

Meal Plan - 1600 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

1619 cals ● 116g protein (29%) ● 71g fat (39%) ● 109g carbs (27%) ● 20g fiber (5%)

Breakfast

260 cals, 17g protein, 11g net carbs, 14g fat



Boiled eggs
2 egg(s)- 139 cals



Carrots and hummus
123 cals

Lunch

540 cals, 37g protein, 37g net carbs, 24g fat



Protein greek yogurt
1 container- 139 cals



Chicken noodle soup
1 1/2 can(s)- 213 cals



Pistachios
188 cals

Snacks

235 cals, 10g protein, 27g net carbs, 10g fat



String cheese
1 stick(s)- 83 cals



Frozen yogurt
152 cals

Dinner

585 cals, 51g protein, 35g net carbs, 23g fat



Roasted almonds
1/4 cup(s)- 222 cals



Spiced chicken tabbouleh bowl
362 cals

Day 2

1597 cals ● 126g protein (31%) ● 74g fat (42%) ● 88g carbs (22%) ● 19g fiber (5%)

Breakfast

260 cals, 17g protein, 11g net carbs, 14g fat



Boiled eggs
2 egg(s)- 139 cals



Carrots and hummus
123 cals

Lunch

515 cals, 40g protein, 40g net carbs, 19g fat



Simple mixed greens and tomato salad
76 cals



Milk
1 cup(s)- 149 cals



Chicken-broccoli-quinoa bowl
293 cals

Snacks

235 cals, 10g protein, 27g net carbs, 10g fat



String cheese
1 stick(s)- 83 cals



Frozen yogurt
152 cals

Dinner

585 cals, 58g protein, 10g net carbs, 31g fat



Buttered sugar snap peas
268 cals



Balsamic chicken breast
8 oz- 316 cals

Day 3

1588 cals ● 126g protein (32%) ● 78g fat (44%) ● 74g carbs (19%) ● 23g fiber (6%)

Breakfast

260 cals, 17g protein, 11g net carbs, 14g fat



Boiled eggs
2 egg(s)- 139 cals



Carrots and hummus
123 cals

Snacks

235 cals, 21g protein, 11g net carbs, 11g fat



Celery sticks
1 celery stalk- 7 cals



Cottage cheese with almonds and cinnamon
155 cals



Milk
1/2 cup(s)- 75 cals

Lunch

505 cals, 30g protein, 42g net carbs, 21g fat



Edamame & beet salad
171 cals



Chicken club bagel sandwich
1/2 sandwich(es)- 336 cals

Dinner

585 cals, 58g protein, 10g net carbs, 31g fat



Buttered sugar snap peas
268 cals



Balsamic chicken breast
8 oz- 316 cals

Day 4

1596 cals ● 121g protein (30%) ● 67g fat (38%) ● 99g carbs (25%) ● 28g fiber (7%)

Breakfast

290 cals, 16g protein, 8g net carbs, 20g fat



Walnuts
1/8 cup(s)- 87 cals



Scrambled eggs with kale, tomatoes, rosemary
203 cals

Snacks

235 cals, 21g protein, 11g net carbs, 11g fat



Celery sticks
1 celery stalk- 7 cals



Cottage cheese with almonds and cinnamon
155 cals



Milk
1/2 cup(s)- 75 cals

Lunch

505 cals, 30g protein, 42g net carbs, 21g fat



Edamame & beet salad
171 cals



Chicken club bagel sandwich
1/2 sandwich(es)- 336 cals

Dinner

565 cals, 54g protein, 40g net carbs, 14g fat



Sugar snap peas
164 cals



Couscous
100 cals



Baked chicken with tomatoes & olives
6 oz- 300 cals

Day 5

1589 cals ● 113g protein (29%) ● 57g fat (33%) ● 133g carbs (34%) ● 21g fiber (5%)

Breakfast

290 cals, 16g protein, 8g net carbs, 20g fat



Walnuts

1/8 cup(s)- 87 cals



Scrambled eggs with kale, tomatoes, rosemary

203 cals

Snacks

185 cals, 10g protein, 26g net carbs, 3g fat



Breakfast cereal with protein milk

124 cals



Grapefruit

1/2 grapefruit- 59 cals

Lunch

560 cals, 48g protein, 57g net carbs, 12g fat



Chunky canned soup (non-creamy)

1 1/2 can(s)- 371 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

560 cals, 39g protein, 43g net carbs, 22g fat



Teriyaki burgers

1 burger(s)- 399 cals



Roasted carrots

3 carrots(s)- 158 cals

Day 6

1609 cals ● 122g protein (30%) ● 55g fat (31%) ● 116g carbs (29%) ● 41g fiber (10%)

Breakfast

295 cals, 21g protein, 16g net carbs, 13g fat



Carrot sticks

2 carrot(s)- 54 cals



Roasted almonds

1/8 cup(s)- 111 cals



Protein shake (milk)

