

Meal Plan - 1300 calorie macro meal plan



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

1307 cals ● 128g protein (39%) ● 50g fat (35%) ● 70g carbs (22%) ● 14g fiber (4%)

Breakfast

265 cals, 11g protein, 38g net carbs, 5g fat



Lowfat yogurt

1 container(s)- 181 cals



Carrots and hummus

82 cals

Snacks

170 cals, 19g protein, 7g net carbs, 7g fat



Milk

1/2 cup(s)- 75 cals



Chocolate protein mug cake

1/2 mug cake(s)- 97 cals

Lunch

420 cals, 54g protein, 17g net carbs, 13g fat



Brown rice

1/4 cup brown rice, cooked- 57 cals



Southwest chicken

8 oz- 362 cals

Dinner

450 cals, 43g protein, 8g net carbs, 25g fat



Basic chicken breast

6 oz- 238 cals



Buttered sugar snap peas

214 cals

Day 2

1316 cals ● 94g protein (29%) ● 57g fat (39%) ● 92g carbs (28%) ● 13g fiber (4%)

Breakfast

265 cals, 11g protein, 38g net carbs, 5g fat



Lowfat yogurt

1 container(s)- 181 cals



Carrots and hummus

82 cals

Snacks

170 cals, 19g protein, 7g net carbs, 7g fat



Milk

1/2 cup(s)- 75 cals



Chocolate protein mug cake

1/2 mug cake(s)- 97 cals

Lunch

470 cals, 40g protein, 38g net carbs, 16g fat



Teriyaki burgers

1 burger(s)- 399 cals



Mixed vegetables

3/4 cup(s)- 73 cals

Dinner

410 cals, 23g protein, 9g net carbs, 30g fat



Simple mixed greens and tomato salad

113 cals



Chicken thighs and mushrooms

3 oz- 295 cals

Day 3

1328 cals ● 100g protein (30%) ● 49g fat (33%) ● 107g carbs (32%) ● 16g fiber (5%)

Breakfast

240 cals, 5g protein, 30g net carbs, 10g fat



Small granola bar
2 bar(s)- 238 cals

Lunch

470 cals, 40g protein, 38g net carbs, 16g fat



Teriyaki burgers
1 burger(s)- 399 cals



Mixed vegetables
3/4 cup(s)- 73 cals

Snacks

175 cals, 18g protein, 4g net carbs, 9g fat



Carrot sticks
1 carrot(s)- 27 cals



Pork rinds
1 oz- 149 cals

Dinner

440 cals, 38g protein, 35g net carbs, 14g fat



Orange
1 orange(s)- 85 cals



Chicken beet & carrot salad bowl
300 cals



Brown rice
1/4 cup brown rice, cooked- 57 cals

Day 4

1293 cals ● 92g protein (28%) ● 50g fat (35%) ● 100g carbs (31%) ● 18g fiber (6%)

Breakfast

240 cals, 5g protein, 30g net carbs, 10g fat



Small granola bar
2 bar(s)- 238 cals

Lunch

435 cals, 32g protein, 31g net carbs, 17g fat



Walnuts
1/8 cup(s)- 87 cals



Turkey & hummus deli sandwich
1 sandwich(es)- 349 cals

Snacks

175 cals, 18g protein, 4g net carbs, 9g fat



Carrot sticks
1 carrot(s)- 27 cals



Pork rinds
1 oz- 149 cals

Dinner

440 cals, 38g protein, 35g net carbs, 14g fat



Orange
1 orange(s)- 85 cals



Chicken beet & carrot salad bowl
300 cals



Brown rice
1/4 cup brown rice, cooked- 57 cals

Day 5

1334 cals ● 100g protein (30%) ● 64g fat (43%) ● 71g carbs (21%) ● 20g fiber (6%)

