Meal Plan - 1100 calorie macro meal plan

Don't forget to generate your plan for next week on https://www.strongrfastr.com

Day 1

1142 cals · 102g protein (36%) · 50g fat (39%) · 54g carbs (19%) · 16g fiber (6%)

Breakfast

265 cals, 15g protein, 10g net carbs, 17g fat

Blueberries
1/2 cup(s)- 47 cals

Chili and cheese omelet
217 cals

Lunch

480 cals, 42g protein, 36g net carbs, 16g fat

Sugar snap peas
82 cals

Teriyaki burgers
1 burger(s)- 399 cals

Dinner

395 cals, 45g protein, 8g net carbs, 18g fat

Seasoned broiled pork chops
1 chop(s)- 233 cals

Olive oil drizzled sugar snap peas
163 cals

Day 2

1096 cals · 97g protein (35%) · 58g fat (48%) · 33g carbs (12%) · 13g fiber (5%)

Breakfast

265 cals, 15g protein, 10g net carbs, 17g fat

Blueberries
1/2 cup(s)- 47 cals

Chili and cheese omelet
217 cals

Lunch

435 cals, 37g protein, 14g net carbs, 23g fat

Honey mustard chicken thighs w/ skin
5 1/3 oz- 372 cals

Green beans
63 cals

Dinner

395 cals, 45g protein, 8g net carbs, 18g fat

Seasoned broiled pork chops
1 chop(s)- 233 cals

Olive oil drizzled sugar snap peas
163 cals

Day 3

1158 cals 95g protein (33%) 62g fat (49%) 35g carbs (12%) 18g fiber (6%)

Breakfast

265 cals, 17g protein, 13g net carbs, 15g fat

Hardboiled egg and avocado bowl
160 cals

Cottage cheese & fruit cup
1 container- 107 cals

Lunch

435 cals, 37g protein, 14g net carbs, 23g fat

Honey mustard chicken thighs w/ skin
5 1/3 oz- 372 cals

Green beans
63 cals

Dinner

455 cals, 41g protein, 8g net carbs, 24g fat

Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Day 4

1126 cals 97g protein (34%) 50g fat (40%) 51g carbs (18%) 21g fiber (7%)

Breakfast

265 cals, 17g protein, 13g net carbs, 15g fat

Hardboiled egg and avocado bowl
160 cals

Cottage cheese & fruit cup
1 container- 107 cals

Lunch

405 cals, 39g protein, 30g net carbs, 11g fat

Balsamic chicken breast
4 oz- 158 cals

Olive oil drizzled green beans
72 cals

Lentils
174 cals

Dinner

455 cals, 41g protein, 8g net carbs, 24g fat

Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals

Day 5

1069 cals 93g protein (35%) 45g fat (38%) 62g carbs (23%) 11g fiber (4%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat

Egg & guac sandwich
1/2 sandwich(es)- 191 cals

Lunch

450 cals, 47g protein, 25g net carbs, 16g fat

White rice
1/4 cup rice, cooked- 55 cals

Simple salad with celery, cucumber & tomato
85 cals

Enchilada chicken
6 oz chicken- 311 cals

Dinner

425 cals, 35g protein, 25g net carbs, 19g fat

Brown rice
1/3 cup brown rice, cooked- 76 cals

Caprese salad
107 cals

Taco stuffed peppers
1 stuffed pepper(s)- 244 cals

Day 6

1069 cals 93g protein (35%) 45g fat (38%) 62g carbs (23%) 11g fiber (4%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat

Egg & guac sandwich
1/2 sandwich(es)- 191 cals

Lunch

450 cals, 47g protein, 25g net carbs, 16g fat

White rice
1/4 cup rice, cooked- 55 cals

Simple salad with celery, cucumber & tomato
85 cals

Enchilada chicken
6 oz chicken- 311 cals

Dinner

425 cals, 35g protein, 25g net carbs, 19g fat

Brown rice
1/3 cup brown rice, cooked- 76 cals

Caprese salad
107 cals

Taco stuffed peppers
1 stuffed pepper(s)- 244 cals

Day 7

1137 cals 92g protein (32%) 51g fat (40%) 65g carbs (23%) 14g fiber (5%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat

