

Meal Plan - 2700 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

2745 cals ● 205g protein (30%) ● 155g fat (51%) ● 103g carbs (15%) ● 30g fiber (4%)

Breakfast

495 cals, 22g protein, 48g net carbs, 21g fat



Fruit juice

1 cup(s)- 115 cals



Apple

1 apple(s)- 105 cals



Creamy scrambled eggs

273 cals

Snacks

320 cals, 12g protein, 24g net carbs, 18g fat



Boiled eggs

1 egg(s)- 69 cals



Toast with butter and jelly

1 slice(s)- 133 cals



Dark chocolate

2 square(s)- 120 cals

Lunch

960 cals, 101g protein, 14g net carbs, 51g fat



Spicy cumin pork chops

717 cals



Olive oil drizzled sugar snap peas

245 cals

Dinner

970 cals, 71g protein, 16g net carbs, 64g fat



Blue cheese stuffed chicken thighs

1 1/2 thigh- 678 cals



Roasted brussels sprouts

290 cals

Day 2

2695 cals ● 197g protein (29%) ● 117g fat (39%) ● 185g carbs (27%) ● 29g fiber (4%)

Breakfast

495 cals, 22g protein, 48g net carbs, 21g fat



Fruit juice
1 cup(s)- 115 cals



Apple
1 apple(s)- 105 cals



Creamy scrambled eggs
273 cals

Snacks

320 cals, 12g protein, 24g net carbs, 18g fat



Boiled eggs
1 egg(s)- 69 cals



Toast with butter and jelly
1 slice(s)- 133 cals



Dark chocolate
2 square(s)- 120 cals

Lunch

915 cals, 93g protein, 97g net carbs, 13g fat



Protein greek yogurt
1 container- 139 cals



Bbq deli chicken sandwich
3 sandwich(es)- 774 cals

Dinner

970 cals, 71g protein, 16g net carbs, 64g fat



Blue cheese stuffed chicken thighs
1 1/2 thigh- 678 cals



Roasted brussels sprouts
290 cals

Day 3

2641 cals ● 179g protein (27%) ● 95g fat (32%) ● 237g carbs (36%) ● 31g fiber (5%)

Breakfast

440 cals, 21g protein, 46g net carbs, 18g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Milk
1 cup(s)- 149 cals



Dried cranberries
1/4 cup- 136 cals

Lunch

915 cals, 93g protein, 97g net carbs, 13g fat



Protein greek yogurt
1 container- 139 cals



Bbq deli chicken sandwich
3 sandwich(es)- 774 cals

Snacks

320 cals, 12g protein, 24g net carbs, 18g fat



Boiled eggs
1 egg(s)- 69 cals



Toast with butter and jelly
1 slice(s)- 133 cals



Dark chocolate
2 square(s)- 120 cals

Dinner

965 cals, 54g protein, 70g net carbs, 46g fat



Roast beef
330 cals



Baked cinnamon sweet potato
1 1/2 sweet potato(es)- 475 cals



Buttered sugar snap peas
161 cals

Day 4

2688 cals ● 188g protein (28%) ● 91g fat (31%) ● 245g carbs (37%) ● 34g fiber (5%)

Breakfast

440 cals, 21g protein, 46g net carbs, 18g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Milk
1 cup(s)- 149 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

420 cals, 9g protein, 83g net carbs, 3g fat



Fruit juice
1 cup(s)- 115 cals



Nectarine
2 nectarine(s)- 140 cals



Pretzels
165 cals

Lunch

935 cals, 93g protein, 76g net carbs, 22g fat



Sugar snap peas
41 cals



Mashed sweet potatoes
366 cals



Basic chicken breast
13 1/3 oz- 529 cals

Dinner

890 cals, 65g protein, 40g net carbs, 49g fat



Mashed sweet potatoes with butter
249 cals



Coriander and cumin rubbed pork chops
1 1/2 chop(s)- 642 cals

Day 5

2731 cals ● 244g protein (36%) ● 94g fat (31%) ● 197g carbs (29%) ● 31g fiber (5%)

