

Meal Plan - 2100 calorie meal plan to gain muscle/weight



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

2094 cals ● 139g protein (27%) ● 112g fat (48%) ● 107g carbs (21%) ● 25g fiber (5%)

Breakfast

310 cals, 20g protein, 2g net carbs, 25g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Tomato and basil omelet
152 cals

Snacks

300 cals, 23g protein, 10g net carbs, 18g fat



Roasted peanuts
1/6 cup(s)- 173 cals



Protein shake (milk)
129 cals

Lunch

715 cals, 48g protein, 27g net carbs, 42g fat



Goat cheese and marinara stuffed zucchini
4 zucchini halve(s)- 384 cals



String cheese
4 stick(s)- 331 cals

Dinner

765 cals, 49g protein, 68g net carbs, 27g fat



Beef burrito
1 burrito(s) - 668 cals



Simple salad with tomatoes and carrots
98 cals

Day 2

2130 cals ● 132g protein (25%) ● 114g fat (48%) ● 114g carbs (21%) ● 28g fiber (5%)

Breakfast

310 cals, 20g protein, 2g net carbs, 25g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Tomato and basil omelet
152 cals

Lunch

750 cals, 41g protein, 34g net carbs, 45g fat



Sweet potato wedges
174 cals



Steak with shallot sauce
5 1/3 oz steak- 403 cals



Olive oil drizzled broccoli
2 1/2 cup(s)- 175 cals

Snacks

300 cals, 23g protein, 10g net carbs, 18g fat



Roasted peanuts
1/6 cup(s)- 173 cals



Protein shake (milk)
129 cals

Dinner

765 cals, 49g protein, 68g net carbs, 27g fat



Beef burrito
1 burrito(s) - 668 cals



Simple salad with tomatoes and carrots
98 cals

Day 3

2121 cals ● 155g protein (29%) ● 87g fat (37%) ● 149g carbs (28%) ● 29g fiber (5%)

Breakfast

330 cals, 47g protein, 18g net carbs, 6g fat



Milk

1/2 cup(s)- 75 cals



Double chocolate protein shake

206 cals



Strawberries

1 cup(s)- 52 cals

Snacks

300 cals, 23g protein, 10g net carbs, 18g fat



Roasted peanuts

1/6 cup(s)- 173 cals



Protein shake (milk)

129 cals

Lunch

765 cals, 46g protein, 55g net carbs, 37g fat



Tomato cucumber salad

141 cals



Chicken burrito

1 burrito(s) - 625 cals

Dinner

720 cals, 40g protein, 66g net carbs, 27g fat



Protein greek yogurt

1 container- 139 cals



Blueberries

1 cup(s)- 95 cals



Lentil kale salad

487 cals

Day 4

2085 cals ● 149g protein (29%) ● 82g fat (36%) ● 157g carbs (30%) ● 30g fiber (6%)

Breakfast

330 cals, 47g protein, 18g net carbs, 6g fat



Milk

1/2 cup(s)- 75 cals



Double chocolate protein shake

206 cals



Strawberries

1 cup(s)- 52 cals

Lunch

765 cals, 46g protein, 55g net carbs, 37g fat



Tomato cucumber salad

141 cals



Chicken burrito

1 burrito(s) - 625 cals

Dinner

720 cals, 40g protein, 66g net carbs, 27g fat



Protein greek yogurt

1 container- 139 cals



Blueberries

1 cup(s)- 95 cals



Lentil kale salad

487 cals

Day 5

2064 cals ● 164g protein (32%) ● 95g fat (41%) ● 110g carbs (21%) ● 28g fiber (6%)