Egg & guac sandwich
1/2 sandwich(es)- 191 cals

Lunch

480 cals, 37g protein, 44g net carbs, 15g fat

Unstuffed peppers
364 cals

Simple garlic bread
1 slice(s)- 115 cals

Dinner

470 cals, 44g protein, 8g net carbs, 26g fat

Sugar snap peas
82 cals

Baked chicken thighs
6 oz- 386 cals

Grocery List

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Vegetables and Vegetable Products

- [ ] frozen sugar snap peas
  5 1/3 cup (768g)
- [ ] cucumber
  3/4 cucumber (8-1/4") (229g)
- [ ] frozen green beans
  3 1/3 cup (403g)
- [ ] onion
  3/4 medium (2-1/2" dia) (83g)
- [ ] bell pepper
  3 1/2 large (575g)
- [ ] tomatoes
  1 1/4 medium whole (2-3/5" dia) (157g)
- [ ] tomato puree
  1/6 large can (119g)
- [ ] raw celery
  1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

Fats and Oils

- [ ] oil
  1/2 oz (18mL)
- [ ] olive oil
  2 1/3 tbsp (35mL)
- [ ] balsamic vinaigrette
  1 oz (30mL)
- [ ] salad dressing
  2 tbsp (30mL)

Baked Products

- [ ] hamburger buns
  1 bun(s) (51g)
- [ ] bread
  1/4 lbs (128g)

Other

- [ ] teriyaki sauce
  1 tbsp (15mL)
- [ ] cottage cheese & fruit cup
  2 container (266g)
- [ ] italian seasoning
  1 dash (0g)
- [ ] mixed greens
  1 1/6 package (5.5 oz) (181g)
- [ ] guacamole, store-bought
  3 tbsp (46g)
- [ ] diced tomatoes
  1/4 can(s) (105g)

Legumes and Legume Products

- [ ] soy sauce
  1 tsp (5mL)
- [ ] lentils, raw
  4 tbsp (48g)

Pork Products

- [ ] pork chop, bone-in
  2 chop (356g)

Fruits and Fruit Juices

- [ ] blueberries
  1 cup (148g)
- [ ] avocados
  1 1/2 avocado(s) (302g)
- [ ] lime juice
  2 tsp (10mL)

Dairy and Egg Products

- [ ] eggs
  9 large (450g)
- [ ] cheddar cheese
  2 1/4 oz (64g)
- [ ] fresh mozzarella cheese
  1 1/2 oz (43g)
- [ ] butter
  1 tsp (5g)

Sweets

- [ ] honey
  2 tsp (14g)

Poultry Products

- [ ] chicken thighs, with bone and skin, raw
  1 lbs (473g)
- [ ] boneless skinless chicken breast, raw
  1 lbs (454g)

Finfish and Shellfish Products

- [ ] canned tuna
  2 can (344g)

Beverages

- [ ] water
  1 3/4 cup(s) (422mL)

Beef Products

- [ ] ground beef (93% lean)
  18 3/4 oz (533g)

Spices and Herbs

- [ ] sage
  3/4 dash (0g)
- [ ] rosemary
  1/3 tsp (0g)
- [ ] seasoning salt
  1 1/2 dash (1g)
- [ ] garlic powder
  1/2 g (1g)
- [ ] thyme, dried
  1 1/4 g (1g)
- [ ] black pepper
  1 1/2 g (2g)
- [ ] salt
  1/4 oz (7g)
- [ ] chili powder
  2 tsp (5g)
- [ ] ground coriander
  1 tsp (2g)
- [ ] brown deli mustard
  1 tbsp (15g)
- [ ] fresh basil
  4 tbsp leaves, whole (6g)
- [ ] taco seasoning mix
  1 tsp (3g)

Cereal Grains and Pasta

- [ ] brown rice
  1/4 cup (42g)
- [ ] long-grain white rice
  1/4 cup (54g)

Soups, Sauces, and Gravies

- [ ] enchilada sauce
  1/2 cup (120g)