129 cals

Snacks

185 cals, 10g protein, 26g net carbs, 3g fat



Breakfast cereal with protein milk

124 cals



Grapefruit

1/2 grapefruit- 59 cals

Lunch

645 cals, 38g protein, 50g net carbs, 21g fat



Curried chickpea salad

644 cals

Dinner

490 cals, 53g protein, 24g net carbs, 17g fat



Basic chicken breast

8 oz- 317 cals



Honey glazed carrots

170 cals

Day 7

1609 cals ● 122g protein (30%) ● 55g fat (31%) ● 116g carbs (29%) ● 41g fiber (10%)

Breakfast

295 cals, 21g protein, 16g net carbs, 13g fat



Carrot sticks

2 carrot(s)- 54 cals



Roasted almonds

1/8 cup(s)- 111 cals



Protein shake (milk)

129 cals

Snacks

185 cals, 10g protein, 26g net carbs, 3g fat



Breakfast cereal with protein milk

124 cals



Grapefruit

1/2 grapefruit- 59 cals

Lunch

645 cals, 38g protein, 50g net carbs, 21g fat



Curried chickpea salad

644 cals

Dinner

490 cals, 53g protein, 24g net carbs, 17g fat



Basic chicken breast

8 oz- 317 cals



Honey glazed carrots

170 cals

Dairy and Egg Products

- eggs
10 large (500g)
- string cheese
2 stick (56g)
- butter
4 tbsp (54g)
- whole milk
3 3/4 cup(s) (900mL)
- sliced cheese
2 slice (3/4 oz ea) (42g)
- low fat cottage cheese (1% milkfat)
1 3/4 cup (396g)
- nonfat greek yogurt, plain
1/2 cup (140g)

Legumes and Legume Products

- hummus
1/2 cup (135g)
- chickpeas, canned
2 can(s) (896g)

Vegetables and Vegetable Products

- baby carrots
36 medium (360g)
- fresh parsley
1 sprigs (1g)
- cucumber
1/4 cucumber (8-1/4") (66g)
- tomatoes
3 medium whole (2-3/5" dia) (369g)
- frozen sugar snap peas
6 cup (864g)
- frozen broccoli
1/4 package (71g)
- edamame, frozen, shelled
1 cup (118g)
- beets, precooked (canned or refrigerated)
4 beet(s) (200g)
- romaine lettuce
1 leaf inner (6g)
- raw celery
1/4 bunch (148g)
- kale leaves
2 cup, chopped (80g)
- carrots
15 medium (914g)

Fruits and Fruit Juices

- lemon juice
5 tbsp (77mL)
- green olives
6 large (26g)
- Grapefruit
1 1/2 large (approx 4-1/2" dia) (498g)

Spices and Herbs

- ground cumin
2 dash (1g)
- black pepper
1/8 oz (1g)
- salt
5 g (5g)
- cinnamon
2 dash (1g)
- balsamic vinegar
2 tsp (10mL)
- rosemary, dried
4 dash (1g)
- chili powder
1 tsp (3g)
- fresh basil
6 leaves (3g)
- curry powder
2 tsp (4g)

Fats and Oils

- oil
1 1/4 oz (39mL)
- balsamic vinaigrette
3 oz (90mL)
- salad dressing
1 1/2 tbsp (23mL)
- olive oil
1/2 tbsp (8mL)
- mayonnaise
1 tbsp (15mL)

Cereal Grains and Pasta

- instant couscous, flavored
3/8 box (5.8 oz) (69g)

Poultry Products

- boneless skinless chicken breast, raw
3 lbs (1352g)

Other

- protein greek yogurt, flavored
1 container (150g)
- italian seasoning
4 dash (2g)
- mixed greens
1 1/2 package (5.5 oz) (218g)
- flavored quinoa mix
1/4 package (4.9 oz) (35g)
- teriyaki sauce
1 tbsp (15mL)

Sweets

- frozen yogurt
1 1/3 cup (232g)
- honey
1 1/2 oz (42g)

Baked Products

- bagel
1 medium bagel (3-1/2" to 4" dia) (105g)
- hamburger buns
1 bun(s) (51g)

Soups, Sauces, and Gravies

- condensed canned chicken noodle soup
1 1/2 can (10.5 oz) (447g)
- chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

Nut and Seed Products

- pistachios, shelled
4 tbsp (31g)
- almonds
2 3/4 oz (79g)
- almond butter
1 tbsp (16g)
- walnuts
4 tbsp, shelled (25g)
- sunflower kernels
4 tbsp (48g)

Sausages and Luncheon Meats

- chicken cold cuts
4 oz (113g)

Beverages

- water
10 1/4 tbsp (154mL)
- protein powder
1 3/4 scoop (1/3 cup ea) (54g)

Breakfast Cereals

- breakfast cereal
1 1/2 serving (45g)

Beef Products

- ground beef (93% lean)
6 oz (170g)

Breakfast 1 ↗

Eat on day 1, day 2, and day 3

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Carrots and hummus

123 cals ● 4g protein ● 5g fat ● 10g carbs ● 6g fiber



For single meal:

hummus
3 tbsp (45g)
baby carrots
12 medium (120g)

For all 3 meals:

hummus
1/2 cup (135g)
baby carrots
36 medium (360g)

1. Serve carrots with hummus.

Breakfast 2

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.

