

# Meal Plan - 3100 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

3143 cals ● 250g protein (32%) ● 132g fat (38%) ● 198g carbs (25%) ● 40g fiber (5%)

### Breakfast

575 cals, 65g protein, 34g net carbs, 17g fat



**Grapes**  
58 cals



**Protein shake (milk)**  
516 cals

### Snacks

395 cals, 9g protein, 32g net carbs, 22g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Dark chocolate**  
1 square(s)- 60 cals



**Applesauce**  
114 cals

### Lunch

1010 cals, 59g protein, 82g net carbs, 43g fat



**Almond crusted tilapia**  
7 1/2 oz- 529 cals



**Baked fries**  
483 cals

### Dinner

1160 cals, 118g protein, 51g net carbs, 49g fat



**Sweet potato wedges**  
347 cals



**Spicy dry rub chicken thighs**  
4 chicken thigh(s)- 815 cals

## Day 2

3127 cals ● 236g protein (30%) ● 136g fat (39%) ● 206g carbs (26%) ● 34g fiber (4%)

### Breakfast

575 cals, 65g protein, 34g net carbs, 17g fat



**Grapes**  
58 cals



**Protein shake (milk)**  
516 cals

### Snacks

395 cals, 9g protein, 32g net carbs, 22g fat



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Dark chocolate**  
1 square(s)- 60 cals



**Applesauce**  
114 cals

### Lunch

1030 cals, 104g protein, 21g net carbs, 55g fat



**Olive oil drizzled broccoli**  
3 cup(s)- 209 cals



**Greek turkey meatballs**  
6 meatballs- 822 cals

### Dinner

1125 cals, 58g protein, 120g net carbs, 42g fat



**Pad thai with shrimp & egg**  
900 cals



**Simple mixed greens and tomato salad**  
227 cals

## Day 3

3087 cals ● 253g protein (33%) ● 123g fat (36%) ● 210g carbs (27%) ● 32g fiber (4%)

### Breakfast

575 cals, 65g protein, 34g net carbs, 17g fat



**Grapes**  
58 cals



**Protein shake (milk)**  
516 cals

### Snacks

355 cals, 26g protein, 35g net carbs, 9g fat



**Protein greek yogurt**  
1 container- 139 cals



**Clementine**  
2 clementine(s)- 78 cals



**Roasted chickpeas**  
1/4 cup- 138 cals

### Lunch

1030 cals, 104g protein, 21g net carbs, 55g fat



**Olive oil drizzled broccoli**  
3 cup(s)- 209 cals



**Greek turkey meatballs**  
6 meatballs- 822 cals

### Dinner

1125 cals, 58g protein, 120g net carbs, 42g fat



**Pad thai with shrimp & egg**  
900 cals



**Simple mixed greens and tomato salad**  
227 cals

## Day 4

3107 cals ● 203g protein (26%) ● 136g fat (39%) ● 227g carbs (29%) ● 41g fiber (5%)

### Breakfast

570 cals, 22g protein, 41g net carbs, 32g fat



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



**Roasted peanuts**  
1/4 cup(s)- 230 cals



**Applesauce chia overnight oats**  
192 cals

### Snacks

355 cals, 26g protein, 35g net carbs, 9g fat



**Protein greek yogurt**  
1 container- 139 cals



**Clementine**  
2 clementine(s)- 78 cals



**Roasted chickpeas**  
1/4 cup- 138 cals

### Lunch

1170 cals, 105g protein, 86g net carbs, 39g fat



**Grilled chicken sandwich**  
1 sandwich(es)- 460 cals



**Roasted almonds**  
1/4 cup(s)- 222 cals



**Protein bar**  
2 bar- 490 cals

### Dinner

1010 cals, 50g protein, 65g net carbs, 56g fat



**Sweet potato wedges**  
434 cals



**Buffalo chicken wings**  
12 oz- 507 cals



**Simple mixed greens salad**  
68 cals

## Day 5

3107 cals ● 203g protein (26%) ● 136g fat (39%) ● 227g carbs (29%) ● 41g fiber (5%)