Recipes

Breakfast 1

Eat on day 1, day 2

Blueberries

1/2 cup(s) - 47 cals 1g protein 0g fat 9g carbs 2g fiber

For single meal:

blueberries
1/2 cup (74g)

For all 2 meals:

blueberries
1 cup (148g)

1. Rinse off blueberries and serve.

Chili and cheese omelet

217 cals 15g protein 17g fat 1g carbs 1g fiber

For single meal:

chili powder
4 dash (1g)
ground coriander
4 dash (1g)
eggs, beaten
2 large (100g)
olive oil
1 tsp (5mL)
cheddar cheese
1 tbsp, shredded (7g)

For all 2 meals:

chili powder
1 tsp (3g)
ground coriander
1 tsp (2g)
eggs, beaten
4 large (200g)
olive oil
2 tsp (10mL)
cheddar cheese
2 tbsp, shredded (14g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Breakfast 2

Eat on day 3, day 4

Hardboiled egg and avocado bowl

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

For single meal:

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

For all 2 meals:

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

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.

Cottage cheese & fruit cup

1 container - 107 cals 10g protein 3g fat 11g carbs 0g fiber

For single meal:

cottage cheese & fruit cup
1 container (133g)

For all 2 meals:

cottage cheese & fruit cup
2 container (266g)

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

Breakfast 3

Eat on day 5, day 6, day 7

Egg & guac sandwich

1/2 sandwich(es) - 191 cals 11g protein 10g fat 13g carbs 3g fiber

For single meal:

oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
eggs
1 large (50g)
bread
1 slice(s) (32g)

For all 3 meals:

oil
1/4 tbsp (4mL)
guacamole, store-bought
3 tbsp (46g)
eggs
3 large (150g)
bread
3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Lunch 1

Eat on day 1

Sugar snap peas

82 cals 5g protein 1g fat 8g carbs 6g fiber

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Teriyaki burgers

1 burger(s) - 399 cals 37g protein 15g fat 28g carbs 1g fiber

Makes 1 burger(s)

oil
1/4 tsp (1mL)
hamburger buns
1 bun(s) (51g)
teriyaki sauce
1 tbsp (15mL)
cucumber
4 slices (28g)
ground beef (93% lean)
6 oz (170g)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

Lunch 2

Eat on day 2, day 3

Honey mustard chicken thighs w/ skin

5 1/3 oz - 372 cals 34g protein 23g fat 6g carbs 0g fiber

For single meal:

brown deli mustard
1/2 tbsp (8g)
honey
1 tsp (7g)
thyme, dried
1/3 tsp, ground (0g)
salt
2/3 dash (1g)
chicken thighs, with bone and skin, raw
1/3 lbs (151g)

For all 2 meals:

brown deli mustard
1 tbsp (15g)
honey
2 tsp (14g)
thyme, dried
1/4 tbsp, ground (1g)
salt
1 1/3 dash (1g)
chicken thighs, with bone and skin, raw
2/3 lbs (303g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

Green beans

63 cals 3g protein 0g fat 8g carbs 4g fiber

For single meal:

frozen green beans
1 1/3 cup (161g)

For all 2 meals:

frozen green beans
2 2/3 cup (323g)

1. Prepare according to instructions on package.

Lunch 3

Eat on day 4

Balsamic chicken breast

4 oz - 158 cals 26g protein 6g fat 0g carbs 0g fiber

Makes 4 oz

italian seasoning
1 dash (0g)
oil
1/2 tsp (3mL)
balsamic vinaigrette
1 tbsp (15mL)
boneless skinless chicken breast, raw
4 oz (113g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Olive oil drizzled green beans

72 cals 1g protein 5g fat 4g carbs 2g fiber

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
frozen green beans
2/3 cup (81g)
olive oil
1 tsp (5mL)

1. Prepare green beens according to instructions on package.
2. Top with olive oil and season with salt and pepper.

Lentils

174 cals 12g protein 1g fat 25g carbs 5g fiber

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

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.