Breakfast

265 cals, 11g protein, 22g net carbs, 12g fat



Orange

1 orange(s)- 85 cals



Simple sauteed spinach

50 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Snacks

175 cals, 18g protein, 4g net carbs, 9g fat



Carrot sticks

1 carrot(s)- 27 cals



Pork rinds

1 oz- 149 cals

Lunch

435 cals, 32g protein, 31g net carbs, 17g fat



Walnuts

1/8 cup(s)- 87 cals



Turkey & hummus deli sandwich

1 sandwich(es)- 349 cals

Dinner

460 cals, 39g protein, 13g net carbs, 26g fat



Mixed vegetables

3/4 cup(s)- 73 cals



Teriyaki steak bites

6 oz steak- 385 cals

Day 6

1293 cals ● 93g protein (29%) ● 56g fat (39%) ● 88g carbs (27%) ● 16g fiber (5%)

Breakfast

265 cals, 11g protein, 22g net carbs, 12g fat



Orange

1 orange(s)- 85 cals



Simple sauteed spinach

50 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Lunch

415 cals, 30g protein, 36g net carbs, 15g fat



Ham & coleslaw pita sandwich

1 pita sandwich(es)- 342 cals



Milk

1/2 cup(s)- 75 cals

Snacks

155 cals, 12g protein, 16g net carbs, 4g fat



Lowfat Greek yogurt

1 container(s)- 155 cals

Dinner

460 cals, 39g protein, 13g net carbs, 26g fat



Mixed vegetables

3/4 cup(s)- 73 cals



Teriyaki steak bites

6 oz steak- 385 cals

Day 7

1339 cals ● 94g protein (28%) ● 46g fat (31%) ● 121g carbs (36%) ● 16g fiber (5%)

Breakfast

265 cals, 11g protein, 22g net carbs, 12g fat



Orange

1 orange(s)- 85 cals



Simple sauteed spinach

50 cals



Egg and pesto stuffed tomato

1 tomato(es)- 129 cals

Snacks

155 cals, 12g protein, 16g net carbs, 4g fat



Lowfat Greek yogurt

1 container(s)- 155 cals

Lunch

415 cals, 30g protein, 36g net carbs, 15g fat



Ham & coleslaw pita sandwich

1 pita sandwich(es)- 342 cals



Milk

1/2 cup(s)- 75 cals

Dinner

505 cals, 41g protein, 47g net carbs, 16g fat



Beets

2 beets- 48 cals



Shredded bbq & ranch chicken sandwich

1 sandwich(es)- 456 cals

Grocery List



Dairy and Egg Products

- whole milk
2 cup(s) (480mL)
- eggs
4 large (200g)
- lowfat flavored yogurt
2 container (6 oz) (340g)
- cheese
1 tbsp, shredded (7g)
- butter
1/6 stick (22g)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- nonfat greek yogurt, plain
4 tbsp (70g)

Other

- protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
- calorie-free sweetener
2 tsp (7g)
- mixed greens
3 1/4 cup (98g)
- teriyaki sauce
3 oz (70mL)
- pork rinds
3 oz (85g)
- coleslaw mix
1 cup (90g)

Baked Products

- baking powder
4 dash (3g)
- hamburger buns
3 bun(s) (153g)
- bread
4 slice(s) (128g)
- pita bread
2 pita, medium (5" dia) (100g)

Sweets

- cocoa powder
2 tsp (4g)

Beverages

- water
10 1/4 tbsp (154mL)

Spices and Herbs

- salt
3 g (3g)
- black pepper
1 g (1g)
- taco seasoning mix
1/2 tbsp (4g)
- thyme, dried
1/3 tsp, leaves (0g)

Cereal Grains and Pasta

- brown rice
4 tbsp (48g)

Fats and Oils

- oil
1 1/2 oz (43mL)
- salad dressing
2 1/4 tbsp (34mL)
- olive oil
3/4 oz (24mL)
- ranch dressing
1 1/3 serving (40mL)

Poultry Products

- boneless skinless chicken breast, raw
2 lbs (861g)
- chicken thighs, with bone and skin, raw
1/2 thigh(s) (85g)

Beef Products

- ground beef (93% lean)
3/4 lbs (340g)
- sirloin steak, raw
3/4 lbs (340g)