### Breakfast

570 cals, 22g protein, 41g net carbs, 32g fat



**Milk**

1 cup(s)- 149 cals



**Roasted peanuts**

1/4 cup(s)- 230 cals



**Applesauce chia overnight oats**

192 cals

### Snacks

355 cals, 26g protein, 35g net carbs, 9g fat



**Protein greek yogurt**

1 container- 139 cals



**Clementine**

2 clementine(s)- 78 cals



**Roasted chickpeas**

1/4 cup- 138 cals

### Lunch

1170 cals, 105g protein, 86g net carbs, 39g fat



**Grilled chicken sandwich**

1 sandwich(es)- 460 cals



**Roasted almonds**

1/4 cup(s)- 222 cals



**Protein bar**

2 bar- 490 cals

### Dinner

1010 cals, 50g protein, 65g net carbs, 56g fat



**Sweet potato wedges**

434 cals



**Buffalo chicken wings**

12 oz- 507 cals



**Simple mixed greens salad**

68 cals

## Day 6

3066 cals ● 218g protein (28%) ● 131g fat (38%) ● 223g carbs (29%) ● 32g fiber (4%)

### Breakfast

515 cals, 25g protein, 26g net carbs, 32g fat



**High-protein granola bar**

1 bar(s)- 204 cals



**Milk**

1 cup(s)- 149 cals



**Eggs with tomato and avocado**

163 cals

### Snacks

420 cals, 28g protein, 34g net carbs, 17g fat



**Roasted almonds**

1/8 cup(s)- 111 cals



**Lowfat Greek yogurt**

2 container(s)- 310 cals

### Lunch

1060 cals, 95g protein, 82g net carbs, 34g fat



**White rice**

3/4 cup rice, cooked- 164 cals



**Beef-broccoli-sweet potato bowl**

898 cals

### Dinner

1065 cals, 69g protein, 82g net carbs, 48g fat



**Cheeseburger quesadilla**

1 quesadilla(s)- 500 cals



**Cottage cheese & fruit cup**

2 container- 261 cals



**Roasted peanuts**

1/3 cup(s)- 307 cals

## Day 7

3066 cals ● 218g protein (28%) ● 131g fat (38%) ● 223g carbs (29%) ● 32g fiber (4%)

### Breakfast

515 cals, 25g protein, 26g net carbs, 32g fat



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



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



**Eggs with tomato and avocado**  
163 cals

### Snacks

420 cals, 28g protein, 34g net carbs, 17g fat



**Roasted almonds**  
1/8 cup(s)- 111 cals



**Lowfat Greek yogurt**  
2 container(s)- 310 cals

### Lunch

1060 cals, 95g protein, 82g net carbs, 34g fat



**White rice**  
3/4 cup rice, cooked- 164 cals



**Beef-broccoli-sweet potato bowl**  
898 cals

### Dinner

1065 cals, 69g protein, 82g net carbs, 48g fat



**Cheeseburger quesadilla**  
1 quesadilla(s)- 500 cals



**Cottage cheese & fruit cup**  
2 container- 261 cals



**Roasted peanuts**  
1/3 cup(s)- 307 cals

# Grocery List



## Nut and Seed Products

- ☐ almonds  
1/2 lbs (213g)
- ☐ chia seeds  
1 tbsp (14g)

## Sweets

- ☐ chocolate, dark, 70-85%  
2 square(s) (20g)
- ☐ maple syrup  
1 tbsp (15mL)

## Fruits and Fruit Juices

- ☐ applesauce  
1 1/4 lbs (549g)
- ☐ grapes  
3 cup (276g)
- ☐ limes  
3 fruit (2" dia) (201g)
- ☐ clementines  
6 fruit (444g)
- ☐ avocados  
1/2 avocado(s) (101g)

