

Meal Plan - 2600 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

2724 cals ● 195g protein (29%) ● 115g fat (38%) ● 183g carbs (27%) ● 45g fiber (7%)

Breakfast

430 cals, 24g protein, 23g net carbs, 24g fat



[High-protein granola bar](#)
1 bar(s)- 204 cals



[Carrot sticks](#)
2 1/2 carrot(s)- 68 cals



[Basic scrambled eggs](#)
2 egg(s)- 159 cals

Snacks

415 cals, 60g protein, 12g net carbs, 12g fat



[Roasted cashews](#)
1/6 cup(s)- 139 cals



[Double chocolate protein shake](#)
275 cals

Lunch

930 cals, 41g protein, 70g net carbs, 46g fat



[Spiced chickpea & avocado toast](#)
1 toast(s)- 481 cals



[Milk](#)
3 cup(s)- 447 cals

Dinner

950 cals, 70g protein, 78g net carbs, 33g fat



[Turkey-mixed veggies-quinoa bowl](#)
914 cals



[Simple mixed greens and tomato salad](#)
38 cals

Day 2

2678 cals ● 269g protein (40%) ● 109g fat (37%) ● 121g carbs (18%) ● 33g fiber (5%)

Breakfast

430 cals, 24g protein, 23g net carbs, 24g fat



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



Carrot sticks
2 1/2 carrot(s)- 68 cals



Basic scrambled eggs
2 egg(s)- 159 cals

Snacks

415 cals, 60g protein, 12g net carbs, 12g fat



Roasted cashews
1/6 cup(s)- 139 cals



Double chocolate protein shake
275 cals

Lunch

870 cals, 96g protein, 39g net carbs, 33g fat



Easy garlic chicken
14 oz- 639 cals



Carrot fries
231 cals

Dinner

965 cals, 90g protein, 48g net carbs, 40g fat



Milk
1 cup(s)- 149 cals



Easy chickpea salad
234 cals



Chicken marsala
10 oz chicken- 582 cals

Day 3

2629 cals ● 217g protein (33%) ● 127g fat (43%) ● 114g carbs (17%) ● 41g fiber (6%)

Breakfast

410 cals, 22g protein, 3g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Smoked salmon stuffed avocado
1/2 avocado(s)- 271 cals

Snacks

320 cals, 31g protein, 22g net carbs, 10g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Carrot sticks
1 carrot(s)- 27 cals



Turkey pepperoni
32 slices- 137 cals

Lunch

935 cals, 74g protein, 41g net carbs, 45g fat



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



Salsa verde chicken salad
718 cals



Pear
1 pear(s)- 113 cals

Dinner

965 cals, 90g protein, 48g net carbs, 40g fat



Milk
1 cup(s)- 149 cals



Easy chickpea salad
234 cals



Chicken marsala
10 oz chicken- 582 cals

Day 4

2605 cals ● 181g protein (28%) ● 136g fat (47%) ● 131g carbs (20%) ● 33g fiber (5%)

Breakfast

410 cals, 22g protein, 3g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Smoked salmon stuffed avocado
1/2 avocado(s)- 271 cals

Snacks

320 cals, 31g protein, 22g net carbs, 10g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Carrot sticks
1 carrot(s)- 27 cals



Turkey pepperoni
32 slices- 137 cals

Lunch

935 cals, 74g protein, 41g net carbs, 45g fat



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



Salsa verde chicken salad
718 cals



Pear
1 pear(s)- 113 cals

Dinner

940 cals, 54g protein, 65g net carbs, 50g fat



Chicken milano
659 cals



Simple Greek cucumber salad
281 cals

Day 5

2613 cals ● 233g protein (36%) ● 129g fat (44%) ● 99g carbs (15%) ● 32g fiber (5%)

Breakfast

410 cals, 22g protein, 3g net carbs, 31g fat



Boiled eggs
2 egg(s)- 139 cals



Smoked salmon stuffed avocado
1/2 avocado(s)- 271 cals

Snacks

390 cals, 62g protein, 4g net carbs, 11g fat



Chocolate protein mug cake
2 mug cake(s)- 389 cals

Lunch

875 cals, 95g protein, 27g net carbs, 36g fat



Chicken beet & carrot salad bowl
786 cals



Blackberries
1 1/4 cup(s)- 87 cals

Dinner

940 cals, 54g protein, 65g net carbs, 50g fat



Chicken milano
659 cals



Simple Greek cucumber salad
281 cals

Day 6

2574 cals ● 171g protein (27%) ● 116g fat (41%) ● 180g carbs (28%) ● 32g fiber (5%)

