

Meal Plan - 2200 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

2157 cals ● 176g protein (33%) ● 110g fat (46%) ● 91g carbs (17%) ● 24g fiber (4%)

Breakfast

340 cals, 30g protein, 21g net carbs, 13g fat



Apple
1 apple(s)- 105 cals



Paleo beef & egg bowl
236 cals

Snacks

330 cals, 17g protein, 21g net carbs, 17g fat



High-protein granola bar
1 bar(s)- 204 cals



Boiled eggs
1 egg(s)- 69 cals



Grapes
58 cals

Lunch

745 cals, 68g protein, 10g net carbs, 46g fat



Basic chicken & spinach salad
380 cals



Pumpkin seeds
366 cals

Dinner

740 cals, 61g protein, 39g net carbs, 34g fat



Roasted tomatoes
1/2 tomato(es)- 30 cals



Lentils
231 cals



Slow cooker Mexican beef
478 cals

Day 2

2189 cals ● 149g protein (27%) ● 104g fat (43%) ● 139g carbs (25%) ● 24g fiber (4%)

Breakfast

340 cals, 30g protein, 21g net carbs, 13g fat



Apple
1 apple(s)- 105 cals



Paleo beef & egg bowl
236 cals

Snacks

330 cals, 17g protein, 21g net carbs, 17g fat



High-protein granola bar
1 bar(s)- 204 cals



Boiled eggs
1 egg(s)- 69 cals



Grapes
58 cals

Lunch

755 cals, 46g protein, 64g net carbs, 32g fat



Spiced tofu & pesto sandwich
1 1/2 sandwich(es)- 570 cals



Cottage cheese & honey
3/4 cup(s)- 187 cals

Dinner

760 cals, 56g protein, 32g net carbs, 43g fat



Simple sardine salad
531 cals



Simple garlic bread
2 slice(s)- 229 cals

Day 3

2168 cals ● 166g protein (31%) ● 66g fat (27%) ● 200g carbs (37%) ● 28g fiber (5%)

Breakfast

380 cals, 19g protein, 24g net carbs, 22g fat



Toast with butter

2 slice(s)- 227 cals



Bacon

3 slice(s)- 152 cals

Snacks

250 cals, 21g protein, 30g net carbs, 3g fat



Pear

1 pear(s)- 113 cals



Protein greek yogurt

1 container- 139 cals

Lunch

755 cals, 46g protein, 64g net carbs, 32g fat



Spiced tofu & pesto sandwich

1 1/2 sandwich(es)- 570 cals



Cottage cheese & honey

3/4 cup(s)- 187 cals

Dinner

780 cals, 81g protein, 83g net carbs, 9g fat



Bbq chicken stuffed sweet potatoes

1 1/2 potato(es)- 779 cals

Day 4

2242 cals ● 162g protein (29%) ● 56g fat (23%) ● 248g carbs (44%) ● 25g fiber (4%)

Breakfast

380 cals, 19g protein, 24g net carbs, 22g fat



Toast with butter

2 slice(s)- 227 cals



Bacon

3 slice(s)- 152 cals

Snacks

250 cals, 21g protein, 30g net carbs, 3g fat



Pear

1 pear(s)- 113 cals



Protein greek yogurt

1 container- 139 cals

Lunch

830 cals, 42g protein, 112g net carbs, 22g fat



Simple mixed greens salad

136 cals



Bbq chipped ham sandwich

2 sandwich(es)- 696 cals

Dinner

780 cals, 81g protein, 83g net carbs, 9g fat



Bbq chicken stuffed sweet potatoes

1 1/2 potato(es)- 779 cals

Day 5

2194 cals ● 146g protein (27%) ● 72g fat (30%) ● 209g carbs (38%) ● 31g fiber (6%)