## Dairy and Egg Products

- ☐ whole milk  
10 1/2 cup(s) (2520mL)
- ☐ eggs  
6 1/2 large (325g)
- ☐ lowfat flavored greek yogurt  
4 (5.3 oz ea) container(s) (600g)
- ☐ cheddar cheese  
6 tbsp, shredded (42g)

## Beverages

- ☐ protein powder  
6 scoop (1/3 cup ea) (186g)
- ☐ water  
1 cup(s) (237mL)

## Finfish and Shellfish Products

- ☐ tilapia, raw  
1/2 lbs (210g)
- ☐ shrimp, raw  
3/4 lbs (340g)

## Vegetables and Vegetable Products

- ☐ potatoes  
1 1/4 large (3" to 4-1/4" dia.) (461g)
- ☐ sweet potatoes  
7 sweetpotato, 5" long (1470g)
- ☐ garlic  
3 clove (9g)
- ☐ tomatoes  
3 1/2 medium whole (2-3/5" dia) (428g)
- ☐ frozen broccoli  
2 lbs (877g)
- ☐ red onion  
3/4 small (53g)
- ☐ fresh parsley  
6 tbsp chopped (23g)
- ☐ zucchini  
3/4 medium (147g)
- ☐ ketchup  
4 tbsp (68g)
- ☐ sweet pickles  
8 chips (60g)

## Poultry Products

- ☐ boneless skinless chicken thighs  
4 thigh(s) (592g)
- ☐ ground turkey, raw  
30 oz (851g)
- ☐ boneless skinless chicken breast, raw  
1 lbs (454g)
- ☐ chicken wings, with skin, raw  
1 1/2 lbs (681g)

## Other

- ☐ Pad Thai stir fry sauce  
6 tbsp (85g)
- ☐ mixed greens  
12 1/2 cup (375g)
- ☐ tzatziki  
3/4 cup(s) (168g)
- ☐ protein greek yogurt, flavored  
3 container (450g)
- ☐ Roasted chickpeas  
3/4 cup (85g)
- ☐ protein bar (20g protein)  
4 bar (200g)
- ☐ cottage cheese & fruit cup  
4 container (680g)

## Cereal Grains and Pasta

- ☐ all-purpose flour  
1/4 cup(s) (26g)
- ☐ rice noodles  
6 oz (171g)
- ☐ long-grain white rice  
1/2 cup (93g)

## Spices and Herbs

- ☐ salt  
2/3 oz (19g)
- ☐ black pepper  
4 g (4g)
- ☐ ground cumin  
1/2 tbsp (3g)
- ☐ chili powder  
1/2 tbsp (4g)
- ☐ cayenne pepper  
1/4 tbsp (1g)
- ☐ oregano, dried  
1 tbsp, leaves (3g)
- ☐ garlic powder  
1/2 tbsp (5g)
- ☐ dijon mustard  
1 tbsp (15g)
- ☐ fresh basil  
2 leaves (1g)
- ☐ paprika  
1/2 tsp (1g)

## Fats and Oils

- ☐ olive oil  
1 1/4 oz (39mL)
- ☐ oil  
4 oz (121mL)
- ☐ salad dressing  
3/4 cup (180mL)

## Legumes and Legume Products

- ☐ roasted peanuts  
1/2 lbs (200g)

## Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats  
1/2 cup(s) (41g)

## Baked Products

- ☐ kaiser rolls  
2 roll (3-1/2" dia) (114g)
- ☐ flour tortillas  
2 tortilla (approx 10" dia) (144g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
4 tbsp (60mL)

## Snacks

- ☐ high-protein granola bar  
2 bar (80g)

## Beef Products

- ☐ ground beef (93% lean)  
2 lbs (964g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Grapes

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



For single meal:

**grapes**  
1 cup (92g)

For all 3 meals:

**grapes**  
3 cup (276g)

1. The recipe has no instructions.

### Protein shake (milk)

516 cals ● 64g protein ● 17g fat ● 25g carbs ● 2g fiber



For single meal:

