties - 711 cals ● 67g protein ● 43g fat ● 10g carbs ● 4g fiber



For single meal:

**ground chicken, raw**  
3/4 lbs (340g)  
**ground cumin**  
1 tsp (2g)  
**ground coriander**  
1 tsp (2g)  
**curry powder**  
1 tsp (2g)  
**eggs**  
3/4 large (38g)  
**oil**  
3/4 tbsp (11mL)  
**fresh cilantro, chopped**  
3/4 cup (12g)  
**salt**  
1/4 tbsp (5g)  
**ground ginger**  
1/4 tbsp (1g)  
**onion, diced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
1 1/2 clove(s) (5g)

For all 2 meals:

**ground chicken, raw**  
1 1/2 lbs (680g)  
**ground cumin**  
3/4 tbsp (5g)  
**ground coriander**  
3/4 tbsp (4g)  
**curry powder**  
3/4 tbsp (5g)  
**eggs**  
1 1/2 large (75g)  
**oil**  
1 1/2 tbsp (23mL)  
**fresh cilantro, chopped**  
1 1/2 cup (24g)  
**salt**  
1/2 tbsp (9g)  
**ground ginger**  
1/2 tbsp (3g)  
**onion, diced**  
1 1/2 medium (2-1/2" dia) (165g)  
**garlic, minced**  
3 clove(s) (9g)

1. Add all ingredients except the oil to a large bowl and mix together with your hands. Be careful to not over-mix.
2. Form into long patties (for accurate serving size, make the number of patties listed in the recipes serving details).
3. Heat a large skillet with oil over medium heat. Add the patties and fry for about 5-7 minutes on each side until they are cooked through. Serve.

### Green beans

126 cals ● 6g protein ● 1g fat ● 16g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

**frozen green beans**  
5 1/3 cup (645g)

1. Prepare according to instructions on package.

## Dinner 4 ↗

Eat on day 7

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### Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

**frozen broccoli**

2 cup (182g)

1. Prepare according to instructions on package.

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### Basic chicken breast

18 oz - 714 cals ● 113g protein ● 29g fat ● 0g carbs ● 0g fiber



Makes 18 oz

**boneless skinless chicken breast, raw**

18 oz (504g)

oil

1 tbsp (17mL)

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.

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