Breakfast

330 cals, 47g protein, 18g net carbs, 6g fat



Milk

1/2 cup(s)- 75 cals



Double chocolate protein shake

206 cals



Strawberries

1 cup(s)- 52 cals

Snacks

265 cals, 16g protein, 18g net carbs, 13g fat



Roasted almonds

1/8 cup(s)- 111 cals



Lowfat Greek yogurt

1 container(s)- 155 cals

Lunch

760 cals, 32g protein, 57g net carbs, 39g fat



Chicken noodle soup

3 can(s)- 427 cals



Roasted peanuts

1/4 cup(s)- 230 cals



Simple mixed greens salad

102 cals

Dinner

710 cals, 69g protein, 17g net carbs, 37g fat



Brussels sprout, apple & walnut side salad

338 cals



Lemon pepper chicken breast

10 oz- 370 cals

Day 6

2072 cals ● 150g protein (29%) ● 105g fat (45%) ● 109g carbs (21%) ● 24g fiber (5%)

Breakfast

390 cals, 19g protein, 8g net carbs, 30g fat



Roasted almonds

1/8 cup(s)- 111 cals



Kale & eggs

189 cals



Sauteed Kale

91 cals

Snacks

260 cals, 25g protein, 14g net carbs, 11g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Beef jerky

146 cals

Lunch

710 cals, 37g protein, 70g net carbs, 26g fat



Milk

2 cup(s)- 298 cals



Warm brussels sprout & lentil salad

414 cals

Dinner

710 cals, 69g protein, 17g net carbs, 37g fat



Brussels sprout, apple & walnut side salad

338 cals



Lemon pepper chicken breast

10 oz- 370 cals

Day 7

2101 cals ● 149g protein (28%) ● 87g fat (37%) ● 156g carbs (30%) ● 24g fiber (5%)

Breakfast

390 cals, 19g protein, 8g net carbs, 30g fat



Roasted almonds

1/8 cup(s)- 111 cals



Kale & eggs

189 cals



Sautéed Kale

91 cals

Snacks

260 cals, 25g protein, 14g net carbs, 11g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Beef jerky

146 cals

Lunch

710 cals, 37g protein, 70g net carbs, 26g fat



Milk

2 cup(s)- 298 cals



Warm brussels sprout & lentil salad

414 cals

Dinner

735 cals, 68g protein, 64g net carbs, 20g fat



Baked chicken with tomatoes & olives

9 oz- 449 cals



Flavored rice mix

287 cals

Grocery List



Fats and Oils

- oil
4 oz (120mL)
- olive oil
2 1/2 oz (74mL)
- salad dressing
1/3 lbs (161mL)

Dairy and Egg Products

- eggs
10 large (500g)
- cheddar cheese
1/2 cup, shredded (64g)
- goat cheese
2 oz (57g)
- string cheese
4 stick (112g)
- whole milk
7 cup(s) (1680mL)
- nonfat greek yogurt, plain
2/3 cup (193g)
- butter
1 tsp (5g)
- sour cream
2 tbsp (24g)
- lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

Vegetables and Vegetable Products

- green onions
1 tbsp chopped (6g)
- tomatoes
5 1/2 medium whole (2-3/5" dia) (664g)
- zucchini
2 large (646g)
- romaine lettuce
1 head (562g)
- carrots
1/2 medium (31g)
- sweet potatoes
2/3 sweetpotato, 5" long (140g)
- shallots
1/3 shallot (38g)
- frozen broccoli
2 1/2 cup (228g)
- red onion
1 small (70g)
- cucumber
1 cucumber (8-1/4") (301g)

Soups, Sauces, and Gravies

- pasta sauce
1/2 cup (130g)
- vegetable broth
1/8 cup(s) (mL)
- condensed canned chicken noodle soup
3 can (10.5 oz) (894g)

Legumes and Legume Products

- roasted peanuts
1 cup (155g)
- lentils, raw
1 1/2 cup (264g)

Beverages

- protein powder
1 1/2 scoop (1/3 cup ea) (47g)
- water
10 cup(s) (2370mL)

Baked Products

- flour tortillas
7 3/4 tortilla (approx 7-8" dia) (378g)

