

# Meal Plan - Meal plan with over 200g 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

2431 cals ● 223g protein (37%) ● 95g fat (35%) ● 137g carbs (23%) ● 35g fiber (6%)

### Breakfast

365 cals, 31g protein, 15g net carbs, 18g fat



[Protein greek yogurt](#)  
1 container- 139 cals



[Sweet potato breakfast skillet](#)  
226 cals

### Snacks

430 cals, 17g protein, 37g net carbs, 19g fat



[Apples with lime juice](#)  
181 cals



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



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Lunch

805 cals, 81g protein, 65g net carbs, 19g fat



[Chicken-broccoli-quinoa bowl](#)  
683 cals



[Chunky canned soup \(non-creamy\)](#)  
1/2 can(s)- 124 cals

### Dinner

830 cals, 93g protein, 19g net carbs, 39g fat



[Chicken parmesan](#)  
665 cals



[Olive oil drizzled sugar snap peas](#)  
163 cals

## Day 2

2431 cals ● 223g protein (37%) ● 95g fat (35%) ● 137g carbs (23%) ● 35g fiber (6%)

### Breakfast

365 cals, 31g protein, 15g net carbs, 18g fat



[Protein greek yogurt](#)  
1 container- 139 cals



[Sweet potato breakfast skillet](#)  
226 cals

### Snacks

430 cals, 17g protein, 37g net carbs, 19g fat



[Apples with lime juice](#)  
181 cals



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



[Boiled eggs](#)  
2 egg(s)- 139 cals

### Lunch

805 cals, 81g protein, 65g net carbs, 19g fat



[Chicken-broccoli-quinoa bowl](#)  
683 cals



[Chunky canned soup \(non-creamy\)](#)  
1/2 can(s)- 124 cals

### Dinner

830 cals, 93g protein, 19g net carbs, 39g fat



[Chicken parmesan](#)  
665 cals



[Olive oil drizzled sugar snap peas](#)  
163 cals

## Day 3

2406 cals ● 240g protein (40%) ● 52g fat (20%) ● 212g carbs (35%) ● 32g fiber (5%)

### Breakfast

455 cals, 34g protein, 59g net carbs, 6g fat



#### Grapefruit

1 grapefruit- 119 cals



#### Coffee overnight protein oats

337 cals

### Snacks

310 cals, 21g protein, 42g net carbs, 6g fat



#### Milk

1/2 cup(s)- 75 cals



#### Cottage cheese & honey

1/2 cup(s)- 125 cals



#### Pretzels

110 cals

### Lunch

825 cals, 67g protein, 89g net carbs, 15g fat



#### Tossed salad

182 cals



#### Bbq deli chicken sandwich

2 1/2 sandwich(es)- 645 cals

### Dinner

815 cals, 119g protein, 21g net carbs, 26g fat



#### Sauteed corn & lima beans

179 cals



#### Marinated chicken breast

18 oz- 636 cals

## Day 4

2363 cals ● 218g protein (37%) ● 50g fat (19%) ● 234g carbs (40%) ● 27g fiber (5%)

### Breakfast

455 cals, 34g protein, 59g net carbs, 6g fat



#### Grapefruit

1 grapefruit- 119 cals



#### Coffee overnight protein oats

337 cals

### Snacks

310 cals, 21g protein, 42g net carbs, 6g fat



#### Milk

1/2 cup(s)- 75 cals



#### Cottage cheese & honey

1/2 cup(s)- 125 cals



#### Pretzels

110 cals

### Lunch

785 cals, 45g protein, 111g net carbs, 12g fat



#### Mashed sweet potatoes

275 cals



#### Rice pilaf with meatballs

4 meatballs- 509 cals

### Dinner

815 cals, 119g protein, 21g net carbs, 26g fat



#### Sauteed corn & lima beans

179 cals



#### Marinated chicken breast

18 oz- 636 cals

## Day 5

2428 cals ● 204g protein (34%) ● 98g fat (36%) ● 158g carbs (26%) ● 24g fiber (4%)