**whole milk**  
2 cup(s) (480mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 3 meals:

**whole milk**  
6 cup(s) (1440mL)  
**protein powder**  
6 scoop (1/3 cup ea) (186g)

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

## Breakfast 2 [↗](#)

Eat on day 4 and day 5

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### 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.
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### Roasted peanuts

1/4 cup(s) - 230 cals ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 2 meals:

**roasted peanuts**  
1/2 cup (73g)

1. The recipe has no instructions.

### Applesauce chia overnight oats

192 cals ● 6g protein ● 6g fat ● 25g carbs ● 5g fiber





- For single meal:

  - maple syrup  
1/2 tbsp (8mL)
  - chia seeds  
1/2 tbsp (7g)
  - applesauce  
2 tbsp (31g)
  - oatmeal, old-fashioned oats, rolled oats  
1/4 cup(s) (20g)
  - whole milk  
1/4 cup(s) (60mL)
- For all 2 meals:

  - maple syrup  
1 tbsp (15mL)
  - chia seeds  
1 tbsp (14g)
  - applesauce  
4 tbsp (61g)
  - oatmeal, old-fashioned oats, rolled oats  
1/2 cup(s) (41g)
  - whole milk  
1/2 cup(s) (120mL)

1. In a mason jar or airtight container, combine all the ingredients and stir to mix well.
2. Cover and refrigerate for at least 4 hours or overnight, until the oats and chia seeds absorb the liquid and soften. Serve chilled.

### Breakfast 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.

#### 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.

## Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

**salt**  
1 dash (0g)  
**eggs**  
1 large (50g)  
**black pepper**  
1 dash (0g)  
**tomatoes**  
1 slice(s), thick/large (1/2" thick) (27g)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**fresh basil, chopped**  
1 leaves (1g)

For all 2 meals:

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

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

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## Lunch 1 [↗](#)

Eat on day 1

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### Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



Makes 7 1/2 oz

**almonds**  
5 tbsp, slivered (34g)  
**tilapia, raw**  
1/2 lbs (210g)  
**all-purpose flour**  
1/6 cup(s) (26g)  
**salt**  
1 1/4 dash (1g)  
**olive oil**  
2 tsp (9mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

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### Baked fries

483 cals ● 8g protein ● 18g fat ● 62g carbs ● 11g fiber



**potatoes**  
1 1/4 large (3" to 4-1/4" dia.) (461g)  
**oil**  
1 1/4 tbsp (19mL)

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.

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## Lunch 2 [↗](#)

Eat on day 2 and day 3

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### Olive oil drizzled broccoli

3 cup(s) - 209 cals ● 8g protein ● 14g fat ● 6g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen broccoli**  
3 cup (273g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**black pepper**  
3 dash (0g)  
**salt**  
3 dash (1g)  
**frozen broccoli**  
6 cup (546g)  
**olive oil**  
2 tbsp (30mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

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### Greek turkey meatballs

6 meatballs - 822 cals ● 96g protein ● 41g fat ● 15g carbs ● 2g fiber



For single meal:

**ground turkey, raw**  
15 oz (425g)  
**eggs**  
3/4 large (38g)  
**red onion, diced**  
3/8 small (26g)  
**oregano, dried**  
1/4 tbsp, leaves (1g)  
**garlic powder**  
1/4 tbsp (2g)  
**tzatziki**  
3/8 cup(s) (84g)  
**fresh parsley, chopped**  
3 tbsp chopped (11g)  
**zucchini, grated or finely chopped**  
3/8 medium (74g)

For all 2 meals:

**ground turkey, raw**  
30 oz (851g)  
**eggs**  
1 1/2 large (75g)  
**red onion, diced**  
3/4 small (53g)  
**oregano, dried**  
1/2 tbsp, leaves (2g)  
**garlic powder**  
1/2 tbsp (5g)  
**tzatziki**  
3/4 cup(s) (168g)  
**fresh parsley, chopped**  
6 tbsp chopped (23g)  
**zucchini, grated or finely chopped**  
3/4 medium (147g)

1. Preheat oven to 350°F (180°C) and grease a baking sheet. Set the baking sheet aside.
2. In a large bowl, mix all ingredients together except for the tzatziki.
3. Form into meatballs (use the number of meatballs listed in the recipes serving details).
4. Add meatballs to the baking sheet and bake for 20-30 minutes, until fully cooked and no longer pink inside.
5. Serve with tzatziki as a dipping sauce.