Breakfast

420 cals, 21g protein, 24g net carbs, 25g fat



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



Toast with butter
1 slice(s)- 114 cals



Scrambled eggs with kale, tomatoes, rosemary
203 cals

Snacks

390 cals, 62g protein, 4g net carbs, 11g fat



Chocolate protein mug cake
2 mug cake(s)- 389 cals

Lunch

880 cals, 60g protein, 56g net carbs, 43g fat



Protein greek yogurt
1 container- 139 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Dinner

885 cals, 28g protein, 96g net carbs, 37g fat



Tomato cucumber salad
141 cals



Tortilla chips
188 cals



Hummus cheesesteak sub
1 sub(s)- 554 cals

Day 7

2574 cals ● 171g protein (27%) ● 116g fat (41%) ● 180g carbs (28%) ● 32g fiber (5%)

Breakfast

420 cals, 21g protein, 24g net carbs, 25g fat



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



Toast with butter
1 slice(s)- 114 cals



Scrambled eggs with kale, tomatoes, rosemary
203 cals

Snacks

390 cals, 62g protein, 4g net carbs, 11g fat



Chocolate protein mug cake
2 mug cake(s)- 389 cals

Lunch

880 cals, 60g protein, 56g net carbs, 43g fat



Protein greek yogurt
1 container- 139 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals



Grilled cheese sandwich
1 sandwich(es)- 495 cals

Dinner

885 cals, 28g protein, 96g net carbs, 37g fat



Tomato cucumber salad
141 cals



Tortilla chips
188 cals



Hummus cheesesteak sub
1 sub(s)- 554 cals

Grocery List



Baked Products

- ☐ bread
1/2 lbs (224g)
- ☐ bread crumbs
1/4 cup (31g)
- ☐ baking powder
1 tbsp (15g)

Fruits and Fruit Juices

- ☐ lemon juice
1 1/3 fl oz (40mL)
- ☐ avocados
2 3/4 avocado(s) (552g)
- ☐ pears
2 medium (356g)
- ☐ blackberries
1 1/4 cup (180g)

Spices and Herbs

- ☐ ground cumin
4 tsp (8g)
- ☐ crushed red pepper
1 tsp (2g)
- ☐ salt
1 1/4 tsp (8g)
- ☐ black pepper
1/4 tbsp, ground (2g)
- ☐ balsamic vinegar
1 1/2 fluid ounce (44mL)
- ☐ rosemary, dried
1/2 tbsp (2g)
- ☐ dried dill weed
2 tsp (2g)
- ☐ red wine vinegar
2 tsp (10mL)
- ☐ thyme, dried
1/2 tsp, leaves (0g)

Fats and Oils

- ☐ oil
1/4 lbs (114mL)
- ☐ olive oil
1 1/2 oz (48mL)
- ☐ salad dressing
2 1/2 oz (71mL)

Legumes and Legume Products

Nut and Seed Products

- ☐ roasted cashews
13 1/4 tbsp (114g)
- ☐ roasted pumpkin seeds, unsalted
6 tbsp (44g)

Beverages

- ☐ water
1/4 gallon (1114mL)

Sweets

- ☐ cocoa powder
1/3 cup (29g)

Other

- ☐ protein powder, chocolate
10 scoop (1/3 cup ea) (310g)
- ☐ flavored quinoa mix
5/8 package (4.9 oz) (81g)
- ☐ mixed greens
5 1/4 cup (158g)
- ☐ calorie-free sweetener
4 tbsp (42g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ sub roll(s)
2 roll(s) (170g)

Poultry Products

- ☐ ground turkey, raw
9 1/4 oz (265g)
- ☐ boneless skinless chicken breast, raw
4 2/3 lbs (2083g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/4 tbsp (1mL)
- ☐ vegetable broth
5/8 cup(s) (mL)
- ☐ salsa verde
3 tbsp (48g)
- ☐ chicken broth
1/2 cup(s) (mL)
- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

- ☐ chickpeas, canned
1 1/2 can(s) (672g)
- ☐ black beans
6 tbsp (90g)
- ☐ hummus
1/2 cup (123g)