### Breakfast

425 cals, 28g protein, 10g net carbs, 28g fat



#### Carrot sticks

1 1/2 carrot(s)- 41 cals



#### Broccoli & cheddar egg muffins

4 muffins- 386 cals

### Lunch

830 cals, 69g protein, 80g net carbs, 23g fat



#### Lowfat Greek yogurt

2 container(s)- 310 cals



#### Chicken-broccoli-rice bowl

419 cals



#### Simple mixed greens salad

102 cals

### Dinner

860 cals, 87g protein, 27g net carbs, 41g fat



#### Hungarian goulash

691 cals



#### Edamame & beet salad

171 cals

### Snacks

310 cals, 21g protein, 42g net carbs, 6g fat



#### Milk

1/2 cup(s)- 75 cals



#### Cottage cheese & honey

1/2 cup(s)- 125 cals



#### Pretzels

110 cals

## Day 6

2454 cals ● 204g protein (33%) ● 112g fat (41%) ● 120g carbs (20%) ● 37g fiber (6%)

### Breakfast

425 cals, 28g protein, 10g net carbs, 28g fat



#### Carrot sticks

1 1/2 carrot(s)- 41 cals



#### Broccoli & cheddar egg muffins

4 muffins- 386 cals

### Lunch

830 cals, 69g protein, 80g net carbs, 23g fat



#### Lowfat Greek yogurt

2 container(s)- 310 cals



#### Chicken-broccoli-rice bowl

419 cals



#### Simple mixed greens salad

102 cals

### Dinner

795 cals, 87g protein, 22g net carbs, 31g fat



#### Baked chicken with tomatoes & olives

12 oz- 599 cals



#### Simple salad with tomatoes and carrots

196 cals

### Snacks

400 cals, 20g protein, 8g net carbs, 30g fat



#### Roasted almonds

1/6 cup(s)- 166 cals



#### Cucumber goat cheese bites

235 cals

# Day 7

2416 cals ● 216g protein (36%) ● 121g fat (45%) ● 80g carbs (13%) ● 36g fiber (6%)

## Breakfast

425 cals, 28g protein, 10g net carbs, 28g fat



### Carrot sticks

1 1/2 carrot(s)- 41 cals



### Broccoli & cheddar egg muffins

4 muffins- 386 cals

## Snacks

400 cals, 20g protein, 8g net carbs, 30g fat



### Roasted almonds

1/6 cup(s)- 166 cals



### Cucumber goat cheese bites

235 cals

## Lunch

795 cals, 81g protein, 40g net carbs, 31g fat



### Chicken beet & carrot salad bowl

674 cals



### Grapefruit

1 grapefruit- 119 cals

## Dinner

795 cals, 87g protein, 22g net carbs, 31g fat



### Baked chicken with tomatoes & olives

12 oz- 599 cals



### Simple salad with tomatoes and carrots

196 cals

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# Grocery List



## Other

- protein greek yogurt, flavored  
2 container (300g)
- flavored quinoa mix  
1 1/6 package (4.9 oz) (162g)
- coleslaw mix  
13 1/4 tbsp (75g)
- snow peas  
1/6 cup (14g)
- mixed greens  
5 1/2 cup (165g)

## Vegetables and Vegetable Products

- sweet potatoes  
2 sweetpotato, 5" long (382g)
- frozen sugar snap peas  
2 2/3 cup (384g)
- frozen broccoli  
1 1/2 lbs (703g)
- lima beans, frozen  
3/4 cup (120g)
- frozen corn kernels  
3/4 cup (102g)
- romaine lettuce  
2 3/4 hearts (1375g)
- tomatoes  
6 1/4 medium whole (2-3/5" dia) (773g)
- red onion  
1/6 medium (2-1/2" dia) (21g)
- cucumber  
1 1/3 cucumber (8-1/4") (357g)
- carrots  
7 medium (419g)
- tomato paste  
1/4 can (6 oz) (43g)
- onion  
3/4 medium (2-1/2" dia) (83g)
- garlic  
1/4 clove (1g)
- edamame, frozen, shelled  
1/2 cup (59g)
- beets, precooked (canned or refrigerated)  
9 1/2 oz (270g)

## Dairy and Egg Products

- eggs  
13 large (650g)
- mozzarella cheese, shredded  
6 tbsp (32g)