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## Lunch 3 [↗](#)

Eat on day 4 and day 5

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### Grilled chicken sandwich

1 sandwich(es) - 460 cal ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**  
1/2 lbs (227g)  
**tomatoes**  
3 slice(s), thin/small (45g)  
**mixed greens**  
4 tbsp (8g)  
**dijon mustard**  
1/2 tbsp (8g)  
**kaiser rolls**  
1 roll (3-1/2" dia) (57g)  
**oil**  
1/2 tsp (3mL)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 lbs (454g)  
**tomatoes**  
6 slice(s), thin/small (90g)  
**mixed greens**  
1/2 cup (15g)  
**dijon mustard**  
1 tbsp (15g)  
**kaiser rolls**  
2 roll (3-1/2" dia) (114g)  
**oil**  
1 tsp (5mL)

1. Season chicken with some salt and pepper.
  2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
  3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
  4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.
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## Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

## Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

**protein bar (20g protein)**  
2 bar (100g)

For all 2 meals:

**protein bar (20g protein)**  
4 bar (200g)

1. The recipe has no instructions.
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## Lunch 4 [↗](#)

Eat on day 6 and day 7

### White rice

3/4 cup rice, cooked - 164 cal ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber



For single meal:

**water**  
1/2 cup(s) (119mL)  
**long-grain white rice**  
4 tbsp (46g)

For all 2 meals:

**water**  
1 cup(s) (237mL)  
**long-grain white rice**  
1/2 cup (93g)

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.

### Beef-broccoli-sweet potato bowl

898 cal ● 92g protein ● 33g fat ● 45g carbs ● 13g fiber



For single meal:

**frozen broccoli**  
5/8 package (166g)  
**paprika**  
1/4 tsp (1g)  
**ground beef (93% lean)**  
14 oz (397g)  
**oil**  
1 tsp (6mL)  
**sweet potatoes, cut into bite-sized cubes**  
1 1/6 sweetpotato, 5" long (245g)

For all 2 meals:

**frozen broccoli**  
1 1/6 package (331g)  
**paprika**  
1/2 tsp (1g)  
**ground beef (93% lean)**  
1 3/4 lbs (794g)  
**oil**  
3/4 tbsp (12mL)  
**sweet potatoes, cut into bite-sized cubes**  
2 1/3 sweetpotato, 5" long (490g)

1. Preheat oven to 400 F (200 C)
2. Coat the sweet potatoes in oil and season with paprika and some salt/pepper.
3. Spread the sweet potatoes out on a baking sheet in an even layer. Bake for 20 minutes.
4. Meanwhile, cook the ground beef in a large non-stick skillet over medium-high heat for 7-10 minutes, stirring occasionally. Set aside.
5. Prepare the broccoli according to the instructions on its packaging.
6. Once all items are prepared, bring the beef, broccoli, and sweet potatoes together. Serve with extra salt and pepper.

## Snacks 1 [↗](#)

Eat on day 1 and day 2

### Roasted almonds

1/4 cup(s) - 222 cal● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

**almonds**  
4 tbsp, whole (36g)

For all 2 meals:

**almonds**  
1/2 cup, whole (72g)

1. The recipe has no instructions.

### Dark chocolate

1 square(s) - 60 cal● 1g protein ● 4g fat ● 4g carbs ● 1g fiber



For single meal:

**chocolate, dark, 70-85%**  
1 square(s) (10g)

For all 2 meals:

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

1. The recipe has no instructions.

### Applesauce

114 cal● 0g protein ● 0g fat ● 25g carbs ● 3g fiber



For single meal:

**applesauce**  
2 to-go container (~4 oz) (244g)

For all 2 meals:

