

# Meal Plan - 1200 calorie macro meal plan



[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

1238 cals ● 96g protein (31%) ● 63g fat (46%) ● 52g carbs (17%) ● 20g fiber (6%)

### Breakfast

280 cals, 14g protein, 13g net carbs, 14g fat



[Mexican scrambled eggs](#)  
282 cals

### Lunch

465 cals, 38g protein, 31g net carbs, 20g fat



[Sauteed garlic & herb tomatoes](#)  
64 cals



[Teriyaki burgers](#)  
1 burger(s)- 399 cals

### Dinner

495 cals, 44g protein, 8g net carbs, 29g fat



[String cheese](#)  
2 stick(s)- 165 cals



[Avocado tuna salad](#)  
327 cals

## Day 2

1199 cals ● 93g protein (31%) ● 53g fat (40%) ● 66g carbs (22%) ● 20g fiber (7%)

### Breakfast

280 cals, 14g protein, 13g net carbs, 14g fat



[Mexican scrambled eggs](#)  
282 cals

### Lunch

465 cals, 38g protein, 31g net carbs, 20g fat



[Sauteed garlic & herb tomatoes](#)  
64 cals



[Teriyaki burgers](#)  
1 burger(s)- 399 cals

### Dinner

455 cals, 42g protein, 22g net carbs, 20g fat



[Sweet potato medallions](#)  
1/2 sweet potato- 155 cals



[Baked chicken with tomatoes & olives](#)  
6 oz- 300 cals

## Day 3

1160 cals ● 91g protein (31%) ● 47g fat (36%) ● 75g carbs (26%) ● 19g fiber (6%)

### Breakfast

275 cals, 19g protein, 17g net carbs, 13g fat



[Egg in an eggplant](#)  
120 cals



[Lowfat Greek yogurt](#)  
1 container(s)- 155 cals

### Dinner

455 cals, 42g protein, 22g net carbs, 20g fat



[Sweet potato medallions](#)  
1/2 sweet potato- 155 cals



[Baked chicken with tomatoes & olives](#)  
6 oz- 300 cals

### Lunch

430 cals, 31g protein, 36g net carbs, 14g fat



[Cucumber slices](#)  
1 cucumber- 60 cals



[Avocado tuna salad sandwich](#)  
1 sandwich(es)- 370 cals

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## Day 4

1172 cals ● 111g protein (38%) ● 41g fat (31%) ● 77g carbs (26%) ● 15g fiber (5%)

### Breakfast

275 cals, 19g protein, 17g net carbs, 13g fat



[Egg in an eggplant](#)  
120 cals



[Lowfat Greek yogurt](#)  
1 container(s)- 155 cals

### Dinner

465 cals, 61g protein, 24g net carbs, 13g fat



[Lentils](#)  
87 cals



[Teriyaki chicken](#)  
8 oz- 380 cals

### Lunch

430 cals, 31g protein, 36g net carbs, 14g fat



[Cucumber slices](#)  
1 cucumber- 60 cals



[Avocado tuna salad sandwich](#)  
1 sandwich(es)- 370 cals

## Day 5

1242 cals ● 107g protein (35%) ● 60g fat (44%) ● 53g carbs (17%) ● 14g fiber (4%)

### Breakfast

275 cals, 15g protein, 18g net carbs, 13g fat



[Southwest avocado toast](#)  
1 toast(s)- 193 cals



[Basic fried eggs](#)  
1 egg(s)- 80 cals

### Dinner

485 cals, 43g protein, 8g net carbs, 29g fat



[Tomato and avocado salad](#)  
117 cals



[Turkey meatballs](#)  
8 meatballs- 365 cals

### Lunch

485 cals, 49g protein, 27g net carbs, 19g fat



[Buffalo chicken salad](#)  
356 cals



[Naan bread](#)  
1/2 piece(s)- 131 cals

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## Day 6

1241 cals ● 104g protein (34%) ● 54g fat (39%) ● 70g carbs (23%) ● 14g fiber (5%)

