

Meal Plan - 1900 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

1911 cals ● 132g protein (28%) ● 48g fat (23%) ● 218g carbs (46%) ● 19g fiber (4%)

Breakfast

385 cals, 21g protein, 35g net carbs, 16g fat



[Simple cinnamon oatmeal with milk](#)
246 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

215 cals, 9g protein, 35g net carbs, 3g fat



[Strawberries](#)
1 1/4 cup(s)- 65 cals



[Kefir](#)
150 cals

Lunch

645 cals, 40g protein, 81g net carbs, 16g fat



[Peanut butter and jelly sandwich](#)
1 sandwich(es)- 382 cals



[Cottage cheese & fruit cup](#)
2 container- 261 cals

Dinner

670 cals, 62g protein, 67g net carbs, 14g fat



[Milk](#)
1 cup(s)- 149 cals



[Bbq chicken stuffed sweet potatoes](#)
1 potato(es)- 520 cals

Day 2

1893 cals ● 147g protein (31%) ● 81g fat (38%) ● 126g carbs (27%) ● 19g fiber (4%)

Breakfast

385 cals, 21g protein, 35g net carbs, 16g fat



[Simple cinnamon oatmeal with milk](#)
246 cals



[Boiled eggs](#)
2 egg(s)- 139 cals

Snacks

215 cals, 9g protein, 35g net carbs, 3g fat



[Strawberries](#)
1 1/4 cup(s)- 65 cals



[Kefir](#)
150 cals

Lunch

695 cals, 63g protein, 33g net carbs, 31g fat



[Ranch chicken](#)
8 oz- 461 cals



[Roasted tomatoes](#)
1 tomato(es)- 60 cals



[Lentils](#)
174 cals

Dinner

600 cals, 53g protein, 23g net carbs, 30g fat



[Sautéed garlic & herb tomatoes](#)
127 cals



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



[Basic chicken breast](#)
8 oz- 317 cals

Day 3

1879 cals ● 122g protein (26%) ● 71g fat (34%) ● 166g carbs (35%) ● 21g fiber (4%)

Breakfast

385 cals, 21g protein, 35g net carbs, 16g fat



Simple cinnamon oatmeal with milk
246 cals



Boiled eggs
2 egg(s)- 139 cals

Snacks

195 cals, 15g protein, 26g net carbs, 2g fat



Grapes
73 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Lunch

710 cals, 44g protein, 64g net carbs, 27g fat



Shrimp-broccoli-rice bowl
392 cals



Cranberry spinach salad
316 cals

Dinner

590 cals, 42g protein, 41g net carbs, 27g fat



Shredded bbq & ranch chicken sandwich
1 sandwich(es)- 456 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 4

1891 cals ● 134g protein (28%) ● 81g fat (39%) ● 136g carbs (29%) ● 20g fiber (4%)

Breakfast

395 cals, 33g protein, 6g net carbs, 26g fat



Simple sauteed spinach
100 cals



High protein scrambled eggs
297 cals

Snacks

195 cals, 15g protein, 26g net carbs, 2g fat



Grapes
73 cals



Cottage cheese & honey
1/2 cup(s)- 125 cals

Lunch

710 cals, 44g protein, 64g net carbs, 27g fat



Shrimp-broccoli-rice bowl
392 cals



Cranberry spinach salad
316 cals

Dinner

590 cals, 42g protein, 41g net carbs, 27g fat



Shredded bbq & ranch chicken sandwich
1 sandwich(es)- 456 cals



Buttered broccoli
1 cup(s)- 134 cals

Day 5

1869 cal ● 162g protein (35%) ● 83g fat (40%) ● 95g carbs (20%) ● 24g fiber (5%)

Breakfast

395 cal, 33g protein, 6g net carbs, 26g fat



Simple sauteed spinach
100 cal



High protein scrambled eggs
297 cal

Snacks

250 cal, 18g protein, 29g net carbs, 5g fat



Breakfast cereal with protein milk
248 cal

Lunch

625 cal, 33g protein, 35g net carbs, 33g fat



Chicken salad sandwich
1 sandwich(es)- 480 cal



Simple salad with tomatoes and carrots
147 cal

Dinner

600 cal, 78g protein, 26g net carbs, 18g fat



Marinated chicken breast
12 oz- 424 cal



Sweet potato wedges
174 cal

Day 6

1877 cal ● 202g protein (43%) ● 57g fat (27%) ● 121g carbs (26%) ● 19g fiber (4%)