**applesauce**  
4 to-go container (~4 oz) (488g)

1. One 4 oz to-go container of applesauce = about half a cup of applesauce

## Snacks 2 [🔗](#)

Eat on day 3, day 4, and day 5

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### Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 3 meals:

**protein greek yogurt, flavored**  
3 container (450g)

1. Enjoy.

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### Clementine

2 clementine(s) - 78 cal ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



For single meal:

**clementines**  
2 fruit (148g)

For all 3 meals:

**clementines**  
6 fruit (444g)

1. The recipe has no instructions.

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### Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

**Roasted chickpeas**  
4 tbsp (28g)

For all 3 meals:

**Roasted chickpeas**  
3/4 cup (85g)

1. The recipe has no instructions.

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## Snacks 3 [🔗](#)

Eat on day 6 and day 7

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### Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**almonds**  
2 tbsp, whole (18g)

For all 2 meals:

**almonds**  
4 tbsp, whole (36g)

1. The recipe has no instructions.
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### Lowfat Greek yogurt

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



For single meal:

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

For all 2 meals:

**lowfat flavored greek yogurt**  
4 (5.3 oz ea) container(s) (600g)

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

Eat on day 1

### Sweet potato wedges

347 cals ● 5g protein ● 11g fat ● 48g carbs ● 9g fiber



#### oil

1 tbsp (15mL)

#### salt

1/4 tbsp (4g)

#### black pepper

1/3 tsp, ground (1g)

#### sweet potatoes, cut into wedges

1 1/3 sweetpotato, 5" long (280g)

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.

### Spicy dry rub chicken thighs

4 chicken thigh(s) - 815 cals ● 114g protein ● 38g fat ● 2g carbs ● 2g fiber



Makes 4 chicken thigh(s)

#### boneless skinless chicken thighs

4 thigh(s) (592g)

#### ground cumin

1/2 tbsp (3g)

#### chili powder

1/2 tbsp (4g)

#### cayenne pepper

1/4 tbsp (1g)

#### oregano, dried

1/2 tbsp, leaves (1g)

1. Preheat the oven to 375°F (190°C).
2. In a mixing bowl, combine the spices and a pinch of salt. Feel free to adjust the cayenne to your preferred spice level. Add the chicken and toss until evenly coated.
3. Place the chicken thighs on a sheet pan and bake for 20-30 minutes, until cooked through and no longer pink inside. Serve.

## Dinner 2 [↗](#)

Eat on day 2 and day 3

### Pad thai with shrimp & egg

900 cals ● 53g protein ● 27g fat ● 104g carbs ● 6g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**eggs**  
1 1/2 large (75g)  
**rice noodles**  
3 oz (86g)  
**Pad Thai stir fry sauce**  
3 tbsp (43g)  
**limes**  
1 1/2 fruit (2" dia) (101g)  
**shrimp, raw, peeled and deveined**  
6 oz (170g)  
**roasted peanuts, crushed**  
15 peanut(s) (15g)  
**garlic, diced**  
1 1/2 clove (5g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**eggs**  
3 large (150g)  
**rice noodles**  
6 oz (171g)  
**Pad Thai stir fry sauce**  
6 tbsp (85g)  
**limes**  
3 fruit (2" dia) (201g)  
**shrimp, raw, peeled and deveined**  
3/4 lbs (340g)  
**roasted peanuts, crushed**  
30 peanut(s) (30g)  
**garlic, diced**  
3 clove (9g)

1. Cook rice noodles according to package. Drain and set aside.
2. Heat the oil in a skillet over medium heat. Add the garlic and saute until fragrant, about a minute.
3. Add the egg and scramble it until lightly set- about 30 seconds.
4. Add the shrimp and cook until the shrimp and egg are mostly done- about 3 minutes.
5. Add in the rice noodles and the Pad Thai sauce and cook for a few more minutes until heated through.
6. Transfer to a serving plate and top with crushed peanuts and lime wedges (optional).