Breakfast

380 cals, 19g protein, 24g net carbs, 22g fat



Toast with butter
2 slice(s)- 227 cals



Bacon
3 slice(s)- 152 cals

Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



Avocado
176 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

805 cals, 57g protein, 76g net carbs, 22g fat



Easy chickpea salad
350 cals



Shredded bbq & ranch chicken sandwich
1 sandwich(es)- 456 cals

Dinner

705 cals, 55g protein, 93g net carbs, 11g fat



Hot honey chicken sandwich
1 sandwich(es)- 474 cals



Fruit juice
2 cup(s)- 229 cals

Day 6

2171 cals ● 139g protein (26%) ● 86g fat (35%) ● 173g carbs (32%) ● 38g fiber (7%)

Breakfast

425 cals, 20g protein, 12g net carbs, 30g fat



Milk
2/3 cup(s)- 99 cals



Eggs with tomato and avocado
326 cals

Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



Avocado
176 cals



Cottage cheese & fruit cup
1 container- 131 cals

Lunch

735 cals, 48g protein, 53g net carbs, 27g fat



Tossed salad
182 cals



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals

Dinner

705 cals, 55g protein, 93g net carbs, 11g fat



Hot honey chicken sandwich
1 sandwich(es)- 474 cals



Fruit juice
2 cup(s)- 229 cals

Day 7

2159 cals ● 175g protein (32%) ● 106g fat (44%) ● 88g carbs (16%) ● 38g fiber (7%)

Breakfast

425 cals, 20g protein, 12g net carbs, 30g fat



Milk

2/3 cup(s)- 99 cals



Eggs with tomato and avocado

326 cals

Lunch

735 cals, 48g protein, 53g net carbs, 27g fat



Tossed salad

182 cals



Avocado tuna salad sandwich

1 1/2 sandwich(es)- 555 cals

Snacks

305 cals, 16g protein, 15g net carbs, 17g fat



Avocado

176 cals



Cottage cheese & fruit cup

1 container- 131 cals

Dinner

690 cals, 91g protein, 8g net carbs, 32g fat



Simple mixed greens salad

136 cals



Basic chicken breast

14 oz- 555 cals

Grocery List



Vegetables and Vegetable Products

- fresh spinach**
2 1/2 cup(s) (75g)
- tomatoes**
3 1/4 medium whole (2-3/5" dia) (402g)
- onion**
3/4 medium (2-1/2" dia) (80g)
- sweet potatoes**
3 sweetpotato, 5" long (630g)
- sweet pickles**
8 chips (60g)
- fresh parsley**
2 1/4 sprigs (2g)
- romaine lettuce**
1 1/4 head (756g)
- red onion**
3/8 medium (2-1/2" dia) (41g)
- cucumber**
3/8 cucumber (8-1/4") (113g)
- carrots**
1 1/2 small (5-1/2" long) (75g)

Fats and Oils

- oil**
1 1/3 oz (41mL)
- salad dressing**
1/3 lbs (163mL)
- ranch dressing**
2 tsp (10mL)
- olive oil**
1 tsp (5mL)

Poultry Products

- boneless skinless chicken breast, raw**
4 1/4 lbs (1900g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted**
1/2 cup (59g)

Fruits and Fruit Juices

- apples**
2 medium (3" dia) (364g)
- grapes**
2 cup (184g)
- lime juice**
1/2 fl oz (15mL)

Spices and Herbs

- salt**
3 g (3g)
- garlic powder**
2 g (2g)
- chili powder**
2 tsp (5g)
- ground cumin**
1/4 oz (8g)
- crushed red pepper**
1 1/4 tsp (2g)
- balsamic vinegar**
3/4 tbsp (11mL)
- black pepper**
1/4 tbsp (1g)
- fresh basil**
4 leaves (2g)

Legumes and Legume Products

- lentils, raw**
1/3 cup (64g)
- firm tofu**
1/2 lbs (255g)
- chickpeas, canned**
3/4 can(s) (336g)

Other

- chuck roast, boneless, beef, raw**
1/2 lbs (227g)
- mixed greens**
10 1/2 cup (315g)
- vinaigrette, store-bought, any flavor**
3 tbsp (45mL)
- protein greek yogurt, flavored**
2 container (300g)
- coleslaw mix**
1/2 cup (45g)
- cottage cheese & fruit cup**
3 container (510g)

