

Meal Plan - 1700 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

1698 cals ● 110g protein (26%) ● 86g fat (45%) ● 95g carbs (22%) ● 27g fiber (6%)

Breakfast

335 cals, 33g protein, 15g net carbs, 14g fat



Roasted almonds

1/6 cup(s)- 148 cals



Cottage cheese and pineapple

186 cals

Snacks

255 cals, 8g protein, 38g net carbs, 7g fat



Breakfast cereal

257 cals

Lunch

535 cals, 25g protein, 35g net carbs, 27g fat



Turkey, avocado, goat cheese sandwich

1 sandwich(es)- 483 cals



Strawberries

1 cup(s)- 52 cals

Dinner

570 cals, 44g protein, 8g net carbs, 38g fat



Rotisserie chicken

6 oz- 357 cals



Buttered sugar snap peas

214 cals

Day 2

1668 cals ● 113g protein (27%) ● 64g fat (35%) ● 133g carbs (32%) ● 26g fiber (6%)

Breakfast

335 cals, 33g protein, 15g net carbs, 14g fat



Roasted almonds

1/6 cup(s)- 148 cals



Cottage cheese and pineapple

186 cals

Snacks

255 cals, 8g protein, 38g net carbs, 7g fat



Breakfast cereal

257 cals

Lunch

510 cals, 43g protein, 20g net carbs, 25g fat



Simple roasted cod

8 oz- 297 cals



Roasted carrots

4 carrots(s)- 211 cals

Dinner

570 cals, 28g protein, 62g net carbs, 18g fat



Chicken noodle soup

4 can(s)- 569 cals

Day 3

1672 cals ● 111g protein (27%) ● 67g fat (36%) ● 122g carbs (29%) ● 34g fiber (8%)

Breakfast

335 cals, 33g protein, 15g net carbs, 14g fat



Roasted almonds
1/6 cup(s)- 148 cals



Cottage cheese and pineapple
186 cals

Snacks

255 cals, 8g protein, 38g net carbs, 7g fat



Breakfast cereal
257 cals

Lunch

510 cals, 43g protein, 20g net carbs, 25g fat



Simple roasted cod
8 oz- 297 cals



Roasted carrots
4 carrots(s)- 211 cals

Dinner

575 cals, 27g protein, 51g net carbs, 21g fat



Chickpea & chickpea pasta
573 cals

Day 4

1681 cals ● 142g protein (34%) ● 59g fat (32%) ● 120g carbs (29%) ● 25g fiber (6%)

Breakfast

245 cals, 21g protein, 12g net carbs, 11g fat



Sunflower seeds
90 cals



Carrot sticks
1 carrot(s)- 27 cals



Protein shake (milk)
129 cals

Snacks

195 cals, 11g protein, 27g net carbs, 3g fat



Breakfast cereal with protein milk
124 cals



Nectarine
1 nectarine(s)- 70 cals

Lunch

640 cals, 37g protein, 49g net carbs, 29g fat



Ham, bacon, avocado wrap
1 wrap(s)- 507 cals



Peach
2 peach(es)- 132 cals

Dinner

600 cals, 74g protein, 33g net carbs, 16g fat



White rice
1/2 cup rice, cooked- 109 cals



Simple salad with tomatoes and carrots
98 cals



Lemon pepper chicken breast
10 2/3 oz- 395 cals

Day 5

1713 cals ● 127g protein (30%) ● 53g fat (28%) ● 162g carbs (38%) ● 20g fiber (5%)

Breakfast

245 cals, 21g protein, 12g net carbs, 11g fat



Sunflower seeds
90 cals



Carrot sticks
1 carrot(s)- 27 cals



Protein shake (milk)
129 cals

Snacks

195 cals, 11g protein, 27g net carbs, 3g fat



Breakfast cereal with protein milk
124 cals



Nectarine
1 nectarine(s)- 70 cals

Lunch

600 cals, 58g protein, 47g net carbs, 17g fat



Tossed salad
121 cals



Basic chicken breast
8 oz- 317 cals



White rice
3/4 cup rice, cooked- 164 cals

Dinner

670 cals, 37g protein, 77g net carbs, 22g fat



Pad thai with shrimp & egg
600 cals



Tomato cucumber salad
71 cals

Day 6

1746 cals ● 122g protein (28%) ● 65g fat (34%) ● 145g carbs (33%) ● 22g fiber (5%)

Breakfast

340 cals, 25g protein, 45g net carbs, 4g fat



Pretzels
147 cals



Protein greek yogurt
1 container- 139 cals



Carrot sticks
2 carrot(s)- 54 cals

Snacks

235 cals, 14g protein, 6g net carbs, 17g fat



Cucumber goat cheese bites
235 cals

Lunch

600 cals, 35g protein, 50g net carbs, 25g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Chunky canned soup (creamy)
1/2 can(s)- 177 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Dinner