Breakfast

350 cal, 23g protein, 39g net carbs, 9g fat



Double chocolate protein shake
69 cal



Sweet potato breakfast pancakes
4 pancake(s)- 281 cal

Snacks

250 cal, 18g protein, 29g net carbs, 5g fat



Breakfast cereal with protein milk
248 cal

Lunch

670 cal, 93g protein, 13g net carbs, 26g fat



Greek yogurt & parmesan chicken
12 oz chicken- 521 cal



Buttered green beans
147 cal

Dinner

615 cal, 68g protein, 40g net carbs, 16g fat



Cooked peppers
1/2 bell pepper(s)- 60 cal



Lemon pepper chicken breast
10 oz- 370 cal



Mashed sweet potatoes
183 cal

Day 7

1877 cal ● 202g protein (43%) ● 57g fat (27%) ● 121g carbs (26%) ● 19g fiber (4%)

Breakfast

350 cal, 23g protein, 39g net carbs, 9g fat



Double chocolate protein shake
69 cal



Sweet potato breakfast pancakes
4 pancake(s)- 281 cal

Snacks

250 cal, 18g protein, 29g net carbs, 5g fat



Breakfast cereal with protein milk
248 cal

Lunch

670 cal, 93g protein, 13g net carbs, 26g fat



Greek yogurt & parmesan chicken
12 oz chicken- 521 cal



Buttered green beans
147 cal

Dinner

615 cal, 68g protein, 40g net carbs, 16g fat



Cooked peppers
1/2 bell pepper(s)- 60 cal



Lemon pepper chicken breast
10 oz- 370 cal



Mashed sweet potatoes
183 cal

Sweets

- sugar
2 1/4 tbsp (29g)
- jelly
2 serving 1 tbsp (42g)
- honey
4 tsp (28g)
- cocoa powder
1 tsp (2g)
- maple syrup
3 tbsp (45mL)

Spices and Herbs

- cinnamon
1 tbsp (8g)
- salt
1/3 oz (9g)
- black pepper
2 1/4 g (2g)
- ground ginger
1 dash (0g)
- lemon pepper
1 1/4 tbsp (9g)

Dairy and Egg Products

- whole milk
4 cup (1006mL)
- eggs
16 medium (712g)
- kefir, flavored
2 cup (480mL)
- butter
1/2 stick (55g)
- low fat cottage cheese (1% milkfat)
1 3/4 cup (396g)
- romano cheese
2 1/2 tsp (5g)
- nonfat greek yogurt, plain
1 1/3 container (221g)
- parmesan cheese
6 tbsp (38g)

Breakfast Cereals

- quick oats
1 cup (90g)
- breakfast cereal
3 serving (90g)

Soups, Sauces, and Gravies

- barbecue sauce
3 1/4 fl oz (116g)

Poultry Products

- boneless skinless chicken breast, raw
6 lbs (2665g)

Baked Products

- bread
4 slice (128g)
- hamburger buns
2 bun(s) (102g)

Legumes and Legume Products

- peanut butter
1 tbsp (16g)
- lentils, raw
4 tbsp (48g)

Other

- cottage cheese & fruit cup
2 container (340g)
- ranch dressing mix
1/4 packet (1 oz) (7g)
- italian seasoning
3/8 container (.75 oz) (8g)
- protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

Fats and Oils

- oil
2 oz (63mL)
- ranch dressing
1 2/3 serving (50mL)
- olive oil
1 3/4 oz (56mL)
- raspberry walnut vinaigrette
1/4 cup (67mL)
- mayonnaise
2 tbsp (31mL)
- salad dressing
1 tbsp (17mL)
- marinade sauce
6 tbsp (91mL)

Fruits and Fruit Juices

- strawberries
2 1/2 cup, whole (360g)
- grapes
2 1/2 cup (230g)
- dried cranberries
1/4 cup (44g)
- lemon juice
1/4 tbsp (4mL)

Vegetables and Vegetable Products

- sweet potatoes
5 sweetpotato, 5" long (1085g)
 - tomatoes
2 2/3 medium whole (2-3/5" dia) (332g)
 - garlic
3 clove(s) (9g)
 - romaine lettuce
5/8 head (387g)
 - frozen broccoli
13 oz (371g)
 - fresh spinach
1 1/3 10oz package (382g)
 - raw celery
1/4 stalk, medium (7-1/2" - 8" long) (10g)
 - carrots
3/8 medium (23g)
 - bell pepper
1 large (164g)
 - frozen green beans
2 cup (242g)
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Beverages

- water
2 cup(s) (474mL)
- protein powder
1 1/2 scoop (1/3 cup ea) (47g)

