

Meal Plan - 1800 calorie macro meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

Day 1

1766 cals ● 120g protein (27%) ● 75g fat (38%) ● 132g carbs (30%) ● 22g fiber (5%)

Breakfast

330 cals, 21g protein, 14g net carbs, 21g fat



Grapefruit

1/2 grapefruit- 59 cals



Creamy scrambled eggs

273 cals

Snacks

230 cals, 11g protein, 20g net carbs, 10g fat



Boiled eggs

1 egg(s)- 69 cals



Toast with butter

1 slice(s)- 114 cals



Kiwi

1 kiwi- 47 cals

Lunch

575 cals, 41g protein, 30g net carbs, 29g fat



Ham, bacon, avocado sandwich

1 sandwich(es)- 550 cals



Carrot sticks

1 carrot(s)- 27 cals

Dinner

630 cals, 48g protein, 68g net carbs, 15g fat



Cranberry spinach salad

95 cals



Chicken stir fry with rice

533 cals

Day 2

1795 cals ● 130g protein (29%) ● 68g fat (34%) ● 144g carbs (32%) ● 22g fiber (5%)

Breakfast

330 cals, 21g protein, 14g net carbs, 21g fat



Grapefruit

1/2 grapefruit- 59 cals



Creamy scrambled eggs

273 cals

Snacks

230 cals, 11g protein, 20g net carbs, 10g fat



Boiled eggs

1 egg(s)- 69 cals



Toast with butter

1 slice(s)- 114 cals



Kiwi

1 kiwi- 47 cals

Lunch

575 cals, 60g protein, 35g net carbs, 19g fat



Simple kale & avocado salad

115 cals



Grilled chicken sandwich

1 sandwich(es)- 460 cals

Dinner

660 cals, 38g protein, 75g net carbs, 18g fat



Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals



Mashed sweet potatoes with butter

249 cals



Milk

1 cup(s)- 149 cals

Day 3

1796 cals ● 129g protein (29%) ● 64g fat (32%) ● 153g carbs (34%) ● 24g fiber (5%)

Breakfast

335 cals, 20g protein, 23g net carbs, 17g fat



String cheese

1 stick(s)- 83 cals



Grapefruit

1/2 grapefruit- 59 cals



Easy mini quiche

2 quiche(s)- 192 cals

Snacks

230 cals, 11g protein, 20g net carbs, 10g fat



Boiled eggs

1 egg(s)- 69 cals



Toast with butter

1 slice(s)- 114 cals



Kiwi

1 kiwi- 47 cals

Lunch

575 cals, 60g protein, 35g net carbs, 19g fat



Simple kale & avocado salad

115 cals



Grilled chicken sandwich

1 sandwich(es)- 460 cals

Dinner

660 cals, 38g protein, 75g net carbs, 18g fat



Bbq chicken stuffed sweet potatoes

1/2 potato(es)- 260 cals



Mashed sweet potatoes with butter

249 cals



Milk

1 cup(s)- 149 cals

Day 4

1840 cals ● 125g protein (27%) ● 74g fat (36%) ● 137g carbs (30%) ● 31g fiber (7%)

Breakfast

335 cals, 20g protein, 23g net carbs, 17g fat



String cheese

1 stick(s)- 83 cals



Grapefruit

1/2 grapefruit- 59 cals



Easy mini quiche

2 quiche(s)- 192 cals

Snacks

240 cals, 6g protein, 29g net carbs, 9g fat



Walnuts

1/8 cup(s)- 87 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals



Pretzels

110 cals

Lunch

630 cals, 57g protein, 21g net carbs, 31g fat



Chicken avocado salad

500 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

635 cals, 42g protein, 64g net carbs, 18g fat



Mashed sweet potatoes

275 cals



Olive oil drizzled lima beans

108 cals



Basic chicken thighs

6 oz- 255 cals

Day 5

1817 cals ● 115g protein (25%) ● 69g fat (34%) ● 151g carbs (33%) ● 34g fiber (8%)

Breakfast

335 cals, 20g protein, 23g net carbs, 17g fat



String cheese

1 stick(s)- 83 cals



Grapefruit

1/2 grapefruit- 59 cals



Easy mini quiche

2 quiche(s)- 192 cals

Snacks

240 cals, 6g protein, 29g net carbs, 9g fat



Walnuts

1/8 cup(s)- 87 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals



Pretzels

110 cals

Lunch

600 cals, 68g protein, 36g net carbs, 16g fat



Lentils

174 cals



Buttered lima beans

110 cals



Balsamic chicken breast

8 oz- 316 cals

Dinner

645 cals, 21g protein, 63g net carbs, 27g fat



Spicy peanut & bean curry over rice

529 cals



Tomato and avocado salad

117 cals

Day 6

1751 cals ● 137g protein (31%) ● 68g fat (35%) ● 126g carbs (29%) ● 22g fiber (5%)