570 cals, 48g protein, 44g net carbs, 19g fat



Lentils
260 cals



Chipotle honey pork chops
309 cals

Day 7

1746 cals ● 122g protein (28%) ● 65g fat (34%) ● 145g carbs (33%) ● 22g fiber (5%)

Breakfast

340 cals, 25g protein, 45g net carbs, 4g fat



Pretzels
147 cals



Protein greek yogurt
1 container- 139 cals



Carrot sticks
2 carrot(s)- 54 cals

Snacks

235 cals, 14g protein, 6g net carbs, 17g fat



Cucumber goat cheese bites
235 cals

Lunch

600 cals, 35g protein, 50g net carbs, 25g fat



Lowfat Greek yogurt
2 container(s)- 310 cals



Chunky canned soup (creamy)
1/2 can(s)- 177 cals



Roasted peanuts
1/8 cup(s)- 115 cals

Dinner

570 cals, 48g protein, 44g net carbs, 19g fat



Lentils
260 cals



Chipotle honey pork chops
309 cals

Grocery List



Nut and Seed Products

- ☐ almonds
1/2 cup, whole (72g)
- ☐ sunflower kernels
1 oz (28g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
3 cup (678g)
- ☐ goat cheese
5 oz (141g)
- ☐ butter
1/4 stick (25g)
- ☐ whole milk
3 1/2 cup(s) (840mL)
- ☐ cheese
2 tbsp, shredded (14g)
- ☐ eggs
1 large (50g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ ghee
2 tsp (9g)

Fruits and Fruit Juices

- ☐ canned pineapple
3/4 cup, chunks (136g)
- ☐ avocados
3/4 avocado(s) (151g)
- ☐ strawberries
1 cup, whole (144g)
- ☐ peach
2 medium (2-2/3" dia) (300g)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ limes
1 fruit (2" dia) (67g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
3 slice (45g)
- ☐ ham cold cuts
4 oz (113g)

Baked Products

- ☐ bread
2 slice (64g)

Spices and Herbs

- ☐ black pepper
1 dash (0g)
- ☐ salt
1 1/2 g (2g)
- ☐ lemon pepper
2 tsp (5g)
- ☐ chipotle seasoning
4 dash (1g)
- ☐ dried dill weed
2 tsp (2g)

Breakfast Cereals

- ☐ breakfast cereal
5 serving (150g)

Soups, Sauces, and Gravies

- ☐ condensed canned chicken noodle soup
4 can (10.5 oz) (1192g)
- ☐ chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

Fats and Oils

- ☐ olive oil
1 oz (35mL)
- ☐ oil
1 3/4 oz (52mL)
- ☐ salad dressing
1 1/2 oz (41mL)

Finfish and Shellfish Products

- ☐ cod, raw
1 lbs (453g)
- ☐ shrimp, raw
4 oz (113g)

Legumes and Legume Products

- ☐ chickpeas, canned
1/2 can(s) (224g)
- ☐ roasted peanuts
1 1/2 oz (47g)
- ☐ lentils, raw
3/4 cup (144g)

Beverages

- ☐ **flour tortillas**
1 tortilla (approx 7-8" dia) (49g)

Vegetables and Vegetable Products

- ☐ **fresh spinach**
1/2 cup(s) (15g)
- ☐ **frozen sugar snap peas**
1 1/3 cup (192g)
- ☐ **carrots**
16 medium (982g)
- ☐ **onion**
1/2 medium (2-1/2" dia) (55g)
- ☐ **garlic**
3 clove(s) (9g)
- ☐ **romaine lettuce**
1 hearts (500g)
- ☐ **tomatoes**
1 1/2 medium whole (2-3/5" dia) (169g)
- ☐ **red onion**
1/4 medium (2-1/2" dia) (31g)
- ☐ **cucumber**
1 1/2 cucumber (8-1/4") (414g)

Other

- ☐ **rotisserie chicken, cooked**
6 oz (170g)
- ☐ **chickpea pasta**
2 oz (57g)
- ☐ **nutritional yeast**
1 tsp (1g)
- ☐ **Pad Thai stir fry sauce**
2 tbsp (28g)
- ☐ **protein greek yogurt, flavored**
2 container (300g)

- ☐ **protein powder**
1 1/2 scoop (1/3 cup ea) (47g)
- ☐ **water**
4 cup (922mL)

Pork Products

- ☐ **bacon, cooked**
2 slice(s) (20g)
- ☐ **pork loin chops, boneless, raw**
10 oz (283g)

Cereal Grains and Pasta

- ☐ **long-grain white rice**
6 3/4 tbsp (77g)
- ☐ **rice noodles**
2 oz (57g)