Finfish and Shellfish Products

- shrimp, raw
2/3 lbs (303g)

Meals, Entrees, and Side Dishes

- flavored rice mix
2/3 pouch (~5.6 oz) (105g)

Nut and Seed Products

- walnuts
1/4 cup, chopped (32g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Simple cinnamon oatmeal with milk

246 cal ● 8g protein ● 7g fat ● 35g carbs ● 4g fiber



For single meal:

sugar
3/4 tbsp (10g)
cinnamon
1/4 tbsp (2g)
whole milk
1/2 cup (135mL)
quick oats
6 tbsp (30g)

For all 3 meals:

sugar
2 1/4 tbsp (29g)
cinnamon
3/4 tbsp (6g)
whole milk
1 2/3 cup (405mL)
quick oats
1 cup (90g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the milk over it and microwave for 90 seconds - 2 minutes.

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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 4, day 5

Simple sauteed spinach

100 cal ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



For single meal:

garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

For all 2 meals:

garlic, diced
1 clove (3g)
black pepper
2 dash, ground (1g)
salt
2 dash (2g)
olive oil
1 tbsp (15mL)
fresh spinach
8 cup(s) (240g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

High protein scrambled eggs

297 cal ● 29g protein ● 18g fat ● 3g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
low fat cottage cheese (1% milkfat)
6 tbsp (85g)
eggs
3 large (150g)

For all 2 meals:

oil
1/2 tbsp (8mL)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)
eggs
6 large (300g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
 2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
 3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Double chocolate protein shake

69 cal ● 14g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

water
1/2 cup(s) (119mL)
cocoa powder
4 dash (1g)
nonfat greek yogurt, plain
1 tbsp (18g)
protein powder, chocolate
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

water
1 cup(s) (237mL)
cocoa powder
1 tsp (2g)
nonfat greek yogurt, plain
2 tbsp (35g)
protein powder, chocolate
1 scoop (1/3 cup ea) (31g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

Sweet potato breakfast pancakes

4 pancake(s) - 281 cal ● 9g protein ● 9g fat ● 38g carbs ● 4g fiber



For single meal:

sweet potatoes
1/2 sweetpotato, 5" long (105g)
eggs
1 extra large (56g)
oil
1/4 tbsp (4mL)
cinnamon
3 dash (1g)
ground ginger
1/2 dash (0g)
salt
1/2 dash (0g)
maple syrup
1 1/2 tbsp (23mL)

For all 2 meals:

sweet potatoes
1 sweetpotato, 5" long (210g)
eggs
2 extra large (112g)
oil
1/2 tbsp (8mL)
cinnamon
1/4 tbsp (2g)
ground ginger
1 dash (0g)
salt
1 dash (0g)
maple syrup
3 tbsp (45mL)

1. Cook the sweet potato in a microwave for 8-10 minutes until soft. Once cool enough to touch, remove sweet potato flesh and place the flesh in a bowl. Discard skins.
 2. Add the eggs and seasonings to the bowl. Mix until combined.
 3. Heat oil in a pan over medium-low heat.
 4. Once hot, add about 3 tbsp of the mixture to the pan. Cook for 3-5 minutes on each side, or until cooked through and golden.
 5. Continue cooking pancakes until batter is gone.
 6. Serve with maple syrup.
 7. To store: wrap any remaining pancakes in plastic and store in the fridge for about 2-3 days. Reheat by stove or microwave.
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Lunch 1 [↗](#)

Eat on day 1

Peanut butter and jelly sandwich

1 sandwich(es) - 382 cal ● 12g protein ● 11g fat ● 55g carbs ● 5g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

peanut butter

1 tbsp (16g)

jelly

2 serving 1 tbsp (42g)

1. Spread the peanut butter on one slice of bread and the jelly on the other.
2. Put the slices of bread together and enjoy.

Cottage cheese & fruit cup

2 container - 261 cal ● 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 2 [↗](#)

Eat on day 2

Ranch chicken

8 oz - 461 cal ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



Makes 8 oz

ranch dressing mix

1/4 packet (1 oz) (7g)

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

ranch dressing

2 tbsp (30mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Roasted tomatoes

1 tomato(es) - 60 cal ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



Makes 1 tomato(es)

tomatoes

1 small whole (2-2/5" dia) (91g)

oil

1 tsp (5mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

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 3 [↗](#)

