

Meal Plan - 1500 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

1510 cals ● 120g protein (32%) ● 81g fat (48%) ● 55g carbs (15%) ● 20g fiber (5%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado
176 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

195 cals, 15g protein, 7g net carbs, 11g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



String cheese
2 stick(s)- 165 cals

Lunch

555 cals, 38g protein, 16g net carbs, 35g fat



Olive oil drizzled green beans
181 cals



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

Dinner

515 cals, 59g protein, 29g net carbs, 15g fat



Pork souvlaki & tzatziki
2 skewer(s)- 307 cals



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Instant mashed potatoes
103 cals

Day 2

1478 cals ● 102g protein (28%) ● 92g fat (56%) ● 37g carbs (10%) ● 24g fiber (7%)

Breakfast

245 cals, 8g protein, 2g net carbs, 20g fat



Avocado
176 cals



Boiled eggs
1 egg(s)- 69 cals

Snacks

195 cals, 15g protein, 7g net carbs, 11g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



String cheese
2 stick(s)- 165 cals

Lunch

555 cals, 38g protein, 16g net carbs, 35g fat



Olive oil drizzled green beans
181 cals



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

Dinner

485 cals, 41g protein, 11g net carbs, 26g fat



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



Simple kale salad
1/2 cup(s)- 28 cals

Day 3

1543 cals ● 118g protein (31%) ● 73g fat (43%) ● 80g carbs (21%) ● 23g fiber (6%)

Breakfast

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



Protein bar
1 bar- 245 cals

Lunch

590 cals, 46g protein, 40g net carbs, 25g fat



Avocado and bacon egg salad sandwich
328 cals



Cottage cheese & fruit cup
2 container- 261 cals

Dinner

485 cals, 41g protein, 11g net carbs, 26g fat



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



Simple kale salad
1/2 cup(s)- 28 cals

Day 4

1453 cals ● 111g protein (31%) ● 76g fat (47%) ● 67g carbs (18%) ● 15g fiber (4%)

Breakfast

225 cals, 11g protein, 3g net carbs, 18g fat



Sunflower seeds
226 cals

Snacks

245 cals, 20g protein, 26g net carbs, 5g fat



Protein bar
1 bar- 245 cals

Lunch

480 cals, 40g protein, 7g net carbs, 31g fat



Sauteed peppers and onions
94 cals



Baked chicken thighs
6 oz- 385 cals

Dinner

505 cals, 41g protein, 31g net carbs, 22g fat



Olive oil drizzled broccoli
1 1/2 cup(s)- 105 cals



Teriyaki burgers
1 burger(s)- 399 cals

Day 5

1523 cals ● 107g protein (28%) ● 67g fat (40%) ● 106g carbs (28%) ● 17g fiber (5%)

Breakfast

260 cals, 15g protein, 15g net carbs, 15g fat



Nectarine

1 nectarine(s)- 70 cals



Kale & eggs

189 cals

Snacks

170 cals, 13g protein, 13g net carbs, 6g fat



Blackberry & granola parfait

172 cals

Lunch

590 cals, 38g protein, 47g net carbs, 25g fat



Strawberry avocado goat cheese panini

244 cals



Cottage cheese & fruit cup

2 container- 261 cals



Simple kale salad

1 1/2 cup(s)- 83 cals

Dinner

505 cals, 41g protein, 31g net carbs, 22g fat



Olive oil drizzled broccoli

1 1/2 cup(s)- 105 cals



Teriyaki burgers

1 burger(s)- 399 cals

Day 6

1456 cals ● 115g protein (31%) ● 58g fat (36%) ● 100g carbs (27%) ● 18g fiber (5%)