Snacks

- small granola bar
4 bar (100g)

Fruits and Fruit Juices

- orange
5 orange (770g)

Soups, Sauces, and Gravies

Legumes and Legume Products

- hummus**
1/2 cup (120g)

Vegetables and Vegetable Products

- baby carrots**
16 medium (160g)
- bell pepper**
1 medium (119g)
- frozen sugar snap peas**
1 1/3 cup (192g)
- tomatoes**
5 3/4 medium whole (2-3/5" dia) (710g)
- mushrooms**
2 oz (57g)
- cucumber**
18 slices (126g)
- frozen mixed veggies**
3 cup (405g)
- carrots**
3 2/3 medium (224g)
- beets, precooked (canned or refrigerated)**
1/2 lbs (251g)
- fresh spinach**
6 cup(s) (180g)
- garlic**
3/4 clove (2g)
- romaine lettuce**
1 leaf inner (6g)

- apple cider vinegar**
2/3 tsp (0mL)
- pesto sauce**
1 1/2 tbsp (24g)
- barbecue sauce**
2 tbsp (34g)

Nut and Seed Products

- walnuts**
4 tbsp, shelled (25g)

Sausages and Luncheon Meats

- turkey cold cuts**
1/2 lbs (227g)
- ham cold cuts**
1/2 lbs (198g)

Breakfast 1 ↗

Eat on day 1 and day 2

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. The recipe has no instructions.

Carrots and hummus

82 cals ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 2 meals:

hummus
4 tbsp (60g)
baby carrots
16 medium (160g)

1. Serve carrots with hummus.

Breakfast 2 ↗

Eat on day 3 and day 4

Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



For single meal:

small granola bar
2 bar (50g)

For all 2 meals:

small granola bar
4 bar (100g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 5, day 6, and day 7

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 3 meals:

orange
3 orange (462g)

1. The recipe has no instructions.

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

black pepper
1/2 dash, ground (0g)
salt
1/2 dash (0g)
olive oil
1/4 tbsp (4mL)
fresh spinach
2 cup(s) (60g)
garlic, diced
1/4 clove (1g)

For all 3 meals:

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.

Egg and pesto stuffed tomato

1 tomato(es) - 129 cals ● 8g protein ● 8g fat ● 5g carbs ● 2g fiber



For single meal:

pesto sauce
1/2 tbsp (8g)
eggs
1 large (50g)
tomatoes
1 large whole (3" dia) (182g)

For all 3 meals:

pesto sauce
1 1/2 tbsp (24g)
eggs
3 large (150g)
tomatoes
3 large whole (3" dia) (546g)

1. Preheat oven to 400°F (200°C).
2. Slice tops of tomatoes off and spoon out insides to make bowls.
3. Place tomatoes in a baking dish.
4. Put pesto in the bottom of each tomato and then crack an egg into each.
5. Season with salt and pepper.
6. Bake for 20 minutes.
7. Serve.

Lunch 1 ↗

Eat on day 1

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



Makes 1/4 cup brown rice, cooked

salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)
brown rice
4 tsp (16g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

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.

Lunch 2 ↗

Eat on day 2 and day 3

Teriyaki burgers

1 burger(s) - 399 cals ● 37g protein ● 15g fat ● 28g carbs ● 1g fiber



For single meal:

ground beef (93% lean)
6 oz (170g)
cucumber
4 slices (28g)
teriyaki sauce
1 tbsp (15mL)
hamburger buns
1 bun(s) (51g)
oil
1/4 tsp (1mL)

For all 2 meals:

ground beef (93% lean)
3/4 lbs (340g)
cucumber
8 slices (56g)
teriyaki sauce
2 tbsp (30mL)
hamburger buns
2 bun(s) (102g)
oil
1/2 tsp (3mL)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

frozen mixed veggies
3/4 cup (101g)

For all 2 meals:

frozen mixed veggies
1 1/2 cup (203g)

1. Prepare according to instructions on package.

Lunch 3 ↗

Eat on day 4 and day 5

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. The recipe has no instructions.