### Simple mixed greens and tomato salad

227 cals ● 5g protein ● 14g fat ● 16g carbs ● 5g fiber



For single meal:

**mixed greens**  
4 1/2 cup (135g)  
**tomatoes**  
3/4 cup cherry tomatoes (112g)  
**salad dressing**  
1/4 cup (68mL)

For all 2 meals:

**mixed greens**  
9 cup (270g)  
**tomatoes**  
1 1/2 cup cherry tomatoes (224g)  
**salad dressing**  
1/2 cup (135mL)

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

## Dinner 3 [↗](#)

Eat on day 4 and day 5

### Sweet potato wedges

434 cals ● 6g protein ● 14g fat ● 60g carbs ● 11g fiber



For single meal:

**oil**  
1 1/4 tbsp (19mL)  
**salt**  
1 tsp (5g)  
**black pepper**  
1/2 tsp, ground (1g)  
**sweet potatoes, cut into wedges**  
1 2/3 sweetpotato, 5" long (350g)

For all 2 meals:

**oil**  
2 1/2 tbsp (38mL)  
**salt**  
1/2 tbsp (10g)  
**black pepper**  
1 tsp, ground (2g)  
**sweet potatoes, cut into wedges**  
3 1/3 sweetpotato, 5" long (700g)

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.

### Buffalo chicken wings

12 oz - 507 cals ● 43g protein ● 37g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1 tsp (6mL)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**chicken wings, with skin, raw**  
3/4 lbs (341g)  
**Frank's Red Hot sauce**  
2 tbsp (30mL)

For all 2 meals:

**oil**  
3/4 tbsp (11mL)  
**salt**  
3 dash (2g)  
**black pepper**  
3 dash, ground (1g)  
**chicken wings, with skin, raw**  
1 1/2 lbs (681g)  
**Frank's Red Hot sauce**  
4 tbsp (60mL)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper.
3. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
5. Take wings out of the oven when done and toss with the hot sauce to coat.
6. Serve.

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

For all 2 meals:

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

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

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## Dinner 4 [🔗](#)

Eat on day 6 and day 7

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### Cheeseburger quesadilla

1 quesadilla(s) - 500 cals ● 29g protein ● 19g fat ● 50g carbs ● 3g fiber



For single meal:

**flour tortillas**  
1 tortilla (approx 10" dia) (72g)  
**ground beef (93% lean)**  
3 oz (85g)  
**cheddar cheese**  
3 tbsp, shredded (21g)  
**ketchup**  
2 tbsp (34g)  
**tomatoes, chopped**  
2 slice(s), thin/small (30g)  
**sweet pickles, chopped**  
4 chips (30g)

For all 2 meals:

**flour tortillas**  
2 tortilla (approx 10" dia) (144g)  
**ground beef (93% lean)**  
6 oz (170g)  
**cheddar cheese**  
6 tbsp, shredded (42g)  
**ketchup**  
4 tbsp (68g)  
**tomatoes, chopped**  
4 slice(s), thin/small (60g)  
**sweet pickles, chopped**  
8 chips (60g)

1. Brown beef in a skillet over medium heat until fully cooked. Season with a dash of salt/pepper and set aside.
2. Spray a large skillet with cooking spray and place tortilla on the bottom.
3. Fill one side of the tortilla with beef, cheese, tomatoes, and pickles and fold the other half of the tortilla over top. Toast tortilla until golden and then flip and toast the other side.
4. Remove from skillet and cut into triangles using a pizza cutter. Serve with ketchup.

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### Cottage cheese & fruit cup

2 container - 261 cals ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber





For single meal:  
**cottage cheese & fruit cup**  
2 container (340g)

For all 2 meals:  
**cottage cheese & fruit cup**  
4 container (680g)

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

**Roasted peanuts**

1/3 cup(s) - 307 cal● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



For single meal:  
**roasted peanuts**  
1/3 cup (49g)

For all 2 meals:  
**roasted peanuts**  
2/3 cup (97g)

1. The recipe has no instructions.
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