

# Meal Plan - 3300 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

3322 cals ● 209g protein (25%) ● 199g fat (54%) ● 123g carbs (15%) ● 50g fiber (6%)

### Breakfast

555 cals, 37g protein, 22g net carbs, 30g fat



Grapes  
87 cals



Chicken sausage & egg white breakfast bowl  
468 cals

### Snacks

395 cals, 20g protein, 28g net carbs, 21g fat



Small granola bar  
1 bar(s)- 119 cals



Boiled eggs  
2 egg(s)- 139 cals



Roasted chickpeas  
1/4 cup- 138 cals

### Lunch

1240 cals, 64g protein, 54g net carbs, 82g fat



Grilled cheese sandwich  
2 sandwich(es)- 990 cals



String cheese  
3 stick(s)- 248 cals

### Dinner

1135 cals, 89g protein, 20g net carbs, 66g fat



Avocado tuna salad stuffed pepper  
4 half pepper(s)- 911 cals



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

## Day 2

3322 cals ● 209g protein (25%) ● 199g fat (54%) ● 123g carbs (15%) ● 50g fiber (6%)

### Breakfast

555 cals, 37g protein, 22g net carbs, 30g fat



Grapes  
87 cals



Chicken sausage & egg white breakfast bowl  
468 cals

### Snacks

395 cals, 20g protein, 28g net carbs, 21g fat



Small granola bar  
1 bar(s)- 119 cals



Boiled eggs  
2 egg(s)- 139 cals



Roasted chickpeas  
1/4 cup- 138 cals

### Lunch

1240 cals, 64g protein, 54g net carbs, 82g fat



Grilled cheese sandwich  
2 sandwich(es)- 990 cals



String cheese  
3 stick(s)- 248 cals

### Dinner

1135 cals, 89g protein, 20g net carbs, 66g fat



Avocado tuna salad stuffed pepper  
4 half pepper(s)- 911 cals



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

## Day 3

3268 cals ● 244g protein (30%) ● 147g fat (40%) ● 203g carbs (25%) ● 41g fiber (5%)

### Breakfast

535 cals, 29g protein, 7g net carbs, 41g fat



#### Roasted almonds

1/4 cup(s)- 222 cals



#### Cabbage & bacon skillet

312 cals

### Lunch

1130 cals, 87g protein, 105g net carbs, 32g fat



#### Avocado tuna salad sandwich

2 sandwich(es)- 740 cals



#### Nectarine

2 nectarine(s)- 140 cals



#### Cottage cheese & honey

1 cup(s)- 249 cals

### Snacks

425 cals, 42g protein, 30g net carbs, 14g fat



#### High-protein granola bar

1 bar(s)- 204 cals



#### Beef jerky

220 cals

### Dinner

1180 cals, 88g protein, 61g net carbs, 60g fat



#### Mixed vegetables

2 cup(s)- 194 cals



#### Pan-fried pork chops

3 breakfast chop(s)- 987 cals

## Day 4

3277 cals ● 275g protein (34%) ● 150g fat (41%) ● 172g carbs (21%) ● 35g fiber (4%)

### Breakfast

535 cals, 29g protein, 7g net carbs, 41g fat



#### Roasted almonds

1/4 cup(s)- 222 cals



#### Cabbage & bacon skillet

312 cals

### Lunch

1135 cals, 59g protein, 75g net carbs, 60g fat



#### Rosemary mushroom cheese sandwich

2 1/2 sandwich(es)- 1019 cals



#### Simple mixed greens and tomato salad

113 cals

### Snacks

425 cals, 42g protein, 30g net carbs, 14g fat



#### High-protein granola bar

1 bar(s)- 204 cals



#### Beef jerky

220 cals

### Dinner

1185 cals, 146g protein, 60g net carbs, 35g fat



#### Lentils

405 cals



#### Pan fried tilapia

21 oz- 782 cals

## Day 5

3261 cals ● 226g protein (28%) ● 179g fat (49%) ● 147g carbs (18%) ● 39g fiber (5%)