### Breakfast

275 cals, 15g protein, 18g net carbs, 13g fat



[Southwest avocado toast](#)  
1 toast(s)- 193 cals



[Basic fried eggs](#)  
1 egg(s)- 80 cals

### Dinner

480 cals, 40g protein, 24g net carbs, 23g fat



[Sunflower seeds](#)  
240 cals



[Spiced chicken tabbouleh bowl](#)  
241 cals

### Lunch

485 cals, 49g protein, 27g net carbs, 19g fat



[Buffalo chicken salad](#)  
356 cals



[Naan bread](#)  
1/2 piece(s)- 131 cals

Day 7

1172 cals ● 109g protein (37%) ● 48g fat (37%) ● 63g carbs (21%) ● 13g fiber (4%)

Breakfast

275 cals, 15g protein, 18g net carbs, 13g fat



Southwest avocado toast  
1 toast(s)- 193 cals



Basic fried eggs  
1 egg(s)- 80 cals

Dinner

480 cals, 40g protein, 24g net carbs, 23g fat



Sunflower seeds  
240 cals



Spiced chicken tabbouleh bowl  
241 cals

Lunch

420 cals, 54g protein, 20g net carbs, 13g fat



Basic chicken breast  
8 oz- 317 cals



Couscous  
100 cals



## Spices and Herbs

- ☐ black pepper  
1 g (1g)
- ☐ salt  
1/3 oz (10g)
- ☐ ground cumin  
1/2 tsp (1g)
- ☐ chili powder  
2 1/2 tsp (7g)
- ☐ fresh basil  
12 leaves (6g)
- ☐ garlic powder  
2 1/4 g (2g)
- ☐ oregano, dried  
5 dash, leaves (1g)
- ☐ onion powder  
5 dash (1g)

## Fats and Oils

- ☐ olive oil  
3/4 oz (23mL)
- ☐ oil  
2 oz (55mL)
- ☐ mayonnaise  
2 1/4 tbsp (34mL)

## Vegetables and Vegetable Products

- ☐ garlic  
1/2 clove(s) (2g)
- ☐ tomatoes  
3 1/2 medium whole (2-3/5" dia) (444g)
- ☐ cucumber  
2 1/3 cucumber (8-1/4") (708g)
- ☐ onion  
1 medium (2-1/2" dia) (98g)
- ☐ sweet potatoes  
1 sweetpotato, 5" long (210g)
- ☐ eggplant  
2 1 inch (2.5 cm) slice(s) (120g)
- ☐ fresh spinach  
3/8 cup(s) (11g)
- ☐ raw celery  
1 1/2 stalk, small (5" long) (26g)
- ☐ fresh parsley  
1 1/3 sprigs (1g)

## Other

## Baked Products

- ☐ hamburger buns  
2 bun(s) (102g)
- ☐ bread  
1/2 lbs (224g)
- ☐ naan bread  
1 piece (90g)

## Beef Products

- ☐ ground beef (93% lean)  
3/4 lbs (340g)

## Dairy and Egg Products

- ☐ string cheese  
2 stick (56g)
- ☐ eggs  
7 large (350g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ nonfat greek yogurt, plain  
1 container (161g)

## Fruits and Fruit Juices

- ☐ avocados  
1 1/2 avocado(s) (327g)
- ☐ lime juice  
1/2 fl oz (16mL)
- ☐ green olives  
12 large (53g)
- ☐ lemon juice  
1/2 tsp (3mL)

## Finfish and Shellfish Products

- ☐ canned tuna  
1 3/4 can (301g)

## Soups, Sauces, and Gravies

- ☐ salsa  
3 tbsp (54g)
- ☐ Frank's Red Hot sauce  
1/4 cup (68mL)

## Legumes and Legume Products

- ☐ black beans  
1/2 can(s) (220g)

- ☐ italian seasoning  
1/4 tbsp (3g)
- ☐ teriyaki sauce  
4 oz (90mL)
- ☐ mixed greens  
2 1/4 cup (68g)
- ☐ guacamole, store-bought  
6 tbsp (93g)

- ☐ lentils, raw  
2 tbsp (24g)
- ☐ refried beans  
3/4 cup (182g)

### **Poultry Products**

- ☐ boneless skinless chicken breast, raw  
3 lbs (1352g)
- ☐ ground turkey, raw  
6 1/2 oz (181g)