Dairy and Egg Products

- ☐ whole milk
5 1/2 cup(s) (1351mL)
- ☐ eggs
20 large (1000g)
- ☐ nonfat greek yogurt, plain
2 1/2 container (420g)
- ☐ butter
1/2 stick (61g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ goat cheese
1 1/2 oz (43g)
- ☐ heavy cream
1/2 cup, fluid (yields 2 cups whipped) (120mL)
- ☐ sliced cheese
6 slice (1 oz ea) (168g)

Snacks

- ☐ high-protein granola bar
2 bar (80g)
- ☐ tortilla chips
2 2/3 oz (76g)

Vegetables and Vegetable Products

- ☐ carrots
12 1/2 medium (764g)
- ☐ frozen mixed veggies
5/8 package (16 oz ea) (265g)
- ☐ tomatoes
6 medium whole (2-3/5" dia) (714g)
- ☐ onion
1 2/3 medium (2-1/2" dia) (185g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ mushrooms
10 oz (284g)
- ☐ garlic
9 clove(s) (27g)
- ☐ sun-dried tomatoes
4 tbsp (14g)
- ☐ red onion
1 medium (2-1/2" dia) (125g)
- ☐ cucumber
3 cucumber (8-1/4") (903g)

Sausages and Luncheon Meats

- ☐ turkey pepperoni
64 slices (113g)

Finfish and Shellfish Products

- ☐ smoked salmon
2 1/4 oz (64g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
4 oz (114g)

- ☐ **beets, precooked (canned or refrigerated)**
1/2 lbs (198g)
 - ☐ **kale leaves**
2 cup, chopped (80g)
 - ☐ **bell pepper**
2 medium (238g)
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Breakfast 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.

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

carrots
2 1/2 medium (153g)

For all 2 meals:

carrots
5 medium (305g)

1. Cut carrots into strips and serve.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

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.

Smoked salmon stuffed avocado

1/2 avocado(s) - 271 cal ● 10g protein ● 22g fat ● 2g carbs ● 7g fiber



For single meal:	For all 3 meals:
smoked salmon	smoked salmon
3/4 oz (21g)	2 1/4 oz (64g)
goat cheese	goat cheese
1/2 oz (14g)	1 1/2 oz (43g)
lemon juice	lemon juice
1/4 tsp (1mL)	1/4 tbsp (4mL)
avocados, halved, de-seeded, and de-skinned	avocados, halved, de-seeded, and de-skinned
1/2 avocado(s) (101g)	1 1/2 avocado(s) (302g)

1. Chop the smoked salmon into pieces.
2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
3. Stuff the holes of the avocado with the smoked salmon mixture.
4. Top with a drizzle of lemon juice and add pepper to taste.
5. Serve immediately.

Breakfast 3 [🔗](#)

Eat on day 6 and day 7

Roasted cashews

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



For single meal:	For all 2 meals:
roasted cashews	roasted cashews
2 tbsp (17g)	4 tbsp (34g)

1. The recipe has no instructions.

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.

Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
water
3 tbs (45mL)
balsamic vinegar
1 tsp (5mL)
rosemary, dried
2 dash (0g)
tomatoes
1/2 cup, chopped (90g)
eggs
2 large (100g)
kale leaves
1 cup, chopped (40g)

For all 2 meals:

oil
1 tsp (5mL)
water
6 tbs (90mL)
balsamic vinegar
2 tsp (10mL)
rosemary, dried
4 dash (1g)
tomatoes
1 cup, chopped (180g)
eggs
4 large (200g)
kale leaves
2 cup, chopped (80g)

1. In a small skillet, add your oil of choice over medium-high heat.
 2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
 3. Add eggs, and stir to scramble them with the veggies.
 4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.
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Lunch 1 [↗](#)

Eat on day 1

Spiced chickpea & avocado toast

1 toast(s) - 481 cal ● 17g protein ● 22g fat ● 35g carbs ● 19g fiber



Makes 1 toast(s)

bread

1 slice(s) (32g)

lemon juice

1/2 tsp (3mL)

ground cumin

1 tsp (2g)

crushed red pepper

1 dash (0g)

oil

1/4 tsp (1mL)

chickpeas, canned, drained and rinsed

1/2 can(s) (224g)

avocados, peeled & pitted

1/2 avocado(s) (101g)

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil, cumin, and a dash of salt. Place on a baking sheet and roast in the oven for 10-15 minutes, until golden.
3. Meanwhile, mash avocado in a bowl with the back of a fork. Add in lemon juice and a pinch of salt/pepper. Mash until well combined.
4. Toast bread.
5. Assemble by spreading avocado mash on the bread and top with a heaping pile of spiced chickpeas and the crushed red pepper flakes. Serve.