Breakfast

245 cals, 19g protein, 2g net carbs, 18g fat



Goat cheese & tomato mini egg muffin

4 mini muffin(s)- 244 cals

Snacks

285 cals, 13g protein, 24g net carbs, 14g fat



Milk

1 cup(s)- 149 cals



Roasted chickpeas

1/4 cup- 138 cals

Lunch

600 cals, 68g protein, 36g net carbs, 16g fat



Lentils

174 cals



Buttered lima beans

110 cals



Balsamic chicken breast

8 oz- 316 cals

Dinner

620 cals, 38g protein, 64g net carbs, 20g fat



Chicken alfredo pasta

263 cals



Bone both rice

184 cals



Simple kale & avocado salad

173 cals

Day 7

1845 cals ● 118g protein (26%) ● 84g fat (41%) ● 135g carbs (29%) ● 19g fiber (4%)

Breakfast

245 cals, 19g protein, 2g net carbs, 18g fat



Goat cheese & tomato mini egg muffin
4 mini muffin(s)- 244 cals

Lunch

695 cals, 49g protein, 45g net carbs, 33g fat



Roasted cashews
1/8 cup(s)- 104 cals



Cottage cheese & fruit cup
2 container- 261 cals



Avocado and bacon egg salad sandwich
328 cals

Snacks

285 cals, 13g protein, 24g net carbs, 14g fat



Milk
1 cup(s)- 149 cals



Roasted chickpeas
1/4 cup- 138 cals

Dinner

620 cals, 38g protein, 64g net carbs, 20g fat



Chicken alfredo pasta
263 cals



Bone both rice
184 cals



Simple kale & avocado salad
173 cals

Fruits and Fruit Juices

- ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ kiwi
3 fruit (207g)
- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ dried cranberries
2 tsp (7g)
- ☐ lemon
1 1/4 small (73g)
- ☐ lime juice
1/2 fl oz (18mL)

Dairy and Egg Products

- ☐ eggs
16 1/2 large (825g)
- ☐ butter
4 tbsp (54g)
- ☐ whole milk
4 2/3 cup(s) (1126mL)
- ☐ sliced cheese
1 slice (3/4 oz ea) (21g)
- ☐ romano cheese
3 dash (1g)
- ☐ string cheese
3 stick (84g)
- ☐ swiss cheese
1/2 cup, shredded (54g)
- ☐ goat cheese
4 tbsp (56g)

Spices and Herbs

- ☐ salt
1 1/4 tsp (8g)
- ☐ black pepper
1 tsp, ground (2g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ dry mustard powder
4 dash (1g)
- ☐ ground cumin
1/4 tbsp (2g)
- ☐ crushed red pepper
2 dash (0g)
- ☐ garlic powder
5 dash (2g)

Nut and Seed Products

- ☐ walnuts
1 oz (30g)
- ☐ roasted cashews
2 tbsp (17g)

Fats and Oils

- ☐ raspberry walnut vinaigrette
2 tsp (10mL)
- ☐ oil
1 1/2 oz (45mL)
- ☐ olive oil
1 tsp (6mL)
- ☐ balsamic vinaigrette
4 tbsp (60mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 cup (170g)
- ☐ uncooked dry pasta
2 oz (57g)

Beverages

- ☐ water
3 cup (730mL)

Other

- ☐ stir-fry sauce
2 3/4 tbsp (45g)
- ☐ mixed greens
1/2 cup (15g)
- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ italian seasoning
4 dash (2g)
- ☐ Roasted chickpeas
1/2 cup (57g)
- ☐ alfredo sauce
1/4 jar (106g)
- ☐ chicken bone broth
1 cup(s) (mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 3/4 lbs (1671g)

Baked Products

- ☐ bread
8 slice (256g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
4 oz (113g)

Pork Products

- ☐ bacon, cooked
3 slice(s) (30g)

Vegetables and Vegetable Products

- ☐ carrots
4 medium (244g)
- ☐ fresh spinach
1/8 6oz package (21g)
- ☐ frozen mixed veggies
1/2 10oz package (142g)
- ☐ sweet potatoes
4 1/2 sweetpotato, 5" long (945g)
- ☐ kale leaves
1 1/4 bunch (213g)
- ☐ tomatoes
2 1/2 medium whole (2-3/5" dia) (304g)
- ☐ onion
1 1/6 medium (2-1/2" dia) (128g)
- ☐ brussels sprouts
5 sprouts (95g)
- ☐ lima beans, frozen
3/4 package (10 oz) (213g)
- ☐ garlic
1 1/2 clove(s) (5g)