### **Beverages**

- ☐ water  
1/2 cup(s) (119mL)

### **Nut and Seed Products**

- ☐ sunflower kernels  
2 2/3 oz (76g)

### **Cereal Grains and Pasta**

- ☐ instant couscous, flavored  
1/2 box (5.8 oz) (82g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Mexican scrambled eggs

282 cals ● 14g protein ● 14g fat ● 13g carbs ● 12g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**salsa**  
1 1/2 tbsp (27g)  
**avocados, pitted and peeled**  
1/4 avocado(s) (50g)  
**ground cumin**  
1 dash (0g)  
**chili powder**  
2 dash (1g)  
**black beans, drained**  
1/4 can(s) (110g)  
**eggs**  
1 large (50g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**salsa**  
3 tbsp (54g)  
**avocados, pitted and peeled**  
1/2 avocado(s) (101g)  
**ground cumin**  
2 dash (1g)  
**chili powder**  
4 dash (1g)  
**black beans, drained**  
1/2 can(s) (220g)  
**eggs**  
2 large (100g)

1. Add beans and spices to a small saucepan or skillet and cook over low heat, until heated through. Set aside.
2. Meanwhile, scramble eggs with a fork in a small bowl. Heat oil in a small skillet over low heat. Pour in eggs and once they start to set, scramble. Cook until firm.
3. Arrange spiced beans, egg, avocado, and salsa on a plate. Season with a pinch of salt/pepper. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4

### Egg in an eggplant

120 cal ● 7g protein ● 9g fat ● 1g carbs ● 2g fiber



For single meal:

**eggs**

1 large (50g)

**eggplant**

1 1 inch (2.5 cm) slice(s) (60g)

**oil**

1 tsp (5mL)

For all 2 meals:

**eggs**

2 large (100g)

**eggplant**

2 1 inch (2.5 cm) slice(s) (120g)

**oil**

2 tsp (10mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

### Lowfat Greek yogurt

1 container(s) - 155 cal ● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

**lowfat flavored greek yogurt**

1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

**lowfat flavored greek yogurt**

2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.



## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Southwest avocado toast

1 toast(s) - 193 cals ● 8g protein ● 7g fat ● 18g carbs ● 7g fiber



For single meal:

**fresh spinach**

1/8 cup(s) (4g)

**refried beans**

4 tbsp (61g)

**guacamole, store-bought**

2 tbsp (31g)

**bread**

1 slice(s) (32g)

For all 3 meals:

**fresh spinach**

3/8 cup(s) (11g)

**refried beans**

3/4 cup (182g)

**guacamole, store-bought**

6 tbsp (93g)

**bread**

3 slice(s) (96g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

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### Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**

1/4 tsp (1mL)

**eggs**

1 large (50g)

For all 3 meals:

**oil**

1/4 tbsp (4mL)

**eggs**

3 large (150g)

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.
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## Lunch 1 [↗](#)

Eat on day 1, day 2

### Sauteed garlic & herb tomatoes

64 cals ● 1g protein ● 5g fat ● 3g carbs ● 1g fiber



For single meal:

**black pepper**  
1/4 dash, ground (0g)  
**olive oil**  
1 tsp (6mL)  
**garlic, minced**  
1/4 clove(s) (1g)  
**tomatoes**  
1/4 pint, cherry tomatoes (75g)  
**italian seasoning**  
3 dash (1g)  
**salt**  
1 dash (1g)

For all 2 meals:

**black pepper**  
1/2 dash, ground (0g)  
**olive oil**  
3/4 tbsp (11mL)  
**garlic, minced**  
1/2 clove(s) (2g)  
**tomatoes**  
1/2 pint, cherry tomatoes (149g)  
**italian seasoning**  
1/4 tbsp (3g)  
**salt**  
2 dash (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

### Teriyaki burgers

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



For single meal:

**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)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**hamburger buns**  
2 bun(s) (102g)  
**teriyaki sauce**  
2 tbsp (30mL)  
**cucumber**  
8 slices (56g)  
**ground beef (93% lean)**  
3/4 lbs (340g)