Poultry Products

- ☐ **boneless skinless chicken breast, raw**
18 3/4 oz (523g)

Snacks

- ☐ **pretzels, hard, salted**
2 2/3 oz (76g)

Sweets

- ☐ **honey**
2 tsp (14g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

Roasted almonds

1/6 cup(s) - 148 cal ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds
2 2/3 tbsp, whole (24g)

For all 3 meals:

almonds
1/2 cup, whole (72g)

1. The recipe has no instructions.

Cottage cheese and pineapple

186 cal ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

low fat cottage cheese (1% milkfat)
1 cup (226g)
canned pineapple, drained
4 tbsp, chunks (45g)

For all 3 meals:

low fat cottage cheese (1% milkfat)
3 cup (678g)
canned pineapple, drained
3/4 cup, chunks (136g)

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

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:
sunflower kernels
1/2 oz (14g)

For all 2 meals:
sunflower kernels
1 oz (28g)

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 2 meals:
carrots
2 medium (122g)

1. Cut carrots into strips and serve.

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.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Pretzels

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



For single meal:

pretzels, hard, salted
1 1/3 oz (38g)

For all 2 meals:

pretzels, hard, salted
2 2/3 oz (76g)

1. The recipe has no instructions.
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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.
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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.
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Lunch 1 [↗](#)

Eat on day 1

Turkey, avocado, goat cheese sandwich

1 sandwich(es) - 483 cals ● 24g protein ● 27g fat ● 27g carbs ● 11g fiber



Makes 1 sandwich(es)

turkey cold cuts

3 slice (45g)

goat cheese

2 tbsp (28g)

bread

2 slice (64g)

fresh spinach

1/2 cup(s) (15g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. On one slice of bread, layer spinach and avocado and season with salt and pepper to taste.
2. On the other slice of bread, spread the goat cheese, and lightly press the turkey slices into the cheese.
3. Close the sandwich
4. Optional: Heat in panini press. If you don't have a panini press, you can heat the sandwich on a skillet and use a heavy pot and press the sandwich while it cooks on both sides.

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



Makes 1 cup(s)

strawberries

1 cup, whole (144g)

1. The recipe has no instructions.
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Lunch 2 [↗](#)

Eat on day 2 and day 3

Simple roasted cod

8 oz - 297 cals ● 40g protein ● 15g fat ● 0g carbs ● 0g fiber



For single meal:

olive oil
1 tbsp (15mL)
cod, raw
1/2 lbs (227g)

For all 2 meals:

olive oil
2 tbsp (30mL)
cod, raw
1 lbs (453g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

Roasted carrots

4 carrots(s) - 211 cals ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



For single meal:

oil
2 tsp (10mL)
carrots, sliced
4 large (288g)

For all 2 meals:

oil
4 tsp (20mL)
carrots, sliced
8 large (576g)

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.

Lunch 3 [↗](#)

Eat on day 4

Ham, bacon, avocado wrap

1 wrap(s) - 507 cals ● 34g protein ● 28g fat ● 25g carbs ● 5g fiber



Makes 1 wrap(s)

bacon, cooked

2 slice(s) (20g)

ham cold cuts

4 oz (113g)

flour tortillas

1 tortilla (approx 7-8" dia) (49g)

cheese

2 tbsp, shredded (14g)

avocados, sliced

1/4 avocado(s) (50g)

1. Cook the bacon according to the directions on its packaging.
2. Place the ham, bacon, avocado, and cheese in the middle of the tortilla and wrap it up. Serve.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



Makes 2 peach(es)

peach

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

Lunch 4 [↗](#)

Eat on day 5

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



romaine lettuce, shredded

1/2 hearts (250g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

red onion, sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

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.

Basic chicken breast

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



Makes 8 oz

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

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.

White rice

3/4 cup rice, cooked - 164 cals ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber



Makes 3/4 cup rice, cooked

water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Lunch 5 [↗](#)

Eat on day 6 and day 7

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.

Chunky canned soup (creamy)

1/2 can(s) - 177 cals ● 6g protein ● 9g fat ● 15g carbs ● 4g fiber



For single meal:
chunky canned soup (creamy varieties)
1/2 can (~19 oz) (267g)

For all 2 meals:
chunky canned soup (creamy varieties)
1 can (~19 oz) (533g)

1. Prepare according to instructions on package.

Roasted peanuts

1/8 cup(s) - 115 cal● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:
roasted peanuts
2 tbsp (18g)

For all 2 meals:
roasted peanuts
4 tbsp (37g)

1. The recipe has no instructions.

Snacks 1

Eat on day 1, day 2, and day 3

Breakfast cereal

257 cal● 8g protein ● 7g fat ● 38g carbs ● 3g fiber



For single meal:
whole milk
2/3 cup(s) (160mL)
breakfast cereal
1 1/3 serving (40g)

For all 3 meals:
whole milk
2 cup(s) (480mL)
breakfast cereal
4 serving (120g)

1. 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 most breakfast cereals are going to have a very similar macronutrient breakdown.
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Snacks 2 [🔗](#)

Eat on day 4 and day 5

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 2 meals:

breakfast cereal
1 serving (30g)
whole milk
1/2 cup(s) (120mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)

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.