Lunch 4

Eat on day 5, day 6

White rice

1/4 cup rice, cooked - 55 cals 1g protein 0g fat 12g carbs 0g fiber

For single meal:

long-grain white rice
4 tsp (15g)
water
1/6 cup(s) (39mL)
salt
2/3 dash (0g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

long-grain white rice
2 2/3 tbsp (31g)
water
1/3 cup(s) (79mL)
salt
1 1/3 dash (1g)
black pepper
1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Simple salad with celery, cucumber & tomato

85 cals 3g protein 3g fat 9g carbs 3g fiber

For single meal:

mixed greens
1/3 package (5.5 oz) (52g)
salad dressing
1 tbsp (15mL)
tomatoes, diced
1/3 medium whole (2-3/5" dia) (41g)
cucumber, sliced
1/3 cucumber (8-1/4") (100g)
raw celery, chopped
2/3 stalk, medium (7-1/2" - 8" long) (27g)

For all 2 meals:

mixed greens
2/3 package (5.5 oz) (103g)
salad dressing
2 tbsp (30mL)
tomatoes, diced
2/3 medium whole (2-3/5" dia) (82g)
cucumber, sliced
2/3 cucumber (8-1/4") (201g)
raw celery, chopped
1 1/3 stalk, medium (7-1/2" - 8" long) (53g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

Enchilada chicken

6 oz chicken - 311 cals 43g protein 13g fat 5g carbs 2g fiber

For single meal:

cheddar cheese
2 tbsp, shredded (14g)
enchilada sauce
4 tbsp (60g)
chili powder
4 dash (1g)
oil
1/4 tbsp (4mL)
boneless skinless chicken breast, raw
6 oz (170g)

For all 2 meals:

cheddar cheese
4 tbsp, shredded (28g)
enchilada sauce
1/2 cup (120g)
chili powder
1 tsp (3g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
3/4 lbs (340g)

1. Preheat oven to 350°F (180°C).
2. Season chicken with chili powder and some salt.
3. Add oil to an ovenproof skillet and heat over medium heat. Add chicken and cook for about 3 minutes on each side until it's browned.
4. Pour in enchilada sauce and sprinkle cheese on top.
5. Bake for 15-20 minutes until chicken is done and cheese has melted into the sauce. Serve.

Lunch 5

Eat on day 7

Unstuffed peppers

364 cals 33g protein 10g fat 32g carbs 4g fiber

ground beef (93% lean)
5 oz (136g)
tomato puree
2 oz (57g)
diced tomatoes
1/4 can(s) (105g)
bell pepper, chopped
3/4 medium (89g)
onion, chopped
1/4 large (38g)
long-grain white rice
2 tbsp (23g)

1. Cook rice according to package instructions. Set aside.
2. Add beef, onions, and peppers to a skillet over medium heat and cook for about 10 minutes. Meat should be browned and vegetables lightly softened.
3. Mix in tomato puree, diced tomatoes, and the rice. Cover and cook for 10 more minutes. Season with a some salt and pepper and serve.

Simple garlic bread

1 slice(s) - 115 cals 4g protein 5g fat 12g carbs 2g fiber

Makes 1 slice(s)

bread
1 slice (32g)
butter
1 tsp (5g)
garlic powder
1/2 dash (0g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Dinner 1

Eat on day 1, day 2

Seasoned broiled pork chops

1 chop(s) - 233 cals 40g protein 8g fat 0g carbs 0g fiber

For single meal:

oil
1/3 tsp (2mL)
sage
1/3 dash (0g)
rosemary
1 1/3 dash (0g)
soy sauce
1/2 tsp (3mL)
seasoning salt
2/3 dash (1g)
garlic powder
1/3 dash (0g)
pork chop, bone-in
1 chop (178g)
thyme, dried
1/3 dash, leaves (0g)

For all 2 meals:

oil
1/4 tbsp (3mL)
sage
2/3 dash (0g)
rosemary
1/3 tsp (0g)
soy sauce
1 tsp (5mL)
seasoning salt
1 1/3 dash (1g)
garlic powder
2/3 dash (0g)
pork chop, bone-in
2 chop (356g)
thyme, dried
2/3 dash, leaves (0g)

1. Combine all ingredients except the chops, and mix well with small whisk.
2. Brush mixture on chops and either:
3. GRILL: by searing on both sides and then cooking more slowly for 30 minutes or until done, brushing chops occasionally with the sauce.
4. OR BROIL: place chops on a broiler rack 5" from heat and broil about 12 minutes per side or until done.