## Spices and Herbs

- salt  
1 oz (25g)
- black pepper  
1/4 oz (6g)
- oregano, dried  
1/4 tbsp, leaves (1g)
- paprika  
1/2 tbsp (3g)
- dried dill weed  
2 tsp (2g)
- chili powder  
4 tsp (11g)
- fresh basil  
24 leaves (12g)
- thyme, dried  
3 dash, leaves (0g)

## Fruits and Fruit Juices

- avocados  
1/2 avocado(s) (101g)
- apples  
3 medium (3" dia) (546g)
- limes  
1 1/2 fruit (2" dia) (101g)
- Grapefruit  
3 large (approx 4-1/2" dia) (996g)
- green olives  
24 large (106g)

## Poultry Products

- boneless skinless chicken breast, raw  
8 lbs (3586g)

## Nut and Seed Products

- almonds  
10 tbsp, whole (89g)

## Soups, Sauces, and Gravies

- pasta sauce  
3/4 cup (195g)
- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- barbecue sauce  
5 tbsp (85g)
- apple cider vinegar  
3/4 tsp (0mL)

- parmesan cheese  
6 tbsp (38g)
- whole milk  
2 cup(s) (480mL)
- low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- cheddar cheese  
1 cup, shredded (113g)
- lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- goat cheese  
4 oz (113g)

## Fats and Oils

- olive oil  
3 oz (93mL)
- oil  
2 oz (64mL)
- marinade sauce  
1 cup (271mL)
- salad dressing  
1/3 lbs (135mL)
- balsamic vinaigrette  
1 tbsp (15mL)

## Sweets

- honey  
2 tbsp (42g)
- maple syrup  
4 tsp (20mL)

## Snacks

- pretzels, hard, salted  
3 oz (85g)

## Beverages

- protein powder  
2 scoop (1/3 cup ea) (62g)
- coffee, brewed  
6 tbsp (89g)
- water  
3/8 cup(s) (90mL)

## Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats  
1 cup (81g)

## Baked Products

- bread  
2 1/2 slice(s) (80g)

## Sausages and Luncheon Meats

- chicken cold cuts  
10 oz (284g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
1 pouch (~5.6 oz) (181g)

## Beef Products

- ground beef (93% lean)  
1/3 lbs (151g)
- beef stew meat, raw  
3/4 lbs (341g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Protein greek yogurt

1 container - 139 cals ● 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.

### Sweet potato breakfast skillet

226 cals ● 11g protein ● 15g fat ● 7g carbs ● 4g fiber



For single meal:

**sweet potatoes**  
4 tbsp, cubes (33g)  
**eggs**  
1/2 large (25g)  
**olive oil**  
1 tsp (5mL)  
**salt**  
1 dash (0g)  
**black pepper**  
1 dash (0g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**boneless skinless chicken breast, raw**  
2 2/3 tbsp, chopped, cooked (30g)

For all 2 meals:

**sweet potatoes**  
1/2 cup, cubes (67g)  
**eggs**  
1 large (50g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**boneless skinless chicken breast, raw**  
1/3 cup, chopped, cooked (60g)

1. Preheat the oven to 350 F (180 C).
2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
4. When potato is cooked through, add the chicken and stir. Sauté for another 1-2 minutes.
5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
7. Remove from the oven, transfer to plate and garnish with sliced avocado.

## Breakfast 2 ↗

Eat on day 3 and day 4

### Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

**Grapefruit**

1 large (approx 4-1/2" dia) (332g)

For all 2 meals:

**Grapefruit**

2 large (approx 4-1/2" dia) (664g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

### Coffee overnight protein oats

337 cals ● 32g protein ● 5g fat ● 36g carbs ● 5g fiber



For single meal:

**maple syrup**

2 tsp (10mL)

**whole milk**

1/4 cup(s) (60mL)

**protein powder**

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

**oatmeal, old-fashioned oats, rolled oats**

1/2 cup (41g)

**coffee, brewed**

3 tbsp (44g)

For all 2 meals:

**maple syrup**

4 tsp (20mL)

**whole milk**

1/2 cup(s) (120mL)

**protein powder**

2 scoop (1/3 cup ea) (62g)

**oatmeal, old-fashioned oats, rolled oats**

1 cup (81g)

**coffee, brewed**

6 tbsp (89g)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight or for at least 4 hours.  
Serve.