Eat on day 3, day 4

Shrimp-broccoli-rice bowl

392 cals ● 39g protein ● 6g fat ● 41g carbs ● 5g fiber



For single meal:

black pepper

1 1/3 dash, ground (0g)

salt

1 1/3 dash (1g)

shrimp, raw, peeled and deveined

1/3 lbs (151g)

frozen broccoli

1/3 package (95g)

flavored rice mix

1/3 pouch (~5.6 oz) (53g)

olive oil

1 tsp (5mL)

For all 2 meals:

black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

shrimp, raw, peeled and deveined

2/3 lbs (303g)

frozen broccoli

2/3 package (189g)

flavored rice mix

2/3 pouch (~5.6 oz) (105g)

olive oil

2 tsp (10mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Cranberry spinach salad

316 cal ● 6g protein ● 21g fat ● 23g carbs ● 4g fiber



For single meal:

dried cranberries
2 1/4 tbsp (22g)
walnuts
2 1/4 tbsp, chopped (16g)
fresh spinach
3/8 6oz package (71g)
raspberry walnut vinaigrette
2 1/4 tbsp (33mL)
romano cheese, finely shredded
1 1/4 tsp (3g)

For all 2 meals:

dried cranberries
1/4 cup (44g)
walnuts
1/4 cup, chopped (32g)
fresh spinach
5/6 6oz package (142g)
raspberry walnut vinaigrette
1/4 cup (67mL)
romano cheese, finely shredded
2 1/2 tsp (5g)

1. Mix ingredients in a bowl and serve.
2. For leftovers you can simply mix all the ingredients in advance and store in a tupperware in the fridge and then just serve and dress each time you eat.

Lunch 4 [↗](#)

Eat on day 5

Chicken salad sandwich

1 sandwich(es) - 480 cal ● 28g protein ● 29g fat ● 24g carbs ● 4g fiber



Makes 1 sandwich(es)

oil
1/4 tbsp (4mL)
raw celery, chopped
1/4 stalk, medium (7-1/2" - 8" long)
(10g)
black pepper
1 dash, ground (0g)
lemon juice
1/4 tbsp (4mL)
mayonnaise
2 tbsp (30mL)
bread
2 slice (64g)
boneless skinless chicken breast, raw
1/2 piece (85g)

1. Preheat oven to 450 F (230 C).
2. Brush the chicken with oil on each side and place on baking sheet.
3. Bake for 10-15 mins on each side or until chicken is done.
4. Let chicken cool and then chop into bite-sized pieces.
5. Mix all ingredients besides bread and oil together in a bowl.
6. For each sandwich, spread mixture evenly over a slice of bread and top with another slice.

Simple salad with tomatoes and carrots

147 cal ● 6g protein ● 5g fat ● 11g carbs ● 10g fiber



salad dressing
1 tbsp (17mL)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
carrots, sliced
3/8 medium (23g)
romaine lettuce, roughly chopped
3/4 hearts (375g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Lunch 5 [🔗](#)

Eat on day 6, day 7

Greek yogurt & parmesan chicken

12 oz chicken - 521 cal ● 91g protein ● 14g fat ● 7g carbs ● 0g fiber



For single meal:

italian seasoning
1/4 tbsp (3g)
garlic, minced
3/4 clove(s) (2g)
parmesan cheese
3 tbsp (19g)
nonfat greek yogurt, plain
1/3 cup (93g)
boneless skinless chicken breast, raw
3/4 lbs (336g)

For all 2 meals:

italian seasoning
1/2 tbsp (5g)
garlic, minced
1 1/2 clove(s) (5g)
parmesan cheese
6 tbsp (38g)
nonfat greek yogurt, plain
2/3 cup (186g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)

1. Preheat oven to 375°F (190°C).
2. Place chicken breasts in a baking dish and season them with some salt/pepper.
3. In a bowl, mix the greek yogurt, parmesan, garlic, and italian seasoning together.
4. Pour the yogurt mixture over the chicken.
5. Bake for 35-45 minutes or until chicken is fully cooked.
6. Serve.

Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber



For single meal:

frozen green beans
1 cup (121g)
salt
3/4 dash (0g)
black pepper
3/4 dash (0g)
butter
1 tbsp (14g)

For all 2 meals:

frozen green beans
2 cup (242g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash (0g)
butter
2 tbsp (27g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

Strawberries

1 1/4 cup(s) - 65 cal ● 1g protein ● 1g fat ● 10g carbs ● 4g fiber



For single meal:

strawberries
1 1/4 cup, whole (180g)

For all 2 meals:

strawberries
2 1/2 cup, whole (360g)

1. This recipe has no instructions.
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Kefir

150 cal ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

kefir, flavored
1 cup (240mL)