Milk

3 cup(s) - 447 cal ● 23g protein ● 24g fat ● 35g carbs ● 0g fiber



Makes 3 cup(s)

whole milk

3 cup(s) (720mL)

1. The recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2

Easy garlic chicken

14 oz - 639 cals ● 93g protein ● 21g fat ● 19g carbs ● 1g fiber



Makes 14 oz

butter

3 1/2 tsp (17g)

boneless skinless chicken breast, raw

14 oz (397g)

bread crumbs

1/4 cup (31g)

garlic, minced

3 1/2 clove(s) (10g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Carrot fries

231 cals ● 3g protein ● 12g fat ● 20g carbs ● 8g fiber



olive oil

2 1/2 tsp (13mL)

rosemary, dried

1 tsp (1g)

salt

1/4 tsp (1g)

carrots, peeled

10 oz (284g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Lunch 3 [↗](#)

Eat on day 3 and day 4

Roasted cashews

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



For single meal:

roasted cashews
2 tbsp (17g)

For all 2 meals:

roasted cashews
4 tbsp (34g)

1. The recipe has no instructions.

Salsa verde chicken salad

718 cal ● 71g protein ● 37g fat ● 14g carbs ● 12g fiber



For single meal:

salsa verde
1 1/2 tbsp (24g)
ground cumin
1/2 tbsp (3g)
roasted pumpkin seeds, unsalted
3 tbsp (22g)
mixed greens
2 1/4 cup (68g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (255g)
tomatoes, chopped
3/4 roma tomato (60g)
black beans, drained and rinsed
3 tbsp (45g)
avocados, sliced
3 slices (75g)

For all 2 meals:

salsa verde
3 tbsp (48g)
ground cumin
1 tbsp (6g)
roasted pumpkin seeds, unsalted
6 tbsp (44g)
mixed greens
4 1/2 cup (135g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
18 oz (510g)
tomatoes, chopped
1 1/2 roma tomato (120g)
black beans, drained and rinsed
6 tbsp (90g)
avocados, sliced
6 slices (150g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. Add the black beans into the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
3. When chicken is cool enough to handle, chop it into bite-sized pieces.
4. Add mixed greens to a bowl and arrange the chicken, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Pear

1 pear(s) - 113 cal ● 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.

Lunch 4 [↗](#)

Eat on day 5

Chicken beet & carrot salad bowl

786 cals ● 92g protein ● 35g fat ● 20g carbs ● 6g fiber



oil
1 3/4 tbsp (26mL)
thyme, dried
1/2 tsp, leaves (0g)
apple cider vinegar
7/8 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
1/2 lbs (198g)
boneless skinless chicken breast, raw, cubed
14 oz (392g)
carrots, thinly sliced
7/8 medium (53g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Blackberries

1 1/4 cup(s) - 87 cals ● 3g protein ● 1g fat ● 8g carbs ● 10g fiber



Makes 1 1/4 cup(s)

blackberries
1 1/4 cup (180g)

1. Rinse blackberries and serve.
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Lunch 5 [↗](#)

Eat on day 6 and day 7

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.

Chunky canned soup (non-creamy)

1 can(s) - 247 cals ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Grilled cheese sandwich

1 sandwich(es) - 495 cals ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
1 tbsp (14g)
sliced cheese
2 slice (1 oz ea) (56g)

For all 2 meals:

bread
4 slice (128g)
butter
2 tbsp (28g)
sliced cheese
4 slice (1 oz ea) (112g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Snacks 1 [↗](#)

Eat on day 1 and day 2

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

roasted cashews
2 2/3 tbsp (23g)

For all 2 meals:

roasted cashews
1/3 cup (46g)

1. The recipe has no instructions.

Double chocolate protein shake

275 cals ● 56g protein ● 2g fat ● 5g carbs ● 3g fiber



For single meal:

water
2 cup(s) (474mL)
cocoa powder
2 tsp (4g)
nonfat greek yogurt, plain
4 tbsp (70g)
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)

For all 2 meals:

water
4 cup(s) (948mL)
cocoa powder
4 tsp (7g)
nonfat greek yogurt, plain
1/2 cup (140g)
protein powder, chocolate
4 scoop (1/3 cup ea) (124g)

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

Snacks 2 [↗](#)

Eat on day 3 and day 4

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.