Beef Products

- ground beef (93% lean)
10 oz (284g)
- sirloin steak, raw
1/3 lbs (151g)

Poultry Products

- boneless skinless chicken breast, raw
2 1/2 lbs (1099g)

Sweets

- cocoa powder
1 1/2 tbsp (8g)
- maple syrup
1 tbsp (13mL)

Other

- protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)
- protein greek yogurt, flavored
2 container (300g)

- kale leaves**
7 3/4 cup, chopped (310g)
- garlic**
2 1/2 clove(s) (8g)
- brussels sprouts**
14 oz (401g)

Spices and Herbs

- fresh basil**
13 leaves (7g)
- taco seasoning mix**
6 tbsp (51g)
- salt**
1/6 oz (6g)
- black pepper**
1/8 oz (1g)
- crushed red pepper**
1 1/4 tsp (2g)
- ground cumin**
1 1/4 tsp (3g)
- apple cider vinegar**
2 tsp (10g)
- lemon pepper**
1 1/4 tbsp (9g)
- chili powder**
1/2 tbsp (4g)

- mixed greens**
2 1/4 cup (68g)

Fruits and Fruit Juices

- strawberries**
3 cup, whole (432g)
- blueberries**
2 cup (296g)
- lemon juice**
2 1/2 tbsp (38mL)
- apples**
1/2 small (2-3/4" dia) (66g)
- green olives**
9 large (40g)

Nut and Seed Products

- almonds**
3 oz (88g)
- walnuts**
1/3 cup, chopped (37g)

Snacks

- beef jerky**
4 oz (113g)

Meals, Entrees, and Side Dishes

- flavored rice mix**
1/2 pouch (~5.6 oz) (79g)

Breakfast 1 ↗

Eat on day 1 and day 2

Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil 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. Season with salt/pepper.

Tomato and basil omelet

152 cals ● 7g protein ● 13g fat ● 1g carbs ● 0g fiber



For single meal:

cheddar cheese
1/2 tbsp, shredded (4g)
green onions
1/2 tbsp chopped (3g)
olive oil
1/2 tbsp (8mL)
fresh basil, teared
2 leaves (1g)
tomatoes, finely chopped
1/2 plum tomato (31g)
eggs, beaten
1 large (50g)

For all 2 meals:

cheddar cheese
1 tbsp, shredded (7g)
green onions
1 tbsp chopped (6g)
olive oil
1 tbsp (15mL)
fresh basil, teared
4 leaves (2g)
tomatoes, finely chopped
1 plum tomato (62g)
eggs, beaten
2 large (100g)

1. In a small bowl, mix the tomato, cheese, basil, onion, half of the oil, and some salt and pepper together.
2. Heat remaining oil in a small frying pan and pour in an even layer of the eggs. Once cooked, spoon tomato mixture over half of the omelette, and fold the other half of the omelette over it.
3. Keep on the heat for another 30 seconds or so and then remove and plate.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Milk

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



For single meal:

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

For all 3 meals:

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

1. The recipe has no instructions.

Double chocolate protein shake

206 cals ● 42g protein ● 1g fat ● 4g carbs ● 3g fiber



For single meal:

water
1 1/2 cup(s) (356mL)
cocoa powder
1/2 tbsp (3g)
nonfat greek yogurt, plain
3 tbsp (53g)
protein powder, chocolate
1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

water
4 1/2 cup(s) (1067mL)
cocoa powder
1 1/2 tbsp (8g)
nonfat greek yogurt, plain
1/2 cup (158g)
protein powder, chocolate
4 1/2 scoop (1/3 cup ea) (140g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Strawberries

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



For single meal:

strawberries
1 cup, whole (144g)

For all 3 meals:

strawberries
3 cup, whole (432g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

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.