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.
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Snacks 3 [↗](#)

Eat on day 6 and day 7

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

Rotisserie chicken

6 oz - 357 cals ● 38g protein ● 23g fat ● 0g carbs ● 0g fiber



Makes 6 oz

rotisserie chicken, cooked
6 oz (170g)

1. Pull chicken off of bones.
2. 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

Chicken noodle soup

4 can(s) - 569 cal(s) ● 28g protein ● 18g fat ● 62g carbs ● 11g fiber



Makes 4 can(s)

condensed canned chicken noodle soup

4 can (10.5 oz) (1192g)

1. Prepare according to instructions on package.

Dinner 3 [↗](#)

Eat on day 3

Chickpea & chickpea pasta

573 cal(s) ● 27g protein ● 21g fat ● 51g carbs ● 19g fiber



chickpea pasta

2 oz (57g)

oil

1/2 tbsp (8mL)

butter

1/2 tbsp (7g)

nutritional yeast

1 tsp (1g)

onion, thinly sliced

1/2 medium (2-1/2" dia) (55g)

garlic, minced

2 clove(s) (6g)

chickpeas, canned, drained & rinsed

1/2 can(s) (224g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Dinner 4 [↗](#)

Eat on day 4

White rice

1/2 cup rice, cooked - 109 cals ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber

Makes 1/2 cup rice, cooked



water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

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

Lemon pepper chicken breast

10 2/3 oz - 395 cals ● 68g protein ● 13g fat ● 2g carbs ● 1g fiber



Makes 10 2/3 oz

boneless skinless chicken breast, raw

2/3 lbs (299g)

olive oil

1 tsp (5mL)

lemon pepper

2 tsp (5g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
 2. **STOVETOP**
 3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
 4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
 5. **BAKED**
 6. Preheat oven to 400 degrees Fahrenheit.
 7. Place chicken on broiler pan (recommended) or baking sheet.
 8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
 9. **BROILED/GRILLED**
 10. Setup oven so top rack is 3-4 inches from heating element.
 11. Set oven to broil and preheat on high.
 12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
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Dinner 5 [↗](#)

Eat on day 5

Pad thai with shrimp & egg

600 cal ● 36g protein ● 18g fat ● 70g carbs ● 4g fiber



oil

1/2 tbsp (8mL)

eggs

1 large (50g)

rice noodles

2 oz (57g)

Pad Thai stir fry sauce

2 tbsp (28g)

limes

1 fruit (2" dia) (67g)

shrimp, raw, peeled and deveined

4 oz (113g)

roasted peanuts, crushed

10 peanut(s) (10g)

garlic, diced

1 clove (3g)

1. Cook rice noodles according to package. Drain and set aside.
2. Heat the oil in a skillet over medium heat. Add the garlic and saute until fragrant, about a minute.
3. Add the egg and scramble it until lightly set- about 30 seconds.
4. Add the shrimp and cook until the shrimp and egg are mostly done- about 3 minutes.
5. Add in the rice noodles and the Pad Thai sauce and cook for a few more minutes until heated through.
6. Transfer to a serving plate and top with crushed peanuts and lime wedges (optional).

Tomato cucumber salad

71 cal ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



salad dressing

1 tbsp (15mL)

red onion, thinly sliced

1/4 small (18g)

cucumber, thinly sliced

1/4 cucumber (8-1 1/4") (75g)

tomatoes, thinly sliced

1/2 medium whole (2-3 5/8" dia) (62g)

1. Mix ingredients together in a bowl and serve.

Dinner 6 [↗](#)

Eat on day 6 and day 7

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
salt
3/4 dash (1g)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

water
3 cup(s) (711mL)
salt
1 1/2 dash (1g)
lentils, raw, rinsed
3/4 cup (144g)

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.

Chipotle honey pork chops

309 cals ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



For single meal:

ghee
1 tsp (5g)
pork loin chops, boneless, raw
5 oz (142g)
honey
1 tsp (7g)
chipotle seasoning
2 dash (1g)
water
1/2 tbsp (8mL)
oil
1 tsp (5mL)

For all 2 meals:

ghee
2 tsp (9g)
pork loin chops, boneless, raw
10 oz (283g)
honey
2 tsp (14g)
chipotle seasoning
4 dash (1g)
water
1 tbsp (15mL)
oil
2 tsp (10mL)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.