For all 2 meals:

kefir, flavored
2 cup (480mL)

1. Pour into a glass and drink.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Grapes

73 cal ● 1g protein ● 1g fat ● 12g carbs ● 5g fiber



For single meal:

grapes
1 1/4 cup (115g)

For all 2 meals:

grapes
2 1/2 cup (230g)

1. This recipe has no instructions.
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Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

For all 2 meals:

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

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Breakfast cereal with protein milk

248 cal ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

whole milk
1/2 cup (120mL)
breakfast cereal
1 serving (30g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 3 meals:

whole milk
1 1/2 cup (360mL)
breakfast cereal
3 serving (90g)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

Dinner 1 [↗](#)

Eat on day 1

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



Makes 1 cup(s)

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Bbq chicken stuffed sweet potatoes

1 potato(es) - 520 cal ● 54g protein ● 6g fat ● 55g carbs ● 7g fiber



Makes 1 potato(es)

sweet potatoes, halved

1 sweetpotato, 5" long (210g)

barbecue sauce

2 2/3 tbsp (48g)

boneless skinless chicken breast, raw

1/2 lbs (224g)

1. Place raw chicken breasts 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. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Dinner 2 [↗](#)

Eat on day 2

Sauteed garlic & herb tomatoes

127 cal ● 1g protein ● 10g fat ● 5g carbs ● 2g fiber



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.

Sweet potato medallions

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



Makes 1/2 sweet potato

sweet potatoes, sliced

1/2 sweet potato, 5" long (105g)

oil

1/2 tbsp (8mL)

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.

Basic chicken breast

8 oz - 317 cal ● 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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Dinner 3 [↗](#)

Eat on day 3, day 4

Shredded bbq & ranch chicken sandwich

1 sandwich(es) - 456 cal ● 39g protein ● 16g fat ● 39g carbs ● 1g fiber



For single meal:

barbecue sauce

2 tbsp (34g)

ranch dressing

2 tsp (10mL)

romaine lettuce

1 leaf inner (6g)

hamburger buns

1 bun(s) (51g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

6 oz (170g)

For all 2 meals:

barbecue sauce

4 tbsp (68g)

ranch dressing

4 tsp (20mL)

romaine lettuce

2 leaf inner (12g)

hamburger buns

2 bun(s) (102g)

olive oil

2 tsp (10mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

1. Place raw chicken breasts 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. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

Buttered broccoli

1 cup(s) - 134 cal ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

frozen broccoli

1 cup (91g)

butter

1 tbsp (14g)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

frozen broccoli

2 cup (182g)

butter

2 tbsp (28g)

1. Prepare broccoli according to instructions on package.
 2. Mix in butter until melted and season with salt and pepper to taste.
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Dinner 4 [↗](#)

Eat on day 5

Marinated chicken breast

12 oz - 424 cal ● 76g protein ● 13g fat ● 2g carbs ● 0g fiber



Makes 12 oz

boneless skinless chicken breast, raw

3/4 lbs (336g)

marinade sauce

6 tbsp (90mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. **BAKE**
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. **BROIL/GRILL**
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Sweet potato wedges

174 cal ● 2g protein ● 6g fat ● 24g carbs ● 4g fiber



oil
1/2 tbsp (8mL)
sweet potatoes, cut into wedges
2/3 sweetpotato, 5" long (140g)
salt
1/3 tsp (2g)
black pepper
1 1/3 dash, ground (0g)

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.

Dinner 5 [↗](#)

Eat on day 6, day 7

Cooked peppers

1/2 bell pepper(s) - 60 cals ● 1g protein ● 5g fat ● 2g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
bell pepper, seeded & cut into strips
1/2 large (82g)

For all 2 meals:

oil
2 tsp (10mL)
bell pepper, seeded & cut into strips
1 large (164g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

Lemon pepper chicken breast

10 oz - 370 cals ● 64g protein ● 12g fat ● 2g carbs ● 1g fiber



For single meal:

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

For all 2 meals:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

1. First, rub the chicken with olive oil and lemon pepper. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP**
3. Heat the rest of olive oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes.
4. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
5. **BAKED**
6. Preheat oven to 400 degrees Fahrenheit.
7. Place chicken on broiler pan (recommended) or baking sheet.
8. Bake for 10 minutes, flip and bake 15 more minutes (or until internal temperature reaches 165 degrees Fahrenheit).
9. **BROILED/GRILLED**
10. Setup oven so top rack is 3-4 inches from heating element.
11. Set oven to broil and preheat on high.
12. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.

Mashed sweet potatoes

183 cal ● 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.
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