Breakfast

440 cals, 21g protein, 46g net carbs, 18g fat



Veggie mason jar omelet
1 jar(s)- 155 cals



Milk
1 cup(s)- 149 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

420 cals, 9g protein, 83g net carbs, 3g fat



Fruit juice
1 cup(s)- 115 cals



Nectarine
2 nectarine(s)- 140 cals



Pretzels
165 cals

Lunch

880 cals, 93g protein, 37g net carbs, 36g fat



Chicken beet & carrot salad bowl
786 cals



Blueberries
1 cup(s)- 95 cals

Dinner

990 cals, 121g protein, 30g net carbs, 37g fat



Baked chicken with tomatoes & olives
18 oz- 899 cals



Mashed sweet potatoes
92 cals

Day 6

2767 cals ● 200g protein (29%) ● 111g fat (36%) ● 208g carbs (30%) ● 35g fiber (5%)

Breakfast

480 cals, 12g protein, 77g net carbs, 12g fat



Fruit juice

1 1/4 cup(s)- 143 cals



Toast with butter

1 slice(s)- 114 cals



Medium toasted bagel with butter and jelly

1/2 bagel(s)- 225 cals

Snacks

325 cals, 18g protein, 20g net carbs, 18g fat



High-protein granola bar

1 bar(s)- 204 cals



String cheese

1 stick(s)- 83 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Lunch

970 cals, 49g protein, 81g net carbs, 44g fat



Goat cheese and marinara stuffed zucchini

5 zucchini halve(s)- 480 cals



Kefir

300 cals



Pistachios

188 cals

Dinner

990 cals, 121g protein, 30g net carbs, 37g fat



Baked chicken with tomatoes & olives

18 oz- 899 cals



Mashed sweet potatoes

92 cals

Day 7

2708 cals ● 175g protein (26%) ● 96g fat (32%) ● 257g carbs (38%) ● 28g fiber (4%)

Breakfast

480 cals, 12g protein, 77g net carbs, 12g fat



Fruit juice

1 1/4 cup(s)- 143 cals



Toast with butter

1 slice(s)- 114 cals



Medium toasted bagel with butter and jelly

1/2 bagel(s)- 225 cals

Snacks

325 cals, 18g protein, 20g net carbs, 18g fat



High-protein granola bar

1 bar(s)- 204 cals



String cheese

1 stick(s)- 83 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Lunch

970 cals, 49g protein, 81g net carbs, 44g fat



Goat cheese and marinara stuffed zucchini

5 zucchini halve(s)- 480 cals



Kefir

300 cals



Pistachios

188 cals

Dinner

930 cals, 97g protein, 79g net carbs, 23g fat



Simple seared tuna steak

12 oz- 529 cals



Couscous

402 cals

Grocery List



Dairy and Egg Products

- eggs**
15 large (750g)
- butter**
5/6 stick (94g)
- whole milk**
3 cup(s) (766mL)
- blue cheese**
1 1/2 oz (43g)
- string cheese**
2 stick (56g)
- goat cheese**
5 oz (142g)
- kefir, flavored**
4 cup (960mL)

Baked Products

- bread**
3/4 lbs (352g)
- bagel**
1 medium bagel (3-1/2" to 4" dia) (105g)

Sweets

- jelly**
1 1/2 oz (42g)
- chocolate, dark, 70-85%**
6 square(s) (60g)
- sugar**
3/4 tbsp (10g)

Fruits and Fruit Juices

- fruit juice**
52 fl oz (1560mL)
- apples**
2 medium (3" dia) (364g)
- dried cranberries**
3/4 cup (120g)
- nectarine**
4 medium (2-1/2" dia) (568g)
- green olives**
36 large (158g)
- blueberries**
1 cup (148g)

Spices and Herbs

- salt**
3/4 oz (18g)

Fats and Oils

- oil**
1 1/2 oz (50mL)
- olive oil**
1/4 lbs (133mL)

Pork Products

- pork loin chops, boneless, raw**
1 1/2 lbs (702g)

