

# Meal Plan - 2800 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

2839 cals ● 186g protein (26%) ● 132g fat (42%) ● 187g carbs (26%) ● 40g fiber (6%)

### Breakfast

510 cals, 28g protein, 27g net carbs, 30g fat



#### Milk

1 cup(s)- 149 cals



#### Basic fried eggs

2 egg(s)- 159 cals



#### Smashed raspberry almond butter toast

1 toast(s)- 203 cals

### Snacks

370 cals, 16g protein, 31g net carbs, 15g fat



#### Raspberries

1 cup(s)- 72 cals



#### Boiled eggs

1 egg(s)- 69 cals



#### Toast with butter

2 slice(s)- 227 cals

### Lunch

955 cals, 67g protein, 42g net carbs, 53g fat



#### Sweet potato wedges

261 cals



#### Simple sauteed spinach

50 cals



#### Coriander and cumin rubbed pork chops

1 1/2 chop(s)- 642 cals

### Dinner

1005 cals, 76g protein, 88g net carbs, 33g fat



#### Turkey mac and cheese

860 cals



#### Simple salad with tomatoes and carrots

147 cals

## Day 2

2764 cals ● 252g protein (36%) ● 134g fat (44%) ● 106g carbs (15%) ● 33g fiber (5%)

### Breakfast

510 cals, 28g protein, 27g net carbs, 30g fat



#### Milk

1 cup(s)- 149 cals



#### Basic fried eggs

2 egg(s)- 159 cals



#### Smashed raspberry almond butter toast

1 toast(s)- 203 cals

### Snacks

370 cals, 16g protein, 31g net carbs, 15g fat



#### Raspberries

1 cup(s)- 72 cals



#### Boiled eggs

1 egg(s)- 69 cals



#### Toast with butter

2 slice(s)- 227 cals

### Lunch

955 cals, 67g protein, 42g net carbs, 53g fat



#### Sweet potato wedges

261 cals



#### Simple sauteed spinach

50 cals



#### Coriander and cumin rubbed pork chops

1 1/2 chop(s)- 642 cals

### Dinner

930 cals, 141g protein, 7g net carbs, 35g fat



#### Tomato and avocado salad

117 cals



#### Lemon pepper chicken breast

22 oz- 814 cals

## Day 3

2761 cals ● 256g protein (37%) ● 91g fat (30%) ● 200g carbs (29%) ● 30g fiber (4%)

### Breakfast

510 cals, 28g protein, 27g net carbs, 30g fat



#### Milk

1 cup(s)- 149 cals



#### Basic fried eggs

2 egg(s)- 159 cals



#### Smashed raspberry almond butter toast

1 toast(s)- 203 cals

### Snacks

335 cals, 6g protein, 51g net carbs, 9g fat



#### Chocolate banana oatmeal

337 cals

### Lunch

980 cals, 80g protein, 115g net carbs, 17g fat



#### Basic chicken breast

10 oz- 397 cals



#### Mashed sweet potatoes

183 cals



#### Couscous

402 cals

### Dinner

930 cals, 141g protein, 7g net carbs, 35g fat



#### Tomato and avocado salad

117 cals



#### Lemon pepper chicken breast

22 oz- 814 cals

## Day 4

2789 cals ● 190g protein (27%) ● 111g fat (36%) ● 203g carbs (29%) ● 55g fiber (8%)

### Breakfast

470 cals, 28g protein, 14g net carbs, 32g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Milk**  
1 cup(s)- 149 cals



**Hardboiled egg and avocado bowl**  
160 cals

### Snacks

335 cals, 6g protein, 51g net carbs, 9g fat



**Chocolate banana oatmeal**  
337 cals

### Lunch

980 cals, 80g protein, 115g net carbs, 17g fat



**Basic chicken breast**  
10 oz- 397 cals



**Mashed sweet potatoes**  
183 cals



**Couscous**  
402 cals

### Dinner

1000 cals, 75g protein, 22g net carbs, 53g fat



**Garlic collard greens**  
319 cals



**Avocado tuna salad stuffed pepper**  
3 half pepper(s)- 683 cals

## Day 5

2829 cals ● 212g protein (30%) ● 125g fat (40%) ● 179g carbs (25%) ● 36g fiber (5%)

