

Meal Plan - 2300 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

2271 cals ● 147g protein (26%) ● 87g fat (34%) ● 179g carbs (32%) ● 46g fiber (8%)

Breakfast

430 cals, 20g protein, 24g net carbs, 24g fat



String cheese

1 stick(s)- 83 cals



Apple

1 apple(s)- 105 cals



Egg in an eggplant

241 cals

Snacks

230 cals, 26g protein, 16g net carbs, 6g fat



Grapefruit

1/2 grapefruit- 59 cals



Tuna cucumber bites

173 cals

Lunch

845 cals, 51g protein, 73g net carbs, 29g fat



Lowfat Greek yogurt

2 container(s)- 310 cals



Pumpkin seeds

183 cals



Easy chickpea salad

350 cals

Dinner

765 cals, 49g protein, 67g net carbs, 27g fat



Chicken stir fry with rice

533 cals



Tomato and avocado salad

235 cals

Day 2

2329 cals ● 165g protein (28%) ● 99g fat (38%) ● 171g carbs (29%) ● 24g fiber (4%)

Breakfast

430 cals, 20g protein, 24g net carbs, 24g fat



String cheese

1 stick(s)- 83 cals



Apple

1 apple(s)- 105 cals



Egg in an eggplant

241 cals

Snacks

230 cals, 26g protein, 16g net carbs, 6g fat



Grapefruit

1/2 grapefruit- 59 cals



Tuna cucumber bites

173 cals

Lunch

815 cals, 56g protein, 73g net carbs, 30g fat



Turkey sandwich with mustard

1 1/2 sandwich(es)- 680 cals



Dried cranberries

1/4 cup- 136 cals

Dinner

850 cals, 63g protein, 59g net carbs, 39g fat



Fruit juice

2 cup(s)- 229 cals



Buffalo chicken slaw salad

623 cals

Day 3

2287 cals ● 189g protein (33%) ● 102g fat (40%) ● 123g carbs (22%) ● 29g fiber (5%)

Breakfast

430 cals, 20g protein, 24g net carbs, 24g fat



String cheese

1 stick(s)- 83 cals



Apple

1 apple(s)- 105 cals



Egg in an eggplant

241 cals

Snacks

255 cals, 8g protein, 30g net carbs, 10g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Rice cake

4 cake(s)- 139 cals

Lunch

800 cals, 57g protein, 64g net carbs, 30g fat



Edamame & beet salad

342 cals



Shredded bbq & ranch chicken sandwich

1 sandwich(es)- 456 cals

Dinner

805 cals, 104g protein, 6g net carbs, 38g fat



Balsamic chicken breast

16 oz- 631 cals



Tomato and avocado salad

176 cals

Day 4

2287 cals ● 183g protein (32%) ● 99g fat (39%) ● 140g carbs (25%) ● 26g fiber (5%)

Breakfast

430 cals, 14g protein, 41g net carbs, 21g fat



Small toasted bagel with butter

1 bagel(s)- 241 cals



Pistachios

188 cals

Snacks

255 cals, 8g protein, 30g net carbs, 10g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Rice cake

4 cake(s)- 139 cals

Lunch

800 cals, 57g protein, 64g net carbs, 30g fat



Edamame & beet salad

342 cals



Shredded bbq & ranch chicken sandwich

1 sandwich(es)- 456 cals

Dinner

805 cals, 104g protein, 6g net carbs, 38g fat



Balsamic chicken breast

16 oz- 631 cals



Tomato and avocado salad

176 cals

Day 5

2349 cals ● 207g protein (35%) ● 76g fat (29%) ● 179g carbs (30%) ● 31g fiber (5%)

Breakfast

430 cals, 14g protein, 41g net carbs, 21g fat



Small toasted bagel with butter
1 bagel(s)- 241 cals



Pistachios
188 cals

Snacks

340 cals, 19g protein, 26g net carbs, 17g fat



Boiled eggs
2 egg(s)- 139 cals



Toast with butter and jelly
1 1/2 slice(s)- 200 cals

Lunch

795 cals, 64g protein, 84g net carbs, 18g fat



Simple mixed greens and tomato salad
151 cals



Bbq deli chicken sandwich
2 1/2 sandwich(es)- 645 cals

Dinner

785 cals, 110g protein, 28g net carbs, 20g fat



Mixed vegetables
2 cup(s)- 194 cals



Lemon pepper chicken breast
16 oz- 592 cals

Day 6

2324 cals ● 151g protein (26%) ● 81g fat (32%) ● 219g carbs (38%) ● 28g fiber (5%)