Breakfast

260 cals, 15g protein, 15g net carbs, 15g fat



Nectarine

1 nectarine(s)- 70 cals



Kale & eggs

189 cals

Snacks

170 cals, 13g protein, 13g net carbs, 6g fat



Blackberry & granola parfait

172 cals

Lunch

480 cals, 25g protein, 36g net carbs, 23g fat



Simple chicken salad sandwich

1/2 sandwich(es)- 362 cals



Tomato and avocado salad

117 cals

Dinner

545 cals, 62g protein, 37g net carbs, 15g fat



Grilled chicken sandwich

1 sandwich(es)- 460 cals



Edamame & beet salad

86 cals

Day 7

1456 cals ● 115g protein (31%) ● 58g fat (36%) ● 100g carbs (27%) ● 18g fiber (5%)

Breakfast

260 cals, 15g protein, 15g net carbs, 15g fat



Nectarine

1 nectarine(s)- 70 cals



Kale & eggs

189 cals

Snacks

170 cals, 13g protein, 13g net carbs, 6g fat



Blackberry & granola parfait

172 cals

Lunch

480 cals, 25g protein, 36g net carbs, 23g fat



Simple chicken salad sandwich

1/2 sandwich(es)- 362 cals



Tomato and avocado salad

117 cals

Dinner

545 cals, 62g protein, 37g net carbs, 15g fat



Grilled chicken sandwich

1 sandwich(es)- 460 cals



Edamame & beet salad

86 cals

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (603g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ lime juice
5/6 fl oz (25mL)
- ☐ nectarine
3 medium (2-1/2" dia) (426g)
- ☐ strawberries
2 medium (1-1/4" dia) (24g)
- ☐ blackberries
1/2 cup (81g)
- ☐ dried cranberries
1/3 cup (53g)

Dairy and Egg Products

- ☐ eggs
9 1/2 large (475g)
- ☐ string cheese
4 stick (112g)
- ☐ goat cheese
1/2 oz (14g)
- ☐ butter
4 dash (2g)
- ☐ lowfat greek yogurt
1 cup (315g)

Vegetables and Vegetable Products

- ☐ tomatoes
3 3/4 medium whole (2-3/5" dia) (458g)
- ☐ frozen broccoli
4 1/2 cup (410g)
- ☐ mashed potato mix
1 oz (28g)
- ☐ frozen green beans
3 1/3 cup (403g)
- ☐ bell pepper
2 3/4 large (451g)
- ☐ onion
5/6 medium (2-1/2" dia) (91g)
- ☐ kale leaves
4 cup, chopped (160g)
- ☐ cucumber
8 slices (56g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)

Fats and Oils

- ☐ oil
1 oz (28mL)
- ☐ olive oil
1 1/2 oz (51mL)
- ☐ salad dressing
2 1/2 tbsp (38mL)
- ☐ balsamic vinaigrette
1 tbsp (15mL)
- ☐ mayonnaise
2 tbsp (30mL)

Spices and Herbs

- ☐ dried dill weed
2 dash (0g)
- ☐ black pepper
1 g (1g)
- ☐ salt
1/4 oz (7g)
- ☐ brown deli mustard
1 tbsp (15g)
- ☐ thyme, dried
1/4 tbsp, ground (1g)
- ☐ garlic powder
1/4 tbsp (2g)
- ☐ dijon mustard
1 tbsp (15g)

Pork Products

- ☐ pork tenderloin, raw
1/2 lbs (227g)
- ☐ bacon
1 slice(s) (10g)

Sweets

- ☐ honey
2 tsp (14g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
16 1/2 oz (473g)
- ☐ boneless skinless chicken breast, raw
22 1/4 oz (624g)

Finfish and Shellfish Products

Other

- ☐ skewer(s)
2 skewer(s) (2g)
- ☐ tzatziki
1/4 cup(s) (56g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ teriyaki sauce
2 tbsp (30mL)
- ☐ mixed greens
1 1/2 cup (45g)

- ☐ canned tuna
2 can (344g)

Nut and Seed Products

- ☐ sunflower kernels
2 1/2 oz (71g)

Baked Products

- ☐ bread
4 slice (128g)
- ☐ hamburger buns
2 bun(s) (102g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)

Beef Products

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

Breakfast Cereals

- ☐ granola
1/2 cup (51g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Boiled eggs