Soups, Sauces, and Gravies

- beef broth**
2 tbsp (31mL)
- pesto sauce**
1/4 cup (72g)
- barbecue sauce**
8 fl oz (279g)

pears
2 medium (356g)

fruit juice
32 fl oz (960mL)

avocados
3 1/4 avocado(s) (653g)

lemon juice
1/2 tbsp (8mL)

apple cider vinegar
3/4 tbsp (1mL)

Finfish and Shellfish Products

sardines, canned in oil
2 can (184g)

canned tuna
1 1/2 can (258g)

Beef Products

ground beef (93% lean)
1/2 lbs (227g)

Dairy and Egg Products

eggs
8 large (400g)

butter
2 2/3 tbsp (36g)

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

whole milk
1 1/3 cup(s) (319mL)

Snacks

high-protein granola bar
2 bar (80g)

Beverages

water
1 1/3 cup(s) (315mL)

Baked Products

bread
22 1/2 oz (640g)

hamburger buns
5 bun(s) (255g)

Sweets

honey
3 oz (84g)

Pork Products

bacon, cooked
9 slice(s) (90g)

Sausages and Luncheon Meats

ham cold cuts
1/2 lbs (227g)

Breakfast 1 ↗

Eat on day 1 and day 2

Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. The recipe has no instructions.

Paleo beef & egg bowl

236 cals ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

ground beef (93% lean)

4 oz (114g)

eggs

1 large (50g)

For all 2 meals:

ground beef (93% lean)

1/2 lbs (227g)

eggs

2 large (100g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)

For all 3 meals:

bread
6 slice (192g)
butter
2 tbsp (27g)

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

Bacon

3 slice(s) - 152 cals ● 11g protein ● 12g fat ● 0g carbs ● 0g fiber



For single meal:

bacon, cooked
3 slice(s) (30g)

For all 3 meals:

bacon, cooked
9 slice(s) (90g)

1. Note: follow package instructions if they differ from below. The cooking time for bacon depends on the method you're using and how crispy you want it. Below is a general guide:
2. Stovetop (Skillet): Medium heat: 8-12 minutes, flipping occasionally.
3. Oven: 400°F (200°C): 15-20 minutes on a baking sheet lined with parchment paper or foil.
4. Microwave: Place bacon between paper towels on a microwave-safe plate. Microwave on high for 3-6 minutes.

Breakfast 3 ↗

Eat on day 6 and day 7

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup(s) (160mL)

For all 2 meals:

whole milk
1 1/3 cup(s) (320mL)

1. The recipe has no instructions.

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

salt
2 dash (1g)
eggs
2 large (100g)
black pepper
2 dash (0g)
tomatoes
2 slice(s), thick/large (1/2" thick)
(54g)
avocados, sliced
1/2 avocado(s) (101g)
fresh basil, chopped
2 leaves (1g)

For all 2 meals:

salt
4 dash (2g)
eggs
4 large (200g)
black pepper
4 dash (0g)
tomatoes
4 slice(s), thick/large (1/2" thick)
(108g)
avocados, sliced
1 avocado(s) (201g)
fresh basil, chopped
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Lunch 1 ↗

Eat on day 1

Basic chicken & spinach salad

380 cals ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



fresh spinach

2 1/2 cup(s) (75g)

oil

1 1/4 tsp (6mL)

salad dressing

2 tbsp (28mL)

boneless skinless chicken breast, raw, chopped, cooked

1/2 lbs (213g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Pumpkin seeds

366 cals ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. The recipe has no instructions.