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
salt
1 dash (0g)

For all 2 meals:

oil
2 tsp (10mL)
eggs
4 large (200g)
kale leaves
1 cup, chopped (40g)
salt
2 dash (1g)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Sautéed Kale

91 cals ● 2g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

kale leaves

1 1/2 cup, chopped (60g)
oil
1/2 tbsp (8mL)

For all 2 meals:

kale leaves

3 cup, chopped (120g)
oil
1 tbsp (15mL)

1. Heat oil in a skillet over medium-low heat. Add kale and sauté for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Lunch 1 ↗

Eat on day 1

Goat cheese and marinara stuffed zucchini

4 zucchini halve(s) - 384 cals ● 21g protein ● 20g fat ● 21g carbs ● 9g fiber



Makes 4 zucchini halve(s)

pasta sauce

1/2 cup (130g)

goat cheese

2 oz (57g)

zucchini

2 large (646g)

1. Preheat oven to 400°F (200°C).

2. Cut a zucchini in half from stem to base.

3. Using a spoon, scrape out about 15% of the insides, enough to make a shallow cavity along the length of the zucchini. Discard the scraped out parts.

4. Add the pasta sauce to the cavity and top with the goat cheese.

5. Place on a baking sheet and cook for about 15-20 minutes. Serve.

String cheese

4 stick(s) - 331 cals ● 27g protein ● 22g fat ● 6g carbs ● 0g fiber



Makes 4 stick(s)

string cheese

4 stick (112g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2

Sweet potato wedges

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



oil
1/2 tbsp (8mL)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Steak with shallot sauce

5 1/3 oz steak - 403 cals ● 32g protein ● 28g fat ● 5g carbs ● 1g fiber



Makes 5 1/3 oz steak
sirloin steak, raw
1/3 lbs (151g)
vegetable broth
1/8 cup(s) (mL)
butter
1 tsp (5g)
oil
1 tsp (5mL)
shallots, minced
1/3 shallot (38g)

1. Season steak on all sides with some salt and pepper.
2. Heat half of the oil in a skillet over medium-high heat. Add steak and cook to desired doneness, 4-8 minutes per side. Remove steak and set aside to rest.
3. Lower heat to medium and add in remaining oil and the shallots to the pan. Stir and cook for about 2 minutes until lightly softened. Stir in vegetable broth and cook for about 2-4 minutes until the broth is reduced by about half. Turn off the heat and stir in butter until fully melted.
4. Pour shallot sauce over steak and serve.

Olive oil drizzled broccoli

2 1/2 cup(s) - 175 cals ● 7g protein ● 11g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen broccoli
2 1/2 cup (228g)
olive oil
2 1/2 tsp (13mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Lunch 3 ↗

Eat on day 3 and day 4

Tomato cucumber salad

141 cals ● 3g protein ● 6g fat ● 15g carbs ● 3g fiber



For single meal:

salad dressing
2 tbsp (30mL)
red onion, thinly sliced
1/2 small (35g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)

For all 2 meals:

salad dressing
4 tbsp (60mL)
red onion, thinly sliced
1 small (70g)
cucumber, thinly sliced
1 cucumber (8-1/4") (301g)
tomatoes, thinly sliced
2 medium whole (2-3/5" dia) (246g)

1. Mix ingredients together in a bowl and serve.

Chicken burrito

1 burrito(s) - 625 cals ● 42g protein ● 31g fat ● 41g carbs ● 5g fiber



For single meal:

cheddar cheese
2 tbsp, shredded (14g)
tomatoes
1/4 roma tomato (20g)
romaine lettuce
1/3 cup shredded (16g)
flour tortillas
1 tortilla (approx 10" dia) (72g)
taco seasoning mix
1 1/2 tbsp (13g)
sour cream
1 tbsp (12g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw, cubed
5 oz (142g)

For all 2 meals:

cheddar cheese
4 tbsp, shredded (28g)
tomatoes
1/2 roma tomato (40g)
romaine lettuce
2/3 cup shredded (31g)
flour tortillas
2 tortilla (approx 10" dia) (144g)
taco seasoning mix
3 tbsp (26g)
sour cream
2 tbsp (24g)
oil
2 tbsp (30mL)
boneless skinless chicken breast, raw, cubed
10 oz (284g)