1 egg(s) - 69 cals ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Sunflower seeds

226 cals ● 11g protein ● 18g fat ● 3g carbs ● 3g fiber



For single meal:

sunflower kernels

1 1/4 oz (35g)

For all 2 meals:

sunflower kernels

2 1/2 oz (71g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Nectarine

1 nectarine(s) - 70 cals ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted

1 medium (2-1/2" dia) (142g)

For all 3 meals:

nectarine, pitted

3 medium (2-1/2" dia) (426g)

1. Remove nectarine pit, slice, and serve.

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

For all 3 meals:

salt
3 dash (1g)
eggs
6 large (300g)
kale leaves
1 1/2 cup, chopped (60g)
oil
1 tbsp (15mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Lunch 1 [↗](#)

Eat on day 1, day 2

Olive oil drizzled green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



For single meal:

black pepper
1 1/4 dash (0g)
salt
1 1/4 dash (1g)
frozen green beans
1 2/3 cup (202g)
olive oil
2 1/2 tsp (13mL)

For all 2 meals:

black pepper
1/3 tsp (0g)
salt
1/3 tsp (1g)
frozen green beans
3 1/3 cup (403g)
olive oil
5 tsp (25mL)

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

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.

Lunch 2 [↗](#)

Eat on day 3

Avocado and bacon egg salad sandwich

328 cals ● 18g protein ● 20g fat ● 14g carbs ● 5g fiber



eggs, hard-boiled and chilled

1 1/2 large (75g)

salt

1 dash (1g)

garlic powder

4 dash (2g)

bacon

1 slice(s) (10g)

avocados

1/4 avocado(s) (50g)

bread

1 slice (32g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Cook bacon according to package. Set aside.
3. Combine the eggs, avocado, salt, and garlic in a bowl. Mash with a fork until fully combined.
4. Crumble bacon and add in. Mix.
5. Put egg salad in between bread to form sandwich.
6. Serve.
7. (Note: You can store any leftover egg salad in the fridge for a day or two)

Cottage cheese & fruit cup

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



Makes 2 container

cottage cheese & fruit cup
2 container (340g)

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

Lunch 3 [🔗](#)

Eat on day 4

Sauteed peppers and onions

94 cals ● 2g protein ● 6g fat ● 7g carbs ● 3g fiber



oil
1 tsp (6mL)
onion, sliced
3/8 medium (2-1/2" dia) (41g)
bell pepper, sliced into strips
3/4 large (123g)

1. Heat oil in a skillet over medium heat. Add in pepper and onion and saute until vegetables are soft, about 15-20 minutes.
2. Season with some salt and pepper and serve.

Baked chicken thighs

6 oz - 385 cals ● 38g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 6 oz

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

1. Preheat oven to 400°F (200°C).
 2. Arrange the chicken thighs on a baking sheet or in a baking dish.
 3. Season thighs with thyme and some salt and pepper.
 4. Bake in the preheated oven for 35–45 minutes, or until the internal temperature reaches 165°F (75°C). For extra crispy skin, broil for 2–3 minutes at the end. Serve.
-

Lunch 4 [🔗](#)

Eat on day 5

Strawberry avocado goat cheese panini

244 cals ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



bread

1 slice (32g)

strawberries, hulled and thinly sliced

2 medium (1-1/4" dia) (24g)

avocados, sliced

1/4 avocado(s) (50g)

goat cheese

1/2 oz (14g)

butter

4 dash (2g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

Cottage cheese & fruit cup

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



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

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

Simple kale salad

1 1/2 cup(s) - 83 cals ● 2g protein ● 5g fat ● 7g carbs ● 1g fiber



Makes 1 1/2 cup(s)

salad dressing

1 1/2 tbsp (23mL)

kale leaves

1 1/2 cup, chopped (60g)

1. Toss kale in dressing of your choice and serve.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Simple chicken salad sandwich