## Breakfast 3 ↗

Eat on day 5, day 6, and day 7

### 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 3 meals:

**carrots**

4 1/2 medium (275g)

1. Cut carrots into strips and serve.

### Broccoli & cheddar egg muffins

4 muffins - 386 cals ● 27g protein ● 28g fat ● 4g carbs ● 2g fiber



For single meal:

**eggs**

2 2/3 large (133g)

**cheddar cheese**

1/3 cup, shredded (38g)

**salt**

1/3 tsp (2g)

**black pepper**

1/3 tsp, ground (1g)

**olive oil**

1/4 tbsp (3mL)

**frozen broccoli, steamed**

2/3 cup (61g)

For all 3 meals:

**eggs**

8 large (400g)

**cheddar cheese**

1 cup, shredded (113g)

**salt**

1 tsp (6g)

**black pepper**

1 tsp, ground (2g)

**olive oil**

2 tsp (10mL)

**frozen broccoli, steamed**

2 cup (182g)

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.

## Lunch 1 ↗

Eat on day 1 and day 2

### Chicken-broccoli-quinoa bowl

683 cals ● 72g protein ● 16g fat ● 54g carbs ● 9g fiber



For single meal:

**salt**  
1/4 tsp (2g)  
**black pepper**  
1/4 tsp, ground (1g)  
**olive oil**  
1 tsp (6mL)  
**frozen broccoli**  
5/8 package (166g)  
**flavored quinoa mix**  
5/8 package (4.9 oz) (81g)  
**boneless skinless chicken breast, raw, cubed**  
9 1/3 oz (261g)

For all 2 meals:

**salt**  
1/2 tsp (3g)  
**black pepper**  
1/2 tsp, ground (1g)  
**olive oil**  
3/4 tbsp (12mL)  
**frozen broccoli**  
1 1/6 package (331g)  
**flavored quinoa mix**  
1 1/6 package (4.9 oz) (162g)  
**boneless skinless chicken breast, raw, cubed**  
18 2/3 oz (523g)

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

### Chunky canned soup (non-creamy)

1/2 can(s) - 124 cals ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



For single meal:

**chunky canned soup (non-creamy varieties)**  
1/2 can (~19 oz) (263g)

For all 2 meals:

**chunky canned soup (non-creamy varieties)**  
1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

## Lunch 2 ↗

Eat on day 3

### Tossed salad

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



**romaine lettuce, shredded**  
3/4 hearts (375g)  
**tomatoes, diced**  
3/4 small whole (2-2/5" dia) (68g)  
**salad dressing**  
1 1/2 tbsp (23mL)  
**red onion, sliced**  
1/6 medium (2-1/2" dia) (21g)  
**cucumber, sliced or diced**  
1/6 cucumber (8-1/4") (56g)  
**carrots, peeled and shredded or sliced**  
3/4 small (5-1/2" long) (38g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

### Bbq deli chicken sandwich

2 1/2 sandwich(es) - 645 cals ● 61g protein ● 9g fat ● 74g carbs ● 7g fiber



Makes 2 1/2 sandwich(es)

**bread**  
2 1/2 slice(s) (80g)  
**chicken cold cuts**  
10 oz (284g)  
**barbecue sauce**  
5 tbsp (85g)  
**coleslaw mix**  
13 1/3 tbsp (75g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

## Lunch 3 ↗

Eat on day 4

### 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.

### Rice pilaf with meatballs

4 meatballs - 509 cals ● 40g protein ● 12g fat ● 57g carbs ● 3g fiber



Makes 4 meatballs

**flavored rice mix**  
1/3 box (8 oz) (75g)  
**ground beef (93% lean)**  
1/3 lbs (151g)  
**tomatoes**  
3 cherry tomatoes (51g)  
**snow peas, ends trimmed**  
1/6 cup (14g)

1. Preheat oven to 400°F (200°C).
2. Prepare rice mix according to stovetop directions, but halfway through cooking, stir in the tomatoes and snow peas, and let cook for the remainder of the time. Set aside.
3. In a large bowl mix together the ground beef with some salt/pepper. Form into meatballs (into the number of meatballs listed in the recipes serving details). Place on a baking sheet and bake in the oven for about 15-20 minutes until fully cooked.
4. Plate rice mix and top with meatballs. Serve.