### Breakfast

470 cals, 28g protein, 14g net carbs, 32g fat



**Basic fried eggs**  
2 egg(s)- 159 cals



**Milk**  
1 cup(s)- 149 cals



**Hardboiled egg and avocado bowl**  
160 cals

### Snacks

375 cals, 33g protein, 37g net carbs, 9g fat



**Protein shake (milk)**  
258 cals



**Banana**  
1 banana(s)- 117 cals

### Lunch

985 cals, 86g protein, 57g net carbs, 39g fat



**Baked chicken with tomatoes & olives**  
12 oz- 599 cals



**Baked fries**  
386 cals

### Dinner

1000 cals, 65g protein, 71g net carbs, 45g fat



**White rice**  
1 1/4 cup rice, cooked- 273 cals



**Avocado tuna salad**  
545 cals



**Pumpkin seeds**  
183 cals

## Day 6

2756 cals ● 194g protein (28%) ● 118g fat (38%) ● 184g carbs (27%) ● 46g fiber (7%)

### Breakfast

455 cals, 27g protein, 14g net carbs, 28g fat



**Scrambled eggs with veggies and bacon**  
384 cals



**Raspberries**  
1 cup(s)- 72 cals

### Snacks

375 cals, 33g protein, 37g net carbs, 9g fat



**Protein shake (milk)**  
258 cals



**Banana**  
1 banana(s)- 117 cals

### Lunch

925 cals, 69g protein, 63g net carbs, 36g fat



**Avocado tuna salad sandwich**  
2 1/2 sandwich(es)- 925 cals

### Dinner

1000 cals, 65g protein, 71g net carbs, 45g fat



**White rice**  
1 1/4 cup rice, cooked- 273 cals



**Avocado tuna salad**  
545 cals



**Pumpkin seeds**  
183 cals

## Day 7

2751 cals ● 187g protein (27%) ● 96g fat (31%) ● 241g carbs (35%) ● 44g fiber (6%)

### Breakfast

455 cals, 27g protein, 14g net carbs, 28g fat



**Scrambled eggs with veggies and bacon**  
384 cals



**Raspberries**  
1 cup(s)- 72 cals

### Snacks

375 cals, 33g protein, 37g net carbs, 9g fat



**Protein shake (milk)**  
258 cals



**Banana**  
1 banana(s)- 117 cals

### Lunch

925 cals, 69g protein, 63g net carbs, 36g fat



**Avocado tuna salad sandwich**  
2 1/2 sandwich(es)- 925 cals

### Dinner

995 cals, 58g protein, 128g net carbs, 24g fat



**Pasta with meat sauce**  
842 cals



**Dinner roll**  
2 roll(s)- 154 cals

# Grocery List



## Fruits and Fruit Juices

- rasberries**  
1 1/4 lbs (549g)
- lime juice**  
1 1/2 fl oz (47mL)
- avocados**  
4 1/4 avocado(s) (854g)
- banana**  
4 1/2 medium (7" to 7-7/8" long) (531g)
- green olives**  
12 large (53g)

## Dairy and Egg Products

- eggs**  
20 large (1000g)
- butter**  
4 tsp (18g)
- whole milk**  
8 3/4 cup(s) (2100mL)

## Baked Products

- bread**  
19 oz (544g)
- Roll**  
2 pan, dinner, or small roll (2" square, 2" high) (56g)

## Fats and Oils

- oil**  
3 oz (87mL)
- olive oil**  
3 1/4 oz (102mL)
- salad dressing**  
1 tbsp (17mL)

## Nut and Seed Products

- almond butter**  
3 tbsp (48g)
- flax seeds**  
3 dash (3g)
- roasted pumpkin seeds, unsalted**  
1/2 cup (59g)

## Spices and Herbs

- salt**  
3/4 oz (22g)

## Pork Products

- pork loin chops, boneless, raw**  
3 chop (555g)
- bacon, cooked**  
3 slice(s) (30g)