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 3, day 4

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### Cucumber slices

1 cucumber - 60 cal ● 3g protein ● 0g fat ● 10g carbs ● 2g fiber



For single meal:

**cucumber**

1 cucumber (8-1/4") (301g)

For all 2 meals:

**cucumber**

2 cucumber (8-1/4") (602g)

1. Slice cucumber into rounds and serve.

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### Avocado tuna salad sandwich

1 sandwich(es) - 370 cal ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**lime juice**

1/2 tsp (3mL)

**avocados**

1/4 avocado(s) (50g)

**canned tuna, drained**

1/2 can (86g)

**bread**

2 slice (64g)

**onion, minced**

1/8 small (9g)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**lime juice**

1 tsp (5mL)

**avocados**

1/2 avocado(s) (101g)

**canned tuna, drained**

1 can (172g)

**bread**

4 slice (128g)

**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.
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## Lunch 3 [↗](#)

Eat on day 5, day 6

### Buffalo chicken salad

356 cals ● 45g protein ● 16g fat ● 6g carbs ● 1g fiber



For single meal:

**mayonnaise**  
1 tbsp (17mL)  
**onion, chopped**  
3 tbsp, chopped (30g)  
**Frank's Red Hot sauce**  
2 1/4 tbsp (34mL)  
**nonfat greek yogurt, plain**  
3 tbsp (53g)  
**raw celery, chopped**  
3/4 stalk, small (5" long) (13g)  
**boneless skinless chicken breast, raw**  
6 oz (170g)  
**mixed greens**  
3/4 cup (23g)

For all 2 meals:

**mayonnaise**  
2 1/4 tbsp (34mL)  
**onion, chopped**  
6 tbsp, chopped (60g)  
**Frank's Red Hot sauce**  
1/4 cup (68mL)  
**nonfat greek yogurt, plain**  
6 tbsp (105g)  
**raw celery, chopped**  
1 1/2 stalk, small (5" long) (26g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**mixed greens**  
1 1/2 cup (45g)

1. Add whole chicken breasts to a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes or until chicken is no longer pink inside. Transfer chicken to a plate and set aside to cool.
2. Once chicken is cool enough to handle, shred with two forks.
3. Mix the shredded chicken, celery, onion, greek yogurt, mayonnaise, and hot sauce together in a bowl.
4. Serve buffalo chicken on a bed of greens and enjoy.
5. Meal Prep Note: Store buffalo chicken mixture in the fridge in an airtight container, separate from the greens. Bring together when ready to serve.

### Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber



For single meal:

**naan bread**  
1/2 piece (45g)

For all 2 meals:

**naan bread**  
1 piece (90g)

1. This recipe has no instructions.

## Lunch 4 [↗](#)

Eat on day 7

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### Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

#### oil

1/2 tbsp (8mL)

#### boneless skinless chicken breast, raw

1/2 lbs (224g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

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### Couscous

100 cals ● 4g protein ● 0g fat ● 20g carbs ● 1g fiber





**instant couscous, flavored**  
1/6 box (5.8 oz) (27g)

1. Follow instructions on package.

## Dinner 1 [↗](#)

Eat on day 1

### String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

**string cheese**  
2 stick (56g)

1. This recipe has no instructions.

### Avocado tuna salad

327 cal ● 30g protein ● 18g fat ● 4g carbs ● 6g fiber



**avocados**  
3/8 avocado(s) (75g)  
**lime juice**  
1/4 tbsp (4mL)  
**salt**  
3/4 dash (0g)  
**black pepper**  
3/4 dash (0g)  
**mixed greens**  
3/4 cup (23g)  
**onion, minced**  
1/6 small (13g)  
**canned tuna**  
3/4 can (129g)  
**tomatoes**  
3 tbsp, chopped (34g)

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.