1. Heat oil in a skillet over medium-high heat. Add the cubed chicken and cook 7-10 minutes until it's no longer pink inside.
2. Stir in the taco seasoning and a small splash of water, if needed, mixing until well combined. Turn off the heat.
3. To assemble the burrito, place the chicken in the center of the tortilla and top with lettuce, tomatoes, sour cream, and shredded cheddar cheese. Wrap the burrito tightly and serve.
4. Meal prep note: To prep in advance, cook the chicken and store it in an airtight container in the fridge for up to 3 days. When you're ready to assemble, simply reheat the chicken and add your fresh toppings before wrapping.

Lunch 4

Eat on day 5

Chicken noodle soup

3 can(s) - 427 cals ● 21g protein ● 14g fat ● 46g carbs ● 8g fiber

Makes 3 can(s)

condensed canned chicken noodle soup
3 can (10.5 oz) (894g)

1. Prepare according to instructions on package.



Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



Makes 1/4 cup(s)

roasted peanuts

4 tbsp (37g)

1. The recipe has no instructions.

Simple mixed greens salad

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



mixed greens

2 1/4 cup (68g)

salad dressing

2 1/4 tbsp (34mL)

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

Lunch 5 ↗

Eat on day 6 and day 7

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

whole milk

2 cup(s) (480mL)

For all 2 meals:

whole milk

4 cup(s) (960mL)

1. The recipe has no instructions.

Warm brussels sprout & lentil salad

414 cals ● 21g protein ● 11g fat ● 46g carbs ● 12g fiber



For single meal:

oil
1 tsp (6mL)
brussels sprouts
2 1/4 cup, shredded (113g)
water
1 1/2 cup(s) (356mL)
salad dressing
1 1/2 tbsp (23mL)
lentils, raw
6 tbsp (72g)

For all 2 meals:

oil
3/4 tbsp (11mL)
brussels sprouts
4 1/2 cup, shredded (225g)
water
3 cup(s) (711mL)
salad dressing
3 tbsp (45mL)
lentils, raw
3/4 cup (144g)

1. Cook lentils in the water according to package instructions, then drain and set aside.
2. Heat oil in a skillet over medium heat. Add shredded brussels sprouts with some salt and cook until tender and lightly browned, about 4-5 minutes.
3. Stir in the cooked lentils and cook for another 1-2 minutes.
4. Toss with your salad dressing of choice, season with salt and pepper to taste, and serve.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
3 tbsp (27g)

For all 3 meals:

roasted peanuts
1/2 cup (82g)

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 3 meals:

whole milk
1 1/2 cup(s) (360mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

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

Snacks 2 ↗

Eat on day 4 and day 5

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.

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.

Snacks 3 ↗

Eat on day 6 and day 7

Roasted peanuts

1/8 cup(s) - 115 cals ● 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.

Beef jerky

146 cals ● 21g protein ● 2g fat ● 12g carbs ● 0g fiber



For single meal:

beef jerky
2 oz (57g)

For all 2 meals:

beef jerky
4 oz (113g)

1. The recipe has no instructions.

Dinner 1 ↗

Eat on day 1 and day 2

Beef burrito

1 burrito(s) - 668 cals ● 45g protein ● 24g fat ● 61g carbs ● 6g fiber



For single meal:

flour tortillas
1 tortilla (approx 12" dia) (117g)
cheddar cheese
2 tbsp, shredded (14g)
nonfat greek yogurt, plain
1 tbsp (18g)
tomatoes
1/4 roma tomato (20g)
romaine lettuce
1/3 cup shredded (16g)
taco seasoning mix
1 1/2 tbsp (13g)
ground beef (93% lean)
5 oz (142g)