## Poultry Products

- ground turkey, raw**  
15 oz (425g)
- boneless skinless chicken breast, raw**  
4 3/4 lbs (2132g)

## Other

- mac and cheese box, unprepared**  
1/2 box (103g)
- chocolate chips**  
3 tbsp (42g)
- mixed greens**  
2 1/2 cup (75g)

## Beverages

- water**  
4 cup(s) (929mL)
- protein powder**  
3 scoop (1/3 cup ea) (93g)

## Cereal Grains and Pasta

- instant couscous, flavored**  
1 1/3 box (5.8 oz) (219g)
- long-grain white rice**  
13 1/4 tbsp (154g)
- uncooked dry pasta**  
4 oz (114g)

## Sweets

- maple syrup**  
1/2 tbsp (8mL)

## Breakfast Cereals

- oatmeal, old-fashioned oats, rolled oats**  
3/4 cup(s) (61g)

## Finfish and Shellfish Products

- canned tuna**  
6 1/2 can (1118g)

- black pepper**  
4 g (4g)
- ground cumin**  
1 1/2 tbsp (9g)
- ground coriander**  
1 1/2 tbsp (8g)
- garlic powder**  
2 dash (1g)
- lemon pepper**  
2 3/4 tbsp (19g)
- chili powder**  
2 tsp (5g)
- fresh basil**  
12 leaves (6g)

## **Soups, Sauces, and Gravies**

- pasta sauce**  
3/8 jar (24 oz) (252g)

## **Vegetables and Vegetable Products**

- sweet potatoes**  
4 sweetpotato, 5" long (840g)
- fresh spinach**  
5 cup(s) (150g)
- garlic**  
8 clove(s) (24g)
- carrots**  
3/8 medium (23g)
- romaine lettuce**  
3/4 hearts (375g)
- tomatoes**  
4 medium whole (2-3/5" dia) (470g)
- onion**  
2 medium (2-1/2" dia) (199g)
- bell pepper**  
3 large (479g)
- collard greens**  
1 lbs (454g)
- potatoes**  
1 large (3" to 4-1/4" dia.) (369g)

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## Breakfast 1 ↗

Eat on day 1, day 2, and day 3

### 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.

### Basic fried eggs

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



For single meal:

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

For all 3 meals:

**eggs**  
6 large (300g)  
**oil**  
1/2 tbsp (8mL)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

### Smashed raspberry almond butter toast

1 toast(s) - 203 cals ● 8g protein ● 11g fat ● 14g carbs ● 5g fiber



For single meal:

**bread**  
1 slice(s) (32g)  
**almond butter**  
1 tbsp (16g)  
**flax seeds**  
1 dash (1g)  
**raspberries**  
10 raspberries (19g)

For all 3 meals:

**bread**  
3 slice(s) (96g)  
**almond butter**  
3 tbsp (48g)  
**flax seeds**  
3 dash (3g)  
**raspberries**  
30 raspberries (57g)

1. Toast bread (optional).
2. Spread almond butter over bread. Place raspberries on the almond butter and smash them gently using the back of a fork. Top with flax seeds and serve.

## Breakfast 2 ↗

Eat on day 4 and day 5

### Basic fried eggs

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



For single meal:

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

For all 2 meals:

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

1. Heat oil in a skillet over medium low heat.

2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

## 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 2 meals:

**whole milk**  
2 cup(s) (480mL)

1. The recipe has no instructions.

## Hardboiled egg and avocado bowl

160 cals ● 7g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp chopped (5g)  
**bell pepper**  
1/2 tbsp, diced (5g)  
**black pepper**  
1/2 dash (0g)  
**eggs**  
1 large (50g)  
**salt**  
1/2 dash (0g)  
**avocados, chopped**  
1/4 avocado(s) (50g)

For all 2 meals:

**onion**  
1 tbsp chopped (10g)  
**bell pepper**  
1 tbsp, diced (9g)  
**black pepper**  
1 dash (0g)  
**eggs**  
2 large (100g)  
**salt**  
1 dash (0g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