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 3 ↗

Eat on day 6 and day 7

Carrot sticks

2 carrot(s) - 54 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

carrots
2 medium (122g)

For all 2 meals:

carrots
4 medium (244g)

1. Cut carrots into strips and serve.

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.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup(s) (240mL)
protein powder
1 scoop (1/3 cup ea) (31g)

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

Lunch 1

Eat on day 1

Protein greek yogurt

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



Makes 1 container

protein greek yogurt, flavored
1 container (150g)

1. Enjoy.

Chicken noodle soup

1 1/2 can(s) - 213 cals ● 11g protein ● 7g fat ● 23g carbs ● 4g fiber



Makes 1 1/2 can(s)

**condensed canned chicken noodle
soup**
1 1/2 can (10.5 oz) (447g)

1. Prepare according to
instructions on package.

Pistachios

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



pistachios, shelled
4 tbsp (31g)

1. The recipe has no
instructions.

Lunch 2 ↗

Eat on day 2

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



mixed greens

1 1/2 cup (45g)

tomatoes

4 tbsp cherry tomatoes (37g)

salad dressing

1 1/2 tbsp (23mL)

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

Milk

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

Makes 1 cup(s)



whole milk

1 cup(s) (240mL)

1. The recipe has no instructions.

Chicken-broccoli-quinoa bowl

293 cals ● 31g protein ● 7g fat ● 23g carbs ● 4g fiber



salt

1 dash (1g)

black pepper

1 dash, ground (0g)

olive oil

1/2 tsp (3mL)

frozen broccoli

1/4 package (71g)

flavored quinoa mix

1/4 package (4.9 oz) (35g)

boneless skinless chicken breast, raw, cubed

4 oz (112g)

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.

Lunch 3 ↗

Eat on day 3 and day 4

Edamame & beet salad

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



For single meal:

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)

For all 2 meals:

mixed greens
2 cup (60g)
balsamic vinaigrette
2 tbsp (30mL)
edamame, frozen, shelled
1 cup (118g)
beets, precooked (canned or refrigerated), chopped
4 beet(s) (200g)

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

Chicken club bagel sandwich

1/2 sandwich(es) - 336 cals ● 21g protein ● 14g fat ● 29g carbs ● 1g fiber



For single meal:

romaine lettuce
1/2 leaf inner (3g)
bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
mayonnaise
1/2 tbsp (8mL)
sliced cheese
1 slice (3/4 oz ea) (21g)
chicken cold cuts
2 oz (57g)
tomatoes
1 slice(s), thin/small (15g)

For all 2 meals:

romaine lettuce
1 leaf inner (6g)
bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
mayonnaise
1 tbsp (15mL)
sliced cheese
2 slice (3/4 oz ea) (42g)
chicken cold cuts
4 oz (113g)
tomatoes
2 slice(s), thin/small (30g)

1. Build the sandwich to your liking.

Lunch 4 ↗

Eat on day 5

Chunky canned soup (non-creamy)

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



Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)

1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Cottage cheese & honey

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



Makes 3/4 cup(s)

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

honey

1 tbsp (21g)

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

Lunch 5 ↗

Eat on day 6 and day 7

Curried chickpea salad

644 cals ● 38g protein ● 21g fat ● 50g carbs ● 25g fiber



For single meal:

nonfat greek yogurt, plain
4 tbsp (70g)
curry powder
1 tsp (2g)
sunflower kernels
2 tbsp (24g)
mixed greens
2 oz (57g)
lemon juice, divided
2 tbsp (30mL)
raw celery, sliced
2 stalk, small (5" long) (34g)
chickpeas, canned, drained & rinsed
1 can(s) (448g)

For all 2 meals:

nonfat greek yogurt, plain
1/2 cup (140g)
curry powder
2 tsp (4g)
sunflower kernels
4 tbsp (48g)
mixed greens
4 oz (113g)
lemon juice, divided
4 tbsp (60mL)
raw celery, sliced
4 stalk, small (5" long) (68g)
chickpeas, canned, drained & rinsed
2 can(s) (896g)

1. Add chickpeas to a large bowl and mash them with the back of a fork.
2. Stir in greek yogurt, curry powder, celery, sunflower kernels, only half of the lemon juice, and some salt and pepper.
3. Add greens to a plate and drizzle with remaining lemon juice.
4. Serve curried chickpea mixture along with greens.