### Breakfast

535 cals, 29g protein, 7g net carbs, 41g fat



#### Roasted almonds

1/4 cup(s)- 222 cals



#### Cabbage & bacon skillet

312 cals

### Snacks

425 cals, 42g protein, 30g net carbs, 14g fat



#### High-protein granola bar

1 bar(s)- 204 cals



#### Beef jerky

220 cals

### Lunch

1135 cals, 59g protein, 75g net carbs, 60g fat



#### Rosemary mushroom cheese sandwich

2 1/2 sandwich(es)- 1019 cals



#### Simple mixed greens and tomato salad

113 cals

### Dinner

1170 cals, 97g protein, 35g net carbs, 64g fat



#### Avocado tuna salad

873 cals



#### Milk

2 cup(s)- 298 cals

## Day 6

3290 cals ● 246g protein (30%) ● 139g fat (38%) ● 221g carbs (27%) ● 42g fiber (5%)

### Breakfast

580 cals, 37g protein, 53g net carbs, 20g fat



#### Cottage cheese and pineapple

186 cals



#### Applesauce

171 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

### Lunch

1130 cals, 86g protein, 64g net carbs, 54g fat



#### Turkey cucumber dill sandwich

2 sandwich(es)- 901 cals



#### Roasted peanuts

1/4 cup(s)- 230 cals

### Snacks

410 cals, 25g protein, 31g net carbs, 17g fat



#### Apple and protein fruit dip

408 cals

### Dinner

1170 cals, 98g protein, 73g net carbs, 47g fat



#### Almond crusted tilapia

14 oz- 988 cals



#### Mashed sweet potatoes

183 cals

## Day 7

3290 cals ● 246g protein (30%) ● 139g fat (38%) ● 221g carbs (27%) ● 42g fiber (5%)

### Breakfast

580 cals, 37g protein, 53g net carbs, 20g fat



#### Cottage cheese and pineapple

186 cals



#### Applesauce

171 cals



#### Roasted almonds

1/4 cup(s)- 222 cals

### Snacks

410 cals, 25g protein, 31g net carbs, 17g fat



#### Apple and protein fruit dip

408 cals

### Lunch

1130 cals, 86g protein, 64g net carbs, 54g fat



#### Turkey cucumber dill sandwich

2 sandwich(es)- 901 cals



#### Roasted peanuts

1/4 cup(s)- 230 cals

### Dinner

1170 cals, 98g protein, 73g net carbs, 47g fat



#### Almond crusted tilapia

14 oz- 988 cals



#### Mashed sweet potatoes

183 cals

---

# Grocery List



## Snacks

- small granola bar  
2 bar (50g)
- high-protein granola bar  
3 bar (120g)
- beef jerky  
1/2 lbs (255g)

## Dairy and Egg Products

- eggs  
4 large (200g)
- egg whites  
1 cup (243g)
- butter  
1/4 cup (62g)
- sliced cheese  
13 1/4 oz (376g)
- string cheese  
6 stick (168g)
- low fat cottage cheese (1% milkfat)  
3 cup (678g)
- cheese  
2 1/2 cup, shredded (283g)
- whole milk  
2 cup(s) (480mL)
- nonfat greek yogurt, plain  
2 1/2 container (445g)

## Other

- Roasted chickpeas  
1/2 cup (57g)
- chicken breakfast sausage  
8 link(s) (240g)
- mixed greens  
9 cup (270g)

## Fruits and Fruit Juices

- grapes  
3 cup (276g)
- avocados  
4 1/2 avocado(s) (905g)
- lime juice  
2 1/3 tbsp (35mL)
- nectarine  
2 medium (2-1/2" dia) (284g)
- canned pineapple  
1/2 cup, chunks (91g)

## Baked Products

- bread  
2 lbs (960g)

## Spices and Herbs

- salt  
11 g (11g)
- black pepper  
1/8 oz (4g)
- cayenne pepper  
3 dash (1g)
- seasoning salt  
3 dash (2g)
- rosemary, dried  
1 1/4 tsp (2g)
- cinnamon  
2 tsp (5g)
- dried dill weed  
1 tsp (1g)

## Finfish and Shellfish Products

- canned tuna  
7 can (1204g)
- tilapia, raw  
3 lbs (1372g)

## Nut and Seed Products

- almonds  
13 1/4 oz (376g)

## Sweets

- honey  
4 tsp (28g)

## Pork Products

- bacon, raw  
6 slice(s) (170g)
- pork chop, bone-in  
3 breakfast chop (336g)

## Cereal Grains and Pasta

- all-purpose flour  
1 1/6 cup(s) (144g)

## Beverages

- applesauce**  
6 to-go container (~4 oz) (732g)
- apples**  
2 medium (3" dia) (364g)