1. Place the eggs in a small sauce pan and cover with water.
2. Bring water to boil. Once it begins to boil, cover the pan, and turn off the heat. Let the eggs sit for 8-10 mins.
3. While the eggs cook, chop the pepper, onion, and avocado.
4. Transfer eggs to an ice bath for a couple of minutes.
5. Peel the eggs and chop them into bite-sized pieces.
6. Combine the eggs with all of the other ingredients and stir.
7. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Scrambled eggs with veggies and bacon

384 cals ● 25g protein ● 27g fat ● 7g carbs ● 2g fiber



For single meal:

**onion**  
3 tbsp, chopped (30g)  
**olive oil**  
1/2 tbsp (8mL)  
**eggs**  
3 large (150g)  
**bell pepper**  
3/4 cup, chopped (112g)  
**bacon, cooked, cooked and chopped**  
1 1/2 slice(s) (15g)

For all 2 meals:

**onion**  
6 tbsp, chopped (60g)  
**olive oil**  
1 tbsp (15mL)  
**eggs**  
6 large (300g)  
**bell pepper**  
1 1/2 cup, chopped (224g)  
**bacon, cooked, cooked and chopped**  
3 slice(s) (30g)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

## Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**

1 cup (123g)

For all 2 meals:

**raspberries**

2 cup (246g)

1. Rinse raspberries and serve.

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## Lunch 1 ↗

Eat on day 1 and day 2

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### Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



For single meal:

**oil**

3/4 tbsp (11mL)

**salt**

4 dash (3g)

**black pepper**

2 dash, ground (1g)

**sweet potatoes, cut into wedges**

1 sweetpotato, 5" long (210g)

For all 2 meals:

**oil**

1 1/2 tbsp (23mL)

**salt**

1 tsp (6g)

**black pepper**

4 dash, ground (1g)

**sweet potatoes, cut into wedges**

2 sweetpotato, 5" long (420g)

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

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### Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

**black pepper**  
1/2 dash, ground (0g)  
**salt**  
1/2 dash (0g)  
**olive oil**  
1/4 tbsp (4mL)  
**fresh spinach**  
2 cup(s) (60g)  
**garlic, diced**  
1/4 clove (1g)

For all 2 meals:

**black pepper**  
1 dash, ground (0g)  
**salt**  
1 dash (1g)  
**olive oil**  
1/2 tbsp (8mL)  
**fresh spinach**  
4 cup(s) (120g)  
**garlic, diced**  
1/2 clove (2g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

### Coriander and cumin rubbed pork chops

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



For single meal:

**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)

For all 2 meals:

**salt**  
1/4 tbsp (5g)  
**ground cumin**  
1 1/2 tbsp (9g)  
**ground coriander**  
1 1/2 tbsp (8g)  
**pork loin chops, boneless, raw**  
3 chop (555g)  
**black pepper**  
3 dash (0g)  
**garlic, minced**  
4 1/2 clove(s) (14g)  
**olive oil, divided**  
3 tbsp (45mL)

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.

## Lunch 2 ↗

Eat on day 3 and day 4

### Basic chicken breast

10 oz - 397 cals ● 63g protein ● 16g fat ● 0g carbs ● 0g fiber



For single meal:

**boneless skinless chicken breast, raw**  
10 oz (280g)  
**oil**  
2 tsp (9mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/4 lbs (560g)  
**oil**  
1 1/4 tbsp (19mL)

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.

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**  
1 sweetpotato, 5" long (210g)

For all 2 meals:

**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.

### Couscous

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



For single meal:

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

For all 2 meals:

**instant couscous, flavored**  
1 1/3 box (5.8 oz) (219g)

1. Follow instructions on package.

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## Lunch 3 ↗

Eat on day 5

### Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

**tomatoes**  
12 cherry tomatoes (204g)  
**olive oil**  
2 tsp (10mL)  
**salt**  
4 dash (3g)  
**green olives**  
12 large (53g)  
**black pepper**  
4 dash (0g)  
**chili powder**  
2 tsp (5g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**fresh basil, shredded**  
12 leaves (6g)

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.