Carrot sticks

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



For single meal:

carrots
1 medium (61g)

For all 2 meals:

carrots
2 medium (122g)

1. Cut carrots into strips and serve.

Turkey pepperoni

32 slices - 137 cals ● 18g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:
turkey pepperoni
32 slices (56g)

For all 2 meals:
turkey pepperoni
64 slices (113g)

1. Enjoy.

Snacks 3 [🔗](#)

Eat on day 5, day 6, and day 7

Chocolate protein mug cake

2 mug cake(s) - 389 cals ● 62g protein ● 11g fat ● 4g carbs ● 5g fiber



For single meal:
protein powder, chocolate
2 scoop (1/3 cup ea) (62g)
baking powder
1 tsp (5g)
cocoa powder
4 tsp (7g)
eggs
2 large (100g)
water
4 tsp (20mL)
calorie-free sweetener
4 tsp (14g)

For all 3 meals:
protein powder, chocolate
6 scoop (1/3 cup ea) (186g)
baking powder
1 tbsp (15g)
cocoa powder
4 tbsp (22g)
eggs
6 large (300g)
water
12 tsp (60mL)
calorie-free sweetener
4 tbsp (42g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
 2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.
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Dinner 1 [↗](#)

Eat on day 1

Turkey-mixed veggies-quinoa bowl

914 cals ● 70g protein ● 31g fat ● 75g carbs ● 15g fiber



salt
1/4 tsp (2g)
black pepper
1/4 tsp, ground (1g)
ground turkey, raw
9 1/3 oz (265g)
flavored quinoa mix
5/8 package (4.9 oz) (81g)
frozen mixed veggies
5/8 package (16 oz ea) (265g)
olive oil
1 tsp (6mL)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) and serve.

Simple mixed greens and tomato salad

38 cals ● 1g protein ● 2g fat ● 3g carbs ● 1g fiber



mixed greens
3/4 cup (23g)
tomatoes
2 tbsp cherry tomatoes (19g)
salad dressing
3/4 tbsp (11mL)

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

Dinner 2 [↗](#)

Eat on day 2 and day 3

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.

Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



For single meal:

balsamic vinegar
1/2 tbsp (8mL)
apple cider vinegar
1/2 tbsp (0mL)
chickpeas, canned, drained and rinsed
1/2 can(s) (224g)
onion, thinly sliced
1/4 small (18g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
fresh parsley, chopped
1 1/2 sprigs (2g)

For all 2 meals:

balsamic vinegar
1 tbsp (15mL)
apple cider vinegar
1 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 can(s) (448g)
onion, thinly sliced
1/2 small (35g)
tomatoes, halved
1 cup cherry tomatoes (149g)
fresh parsley, chopped
3 sprigs (3g)

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

Chicken marsala

10 oz chicken - 582 cal ● 70g protein ● 28g fat ● 11g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
10 oz (280g)
vegetable broth
1/3 cup(s) (mL)
whole milk
1/3 cup(s) (75mL)
lemon juice
2 tsp (9mL)
balsamic vinegar
2 tsp (9mL)
oil, divided
1 1/4 tbsp (19mL)
mushrooms, sliced
5 oz (142g)
garlic, diced
1 1/4 clove(s) (4g)

For all 2 meals:

boneless skinless chicken breast, raw
1 1/4 lbs (560g)
vegetable broth
5/8 cup(s) (mL)
whole milk
5/8 cup(s) (150mL)
lemon juice
1 1/4 tbsp (19mL)
balsamic vinegar
1 1/4 tbsp (19mL)
oil, divided
2 1/2 tbsp (38mL)
mushrooms, sliced
10 oz (284g)
garlic, diced
2 1/2 clove(s) (8g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.