Vegetables and Vegetable Products

- frozen sugar snap peas**
3 2/3 cup (528g)
- brussels sprouts**
1 1/4 lbs (567g)
- bell pepper**
1 1/2 small (111g)
- onion**
3/4 small (53g)
- sweet potatoes**
5 1/2 sweetpotato, 5" long (1155g)
- garlic**
2 1/4 clove(s) (7g)
- tomatoes**
36 cherry tomatoes (612g)
- beets, precooked (canned or refrigerated)**
1/2 lbs (198g)
- carrots**
4 medium (236g)
- zucchini**
5 large (1615g)

Poultry Products

- chicken thighs, with bone and skin, raw**
3 thigh(s) (510g)
- boneless skinless chicken breast, raw**
4 lbs (1786g)

Other

- protein greek yogurt, flavored**
2 container (300g)
- coleslaw mix**
2 cup (180g)

Sausages and Luncheon Meats

- black pepper
3 1/2 g (3g)
- garlic powder
1/4 tbsp (2g)
- crushed red pepper
1/4 tbsp (1g)
- ground cumin
1/4 oz (7g)
- thyme, dried
1 g (1g)
- paprika
3 dash (1g)
- cinnamon
1/2 tsp (1g)
- ground coriander
3/4 tbsp (4g)
- chili powder
2 tbsp (16g)
- fresh basil
36 leaves (18g)

- chicken cold cuts
1 1/2 lbs (680g)

Soups, Sauces, and Gravies

- barbecue sauce
3/4 cup (204g)
- apple cider vinegar
7/8 tsp (0mL)
- pasta sauce
1 1/4 cup (325g)

Beef Products

- top round roast beef
1/4 roast (190g)

Snacks

- pretzels, hard, salted
3 oz (85g)
- high-protein granola bar
2 bar (80g)

Nut and Seed Products

- pistachios, shelled
1/2 cup (62g)

Finfish and Shellfish Products

- yellowfin tuna steaks, raw
3/4 lbs (340g)

Cereal Grains and Pasta

- instant couscous, flavored
2/3 box (5.8 oz) (110g)
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Breakfast 1 ↗

Eat on day 1 and day 2

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

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 2 meals:

apples
2 medium (3" dia) (364g)

1. The recipe has no instructions.

Creamy scrambled eggs

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



For single meal:

eggs
3 large (150g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
butter
1/2 tbsp (7g)
whole milk
1/8 cup(s) (23mL)

For all 2 meals:

eggs
6 large (300g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
butter
1 tbsp (14g)
whole milk
1/6 cup(s) (45mL)

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

Breakfast 2 ↗

Eat on day 3, day 4, and day 5

Veggie mason jar omelet

1 jar(s) - 155 cals ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

eggs
2 large (100g)
bell pepper, chopped
1/2 small (37g)
onion, diced
1/4 small (18g)

For all 3 meals:

eggs
6 large (300g)
bell pepper, chopped
1 1/2 small (111g)
onion, diced
3/4 small (53g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Milk

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



For single meal:

whole milk
1 cup(s) (240mL)

For all 3 meals:

whole milk
3 cup(s) (720mL)

1. The recipe has no instructions.

Dried cranberries

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



For single meal:

dried cranberries
4 tbsp (40g)

For all 3 meals:

dried cranberries
3/4 cup (120g)

1. The recipe has no instructions.

Breakfast 3 ↗

Eat on day 6 and day 7

Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

fruit juice
10 fl oz (300mL)

For all 2 meals:

fruit juice
20 fl oz (600mL)

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.

Medium toasted bagel with butter and jelly

1/2 bagel(s) - 225 cals ● 6g protein ● 7g fat ● 34g carbs ● 1g fiber



For single meal:

bagel
1/2 medium bagel (3-1/2" to 4" dia)
(53g)
butter
1/2 tbsp (7g)
jelly
1/2 tbsp (11g)

For all 2 meals:

bagel
1 medium bagel (3-1/2" to 4" dia)
(105g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

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

Lunch 1 ↗

Eat on day 1

Spicy cumin pork chops

717 cals ● 92g protein ● 37g fat ● 3g carbs ● 1g fiber



oil
1/2 tbsp (8mL)
garlic powder
1/4 tbsp (2g)
crushed red pepper
1/4 tbsp (1g)
ground cumin
1 tsp (2g)
pork loin chops, boneless, raw
15 oz (425g)

1. Coat all sides of the pork chops with cumin, crushed red pepper, garlic powder, and some salt and pepper.
2. Heat oil in a grill pan or skillet over medium-high heat.
3. Add pork chops to the skillet and cook 4-5 minutes per side until browned and cooked through. Serve.

Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
frozen sugar snap peas
2 cup (288g)
olive oil
1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Lunch 2 ↗

Eat on day 2 and day 3

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.

Bbq deli chicken sandwich

3 sandwich(es) - 774 cals ● 73g protein ● 10g fat ● 89g carbs ● 9g fiber



For single meal:

bread
3 slice(s) (96g)
chicken cold cuts
3/4 lbs (340g)
barbecue sauce
6 tbsp (102g)
coleslaw mix
1 cup (90g)

For all 2 meals:

bread
6 slice(s) (192g)
chicken cold cuts
1 1/2 lbs (680g)
barbecue sauce
3/4 cup (204g)
coleslaw mix
2 cup (180g)

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

Lunch 3 ↗

Eat on day 4

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



frozen sugar snap peas
2/3 cup (96g)

1. Prepare according to instructions on package.

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



sweet potatoes
2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

boneless skinless chicken breast, raw

13 1/3 oz (373g)

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.
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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.

Blueberries

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



Makes 1 cup(s)

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Lunch 5 ↗

Eat on day 6 and day 7

Goat cheese and marinara stuffed zucchini

5 zucchini halve(s) - 480 cals ● 26g protein ● 25g fat ● 26g carbs ● 11g fiber



For single meal:

pasta sauce
10 tbsp (163g)
goat cheese
2 1/2 oz (71g)
zucchini
2 1/2 large (808g)

For all 2 meals:

pasta sauce
1 1/4 cup (325g)
goat cheese
5 oz (142g)
zucchini
5 large (1615g)

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.

Kefir

300 cals ● 16g protein ● 4g fat ● 49g carbs ● 0g fiber



For single meal:

kefir, flavored
2 cup (480mL)

For all 2 meals:

kefir, flavored
4 cup (960mL)

1. Pour into a glass and drink.

Pistachios

188 cals ● 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.

Snacks 1 ↗

Eat on day 1, day 2, and day 3

Boiled eggs

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



For single meal:

eggs
1 large (50g)

For all 3 meals:

eggs
3 large (150g)

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

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 3 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)
jelly
1 tbsp (21g)

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

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

chocolate, dark, 70-85%
2 square(s) (20g)

For all 3 meals:

chocolate, dark, 70-85%
6 square(s) (60g)

1. The recipe has no instructions.

Snacks 2 ↗

Eat on day 4 and day 5

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. The recipe has no instructions.

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:
nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:
nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:
pretzels, hard, salted
1 1/2 oz (43g)

For all 2 meals:
pretzels, hard, salted
3 oz (85g)

1. The recipe has no instructions.

Snacks 3 ↗

Eat on day 6 and day 7

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.

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 2 meals:

string cheese

2 stick (56g)

1. The recipe has no instructions.

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 2 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.
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Dinner 1 ↗

Eat on day 1 and day 2

Blue cheese stuffed chicken thighs

1 1/2 thigh - 678 cals ● 62g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

blue cheese
3/4 oz (21g)
thyme, dried
1/4 tsp, ground (0g)
olive oil
1/2 tsp (3mL)
paprika
1 1/2 dash (0g)
chicken thighs, with bone and skin, raw
1 1/2 thigh(s) (255g)

For all 2 meals:

blue cheese
1 1/2 oz (43g)
thyme, dried
1/2 tsp, ground (1g)
olive oil
1 tsp (6mL)
paprika
3 dash (1g)
chicken thighs, with bone and skin, raw
3 thigh(s) (510g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Roasted brussels sprouts

290 cals ● 9g protein ● 17g fat ● 15g carbs ● 11g fiber



For single meal:

salt
1/3 tsp (2g)
black pepper
1/4 tsp, ground (0g)
brussels sprouts
10 oz (284g)
olive oil
1 1/4 tbsp (19mL)