1/2 sandwich(es) - 362 cals ● 23g protein ● 14g fat ● 33g carbs ● 3g fiber



For single meal:

mayonnaise

1 tbsp (15mL)

dried cranberries

2 2/3 tbsp (27g)

bread

1 slice (32g)

boneless skinless chicken breast, raw

3 oz (85g)

For all 2 meals:

mayonnaise

2 tbsp (30mL)

dried cranberries

1/3 cup (53g)

bread

2 slice (64g)

boneless skinless chicken breast, raw

6 oz (170g)

1. Place raw chicken into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken.
3. In a bowl combine completely cooked chicken, mayo and cranberries.
4. Keep in refrigerator until ready to serve.
5. Serve in between two slices of bread.

Tomato and avocado salad

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



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
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)

For all 2 meals:

onion
1 tbsp minced (15g)
lime juice
1 tbsp (15mL)
avocados, cubed
1/2 avocado(s) (101g)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
olive oil
1/4 tbsp (4mL)
garlic powder
2 dash (1g)
salt
2 dash (2g)
black pepper
2 dash, ground (1g)

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cherry tomatoes

9 cherry tomatoes - 32 cal ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

String cheese

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



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Protein bar

1 bar - 245 cals ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

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

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Blackberry & granola parfait

172 cals ● 13g protein ● 6g fat ● 13g carbs ● 3g fiber



For single meal:

blackberries, roughly chopped
3 tbsp (27g)
lowfat greek yogurt
6 tbsp (105g)
granola
3 tbsp (17g)

For all 3 meals:

blackberries, roughly chopped
1/2 cup (81g)
lowfat greek yogurt
1 cup (315g)
granola
1/2 cup (51g)

1. Layer the ingredients to your liking, or just mix together.
 2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.
-

Dinner 1 [🔗](#)

Eat on day 1

Pork souvlaki & tzatziki

2 skewer(s) - 307 cals ● 52g protein ● 8g fat ● 6g carbs ● 0g fiber



Makes 2 skewer(s)

skewer(s)

2 skewer(s) (2g)

oil

1/2 gram (1mL)

tzatziki

1/4 cup(s) (56g)

dried dill weed

2 dash (0g)

pork tenderloin, raw, cut into bite-sized cubes

1/2 lbs (227g)

1. Season cubed pork with dill and salt/pepper to taste. Assemble the pork evenly on the skewers.
2. Heat a large skillet over medium-high heat and add the oil. Add the skewers and cook for 3-4 minutes on each side or until done.
3. Serve skewers with tzatziki.

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



Makes 1 1/2 cup(s)

black pepper

3/4 dash (0g)

salt

3/4 dash (0g)

frozen broccoli

1 1/2 cup (137g)

olive oil

1/2 tbsp (8mL)

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

Instant mashed potatoes

103 cals ● 3g protein ● 0g fat ● 20g carbs ● 2g fiber



mashed potato mix

1 oz (28g)

1. Prepare potatoes according to instructions on package.
 2. Also, try different brands if you don't like what you get, some are much better than others.
-

Dinner 2 [↗](#)

Eat on day 2, day 3

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.

Simple kale salad

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



For single meal:

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

For all 2 meals:

salad dressing

1 tbsp (15mL)

kale leaves

1 cup, chopped (40g)

1. Toss kale in dressing of your choice and serve.
-

Dinner 3 [↗](#)

Eat on day 4, day 5

Olive oil drizzled broccoli

1 1/2 cup(s) - 105 cals ● 4g protein ● 7g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
frozen broccoli
1 1/2 cup (137g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

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

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

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Grilled chicken sandwich

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



For single meal:

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

For all 2 meals:

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

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.

Edamame & beet salad

86 cals ● 5g protein ● 4g fat ● 6g carbs ● 3g fiber



For single meal:

balsamic vinaigrette
1/2 tbsp (8mL)
beets, precooked (canned or refrigerated), chopped
1 beets (2" dia, sphere) (50g)
edamame, frozen, shelled
4 tbsp (30g)
mixed greens
1/2 cup (15g)

For all 2 meals:

balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.