Lunch 2 ↗

Eat on day 2 and day 3

Spiced tofu & pesto sandwich

1 1/2 sandwich(es) - 570 cals ● 25g protein ● 30g fat ● 42g carbs ● 8g fiber



For single meal:

bread
3 slice(s) (96g)
pesto sauce
2 1/4 tbsp (36g)
oil
1/2 tbsp (8mL)
ground cumin
1/2 tbsp (3g)
chili powder
1/4 tbsp (2g)
mixed greens
3/4 cup (23g)
crushed red pepper
3 dash (1g)
firm tofu
1/4 lbs (128g)

For all 2 meals:

bread
6 slice(s) (192g)
pesto sauce
1/4 cup (72g)
oil
1 tbsp (15mL)
ground cumin
1 tbsp (6g)
chili powder
1/2 tbsp (4g)
mixed greens
1 1/2 cup (45g)
crushed red pepper
1/4 tbsp (1g)
firm tofu
1/2 lbs (255g)

1. Toast bread.
2. Slice tofu into strips. Coat with oil and rub cumin and chili powder on all sides. Fry in a skillet over medium heat, a few minutes on each side until crispy.
3. On half of the bread, layer the greens and tofu. Spread the pesto on the other half, sprinkle with crushed red pepper. Form the two sides into a sandwich. Serve.

Cottage cheese & honey

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



For single meal:

low fat cottage cheese (1% milkfat)
3/4 cup (170g)
honey
1 tbsp (21g)

For all 2 meals:

low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
honey
2 tbsp (42g)

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

Lunch 3 ↗

Eat on day 4

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

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

Bbq chipped ham sandwich

2 sandwich(es) - 696 cals ● 40g protein ● 12g fat ● 103g carbs ● 3g fiber



Makes 2 sandwich(es)

hamburger buns

2 bun(s) (102g)

barbecue sauce

6 tbsp (102g)

sweet pickles

8 chips (60g)

ham cold cuts, chipped

1/2 lbs (227g)

1. In a small bowl mix together the ham and barbecue sauce until ham is fully coated.
2. Optional: heat ham & barbecue together in a skillet, stirring occasionally, for a few minutes until warmed through.
3. Place ham in between bun and top with pickles. Serve.

Lunch 4 ↗

Eat on day 5

Easy chickpea salad

350 cals ● 18g protein ● 7g fat ● 38g carbs ● 17g fiber



balsamic vinegar

3/4 tbsp (11mL)

apple cider vinegar

3/4 tbsp (1mL)

chickpeas, canned, drained and rinsed

3/4 can(s) (336g)

onion, thinly sliced

3/8 small (26g)

tomatoes, halved

3/4 cup cherry tomatoes (112g)

fresh parsley, chopped

2 1/4 sprigs (2g)

1. Add all ingredients to a bowl and toss. Serve!

Shredded bbq & ranch chicken sandwich

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



Makes 1 sandwich(es)

barbecue sauce

2 tbsp (34g)

hamburger buns

1 bun(s) (51g)

ranch dressing

2 tsp (10mL)

romaine lettuce

1 leaf inner (6g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

6 oz (170g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Lunch 5

Eat on day 6 and day 7

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



For single meal:

romaine lettuce, shredded

3/4 hearts (375g)

tomatoes, diced

3/4 small whole (2-2/5" dia) (68g)

salad dressing

1 1/2 tbsp (23mL)

red onion, sliced

1/6 medium (2-1/2" dia) (21g)

cucumber, sliced or diced

1/6 cucumber (8-1/4") (56g)

carrots, peeled and shredded or sliced

3/4 small (5-1/2" long) (38g)

For all 2 meals:

romaine lettuce, shredded

1 1/2 hearts (750g)

tomatoes, diced

1 1/2 small whole (2-2/5" dia) (137g)

salad dressing

3 tbsp (45mL)

red onion, sliced

3/8 medium (2-1/2" dia) (41g)

cucumber, sliced or diced

3/8 cucumber (8-1/4") (113g)

carrots, peeled and shredded or sliced

1 1/2 small (5-1/2" long) (75g)

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.

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cals ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
lime juice
1/4 tbsp (4mL)
avocados
3/8 avocado(s) (75g)
bread
3 slice (96g)
canned tuna, drained
3/4 can (129g)
onion, minced
1/6 small (13g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
lime juice
1/2 tbsp (8mL)
avocados
3/4 avocado(s) (151g)
bread
6 slice (192g)
canned tuna, drained
1 1/2 can (258g)
onion, minced
3/8 small (26g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Snacks 1 ↗

Eat on day 1 and day 2

High-protein granola bar

1 bar(s) - 204 cals ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 2 meals:

high-protein granola bar
2 bar (80g)

1. The recipe has no instructions.

Boiled eggs

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



For single meal:

eggs

1 large (50g)

For all 2 meals:

eggs

2 large (100g)

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.