Turkey & hummus deli sandwich

1 sandwich(es) - 349 cals ● 30g protein ● 9g fat ● 31g carbs ● 7g fiber



For single meal:

turkey cold cuts
4 oz (113g)
bread
2 slice(s) (64g)
hummus
2 tbsp (30g)
tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
mixed greens
1/2 cup (15g)
oil
1/4 tsp (1mL)

For all 2 meals:

turkey cold cuts
1/2 lbs (227g)
bread
4 slice(s) (128g)
hummus
4 tbsp (60g)
tomatoes
4 slice(s), thick/large (1/2" thick)
(108g)
mixed greens
1 cup (30g)
oil
1/2 tsp (3mL)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Lunch 4 ↗

Eat on day 6 and day 7

Ham & coleslaw pita sandwich

1 pita sandwich(es) - 342 cals ● 26g protein ● 11g fat ● 30g carbs ● 4g fiber



For single meal:

ham cold cuts
1/4 lbs (99g)
coleslaw mix
1/2 cup (45g)
cucumber
5 slices (35g)
nonfat greek yogurt, plain
2 tbsp (35g)
pita bread
1 pita, medium (5" dia) (50g)
ranch dressing
1 tbsp (15mL)

For all 2 meals:

ham cold cuts
1/2 lbs (198g)
coleslaw mix
1 cup (90g)
cucumber
10 slices (70g)
nonfat greek yogurt, plain
4 tbsp (70g)
pita bread
2 pita, medium (5" dia) (100g)
ranch dressing
2 tbsp (30mL)

1. In a small bowl, toss the coleslaw mix with the greek yogurt and ranch dressing. Season with some salt and pepper.
2. Split pita open and stuff with ham, coleslaw, and cucumber.
3. Serve.

Milk

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



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Snacks 1 ↗

Eat on day 1 and day 2

Milk

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



For single meal:

whole milk
1/2 cup(s) (120mL)

For all 2 meals:

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Chocolate protein mug cake

1/2 mug cake(s) - 97 cals ● 16g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)
baking powder
2 dash (1g)
cocoa powder
1 tsp (2g)
eggs
1/2 large (25g)
water
1 tsp (5mL)
calorie-free sweetener
1 tsp (4g)

For all 2 meals:

protein powder, chocolate
1 scoop (1/3 cup ea) (31g)
baking powder
4 dash (3g)
cocoa powder
2 tsp (4g)
eggs
1 large (50g)
water
2 tsp (10mL)
calorie-free sweetener
2 tsp (7g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

Snacks 2 ↗

Eat on day 3, day 4, and day 5

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.

Pork rinds

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



For single meal:

pork rinds

1 oz (28g)

For all 3 meals:

pork rinds

3 oz (85g)

1. Enjoy.

Snacks 3 ↗

Eat on day 6 and day 7

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 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1

Basic chicken breast

6 oz - 238 cals ● 38g protein ● 10g fat ● 0g carbs ● 0g fiber



Makes 6 oz

boneless skinless chicken breast, raw

6 oz (168g)

oil

1 tsp (6mL)

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.

Buttered sugar snap peas

214 cals ● 6g protein ● 15g fat ● 8g carbs ● 6g fiber



black pepper

1 dash (0g)

salt

1 dash (0g)

butter

4 tsp (18g)

frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Dinner 2 ↗

Eat on day 2

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.