- ☐ boneless skinless chicken thighs
6 oz (170g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
2 3/4 tbsp (48g)

Snacks

- ☐ pretzels, hard, salted
2 oz (57g)

Legumes and Legume Products

- ☐ peanut butter
1 tbsp (16g)
- ☐ kidney beans
1/2 can (224g)
- ☐ lentils, raw
1/2 cup (96g)



Breakfast 1 [↗](#)

Eat on day 1 and day 2

Grapefruit

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



For single meal:

Grapefruit

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

For all 2 meals:

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)

Creamy scrambled eggs

273 cal ● 20g protein ● 20g fat ● 2g carbs ● 0g fiber



For single meal:

eggs

3 large (150g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

butter

1/2 tbsp (7g)

whole milk

1/8 cup(s) (23mL)

For all 2 meals:

eggs

6 large (300g)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

butter

1 tbsp (14g)

whole milk

1/6 cup(s) (45mL)

1. Beat eggs, milk, salt and pepper in medium bowl until blended.
2. Heat butter in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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 3 meals:

string cheese
3 stick (84g)

1. The recipe has no instructions.

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)

Easy mini quiche

2 quiche(s) - 192 cals ● 13g protein ● 11g fat ● 10g carbs ● 1g fiber



For single meal:

bread
2/3 slice (21g)
dry mustard powder
1 1/3 dash (0g)
swiss cheese
2 2/3 tbsp, shredded (18g)
whole milk
1/6 cup(s) (40mL)
eggs
2/3 large (33g)
onion, minced
1/6 medium (2-1/2" dia) (18g)

For all 3 meals:

bread
2 slice (64g)
dry mustard powder
4 dash (1g)
swiss cheese
1/2 cup, shredded (54g)
whole milk
1/2 cup(s) (120mL)
eggs
2 large (100g)
onion, minced
1/2 medium (2-1/2" dia) (55g)

1. Preheat oven to 375°F (190°C). Lightly grease the muffin tins (one for each serving).
2. Trim or cut bread into circles. Place circles in bottom of muffin tins. You can use various scraps of bread and press them together at the base of the tin in order to get the most use out of a slice. Distribute the onion and shredded cheese evenly between the muffin tins.
3. In a medium bowl, combine milk, eggs, mustard and some salt and pepper. Divide between the muffin tins. Quiches will puff up, so be sure to leave some space at the top.
4. Bake for 20 minutes, or until a toothpick inserted into the center of a quiche comes out clean.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Goat cheese & tomato mini egg muffin

4 mini muffin(s) - 244 cal ● 19g protein ● 18g fat ● 2g carbs ● 0g fiber



For single meal:

water
2 tsp (10mL)
eggs
2 large (100g)
goat cheese
2 tbsp (28g)
tomatoes, chopped
2 slice(s), thin/small (30g)

For all 2 meals:

water
4 tsp (20mL)
eggs
4 large (200g)
goat cheese
4 tbsp (56g)
tomatoes, chopped
4 slice(s), thin/small (60g)

1. Preheat oven to 375°F (190°C).
 2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the goat cheese and tomato.
 3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
 4. Bake for 15 until the egg is set and top is golden. Serve.
 5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.
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Lunch 1 [↗](#)

Eat on day 1

Ham, bacon, avocado sandwich

1 sandwich(es) - 550 cals ● 40g protein ● 29g fat ● 26g carbs ● 7g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

sliced cheese

1 slice (3/4 oz ea) (21g)

ham cold cuts

4 oz (113g)

bacon, cooked

2 slice(s) (20g)

avocados, sliced

1/4 avocado(s) (50g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.