## Lunch 4 ↗

Eat on day 5 and day 6

### Lowfat Greek yogurt

2 container(s) - 310 cals ● 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.

### Chicken-broccoli-rice bowl

419 cals ● 42g protein ● 8g fat ● 41g carbs ● 5g fiber



For single meal:

**frozen broccoli**  
1/3 package (95g)  
**flavored rice mix**  
1/3 pouch (~5.6 oz) (53g)  
**salt**  
1 1/3 dash (1g)  
**black pepper**  
1 1/3 dash, ground (0g)  
**olive oil**  
1/4 tbsp (3mL)  
**boneless skinless chicken breast, raw**  
1/3 lbs (149g)

For all 2 meals:

**frozen broccoli**  
2/3 package (189g)  
**flavored rice mix**  
2/3 pouch (~5.6 oz) (105g)  
**salt**  
1/3 tsp (2g)  
**black pepper**  
1/3 tsp, ground (1g)  
**olive oil**  
1/2 tbsp (7mL)  
**boneless skinless chicken breast, raw**  
2/3 lbs (299g)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together and serve.

### Simple mixed greens salad

102 cals ● 2g protein ● 7g fat ● 6g carbs ● 2g fiber



For single meal:

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

For all 2 meals:

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

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

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## Lunch 5

Eat on day 7

### Chicken beet & carrot salad bowl

674 cals ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



**oil**  
1 1/2 tbsp (23mL)  
**thyme, dried**  
3 dash, leaves (0g)  
**apple cider vinegar**  
3/4 tsp (0mL)  
**beets, precooked (canned or refrigerated), cubed**  
6 oz (170g)  
**boneless skinless chicken breast, raw, cubed**  
3/4 lbs (336g)  
**carrots, thinly sliced**  
3/4 medium (46g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper.  
Serve.

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## Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Snacks 1 ↗

Eat on day 1 and day 2

### Apples with lime juice

181 cals ● 1g protein ● 1g fat ● 35g carbs ● 8g fiber



For single meal:

**apples**

1 1/2 medium (3" dia) (273g)

**limes**

3/4 fruit (2" dia) (50g)

For all 2 meals:

**apples**

3 medium (3" dia) (546g)

**limes**

1 1/2 fruit (2" dia) (101g)

1. Slice apple, and squeeze lime juice onto slices.

### 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.

### Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

**eggs**

2 large (100g)

For all 2 meals:

**eggs**

4 large (200g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

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## Snacks 2 ↗

Eat on day 3, day 4, and day 5

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### 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 3 meals:

**whole milk**

1 1/2 cup(s) (360mL)

1. The recipe has no instructions.

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## Cottage cheese & honey

1/2 cup(s) - 125 cals ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

**honey**

2 tsp (14g)

For all 3 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.

## Pretzels

110 cals ● 3g protein ● 1g fat ● 22g carbs ● 1g fiber



For single meal:

**pretzels, hard, salted**  
1 oz (28g)

For all 3 meals:

**pretzels, hard, salted**  
3 oz (85g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

**almonds**  
3 tbsp, whole (27g)

For all 2 meals:

**almonds**  
6 tbsp, whole (54g)

1. The recipe has no instructions.

### Cucumber goat cheese bites

235 cals ● 14g protein ● 17g fat ● 6g carbs ● 1g fiber



For single meal:

**dried dill weed**  
1 tsp (1g)  
**goat cheese**  
2 oz (57g)  
**cucumber, sliced**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**dried dill weed**  
2 tsp (2g)  
**goat cheese**  
4 oz (113g)  
**cucumber, sliced**  
1 cucumber (8-1/4") (301g)

1. Top sliced cucumber with goat cheese and dill.
2. Serve.

## Dinner 1 ↗

Eat on day 1 and day 2

### Chicken parmesan

665 cals ● 87g protein ● 29g fat ● 12g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**pasta sauce**  
6 tbsp (98g)  
**mozzarella cheese, shredded**  
3 tbsp (16g)  
**oil**  
3/4 tbsp (11mL)  
**oregano, dried**  
3 dash, leaves (0g)  
**parmesan cheese, grated**  
3 tbsp (19g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**pasta sauce**  
3/4 cup (195g)  
**mozzarella cheese, shredded**  
6 tbsp (32g)  
**oil**  
1 1/2 tbsp (23mL)  
**oregano, dried**  
1/4 tbsp, leaves (1g)  
**parmesan cheese, grated**  
6 tbsp (38g)