Breakfast

400 cals, 19g protein, 36g net carbs, 18g fat



Grapefruit
1 grapefruit- 119 cals



Toast with butter
1 slice(s)- 114 cals



Egg & cheese mini muffin
3 mini muffin(s)- 168 cals

Snacks

340 cals, 19g protein, 26g net carbs, 17g fat



Boiled eggs
2 egg(s)- 139 cals



Toast with butter and jelly
1 1/2 slice(s)- 200 cals

Lunch

795 cals, 64g protein, 84g net carbs, 18g fat



Simple mixed greens and tomato salad
151 cals



Bbq deli chicken sandwich
2 1/2 sandwich(es)- 645 cals

Dinner

790 cals, 50g protein, 73g net carbs, 29g fat



Tomato and avocado salad
156 cals



Leek & ground beef pasta
632 cals

Day 7

2302 cals ● 157g protein (27%) ● 106g fat (42%) ● 154g carbs (27%) ● 25g fiber (4%)

Breakfast

400 cals, 19g protein, 36g net carbs, 18g fat



Grapefruit

1 grapefruit- 119 cals



Toast with butter

1 slice(s)- 114 cals



Egg & cheese mini muffin

3 mini muffin(s)- 168 cals

Snacks

340 cals, 19g protein, 26g net carbs, 17g fat



Boiled eggs

2 egg(s)- 139 cals



Toast with butter and jelly

1 1/2 slice(s)- 200 cals

Lunch

775 cals, 70g protein, 20g net carbs, 43g fat



Roasted carrots

4 carrots(s)- 211 cals



Basic ground turkey

12 oz- 563 cals

Dinner

790 cals, 50g protein, 73g net carbs, 29g fat



Tomato and avocado salad

156 cals



Leek & ground beef pasta

632 cals

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ string cheese
3 stick (84g)
- ☐ eggs
15 large (750g)
- ☐ sliced cheese
3 slice (3/4 oz ea) (63g)
- ☐ butter
3/8 stick (43g)
- ☐ cheddar cheese
1/4 cup, shredded (32g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)
- ☐ pistachios, shelled
1/2 cup (62g)

Spices and Herbs

- ☐ balsamic vinegar
3/4 tbsp (11mL)
- ☐ salt
1 tsp (7g)
- ☐ black pepper
1 1/4 tsp, ground (3g)
- ☐ garlic powder
1 tsp (3g)
- ☐ dijon mustard
1/2 tbsp (8g)
- ☐ lemon pepper
1 tbsp (7g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3/4 tbsp (1mL)
- ☐ Frank's Red Hot sauce
3 tbsp (46mL)
- ☐ barbecue sauce
14 tbsp (238g)
- ☐ vegetable broth
2 cup(s) (mL)

Legumes and Legume Products

- ☐ chickpeas, canned
3/4 can(s) (336g)

Fruits and Fruit Juices

- ☐ apples
3 medium (3" dia) (546g)
- ☐ Grapefruit
3 large (approx 4-1/2" dia) (996g)
- ☐ lime juice
4 tbsp (57mL)
- ☐ avocados
2 avocado(s) (385g)
- ☐ fruit juice
16 fl oz (480mL)
- ☐ dried cranberries
4 tbsp (40g)

Fats and Oils

- ☐ oil
3 oz (88mL)
- ☐ olive oil
1 oz (32mL)
- ☐ ranch dressing
2 serving (65mL)
- ☐ balsamic vinaigrette
6 1/4 oz (180mL)
- ☐ salad dressing
6 tbsp (90mL)

Finfish and Shellfish Products

- ☐ canned tuna
3 packet (222g)

Cereal Grains and Pasta

- ☐ long-grain white rice
4 tbsp (46g)
- ☐ uncooked dry pasta
6 oz (171g)

Beverages

- ☐ water
10 1/4 tbsp (154mL)