Carrot sticks

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



Makes 1 carrot(s)

carrots

1 medium (61g)

1. Cut carrots into strips and serve.

Lunch 2 [↗](#)

Eat on day 2 and day 3

Simple kale & avocado salad

115 cals ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped

1/4 bunch (43g)

avocados, chopped

1/4 avocado(s) (50g)

lemon, juiced

1/4 small (15g)

For all 2 meals:

kale leaves, chopped

1/2 bunch (85g)

avocados, chopped

1/2 avocado(s) (101g)

lemon, juiced

1/2 small (29g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (227g)
tomatoes
3 slice(s), thin/small (45g)
mixed greens
4 tbsp (8g)
dijon mustard
1/2 tbsp (8g)
kaiser rolls
1 roll (3-1/2" dia) (57g)
oil
1/2 tsp (3mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (454g)
tomatoes
6 slice(s), thin/small (90g)
mixed greens
1/2 cup (15g)
dijon mustard
1 tbsp (15g)
kaiser rolls
2 roll (3-1/2" dia) (114g)
oil
1 tsp (5mL)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Lunch 3 [↗](#)

Eat on day 4

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



boneless skinless chicken breast, raw
6 oz (170g)
onion
1 tbsp chopped (10g)
lime juice
2 tsp (10mL)
oil
2 tsp (10mL)
brussels sprouts
5 sprouts (95g)
avocados, chopped
1/2 avocado(s) (101g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussels sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup
1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Lunch 4 [🔗](#)

Eat on day 5 and day 6

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

water
1 cup(s) (237mL)
salt
1/2 dash (0g)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

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

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.

Buttered lima beans

110 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



For single meal:

salt
1 dash (1g)
lima beans, frozen
1/4 package (10 oz) (71g)
butter
1 tsp (5g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

salt
2 dash (2g)
lima beans, frozen
1/2 package (10 oz) (142g)
butter
2 tsp (9g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

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.

Lunch 5 [↗](#)
Eat on day 7

Roasted cashews
1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



- Makes 1/8 cup(s)

roasted cashews
2 tbsp (17g)
1. The recipe has no instructions.

Cottage cheese & fruit cup
2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



- Makes 2 container

cottage cheese & fruit cup
2 container (340g)
1. Mix cottage cheese and fruit portions of the container together and serve.

Avocado and bacon egg salad sandwich
328 cals ● 18g protein ● 20g fat ● 14g carbs ● 5g fiber



salt
1 dash (1g)
garlic powder
4 dash (2g)
bacon, cooked
1 slice(s) (10g)
avocados
1/4 avocado(s) (50g)
bread
1 slice (32g)
eggs, hard-boiled and chilled
1 1/2 large (75g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, salt, and garlic in a bowl. Mash with a fork until fully combined.
4. Crumble bacon and add in. Mix.
5. Put egg salad in between bread to form sandwich.
6. Serve.
7. (Note: You can store any leftover egg salad in the fridge for a day or two)

Snacks 1 [↗](#)

Eat on day 1, day 2, and day 3

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Kiwi

1 kiwi - 47 cals ● 1g protein ● 0g fat ● 8g carbs ● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 3 meals:

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Snacks 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.

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 2 meals:

carrots
3 medium (183g)

1. Cut carrots into strips and serve.

Pretzels

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



For single meal:

pretzels, hard, salted
1 oz (28g)

For all 2 meals:

pretzels, hard, salted
2 oz (57g)

1. The recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6 and day 7

Milk

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



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas
4 tbsp (28g)

For all 2 meals:

Roasted chickpeas
1/2 cup (57g)

1. The recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Cranberry spinach salad

95 cals ● 2g protein ● 6g fat ● 7g carbs ● 1g fiber



dried cranberries
2 tsp (7g)
walnuts
2 tsp, chopped (5g)
fresh spinach
1/8 6oz package (21g)
raspberry walnut vinaigrette
2 tsp (10mL)
romano cheese, finely shredded
3 dash (1g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Chicken stir fry with rice

533 cals ● 46g protein ● 9g fat ● 61g carbs ● 6g fiber



long-grain white rice

4 tbsp (46g)

water

1/2 cup(s) (119mL)

salt

1 dash (1g)

black pepper

2 dash, ground (1g)

frozen mixed veggies

1/2 10oz package (142g)

stir-fry sauce

2 2/3 tbsp (45g)

boneless skinless chicken breast, raw, cubed

6 oz (168g)

oil, divided

1/4 tbsp (4mL)

1. In a pot with a lid, add the water and bring to a boil. Add the rice, stir, reduce heat to medium-low, and cover with the lid. The temperature will be correct when a little steam is visibly leaking from the lid. Keep the lid on for 20 minutes without removing. When done, fluff with a fork and set aside.
 2. Meanwhile, heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken and set aside.
 3. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
 4. Return chicken to skillet, stir.
 5. Pour in stir-fry sauce and mix until it is well distributed.
 6. Reduce heat to low and simmer until chicken is fully cooked.
 7. Serve over rice.
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Dinner 2 [↗](#)

Eat on day 2 and day 3

Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cals ● 27g protein ● 3g fat ● 28g carbs ● 3g fiber



For single meal:

barbecue sauce
4 tsp (24g)
boneless skinless chicken breast, raw
4 oz (112g)
sweet potatoes, halved
1/2 sweetpotato, 5" long (105g)

For all 2 meals:

barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
sweet potatoes, halved
1 sweetpotato, 5" long (210g)

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. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Mashed sweet potatoes with butter

249 cals ● 3g protein ● 7g fat ● 36g carbs ● 6g fiber



For single meal:

sweet potatoes
1 sweetpotato, 5" long (210g)
butter
2 tsp (9g)

For all 2 meals:

sweet potatoes
2 sweetpotato, 5" long (420g)
butter
4 tsp (18g)

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, top with butter, and serve.