## Dinner 2 [🔗](#)

Eat on day 2, day 3

### Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes, sliced**

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

**oil**

1/2 tbsp (8mL)

For all 2 meals:

**sweet potatoes, sliced**

1 sweetpotato, 5" long (210g)

**oil**

1 tbsp (15mL)

1. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

### Baked chicken with tomatoes & olives

6 oz - 300 cal ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

**tomatoes**

6 cherry tomatoes (102g)

**olive oil**

1 tsp (5mL)

**salt**

2 dash (2g)

**green olives**

6 large (26g)

**black pepper**

2 dash (0g)

**chili powder**

1 tsp (3g)

**boneless skinless chicken breast, raw**

6 oz (170g)

**fresh basil, shredded**

6 leaves (3g)

For all 2 meals:

**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.

## Dinner 3 [↗](#)

Eat on day 4

### Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



#### salt

1/4 dash (0g)

#### water

1/2 cup(s) (119mL)

#### lentils, raw, rinsed

2 tbsp (24g)

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.

### Teriyaki chicken

8 oz - 380 cals ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



Makes 8 oz

#### oil

1/2 tbsp (8mL)

#### teriyaki sauce

4 tbsp (60mL)

#### boneless skinless chicken breast, raw, cubed

1/2 lbs (224g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

## Dinner 4 [↗](#)

Eat on day 5

### Tomato and avocado salad

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



#### onion

1/2 tbsp minced (8g)

#### lime juice

1/2 tbsp (8mL)

#### avocados, cubed

1/4 avocado(s) (50g)

#### tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

#### olive oil

3/8 tsp (2mL)

#### garlic powder

1 dash (0g)

#### salt

1 dash (1g)

#### black pepper

1 dash, ground (0g)

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.



## Turkey meatballs

8 meatballs - 365 cal● 42g protein ● 20g fat ● 4g carbs ● 1g fiber



Makes 8 meatballs

### salt

5 dash (4g)

### oil

1 tsp (6mL)

### oregano, dried

5 dash, leaves (1g)

### garlic powder

5 dash (2g)

### onion powder

5 dash (1g)

### nonfat greek yogurt, plain

3 tbsp (56g)

### ground turkey, raw

6 1/2 oz (181g)

1. In a large bowl, mix together the ground turkey, onion powder, garlic powder, oregano, and salt with your hands until well incorporated. Form into small meatballs (use the number of meatballs listed in the recipes serving details).
2. Heat oil in a large skillet over medium heat. Add meatballs and cook, turning gently, until all sides are browned and the meatballs are cooked through.
3. Serve.

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## Dinner 5 [🔗](#)

Eat on day 6, day 7

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### Sunflower seeds

240 cal● 11g protein ● 19g fat ● 3g carbs ● 3g fiber



For single meal:

### sunflower kernels

1 1/3 oz (38g)

For all 2 meals:

### sunflower kernels

2 2/3 oz (76g)

1. This recipe has no instructions.

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## Spiced chicken tabbouleh bowl

241 cal● 29g protein ● 4g fat ● 21g carbs ● 2g fiber



For single meal:

**boneless skinless chicken breast, raw**

4 oz (112g)

**instant couscous, flavored**

1/6 box (5.8 oz) (27g)

**oil**

1/8 tsp (0mL)

**ground cumin**

1 1/3 dash (0g)

**cucumber, chopped**

1/8 cucumber (8-1/4") (25g)

**tomatoes, chopped**

1/6 roma tomato (13g)

**fresh parsley, chopped**

2/3 sprigs (1g)

**lemon juice**

1/4 tsp (1mL)

For all 2 meals:

**boneless skinless chicken breast, raw**

1/2 lbs (224g)

**instant couscous, flavored**

1/3 box (5.8 oz) (55g)

**oil**

1/6 tsp (1mL)

**ground cumin**

1/3 tsp (1g)

**cucumber, chopped**

1/6 cucumber (8-1/4") (50g)

**tomatoes, chopped**

1/3 roma tomato (27g)

**fresh parsley, chopped**

1 1/3 sprigs (1g)

**lemon juice**

1/2 tsp (2mL)

1. Coat chicken with oil, cumin and a dash of salt. Place in a skillet over medium heat and cook until chicken is cooked through. Set aside.
  2. Meanwhile, cook couscous according to package. When the couscous is done and has cooled a little, mix in the parsley.
  3. Chop the chicken.
  4. Assemble bowl with couscous, chicken, cucumber, and tomatoes. Drizzle lemon juice on top and serve.
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