Other

- ☐ stir-fry sauce
2 3/4 tbsp (45g)
- ☐ coleslaw mix
3 cup (285g)

- ☐ roasted peanuts
4 tbsp (37g)

Vegetables and Vegetable Products

- ☐ onion
3/4 medium (2-1/2" dia) (84g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (569g)
- ☐ fresh parsley
2 1/4 sprigs (2g)
- ☐ eggplant
6 1 inch (2.5 cm) slice(s) (360g)
- ☐ cucumber
3/4 cucumber (8-1/4") (226g)
- ☐ frozen mixed veggies
14 1/2 oz (412g)
- ☐ romaine lettuce
3 1/2 leaf inner (21g)
- ☐ edamame, frozen, shelled
2 cup (236g)
- ☐ beets, precooked (canned or refrigerated)
8 beet(s) (400g)
- ☐ leeks
1 leek (89g)
- ☐ carrots
4 large (288g)

- ☐ mixed greens
10 cup (300g)
- ☐ italian seasoning
1 tsp (4g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
4 3/4 lbs (2119g)
- ☐ ground turkey, raw
3/4 lbs (340g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
6 oz (170g)
- ☐ chicken cold cuts
1 1/4 lbs (567g)

Baked Products

- ☐ bread
16 1/2 oz (464g)
- ☐ hamburger buns
2 bun(s) (102g)
- ☐ bagel
2 small bagel (3" dia) (138g)

Snacks

- ☐ rice cakes, any flavor
8 cake (72g)

Sweets

- ☐ jelly
1 1/2 tbsp (32g)

Beef Products

- ☐ ground beef (93% lean)
3/4 lbs (339g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

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.

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 3 meals:

apples
3 medium (3" dia) (546g)

1. The recipe has no instructions.

Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggplant
2 1 inch (2.5 cm) slice(s) (120g)
oil
2 tsp (10mL)
eggs
2 large (100g)

For all 3 meals:

eggplant
6 1 inch (2.5 cm) slice(s) (360g)
oil
2 tbsp (30mL)
eggs
6 large (300g)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

Breakfast 2 [↗](#)

Eat on day 4 and day 5

Small toasted bagel with butter

1 bagel(s) - 241 cal ● 7g protein ● 7g fat ● 35g carbs ● 2g fiber



For single meal:

butter
1/2 tbsp (7g)
bagel
1 small bagel (3" dia) (69g)

For all 2 meals:

butter
1 tbsp (14g)
bagel
2 small bagel (3" dia) (138g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

Pistachios

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



For single meal:
pistachios, shelled
4 tbsp (31g)

For all 2 meals:
pistachios, shelled
1/2 cup (62g)

1. The recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6 and day 7

Grapefruit

1 grapefruit - 119 cals ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:
Grapefruit
1 large (approx 4-1/2" dia) (332g)

For all 2 meals:
Grapefruit
2 large (approx 4-1/2" dia) (664g)

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)

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

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

Egg & cheese mini muffin

3 mini muffin(s) - 168 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
1 1/2 large (75g)
water
1/2 tbsp (8mL)
cheddar cheese
2 1/4 tbsp, shredded (16g)

For all 2 meals:

eggs
3 large (150g)
water
1 tbsp (15mL)
cheddar cheese
1/4 cup, shredded (32g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
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.

Lunch 1 [↗](#)

Eat on day 1

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



Makes 2 container(s)

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. The recipe has no instructions.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. The recipe has no instructions.

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!

Lunch 2 [🔗](#)

Eat on day 2

Turkey sandwich with mustard

1 1/2 sandwich(es) - 680 cals ● 56g protein ● 29g fat ● 42g carbs ● 7g fiber



Makes 1 1/2 sandwich(es)

turkey cold cuts
6 oz (170g)
sliced cheese
3 slice (3/4 oz ea) (63g)
bread
3 slice (96g)
tomatoes
3 slice(s), thin/small (45g)
romaine lettuce
1 1/2 leaf inner (9g)
dijon mustard
1/2 tbsp (8g)

1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



Makes 1/4 cup

dried cranberries
4 tbsp (40g)