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### Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

**oil**

1 tbsp (15mL)

**1.** Preheat oven to 450°F (230°C) and line a baking sheet with foil.**2.** Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.**3.** Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.**Lunch 4**

Eat on day 6 and day 7

**Avocado tuna salad sandwich**

2 1/2 sandwich(es) - 925 cals ● 69g protein ● 36g fat ● 63g carbs ● 19g fiber



## For single meal:

**black pepper**

1 1/4 dash (0g)

**salt**

1 1/4 dash (1g)

**lime juice**

1 1/4 tsp (6mL)

**avocados**

5/8 avocado(s) (126g)

**bread**

5 slice (160g)

**canned tuna, drained**

1 1/4 can (215g)

**onion, minced**

1/3 small (22g)

## For all 2 meals:

**black pepper**

1/3 tsp (0g)

**salt**

1/3 tsp (1g)

**lime juice**

2 1/2 tsp (13mL)

**avocados**

1 1/4 avocado(s) (251g)

**bread**

10 slice (320g)

**canned tuna, drained**

2 1/2 can (430g)

**onion, minced**

5/8 small (44g)

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

### Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

**raspberries**  
1 cup (123g)

For all 2 meals:

**raspberries**  
2 cup (246g)

1. Rinse raspberries and serve.

### 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.

### 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 2 meals:

**bread**  
4 slice (128g)  
**butter**  
4 tsp (18g)

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

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## Snacks 2 ↗

Eat on day 3 and day 4

### Chocolate banana oatmeal

337 cals ● 6g protein ● 9g fat ● 51g carbs ● 7g fiber



For single meal:

**water**  
3/4 cup(s) (178mL)  
**maple syrup**  
1/4 tbsp (4mL)  
**oatmeal, old-fashioned oats, rolled oats**  
3/8 cup(s) (30g)  
**chocolate chips**  
1 1/2 tbsp (21g)  
**banana, sliced**  
3/4 medium (7" to 7-7/8" long) (89g)

For all 2 meals:

**water**  
1 1/2 cup(s) (356mL)  
**maple syrup**  
1/2 tbsp (8mL)  
**oatmeal, old-fashioned oats, rolled oats**  
3/4 cup(s) (61g)  
**chocolate chips**  
3 tbsp (42g)  
**banana, sliced**  
1 1/2 medium (7" to 7-7/8" long) (177g)

1. Add all ingredients, but only half of the banana slices and microwave for about 2 minutes. Top with remaining banana slices and serve.
2. Note: You can mix the oatmeal, chocolate chips and maple syrup and store in your refrigerator for up to 5 days. When ready to eat, add water, half the banana slices, and microwave. Top with remaining banana.

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## Snacks 3 ↗

Eat on day 5, day 6, and day 7

### Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

**whole milk**  
1 cup(s) (240mL)  
**protein powder**  
1 scoop (1/3 cup ea) (31g)

For all 3 meals:

**whole milk**  
3 cup(s) (720mL)  
**protein powder**  
3 scoop (1/3 cup ea) (93g)

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

### Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

**banana**  
1 medium (7" to 7-7/8" long) (118g)

For all 3 meals:

**banana**  
3 medium (7" to 7-7/8" long) (354g)

1. The recipe has no instructions.

## Dinner 1 ↗

Eat on day 1

### Turkey mac and cheese

860 cals ● 70g protein ● 29g fat ● 77g carbs ● 4g fiber



#### ground turkey, raw

1/2 lbs (255g)

#### fresh spinach

1 cup(s) (30g)

#### whole milk

3/4 cup(s) (180mL)

#### mac and cheese box, unprepared

1/2 box (103g)

#### water, hot

3/4 cup(s) (178mL)

1. Cook ground turkey in a large skillet over medium-high heat 6-8 minutes, breaking up and stirring.
2. Stir in hot water, milk, macaroni, and cheese powder. Bring to a boil.
3. Simmer about 7-9 minutes, stirring occasionally, until pasta is tender.
4. Stir in the spinach and cook for another 2 minutes until spinach has wilted. Serve.