Chicken thighs and mushrooms

3 oz - 295 cals ● 21g protein ● 23g fat ● 1g carbs ● 1g fiber



Makes 3 oz

olive oil
1/2 tbsp (8mL)
salt
1/2 dash (0g)
water
1/8 cup(s) (30mL)
butter
1/4 tbsp (4g)
black pepper
1/2 dash (0g)
chicken thighs, with bone and skin, raw
1/2 thigh(s) (85g)
mushrooms, sliced 1/4 in thick
2 oz (57g)

1. Preheat oven to 400 F (200 C).
2. Season chicken on all sides with salt and ground black pepper.
3. Heat olive oil over medium-high heat in an ovenproof skillet. Place chicken skin-side down in skillet and cook until browned, about 5 minutes.
4. Turn chicken over; stir mushrooms with a pinch of salt into skillet. Increase heat to high; cook, stirring mushrooms occasionally, until mushrooms shrink slightly, about 5 minutes.
5. Transfer skillet to the oven and cook through, 15 to 20 minutes. Interior temperature should be at least 165 F (74 C). Transfer only the chicken breasts to a plate and loosely tent with foil; set aside.
6. Set skillet on the stovetop over medium-high heat; cook and stir mushrooms until brown bits start to form on the bottom of the pan, about 5 minutes. Pour water into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the pan. Cook until water is reduced by half, about 2 minutes. Remove from heat.
7. Stir in any accumulated juices from the chicken into the skillet. Stir butter into mushroom mixture, stirring constantly until butter is completely melted and incorporated.
8. Season with salt and pepper. Spoon mushroom sauce over chicken and serve.

Dinner 3 ↗

Eat on day 3 and day 4

Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. The recipe has no instructions.

Chicken beet & carrot salad bowl

300 cals ● 35g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

oil
2 tsp (10mL)
thyme, dried
1 1/3 dash, leaves (0g)
apple cider vinegar
1/3 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
2 2/3 oz (76g)
boneless skinless chicken breast, raw, cubed
1/3 lbs (149g)
carrots, thinly sliced
1/3 medium (20g)

For all 2 meals:

oil
4 tsp (20mL)
thyme, dried
1/3 tsp, leaves (0g)
apple cider vinegar
2/3 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
1/3 lbs (151g)
boneless skinless chicken breast, raw, cubed
2/3 lbs (299g)
carrots, thinly sliced
2/3 medium (41g)

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.

Brown rice

1/4 cup brown rice, cooked - 57 cals ● 1g protein ● 0g fat ● 12g carbs ● 1g fiber



For single meal:

salt
1/2 dash (0g)
water
1/6 cup(s) (39mL)
black pepper
1/2 dash, ground (0g)
brown rice
4 tsp (16g)

For all 2 meals:

salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)
brown rice
2 2/3 tbsp (32g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 4 ↗

Eat on day 5 and day 6

Mixed vegetables

3/4 cup(s) - 73 cals ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

frozen mixed veggies
3/4 cup (101g)

For all 2 meals:

frozen mixed veggies
1 1/2 cup (203g)

1. Prepare according to instructions on package.

Teriyaki steak bites

6 oz steak - 385 cals ● 36g protein ● 25g fat ● 4g carbs ● 0g fiber



For single meal:

teriyaki sauce
4 tsp (20mL)
oil
1/4 tbsp (4mL)
sirloin steak, raw, cubed
6 oz (170g)

For all 2 meals:

teriyaki sauce
2 2/3 tbsp (40mL)
oil
1/2 tbsp (8mL)
sirloin steak, raw, cubed
3/4 lbs (340g)

1. Heat oil in a skillet over medium high heat. Add steak cubes and cook for a couple minutes on each side until it is almost done to your liking.
2. Pour teriyaki sauce into the skillet and bring to a simmer. Cook for 1-2 minutes.
3. Serve.

Dinner 5 ↗

Eat on day 7

Beets

2 beets - 48 cals ● 2g protein ● 0g fat ● 8g carbs ● 2g fiber



Makes 2 beets

beets, precooked (canned or refrigerated)
2 beet(s) (100g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Shredded bbq & ranch chicken sandwich

1 sandwich(es) - 456 cals ● 39g protein ● 16g fat ● 39g carbs ● 1g fiber



Makes 1 sandwich(es)

barbecue sauce
2 tbsp (34g)
hamburger buns
1 bun(s) (51g)
ranch dressing
2 tsp (10mL)
romaine lettuce
1 leaf inner (6g)
olive oil
1 tsp (5mL)
boneless skinless chicken breast, raw
6 oz (170g)

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.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