1. The recipe has no instructions.
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Lunch 3 [↗](#)

Eat on day 3 and day 4

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

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

For all 2 meals:

mixed greens
4 cup (120g)
balsamic vinaigrette
4 tbsp (60mL)
edamame, frozen, shelled
2 cup (236g)
beets, precooked (canned or refrigerated), chopped
8 beet(s) (400g)

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

Shredded bbq & ranch chicken sandwich

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



For single meal:

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)

For all 2 meals:

barbecue sauce
4 tbsp (68g)
hamburger buns
2 bun(s) (102g)
ranch dressing
4 tsp (20mL)
romaine lettuce
2 leaf inner (12g)
olive oil
2 tsp (10mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

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 4 [↗](#)

Eat on day 5 and day 6

Simple mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



For single meal:

mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
tomatoes
1 cup cherry tomatoes (149g)
salad dressing
6 tbsp (90mL)

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

Bbq deli chicken sandwich

2 1/2 sandwich(es) - 645 cals ● 61g protein ● 9g fat ● 74g carbs ● 7g fiber



For single meal:

bread
2 1/2 slice(s) (80g)
chicken cold cuts
10 oz (284g)
barbecue sauce
5 tbsp (85g)
coleslaw mix
13 1/3 tbsp (75g)

For all 2 meals:

bread
5 slice(s) (160g)
chicken cold cuts
1 1/4 lbs (567g)
barbecue sauce
10 tbsp (170g)
coleslaw mix
1 2/3 cup (150g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

Lunch 5 [↗](#)

Eat on day 7

Roasted carrots

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



Makes 4 carrots(s)

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

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.

Basic ground turkey

12 oz - 563 cals ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



Makes 12 oz

ground turkey, raw
3/4 lbs (340g)
oil
1/2 tbsp (8mL)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

Snacks 1 [↗](#)

Eat on day 1 and day 2

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 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)

Tuna cucumber bites

173 cals ● 25g protein ● 6g fat ● 4g carbs ● 1g fiber



For single meal:

canned tuna
1 1/2 packet (111g)
cucumber, sliced
3/8 cucumber (8-1/4") (113g)

For all 2 meals:

canned tuna
3 packet (222g)
cucumber, sliced
3/4 cucumber (8-1/4") (226g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Snacks 2 [↗](#)

Eat on day 3 and day 4

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.

Rice cake

4 cake(s) - 139 cals ● 3g protein ● 1g fat ● 28g carbs ● 1g fiber



For single meal:

rice cakes, any flavor
4 cake (36g)

For all 2 meals:

rice cakes, any flavor
8 cake (72g)

1. Enjoy.
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Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
 2. Place the eggs in a small sauce pan and cover with water.
 3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
 4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.
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Toast with butter and jelly

1 1/2 slice(s) - 200 cal ● 6g protein ● 7g fat ● 25g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)
jelly
1/2 tbsp (11g)

For all 3 meals:

bread
4 1/2 slice (144g)
butter
1 1/2 tbsp (20g)
jelly
1 1/2 tbsp (32g)

1. Toast the bread to desired toastiness.
 2. Spread the butter and jelly on the bread.
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Dinner 1 [↗](#)

Eat on day 1

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.

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



- onion**
1 tbsp minced (15g)
- lime juice**
1 tbsp (15mL)
- olive oil**
1/4 tbsp (4mL)
- garlic powder**
2 dash (1g)
- salt**
2 dash (2g)
- black pepper**
2 dash, ground (1g)
- avocados, cubed**
1/2 avocado(s) (101g)
- tomatoes, diced**
1/2 medium whole (2-3/5" dia) (62g)

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 2 [↗](#)

Eat on day 2

Fruit juice

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



Makes 2 cup(s)

- fruit juice**
16 fl oz (480mL)

1. The recipe has no instructions.

Buffalo chicken slaw salad

623 cals ● 59g protein ● 38g fat ● 9g carbs ● 4g fiber



oil
3/4 tbsp (11mL)
ranch dressing
3 tbsp (45mL)
Frank's Red Hot sauce
3 tbsp (45mL)
coleslaw mix
1 1/2 cup (135g)
boneless skinless chicken breast, raw
1/2 lbs (255g)
tomatoes, halved
3 tbsp cherry tomatoes (28g)

1. Season the chicken with salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat.
3. Add the chicken and cook for 5-6 minutes per side, or until fully cooked and no longer pink in the center. Set the chicken aside to cool slightly, then chop into bite-sized pieces. Toss the chicken with hot sauce.
4. Serve over a bed of coleslaw and cherry tomatoes. Drizzle ranch on top and serve.
5. Meal Prep Tip: Store the chicken and ranch separately from the coleslaw. Combine all components just before serving to keep the slaw crisp.