Dinner 3

Eat on day 4 and day 5

Chicken milano

659 cals  36g protein  36g fat  46g carbs  3g fiber



For single meal:

butter
1/4 tbsp (4g)
chicken broth
1/4 cup(s) (mL)
heavy cream
4 tbsp, fluid (yields 2 tbsps
whipped) (60mL)
**boneless skinless chicken breast,
raw**
4 oz (112g)
oil
1/2 tbsp (8mL)
salt, or to taste
3 dash (2g)
uncooked dry pasta, (fettuccini)
2 oz (57g)
sun-dried tomatoes, chopped
2 tbsp (7g)
black pepper, or to taste
2 dash, ground (1g)
garlic, minced
1/2 clove(s) (2g)

For all 2 meals:

butter
1/2 tbsp (7g)
chicken broth
1/2 cup(s) (mL)
heavy cream
1/2 cup, fluid (yields 2 cups
whipped) (120mL)
**boneless skinless chicken breast,
raw**
1/2 lbs (224g)
oil
1 tbsp (15mL)
salt, or to taste
1/4 tbsp (5g)
uncooked dry pasta, (fettuccini)
4 oz (114g)
sun-dried tomatoes, chopped
4 tbsp (14g)
black pepper, or to taste
4 dash, ground (1g)
garlic, minced
1 clove(s) (3g)

1. Bring a large pot of water to a boil. Add pasta and cook according to package. Drain and set aside.
2. Meanwhile, season the chicken with salt and pepper on both sides. In a large skillet over medium heat, warm oil and saute chicken. Press on chicken occasionally and cook for about 4 minutes per side or until done and no longer pink inside.
3. Transfer chicken to a plate; cover and keep warm.
4. Add butter to the skillet and let melt; add garlic and cook for 30 seconds until fragrant. Add the tomatoes and chicken broth; bring to a simmer, and cook uncovered, for about 10 minutes or until the tomatoes are tender. Add the cream and bring to a boil; stir. Simmer over medium heat until the sauce is thick enough to coat the back of a spoon. Season with salt/pepper to taste.
5. Slice chicken into strips. Transfer the pasta to serving plates; top with chicken and coat with the cream sauce. Serve.

Simple Greek cucumber salad

281 cals ● 18g protein ● 14g fat ● 19g carbs ● 2g fiber



For single meal:

nonfat greek yogurt, plain
1/2 cup (140g)
lemon juice
1/2 tbsp (8mL)
dried dill weed
1 tsp (1g)
red wine vinegar
1 tsp (5mL)
olive oil
1 tbsp (15mL)
red onion, thinly sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced into half moons
1 cucumber (8-1/4") (301g)

For all 2 meals:

nonfat greek yogurt, plain
1 cup (280g)
lemon juice
1 tbsp (15mL)
dried dill weed
2 tsp (2g)
red wine vinegar
2 tsp (10mL)
olive oil
2 tbsp (30mL)
red onion, thinly sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced into half moons
2 cucumber (8-1/4") (602g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Dinner 4 [↗](#)

Eat on day 6 and day 7

Tomato cucumber salad

141 cal ● 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.

Tortilla chips

188 cal ● 3g protein ● 8g fat ● 24g carbs ● 2g fiber



For single meal:

tortilla chips
1 1/3 oz (38g)

For all 2 meals:

tortilla chips
2 2/3 oz (76g)

1. The recipe has no instructions.

Hummus cheesesteak sub

1 sub(s) - 554 cal ● 22g protein ● 22g fat ● 57g carbs ● 9g fiber



For single meal:

oil
1 tsp (5mL)
crushed red pepper
4 dash (1g)
hummus
4 tbsp (62g)
sliced cheese
1 slice (1 oz ea) (28g)
garlic, minced
1 clove (3g)
onion, sliced into thin strips
1/2 large (75g)
sub roll(s), split
1 roll(s) (85g)
bell pepper, deseeded and sliced into thin strips
1 medium (119g)

For all 2 meals:

oil
2 tsp (10mL)
crushed red pepper
1 tsp (2g)
hummus
1/2 cup (123g)
sliced cheese
2 slice (1 oz ea) (56g)
garlic, minced
2 clove (6g)
onion, sliced into thin strips
1 large (150g)
sub roll(s), split
2 roll(s) (170g)
bell pepper, deseeded and sliced into thin strips
2 medium (238g)

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic, and crushed red pepper. Saute about 5-7 minutes until softened.
 2. Spread hummus over inside of roll and fill with pepper mixture. Top with cheese.
 3. Optional: broil sandwich for a minute or two until cheese melts and bread is toasty.
 4. Serve.
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