Snacks 1 ↗

Eat on day 1 and day 2

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

1. The recipe has no instructions.

Frozen yogurt

152 cals ● 3g protein ● 4g fat ● 25g carbs ● 0g fiber



For single meal:

frozen yogurt

2/3 cup (116g)

For all 2 meals:

frozen yogurt

1 1/3 cup (232g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Celery sticks

1 celery stalk - 7 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

1. Slice celery into sticks and serve.

Cottage cheese with almonds and cinnamon

155 cals ● 16g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1/2 cup (113g)
almond butter
1/2 tbsp (8g)
almonds
3 almond (4g)
cinnamon
1 dash (0g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1 cup (226g)
almond butter
1 tbsp (16g)
almonds
6 almond (7g)
cinnamon
2 dash (1g)

1. Mix all ingredients together in a small bowl.
2. 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 3 ↗

Eat on day 5, day 6, and day 7

Breakfast cereal with protein milk

124 cals ● 9g protein ● 3g fat ● 14g carbs ● 2g fiber



For single meal:

breakfast cereal

1/2 serving (15g)

whole milk

1/4 cup(s) (60mL)

protein powder

1/4 scoop (1/3 cup ea) (8g)

For all 3 meals:

breakfast cereal

1 1/2 serving (45g)

whole milk

3/4 cup(s) (180mL)

protein powder

3/4 scoop (1/3 cup ea) (23g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia) (498g)

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)

Dinner 1 ↗

Eat on day 1

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds
4 tbsp, whole (36g)

1. The recipe has no instructions.

Spiced chicken tabbouleh bowl

362 cals ● 44g protein ● 5g fat ● 32g carbs ● 3g fiber



lemon juice
3/8 tsp (2mL)
ground cumin
2 dash (1g)
oil
1/8 tsp (1mL)
instant couscous, flavored
1/4 box (5.8 oz) (41g)
boneless skinless chicken breast, raw
6 oz (168g)
fresh parsley, chopped
1 sprigs (1g)
cucumber, chopped
1/8 cucumber (8-1/4") (38g)
tomatoes, chopped
1/4 roma tomato (20g)

1. Coat chicken with oil, cumin and a dash of salt. Place in a skillet over medium heat and cook until chicken is cooked through. Set aside.
2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
3. Chop the chicken.
4. Assemble bowl with couscous, chicken, cucumber, and tomatoes. Drizzle lemon juice on top and serve.

Dinner 2 ↗

Eat on day 2 and day 3

Buttered sugar snap peas

268 cals ● 7g protein ● 19g fat ● 10g carbs ● 8g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
butter
5 tsp (23g)
frozen sugar snap peas
1 2/3 cup (240g)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
butter
1/4 cup (45g)
frozen sugar snap peas
3 1/3 cup (480g)

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

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (227g)
balsamic vinaigrette
2 tbsp (30mL)
oil
1 tsp (5mL)
italian seasoning
2 dash (1g)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (454g)
balsamic vinaigrette
4 tbsp (60mL)
oil
2 tsp (10mL)
italian seasoning
4 dash (2g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Dinner 3 ↗

Eat on day 4

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.

Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber



instant couscous, flavored
1/6 box (5.8 oz) (27g)

1. Follow instructions on package.

Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



Makes 6 oz

tomatoes
6 cherry tomatoes (102g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
green olives
6 large (26g)
black pepper
2 dash (0g)
chili powder
1 tsp (3g)
boneless skinless chicken breast, raw
6 oz (170g)
fresh basil, shredded
6 leaves (3g)

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.

Dinner 4 ↗

Eat on day 5

Teriyaki burgers

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



Makes 1 burger(s)

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)

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.

Roasted carrots

3 carrots(s) - 158 cals ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

oil

1/2 tbsp (8mL)

carrots, sliced

3 large (216g)

1. Preheat oven to 400°F (200°C).
2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.

Dinner 5 ↗

Eat on day 6 and day 7

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (224g)
oil
1/2 tbsp (8mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (448g)
oil
1 tbsp (15mL)

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.

Honey glazed carrots

170 cals ● 2g protein ● 4g fat ● 24g carbs ● 6g fiber



For single meal:

butter
1 tsp (5g)
carrots
1/2 lbs (227g)
water
1/6 cup(s) (39mL)
honey
1/2 tbsp (11g)
salt
1 dash (1g)
lemon juice
1/2 tbsp (8mL)

For all 2 meals:

butter
2 tsp (9g)
carrots
1 lbs (454g)
water
1/3 cup(s) (79mL)
honey
1 tbsp (21g)
salt
2 dash (2g)
lemon juice
1 tbsp (15mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.