Dinner 3 [🔗](#)

Eat on day 3 and day 4

Balsamic chicken breast

16 oz - 631 cals ● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

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

For all 2 meals:

boneless skinless chicken breast, raw
2 lbs (907g)
balsamic vinaigrette
1/2 cup (120mL)
oil
4 tsp (20mL)
italian seasoning
1 tsp (4g)

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.

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

- onion**
3/4 tbsp minced (11g)
- lime juice**
3/4 tbsp (11mL)
- olive oil**
1/2 tsp (3mL)
- garlic powder**
1 1/2 dash (1g)
- salt**
1 1/2 dash (1g)
- black pepper**
1 1/2 dash, ground (0g)
- avocados, cubed**
3/8 avocado(s) (75g)
- tomatoes, diced**
3/8 medium whole (2-3/5" dia) (46g)

For all 2 meals:

- onion**
1 1/2 tbsp minced (23g)
- lime juice**
1 1/2 tbsp (23mL)
- olive oil**
1 tsp (6mL)
- garlic powder**
3 dash (1g)
- salt**
3 dash (2g)
- black pepper**
3 dash, ground (1g)
- avocados, cubed**
3/4 avocado(s) (151g)
- tomatoes, diced**
3/4 medium whole (2-3/5" dia) (92g)

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 4 [🔗](#)

Eat on day 5

Mixed vegetables

2 cup(s) - 194 cal ● 9g protein ● 2g fat ● 26g carbs ● 11g fiber



Makes 2 cup(s)

frozen mixed veggies
2 cup (270g)

1. Prepare according to instructions on package.

Lemon pepper chicken breast

16 oz - 592 cal ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



Makes 16 oz

boneless skinless chicken breast, raw

1 lbs (448g)

olive oil

1/2 tbsp (8mL)

lemon pepper

1 tbsp (7g)

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 6 and day 7

Tomato and avocado salad

156 cals ● 2g protein ● 12g fat ● 4g carbs ● 5g fiber



For single meal:

onion
2 tsp minced (10g)
lime juice
2 tsp (10mL)
olive oil
1/2 tsp (3mL)
garlic powder
1 1/3 dash (1g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
avocados, cubed
1/3 avocado(s) (67g)
tomatoes, diced
1/3 medium whole (2-3/5" dia)
(41g)

For all 2 meals:

onion
4 tsp minced (20g)
lime juice
4 tsp (20mL)
olive oil
1 tsp (5mL)
garlic powder
1/3 tsp (1g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
avocados, cubed
2/3 avocado(s) (134g)
tomatoes, diced
2/3 medium whole (2-3/5" dia)
(82g)

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.

Leek & ground beef pasta

632 cals ● 48g protein ● 17g fat ● 69g carbs ● 4g fiber



For single meal:

uncooked dry pasta
3 oz (86g)
vegetable broth
1 cup(s) (mL)
oil
1/4 tbsp (4mL)
ground beef (93% lean)
6 oz (170g)
leeks, chopped
1/2 leek (45g)

For all 2 meals:

uncooked dry pasta
6 oz (171g)
vegetable broth
2 cup(s) (mL)
oil
1/2 tbsp (8mL)
ground beef (93% lean)
3/4 lbs (339g)
leeks, chopped
1 leek (89g)

1. Heat oil in a large skillet over medium heat. Add the beef and break apart, cooking for about 5 minutes or until browned.
2. Add in the leeks and cook for 3 minutes until leeks have slightly softened.
3. Add in broth and pasta. Bring to a simmer and cook for 10-12 minutes or until pasta is cooked to your liking. Stir occasionally to ensure pasta gets evenly cooked.
4. Season with a hefty pinch of salt and black pepper and serve.