For all 2 meals:

flour tortillas
2 tortilla (approx 12" dia) (234g)
cheddar cheese
4 tbsp, shredded (28g)
nonfat greek yogurt, plain
2 tbsp (35g)
tomatoes
1/2 roma tomato (40g)
romaine lettuce
2/3 cup shredded (31g)
taco seasoning mix
3 tbsp (26g)
ground beef (93% lean)
10 oz (284g)

1. Heat a skillet over medium-high heat. Add the ground beef and cook, breaking it apart with a spoon, until browned, about 8-10 minutes.
2. Stir in the taco seasoning and a small splash of water, mixing until well combined. Turn off the heat.
3. To assemble the burrito, place the ground beef in the center of the tortilla and top with romaine lettuce, tomatoes, Greek yogurt, and shredded cheddar cheese. Wrap the burrito tightly and serve.
4. Meal prep note: To prep in advance, cook the ground beef and store it in an airtight container in the fridge for up to 3 days. When you're ready to assemble, simply reheat the beef and add your fresh toppings before wrapping.

Simple salad with tomatoes and carrots

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



For single meal:

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)

For all 2 meals:

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

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

Dinner 2 ↗

Eat on day 3 and day 4

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.

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Lentil kale salad

487 cals ● 19g protein ● 23g fat ● 41g carbs ● 9g fiber



For single meal:

lentils, raw
5 tbsp (60g)
lemon juice
1 1/4 tbsp (19mL)
almonds
1 1/4 tbsp, slivered (8g)
oil
1 1/4 tbsp (19mL)
kale leaves
2 cup, chopped (75g)
crushed red pepper
5 dash (1g)
water
1 1/4 cup(s) (296mL)
ground cumin
5 dash (1g)
garlic, diced
1 1/4 clove(s) (4g)

For all 2 meals:

lentils, raw
10 tbsp (120g)
lemon juice
2 1/2 tbsp (38mL)
almonds
2 1/2 tbsp, slivered (17g)
oil
2 1/2 tbsp (38mL)
kale leaves
3 3/4 cup, chopped (150g)
crushed red pepper
1 1/4 tsp (2g)
water
2 1/2 cup(s) (593mL)
ground cumin
1 1/4 tsp (3g)
garlic, diced
2 1/2 clove(s) (8g)

1. Bring water to a boil and add lentils. Cook for 20-25 minutes, checking occasionally.
2. Meanwhile, in a small skillet add oil, garlic, almonds, cumin and red pepper. Sautee for a couple minutes until garlic is fragrant and almonds are toasted. Remove and set aside.
3. Drain lentils and add them in a bowl with kale, almond mixture, and lemon juice. Toss and serve.

Dinner 3 ↗

Eat on day 5 and day 6

Brussels sprout, apple & walnut side salad

338 cals ● 6g protein ● 26g fat ● 16g carbs ● 5g fiber



For single meal:

maple syrup
1/2 tbsp (7mL)
walnuts
2 2/3 tbsp, chopped (19g)
apple cider vinegar
1 tsp (5g)
olive oil
1 tbsp (15mL)
apples, chopped
1/4 small (2-3/4" dia) (33g)
brussels sprouts, ends trimmed and discarded
1 cup (88g)

For all 2 meals:

maple syrup
1 tbsp (13mL)
walnuts
1/3 cup, chopped (37g)
apple cider vinegar
2 tsp (10g)
olive oil
2 tbsp (30mL)
apples, chopped
1/2 small (2-3/4" dia) (66g)
brussels sprouts, ends trimmed and discarded
2 cup (176g)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
olive oil
1 tsp (5mL)
lemon pepper
2 tsp (4g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
olive oil
2 tsp (9mL)
lemon pepper
1 1/4 tbsp (9g)

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.

Dinner 4 ↗

Eat on day 7

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



Makes 9 oz

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

boneless skinless chicken breast, raw

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

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.

Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



flavored rice mix

1/2 pouch (~5.6 oz) (79g)

1. Prepare according to instructions on package.