## Fats and Oils

- oil**  
1 3/4 oz (53mL)
- salad dressing**  
1/4 cup (68mL)
- olive oil**  
4 tbsp (61mL)

## Vegetables and Vegetable Products

- tomatoes**  
2 1/4 medium whole (2-3/5" dia) (276g)
- bell pepper**  
4 large (656g)
- onion**  
1 3/4 small (123g)
- cabbage**  
3 cup, chopped (267g)
- frozen mixed veggies**  
2 cup (270g)
- mushrooms**  
1/2 lbs (213g)
- cucumber**  
24 slices (168g)
- sweet potatoes**  
2 sweetpotato, 5" long (420g)

- water**  
2 1/3 cup(s) (552mL)

## Legumes and Legume Products

- lentils, raw**  
9 1/4 tbsp (112g)
- peanut butter**  
4 tbsp (64g)
- roasted peanuts**  
1/2 cup (73g)

## Sausages and Luncheon Meats

- turkey cold cuts**  
1 lbs (454g)

## Breakfast 1 ↗

Eat on day 1 and day 2

### Grapes

87 cals ● 1g protein ● 1g fat ● 14g carbs ● 5g fiber



For single meal:

**grapes**  
1 1/2 cup (138g)

For all 2 meals:

**grapes**  
3 cup (276g)

1. The recipe has no instructions.

### Chicken sausage & egg white breakfast bowl

468 cals ● 36g protein ● 30g fat ● 8g carbs ● 7g fiber



For single meal:

**egg whites**  
1/2 cup (122g)  
**oil**  
1 tsp (5mL)  
**chicken breakfast sausage**  
4 link(s) (120g)  
**tomatoes, halved**  
4 tbsp cherry tomatoes (37g)  
**avocados, chopped**  
1/2 avocado(s) (101g)

For all 2 meals:

**egg whites**  
1 cup (243g)  
**oil**  
2 tsp (10mL)  
**chicken breakfast sausage**  
8 link(s) (240g)  
**tomatoes, halved**  
1/2 cup cherry tomatoes (75g)  
**avocados, chopped**  
1 avocado(s) (201g)

1. Cook chicken sausage according package instructions. Slice into bite-sized pieces and set aside.
2. Add oil to a skillet over low heat. Pour in egg whites and scramble until they turn opaque and firm.
3. Transfer egg whites to a bowl and add the chicken sausage, tomatoes, and avocado. Season with a pinch of salt/pepper and serve.

## Breakfast 2 ↗

Eat on day 3, day 4, and day 5

### 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 3 meals:

**almonds**  
3/4 cup, whole (107g)

1. The recipe has no instructions.

### Cabbage & bacon skillet

312 cals ● 21g protein ● 23g fat ● 4g carbs ● 2g fiber



For single meal:

**bacon, raw**  
2 slice(s) (57g)  
**cabbage**  
1 cup, chopped (89g)

For all 3 meals:

**bacon, raw**  
6 slice(s) (170g)  
**cabbage**  
3 cup, chopped (267g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.

## Breakfast 3 ↗

Eat on day 6 and day 7

### Cottage cheese and pineapple

186 cals ● 28g protein ● 2g fat ● 13g carbs ● 1g fiber



For single meal:

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**canned pineapple, drained**  
4 tbsp, chunks (45g)

For all 2 meals:

**low fat cottage cheese (1% milkfat)**  
2 cup (452g)  
**canned pineapple, drained**  
1/2 cup, chunks (91g)

1. Drain pineapple juice, and mix pineapple chunks with cottage cheese.
2. Feel free to use most types of fruit: bananas, berries, peaches, melon, etc.

### Applesauce

171 cals ● 1g protein ● 0g fat ● 37g carbs ● 4g fiber



For single meal:

**applesauce**  
3 to-go container (~4 oz) (366g)

For all 2 meals:

**applesauce**  
6 to-go container (~4 oz) (732g)

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

### 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.

## Lunch 1

Eat on day 1 and day 2

### Grilled cheese sandwich

2 sandwich(es) - 990 cals ● 43g protein ● 65g fat ● 49g carbs ● 8g fiber



For single meal:

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

For all 2 meals:

**bread**  
8 slice (256g)  
**butter**  
4 tbsp (57g)  
**sliced cheese**  
8 slice (1 oz ea) (224g)

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.