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes

1 cup (92g)

For all 2 meals:

grapes

2 cup (184g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 3 and day 4

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. The recipe has no instructions.

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.

Snacks 3 ↗

Eat on day 5, day 6, and day 7

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Dinner 1 ↗

Eat on day 1

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

oil

1/2 tsp (3mL)

tomatoes

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

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



water

1 1/3 cup(s) (316mL)

salt

2/3 dash (0g)

lentils, raw, rinsed

1/3 cup (64g)

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.

Slow cooker Mexican beef

478 cals ● 45g protein ● 31g fat ● 5g carbs ● 1g fiber



garlic powder

4 dash (2g)

chuck roast, boneless, beef, raw

1/2 lbs (227g)

beef broth

2 tbsp (30mL)

chili powder

4 dash (1g)

ground cumin

1/4 tbsp (2g)

lime juice

1/2 tbsp (8mL)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

1. Mix the spices plus some salt in a small bowl and rub the spice mixture over the entire roast.
2. Place the sliced onion on the bottom of the crock pot and place the roast on top. Drizzle the lime juice over the roast and pour in the beef broth.
3. Cover and cook on low for 8-10 hours until beef is tender.
4. Shred the beef with two forks and stir to combine with onions and juices. Serve.

Dinner 2 ↗

Eat on day 2

Simple sardine salad

531 cals ● 48g protein ● 33g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
vinaigrette, store-bought, any flavor
3 tbsp (45mL)
sardines, canned in oil, drained
2 can (184g)

1. Top a bowl of greens with sardines. Drizzle vinaigrette on top and serve.

Simple garlic bread

2 slice(s) - 229 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



Makes 2 slice(s)
bread
2 slice (64g)
butter
2 tsp (9g)
garlic powder
1 dash (1g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Dinner 3 ↗

Eat on day 3 and day 4

Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cals ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



For single meal:

barbecue sauce
4 tbsp (71g)
boneless skinless chicken breast, raw
3/4 lbs (336g)
sweet potatoes, halved
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

barbecue sauce
1/2 cup (143g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
sweet potatoes, halved
3 sweetpotato, 5" long (630g)

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.

Dinner 4 ↗

Eat on day 5 and day 6

Hot honey chicken sandwich

1 sandwich(es) - 474 cals ● 51g protein ● 10g fat ● 43g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
1/2 lbs (227g)
hamburger buns
1 bun(s) (51g)
honey
1 tbsp (21g)
crushed red pepper
2 dash (0g)
coleslaw mix
4 tbsp (23g)
oil
1/2 tsp (3mL)

For all 2 meals:

boneless skinless chicken breast, raw
1 lbs (454g)
hamburger buns
2 bun(s) (102g)
honey
2 tbsp (42g)
crushed red pepper
4 dash (1g)
coleslaw mix
1/2 cup (45g)
oil
1 tsp (5mL)

1. Heat oil in a skillet or grill pan. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
2. In a small bowl, add the honey. Microwave for 5-10 seconds to warm the honey. Add the crushed red pepper and a pinch of salt/pepper. Feel free to adjust crushed pepper amount depending on your preferred spice level. Mix well and pour over the chicken to coat.
3. Add chicken to the bun and top with coleslaw. Serve.

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

fruit juice
16 fl oz (480mL)

For all 2 meals:

fruit juice
32 fl oz (960mL)

1. The recipe has no instructions.

Dinner 5 ↗

Eat on day 7

Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Basic chicken breast

14 oz - 555 cals ● 88g protein ● 23g fat ● 0g carbs ● 0g fiber



Makes 14 oz

boneless skinless chicken breast, raw

14 oz (392g)

oil

2 1/2 tsp (13mL)

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.