Olive oil drizzled sugar snap peas

163 cals 5g protein 10g fat 8g carbs 6g fiber

For single meal:

black pepper
1 dash (0g)
salt
1 dash (0g)
frozen sugar snap peas
1 1/3 cup (192g)
olive oil
2 tsp (10mL)

For all 2 meals:

black pepper
2 dash (0g)
salt
2 dash (1g)
frozen sugar snap peas
2 2/3 cup (384g)
olive oil
4 tsp (20mL)

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

Dinner 2

Eat on day 3, day 4

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals 41g protein 24g fat 8g carbs 10g fiber

For single meal:

canned tuna, drained
1 can (172g)
avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)

For all 2 meals:

canned tuna, drained
2 can (344g)
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)

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 3

Eat on day 5, day 6

Brown rice

1/3 cup brown rice, cooked - 76 cals 2g protein 1g fat 15g carbs 1g fiber

For single meal:

brown rice
1 3/4 tbsp (21g)
salt
2/3 dash (1g)
water
1/4 cup(s) (53mL)
black pepper
2/3 dash, ground (0g)

For all 2 meals:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Caprese salad

107 cals 6g protein 7g fat 4g carbs 1g fiber

For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
fresh basil
2 tbsp leaves, whole (3g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
mixed greens
1/4 package (5.5 oz) (39g)
fresh mozzarella cheese
3/4 oz (21g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
fresh basil
4 tbsp leaves, whole (6g)
tomatoes, halved
1/2 cup cherry tomatoes (75g)
mixed greens
1/2 package (5.5 oz) (78g)
fresh mozzarella cheese
1 1/2 oz (43g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Taco stuffed peppers

1 stuffed pepper(s) - 244 cals 27g protein 12g fat 5g carbs 2g fiber

For single meal:

cheddar cheese
1 1/2 tbsp, shredded (11g)
bell pepper
1 small (74g)
taco seasoning mix
4 dash (1g)
tomato puree
2 tbsp (31g)
ground beef (93% lean)
4 oz (113g)

For all 2 meals:

cheddar cheese
3 tbsp, shredded (21g)
bell pepper
2 small (148g)
taco seasoning mix
1 tsp (3g)
tomato puree
4 tbsp (63g)
ground beef (93% lean)
1/2 lbs (227g)

1. Preheat oven to 400°F (200°C).
2. Cut tops off of peppers and discard the seeds. Set aside.
3. In a large skillet, brown the ground beef with some salt and pepper, 8-10 minutes.
4. Add in tomato puree, taco seasoning, and a small splash of water. Simmer for 2-4 minutes and turn off heat. Stir in about half of the cheese.
5. Scoop taco mixture into the peppers. Top with remaining cheese.
6. Bake for 20 minutes until peppers are tender. Serve.

Dinner 4

Eat on day 7

Sugar snap peas

82 cals 5g protein 1g fat 8g carbs 6g fiber

frozen sugar snap peas
1 1/3 cup (192g)

1. Prepare according to instructions on package.

Baked chicken thighs

6 oz - 386 cals 38g protein 26g fat 0g carbs 0g fiber

Makes 6 oz

salt
2 dash (2g)
black pepper
1 dash, ground (0g)
chicken thighs, with bone and skin, raw, bone and skin
1 thigh (6 oz ea) (170g)
thyme, dried
1/2 dash, ground (0g)

1. Preheat oven to 350 degrees.
2. Using cooking spray or a little bit of oil, lightly grease a baking sheet and arrange the chicken thighs on it.
3. Mix seasonings together in a bowl or other container and sprinkle liberally over the thighs. If you feel inclined, you can flip the thighs and sprinkle seasonings on the bottom as well (be sure to flip them back before baking).
4. Bake in the preheated oven until skin is crispy, juices run clear and thighs are no longer pink at the bone, about 1 hour.