1. If needed, pound the chicken to an even thickness. Brush both sides with oil and season with oregano, salt, and pepper.
2. Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 6-7 minutes per side, until fully cooked.
3. Transfer the cooked chicken to a baking sheet and preheat the oven's broiler.
4. Spoon pasta sauce over the chicken, covering the surface. Sprinkle mozzarella and parmesan cheese on top.
5. Broil for 1-3 minutes, until the cheese is bubbly and golden brown. Serve.

### Olive oil drizzled sugar snap peas

163 cals ● 5g protein ● 10g fat ● 8g carbs ● 6g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

For all 2 meals:

**black pepper**  
2 dash (0g)  
**salt**  
2 dash (1g)  
**frozen sugar snap peas**  
2 2/3 cup (384g)  
**olive oil**  
4 tsp (20mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

## Dinner 2 ↗

Eat on day 3 and day 4

### Sauteed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber



For single meal:

**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**lima beans, frozen**  
6 tbsp (60g)  
**frozen corn kernels**  
6 tbsp (51g)  
**olive oil**  
1/2 tbsp (8mL)

For all 2 meals:

**black pepper**  
2 dash, ground (1g)  
**salt**  
2 dash (2g)  
**lima beans, frozen**  
3/4 cup (120g)  
**frozen corn kernels**  
3/4 cup (102g)  
**olive oil**  
1 tbsp (15mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

### Marinaded chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
18 oz (504g)  
**marinade sauce**  
1/2 cup (135mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 1/4 lbs (1008g)  
**marinade sauce**  
1 cup (270mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinade for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

## Dinner 3 ↗

Eat on day 5

### Hungarian goulash

691 cals ● 77g protein ● 34g fat ● 14g carbs ● 4g fiber



**oil**  
4 tsp (20mL)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1 dash, ground (0g)  
**water**  
3/8 cup(s) (89mL)  
**tomato paste**  
1/4 can (6 oz) (43g)  
**onion, sliced**  
3/4 medium (2-1/2" dia) (83g)  
**garlic, minced**  
1/4 clove (1g)  
**beef stew meat, raw, cut into 1.5 inch cubes**  
3/4 lbs (341g)  
**paprika, preferably Hungarian sweet paprika**  
1/2 tbsp (3g)

1. Heat oil in a large pot or Dutch oven over medium heat. Cook onions in oil until soft, stirring frequently. Remove onions and set aside.
2. In a medium bowl, combine paprika, pepper, and half the salt. Coat beef cubes in spice mixture, and cook in onion pot until brown on all sides. Return the onions to the pot, and pour in tomato paste, water, garlic and the remaining salt. Reduce heat to low, cover and simmer, stirring occasionally, 1 1/2 to 2 hours, or until meat is tender.

### Edamame & beet salad

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



**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)

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

## Dinner 4 ↗

Eat on day 6 and day 7

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

**tomatoes**  
12 cherry tomatoes (204g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
4 dash (3g)  
**green olives**  
12 large (53g)  
**black pepper**  
4 dash (0g)  
**chili powder**  
2 tsp (5g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**fresh basil, shredded**  
12 leaves (6g)

For all 2 meals:

**tomatoes**  
24 cherry tomatoes (408g)  
**olive oil**  
4 tsp (20mL)  
**salt**  
1 tsp (6g)  
**green olives**  
24 large (106g)  
**black pepper**  
1 tsp (1g)  
**chili powder**  
4 tsp (11g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**fresh basil, shredded**  
24 leaves (12g)

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.

### Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**carrots, sliced**  
1/2 medium (31g)  
**romaine lettuce, roughly chopped**  
1 hearts (500g)  
**tomatoes, diced**  
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**carrots, sliced**  
1 medium (61g)  
**romaine lettuce, roughly chopped**  
2 hearts (1000g)  
**tomatoes, diced**  
2 medium whole (2-3/5" dia) (246g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.