### String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

**string cheese**  
3 stick (84g)

For all 2 meals:

**string cheese**  
6 stick (168g)

1. The recipe has no instructions.

## Lunch 2 ↗

Eat on day 3

### Avocado tuna salad sandwich

2 sandwich(es) - 740 cals ● 55g protein ● 29g fat ● 51g carbs ● 15g fiber



Makes 2 sandwich(es)

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**lime juice**  
1 tsp (5mL)  
**avocados**  
1/2 avocado(s) (101g)  
**bread**  
4 slice (128g)  
**canned tuna, drained**  
1 can (172g)  
**onion, minced**  
1/4 small (18g)

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.

### Nectarine

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



Makes 2 nectarine(s)

**nectarine, pitted**  
2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

### Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



Makes 1 cup(s)

**low fat cottage cheese (1% milkfat)**  
1 cup (226g)  
**honey**  
4 tsp (28g)

1. Serve cottage cheese in a bowl and drizzle with honey.

## Lunch 3 ↗

Eat on day 4 and day 5

### Rosemary mushroom cheese sandwich

2 1/2 sandwich(es) - 1019 cals ● 57g protein ● 53g fat ● 67g carbs ● 12g fiber



For single meal:

**bread**  
5 slice(s) (160g)  
**cheese**  
1 1/4 cup, shredded (141g)  
**mushrooms**  
1/4 lbs (106g)  
**rosemary, dried**  
5 dash (1g)  
**mixed greens**  
1 1/4 cup (38g)

For all 2 meals:

**bread**  
10 slice(s) (320g)  
**cheese**  
2 1/2 cup, shredded (283g)  
**mushrooms**  
1/2 lbs (213g)  
**rosemary, dried**  
1 1/4 tsp (2g)  
**mixed greens**  
2 1/2 cup (75g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

### Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



For single meal:

**mixed greens**  
2 1/4 cup (68g)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**salad dressing**  
2 1/4 tbsp (34mL)

For all 2 meals:

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

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

## Lunch 4 ↗

Eat on day 6 and day 7

### Turkey cucumber dill sandwich

2 sandwich(es) - 901 cals ● 78g protein ● 36g fat ● 59g carbs ● 8g fiber



For single meal:

**turkey cold cuts**  
1/2 lbs (227g)  
**bread**  
4 slice(s) (128g)  
**sliced cheese**  
4 slice (2/3 oz ea) (76g)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**dried dill weed**  
4 dash (1g)  
**cucumber, chopped**  
12 slices (84g)

For all 2 meals:

**turkey cold cuts**  
1 lbs (454g)  
**bread**  
8 slice(s) (256g)  
**sliced cheese**  
8 slice (2/3 oz ea) (152g)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**dried dill weed**  
1 tsp (1g)  
**cucumber, chopped**  
24 slices (168g)

1. Mix chopped cucumber, greek yogurt, dill, and some salt/pepper in a small bowl until cucumber is fully coated.
2. Assemble sandwich by placing cheese and turkey on the bottom slice of bread. Top with cucumber mixture and top slice of bread. Serve.

### 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.

## Snacks 1 ↗

Eat on day 1 and day 2

### Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

**small granola bar**  
1 bar (25g)

For all 2 meals:

**small granola bar**  
2 bar (50g)

1. The recipe has no instructions.

### Boiled eggs

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



For single meal:

**eggs**  
2 large (100g)

For all 2 meals:

**eggs**  
4 large (200g)

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.

### Roasted chickpeas

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



For single meal:

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

For all 2 meals:

**Roasted chickpeas**  
1/2 cup (57g)

1. The recipe has no instructions.

---

## Snacks 2 ↗

Eat on day 3, day 4, and day 5

### 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 3 meals:

**high-protein granola bar**  
3 bar (120g)

1. The recipe has no instructions.

---

## Beef jerky

220 cals ● 32g protein ● 2g fat ● 18g carbs ● 0g fiber



For single meal:

**beef jerky**  
3 oz (85g)

For all 3 meals:

**beef jerky**  
1/2 lbs (255g)

1. The recipe has no instructions.

## Snacks 3 ↗

Eat on day 6 and day 7

### Apple and protein fruit dip

408 cals ● 25g protein ● 17g fat ● 31g carbs ● 7g fiber



For single meal:

**nonfat greek yogurt, plain**  
1 container (170g)  
**cinnamon**  
1 tsp (3g)  
**peanut butter**  
2 tbsp (32g)  
**apples, sliced**  
1 medium (3" dia) (182g)

For all 2 meals:

**nonfat greek yogurt, plain**  
2 container (340g)  
**cinnamon**  
2 tsp (5g)  
**peanut butter**  
4 tbsp (64g)  
**apples, sliced**  
2 medium (3" dia) (364g)

1. Open Greek yogurt container and add the peanut butter and cinnamon (or mix together in a small bowl). Mix until well-combined.
2. Chop an apple into slices.
3. Dip the apple into the dip and enjoy.