Milk

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



For single meal:

whole milk
1 cup(s) (240mL)

For all 2 meals:

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.

Dinner 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.

Olive oil drizzled lima beans

108 cals ● 5g protein ● 4g fat ● 10g carbs ● 4g fiber



black pepper

1/2 dash, ground (0g)

salt

1 dash (1g)

lima beans, frozen

1/4 package (10 oz) (71g)

olive oil

1/4 tbsp (4mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Basic chicken thighs

6 oz - 255 cals ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



Makes 6 oz

boneless skinless chicken thighs
6 oz (170g)
oil
1/4 tbsp (4mL)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Dinner 4 [↗](#)

Eat on day 5

Spicy peanut & bean curry over rice

529 cals ● 20g protein ● 18g fat ● 59g carbs ● 14g fiber



ground cumin
1/4 tbsp (2g)
water
1/2 cup(s) (119mL)
peanut butter
1 tbsp (16g)
long-grain white rice
2 2/3 tbsp (31g)
crushed red pepper
2 dash (0g)
oil
1/2 tbsp (8mL)
tomatoes, chopped
1 medium whole (2-3/5" dia) (123g)
kidney beans, drained and rinsed
1/2 can (224g)
onion, diced
1/2 medium (2-1/2" dia) (55g)
garlic, diced
1 1/2 clove(s) (5g)

1. Cook rice according to package instructions. Set aside.
2. Heat oil in a large skillet over medium heat. Add onions and garlic and saute until softened, about 10 minutes.
3. Add in tomatoes, cumin, crushed red pepper, and a hefty pinch of salt. Feel free to add more/less crushed red pepper depending on your preferred spice level. Stir and toast spices, about 1 minute.
4. Add in kidney beans, water, and peanut butter. Stir peanut butter into the water and break it apart and turn it into a sauce-like consistency. Cook for 5-8 more minutes until beans are heated through and sauce is bubbly.
5. Add rice to a plate and spoon the curry on top. Serve.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Dinner 5 [↗](#)

Eat on day 6 and day 7

Chicken alfredo pasta

263 cals ● 27g protein ● 8g fat ● 21g carbs ● 1g fiber



For single meal:

oil
1/2 tsp (3mL)
boneless skinless chicken breast, raw
1/4 lbs (101g)
alfredo sauce
1/8 jar (53g)
uncooked dry pasta
1 oz (29g)

For all 2 meals:

oil
1 tsp (6mL)
boneless skinless chicken breast, raw
1/2 lbs (202g)
alfredo sauce
1/4 jar (106g)
uncooked dry pasta
2 oz (57g)

1. Cook pasta according to package instructions. Drain and set aside.
2. Meanwhile, season chicken with some salt and pepper. Heat oil in a skillet over medium-high heat. Add chicken breast and cook 5-10 minutes on each side until the inside is no longer pink.
3. Pour alfredo sauce in with the chicken and stir until it comes to a simmer.
4. Pour chicken and alfredo sauce over pasta, season with freshly cracked pepper, and serve.

Bone both rice

184 cals ● 8g protein ● 1g fat ● 36g carbs ● 1g fiber



For single meal:

chicken bone broth
1/2 cup(s) (mL)
long-grain white rice
4 tbsp (46g)

For all 2 meals:

chicken bone broth
1 cup(s) (mL)
long-grain white rice
1/2 cup (93g)

1. In a saucepan with a good fitting lid bring bone broth to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. Do not lift lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.

Simple kale & avocado salad

173 cal ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped
3/8 bunch (64g)
avocados, chopped
3/8 avocado(s) (75g)
lemon, juiced
3/8 small (22g)

For all 2 meals:

kale leaves, chopped
3/4 bunch (128g)
avocados, chopped
3/4 avocado(s) (151g)
lemon, juiced
3/4 small (44g)

1. Add all ingredients into a bowl.
 2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
 3. Season with salt and pepper if desired. Serve.
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