For all 2 meals:

salt
5 dash (4g)
black pepper
3 1/3 dash, ground (1g)
brussels sprouts
1 1/4 lbs (567g)
olive oil
2 1/2 tbsp (37mL)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Dinner 2 ↗

Eat on day 3

Roast beef

330 cals ● 44g protein ● 17g fat ● 0g carbs ● 0g fiber



top round roast beef

1/4 roast (190g)

oil

1/4 tbsp (4mL)

1. Preheat oven to 350°F (180°C).
2. Coat beef in the oil and season with some salt and pepper. Place on a roasting tray and bake for about 30-40 minutes until cooked until your desired doneness (medium rare = 130-135°F (54-57°C)).
3. Slice and serve.

Baked cinnamon sweet potato

1 1/2 sweet potato(es) - 475 cals ● 5g protein ● 17g fat ● 64g carbs ● 10g fiber



Makes 1 1/2 sweet potato(es)

sweet potatoes

1 1/2 sweetpotato, 5" long (315g)

sugar

3/4 tbsp (10g)

cinnamon

1/2 tsp (1g)

butter

1 1/2 tbsp (21g)

1. OVEN:
Preheat oven to 400°F (200°C).
2. Bake sweet potatoes for 45 to 75 minutes (bigger ones take longer to cook).
3. When they are done, the outside will have darkened and the inside will be soft.
4. MICROWAVE:
Pierce the sweet potato skins 5-6 times.
5. Place on a microwaveable plate and microwave for 5-8 minutes, rotating halfway through. The potato is ready when the skin puffs to a crisp finish and the inside is soft. Cooking time will be longer if microwaving multiple potatoes at once.
6. Mix the sugar and cinnamon together and set aside.
7. To serve, slice a potato down the center. Add butter, then sprinkle some cinnamon/sugar over the top.

Buttered sugar snap peas

161 cals ● 4g protein ● 11g fat ● 6g carbs ● 5g fiber



black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
butter
1 tbsp (14g)
frozen sugar snap peas
1 cup (144g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Dinner 3 ↗

Eat on day 4

Mashed sweet potatoes with butter

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



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

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Coriander and cumin rubbed pork chops

1 1/2 chop(s) - 642 cals ● 62g protein ● 41g fat ● 4g carbs ● 2g fiber

Makes 1 1/2 chop(s)



salt
3 dash (2g)
ground cumin
3/4 tbsp (5g)
ground coriander
3/4 tbsp (4g)
pork loin chops, boneless, raw
1 1/2 chop (278g)
black pepper
1 1/2 dash (0g)
garlic, minced
2 1/4 clove(s) (7g)
olive oil, divided
1 1/2 tbsp (23mL)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Dinner 4

Eat on day 5 and day 6

Baked chicken with tomatoes & olives

18 oz - 899 cals ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

For all 2 meals:

tomatoes
36 cherry tomatoes (612g)
olive oil
2 tbsp (30mL)
salt
1/2 tbsp (9g)
green olives
36 large (158g)
black pepper
1/2 tbsp (1g)
chili powder
2 tbsp (16g)
boneless skinless chicken breast, raw
2 1/4 lbs (1021g)
fresh basil, shredded
36 leaves (18g)

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.

Mashed sweet potatoes

92 cals ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

Dinner 5 ↗

Eat on day 7

Simple seared tuna steak

12 oz - 529 cals ● 83g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 12 oz

olive oil

1 1/2 tbsp (23mL)

yellowfin tuna steaks, raw

3/4 lbs (340g)

1. Rub both sides of the steaks with olive oil.
2. Season both sides generously with salt, pepper, and any other preferred seasonings.
3. Place a skillet over high heat. Once the pan is hot, add the tuna steaks. Sear for about 1-2 minutes on each side for rare to medium-rare doneness. If you prefer your tuna more well-done, cook for an additional 1-2 minutes per side. Be careful not to overcook, as tuna can become dry.
4. Remove the tuna from the pan and let it rest for a minute or two.
5. Slice the tuna against the grain for serving.

Couscous

402 cals ● 14g protein ● 1g fat ● 79g carbs ● 5g fiber



instant couscous, flavored
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.