## Dinner 1 ↗

Eat on day 1 and day 2

### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cals ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**bell pepper**  
2 large (328g)  
**onion**  
1/2 small (35g)  
**canned tuna, drained**  
2 can (344g)

For all 2 meals:

**avocados**  
2 avocado(s) (402g)  
**lime juice**  
4 tsp (20mL)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**bell pepper**  
4 large (656g)  
**onion**  
1 small (70g)  
**canned tuna, drained**  
4 can (688g)

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.

## 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.

## Dinner 2

Eat on day 3

### Mixed vegetables

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



Makes 2 cup(s)  
**frozen mixed veggies**  
2 cup (270g)

1. Prepare according to instructions on package.

### Pan-fried pork chops

3 breakfast chop(s) - 987 cals ● 79g protein ● 58g fat ● 35g carbs ● 2g fiber



Makes 3 breakfast chop(s)

**black pepper**  
3 dash, ground (1g)  
**pork chop, bone-in**  
3 breakfast chop (336g)  
**all-purpose flour**  
3/8 cup(s) (47g)  
**cayenne pepper**  
3 dash (1g)  
**oil**  
3 tbsp (45mL)  
**butter**  
1 tsp (5g)  
**seasoning salt**  
3 dash (2g)

1. Salt and pepper both sides of the pork chops.
2. Combine the flour and some cayenne, salt and black pepper. Dredge each side of the pork chops in the flour mixture, and then set aside on a plate.
3. Heat the canola oil over medium to medium-high heat. Add the butter. When the butter is melted and the butter/oil mixture is hot, cook 3 pork chops at a time, 2 to 3 minutes on the first side. Flip and cook until the chops are golden brown on the other side, 1 to 2 minutes (make sure no pink juices remain). Remove to a plate and repeat with the remaining pork chops.

---

## Dinner 3 ↗

Eat on day 4

---

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



**water**  
2 1/3 cup(s) (553mL)  
**salt**  
1 dash (1g)  
**lentils, raw, rinsed**  
9 1/3 tbsp (112g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

---

### Pan fried tilapia

21 oz - 782 cals ● 118g protein ● 34g fat ● 1g carbs ● 0g fiber



Makes 21 oz

**olive oil**  
1 3/4 tbsp (26mL)  
**black pepper**  
1 tsp, ground (2g)  
**salt**  
1 tsp (5g)  
**tilapia, raw**  
1 1/3 lbs (588g)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Serve immediately.

## Dinner 4 ↗

Eat on day 5

### Avocado tuna salad

873 cals ● 81g protein ● 48g fat ● 12g carbs ● 17g fiber



**avocados**  
1 avocado(s) (201g)  
**lime juice**  
2 tsp (10mL)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**mixed greens**  
2 cup (60g)  
**canned tuna**  
2 can (344g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**onion, minced**  
1/2 small (35g)

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.

### Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber

Makes 2 cup(s)

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

1. The recipe has no instructions.



## Dinner 5 ↗

Eat on day 6 and day 7

### Almond crusted tilapia

14 oz - 988 cals ● 95g protein ● 47g fat ● 37g carbs ● 8g fiber



For single meal:

**almonds**  
9 1/3 tbsp, slivered (63g)  
**tilapia, raw**  
14 oz (392g)  
**all-purpose flour**  
3/8 cup(s) (49g)  
**salt**  
1/4 tsp (1g)  
**olive oil**  
3 1/2 tsp (17mL)

For all 2 meals:

**almonds**  
56 tsp, slivered (126g)  
**tilapia, raw**  
1 3/4 lbs (784g)  
**all-purpose flour**  
3/4 cup(s) (97g)  
**salt**  
1/2 tsp (2g)  
**olive oil**  
2 1/3 tbsp (35mL)

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.

### 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.