### Simple salad with tomatoes and carrots

147 cals ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



#### salad dressing

1 tbsp (17mL)

#### carrots, sliced

3/8 medium (23g)

#### romaine lettuce, roughly chopped

3/4 hearts (375g)

#### tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

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

## Dinner 2 ↗

Eat on day 2 and day 3

### Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

**onion**  
1/2 tbsp minced (8g)  
**lime juice**  
1/2 tbsp (8mL)  
**olive oil**  
3/8 tsp (2mL)  
**garlic powder**  
1 dash (0g)  
**salt**  
1 dash (1g)  
**black pepper**  
1 dash, ground (0g)  
**avocados, cubed**  
1/4 avocado(s) (50g)  
**tomatoes, diced**  
1/4 medium whole (2-3/5" dia)  
(31g)

For all 2 meals:

**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.

### Lemon pepper chicken breast

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
22 oz (616g)  
**olive oil**  
2 tsp (10mL)  
**lemon pepper**  
4 tsp (9g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
2 3/4 lbs (1232g)  
**olive oil**  
4 tsp (21mL)  
**lemon pepper**  
2 3/4 tbsp (19g)

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 3 ↗

Eat on day 4

### Garlic collard greens

319 cals ● 14g protein ● 17g fat ● 9g carbs ● 18g fiber



#### collard greens

1 lbs (454g)  
oil  
1 tbsp (15mL)  
salt  
2 dash (2g)  
garlic, minced  
3 clove(s) (9g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and sauté until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

avocados  
3/4 avocado(s) (151g)  
lime juice  
1/2 tbsp (8mL)  
salt  
1 1/2 dash (1g)  
black pepper  
1 1/2 dash (0g)  
bell pepper  
1 1/2 large (246g)  
onion  
3/8 small (26g)  
canned tuna, drained  
1 1/2 can (258g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

## Dinner 4 ↗

Eat on day 5 and day 6

### White rice

1 1/4 cup rice, cooked - 273 cals ● 6g protein ● 1g fat ● 61g carbs ● 1g fiber



For single meal:

**water**  
5/6 cup(s) (198mL)  
**long-grain white rice**  
6 2/3 tbsp (77g)

For all 2 meals:

**water**  
1 2/3 cup(s) (395mL)  
**long-grain white rice**  
13 1/3 tbsp (154g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

### Avocado tuna salad

545 cals ● 51g protein ● 30g fat ● 7g carbs ● 10g fiber



For single meal:

**avocados**  
5/8 avocado(s) (126g)  
**lime juice**  
1 1/4 tsp (6mL)  
**salt**  
1 1/4 dash (1g)  
**black pepper**  
1 1/4 dash (0g)  
**mixed greens**  
1 1/4 cup (38g)  
**canned tuna**  
1 1/4 can (215g)  
**tomatoes**  
5 tbsp, chopped (56g)  
**onion, minced**  
1/3 small (22g)

For all 2 meals:

**avocados**  
1 1/4 avocado(s) (251g)  
**lime juice**  
2 1/2 tsp (13mL)  
**salt**  
1/3 tsp (1g)  
**black pepper**  
1/3 tsp (0g)  
**mixed greens**  
2 1/2 cup (75g)  
**canned tuna**  
2 1/2 can (430g)  
**tomatoes**  
10 tbsp, chopped (113g)  
**onion, minced**  
5/8 small (44g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

### Pumpkin seeds

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



For single meal:

**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)

For all 2 meals:

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

1. The recipe has no instructions.

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## Dinner 5

Eat on day 7

### Pasta with meat sauce

842 cals ● 52g protein ● 21g fat ● 101g carbs ● 10g fiber



**uncooked dry pasta**

4 oz (114g)

**salt**

2 dash (2g)

**black pepper**

2 dash, ground (1g)

**oil**

1/4 tbsp (4mL)

**pasta sauce**

3/8 jar (24 oz) (252g)

**ground turkey, raw**

6 oz (170g)

1. Add the oil to a saucepan and heat to medium. Add the salt, pepper, and turkey and cook until done (it should all be browned and solid). Mix/mash the turkey every so often to achieve desired chunkiness.
2. Stir in the pasta sauce.
3. Cook the pasta as directed on the package.
4. Top the pasta with sauce and enjoy.

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### Dinner roll

2 roll(s) - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll(s)

**Roll**

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.