

Meal Plan - 2100 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

2102 cals ● 155g protein (29%) ● 100g fat (43%) ● 118g carbs (22%) ● 27g fiber (5%)

Breakfast

330 cals, 22g protein, 26g net carbs, 13g fat



[High protein scrambled eggs](#)
198 cals



[Peach](#)
2 peach(es)- 132 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



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



[Roasted chickpeas](#)
1/4 cup- 138 cals

Lunch

765 cals, 60g protein, 40g net carbs, 36g fat



[Coriander and cumin rubbed pork chops](#)
1 chop(s)- 428 cals



[Buttered sugar snap peas](#)
107 cals



[Lentils](#)
231 cals

Dinner

745 cals, 54g protein, 25g net carbs, 44g fat



[Carrot fries](#)
184 cals



[Honey mustard chicken thighs w/ skin](#)
8 oz- 558 cals

Day 2

2052 cals ● 172g protein (33%) ● 81g fat (36%) ● 132g carbs (26%) ● 27g fiber (5%)

Breakfast

330 cals, 22g protein, 26g net carbs, 13g fat



[High protein scrambled eggs](#)
198 cals



[Peach](#)
2 peach(es)- 132 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



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



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1/4 cup- 138 cals

Lunch

765 cals, 60g protein, 40g net carbs, 36g fat



[Coriander and cumin rubbed pork chops](#)
1 chop(s)- 428 cals



[Buttered sugar snap peas](#)
107 cals



[Lentils](#)
231 cals

Dinner

690 cals, 71g protein, 39g net carbs, 25g fat



[Roasted rosemary sweet potatoes](#)
315 cals



[Marinated chicken breast](#)
10 2/3 oz- 377 cals

Day 3

2075 cals ● 142g protein (27%) ● 63g fat (27%) ● 197g carbs (38%) ● 38g fiber (7%)

Breakfast

350 cals, 15g protein, 36g net carbs, 15g fat



Breakfast cereal
241 cals



Chili and cheese omelet
108 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



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



Roasted chickpeas
1/4 cup- 138 cals

Lunch

735 cals, 31g protein, 81g net carbs, 24g fat



Peach
2 peach(es)- 132 cals



Moroccan chickpea wrap
1 wrap(s)- 469 cals



Simple mixed greens salad
136 cals

Dinner

725 cals, 77g protein, 54g net carbs, 18g fat



Southwest chicken
8 oz- 362 cals



Lentils
289 cals



Milk
1/2 cup(s)- 75 cals

Day 4

2131 cals ● 139g protein (26%) ● 74g fat (31%) ● 191g carbs (36%) ● 37g fiber (7%)

Breakfast

350 cals, 15g protein, 36g net carbs, 15g fat



Breakfast cereal
241 cals



Chili and cheese omelet
108 cals

Snacks

320 cals, 17g protein, 20g net carbs, 18g fat



Easy quesadilla snack
1 quesadilla(s)- 205 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals



String cheese
1 stick(s)- 83 cals

Lunch

735 cals, 31g protein, 81g net carbs, 24g fat



Peach
2 peach(es)- 132 cals



Moroccan chickpea wrap
1 wrap(s)- 469 cals



Simple mixed greens salad
136 cals

Dinner

725 cals, 77g protein, 54g net carbs, 18g fat



Southwest chicken
8 oz- 362 cals



Lentils
289 cals



Milk
1/2 cup(s)- 75 cals

Day 5

2117 cals ● 138g protein (26%) ● 127g fat (54%) ● 70g carbs (13%) ● 35g fiber (7%)

Breakfast

340 cals, 14g protein, 4g net carbs, 26g fat



Turkey fiesta omelet
163 cals



Avocado
176 cals

Snacks

320 cals, 17g protein, 20g net carbs, 18g fat



Easy quesadilla snack
1 quesadilla(s)- 205 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals



String cheese
1 stick(s)- 83 cals

Lunch

665 cals, 45g protein, 6g net carbs, 46g fat



Garlic collard greens
199 cals



Buffalo drumsticks
8 oz- 467 cals

Dinner

790 cals, 62g protein, 39g net carbs, 37g fat



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



Salmon & chickpea salad
668 cals

Day 6

2088 cals ● 142g protein (27%) ● 129g fat (56%) ● 57g carbs (11%) ● 33g fiber (6%)

Breakfast

340 cals, 14g protein, 4g net carbs, 26g fat



Turkey fiesta omelet
163 cals



Avocado
176 cals

Snacks

290 cals, 21g protein, 7g net carbs, 20g fat



Cheesy ham roll ups
2 roll up(s)- 216 cals



Milk
1/2 cup(s)- 75 cals

Lunch

665 cals, 45g protein, 6g net carbs, 46g fat



Garlic collard greens
199 cals



Buffalo drumsticks
8 oz- 467 cals

Dinner

790 cals, 62g protein, 39g net carbs, 37g fat



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



Salmon & chickpea salad
668 cals

Day 7

2105 cals ● 131g protein (25%) ● 91g fat (39%) ● 162g carbs (31%) ● 28g fiber (5%)

Breakfast

340 cals, 14g protein, 4g net carbs, 26g fat



Turkey fiesta omelet
163 cals



Avocado
176 cals

Snacks

290 cals, 21g protein, 7g net carbs, 20g fat



Cheesy ham roll ups
2 roll up(s)- 216 cals



Milk
1/2 cup(s)- 75 cals

Lunch

725 cals, 37g protein, 82g net carbs, 24g fat



Tomato and avocado salad
176 cals



Chinese chicken-fried rice
318 cals



Fruit juice
2 cup(s)- 229 cals

Dinner

750 cals, 59g protein, 68g net carbs, 21g fat



Honey mustard chicken salad
554 cals



Peach
3 peach(es)- 198 cals



Fats and Oils

- ☐ oil
2 oz (63mL)
- ☐ olive oil
2 oz (63mL)
- ☐ marinade sauce
1/3 cup (79mL)
- ☐ salad dressing
6 tbsp (90mL)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
3 cup (678g)
- ☐ eggs
9 1/3 large (467g)
- ☐ butter
2 tbsp (25g)
- ☐ cheese
5 oz (140g)
- ☐ whole milk
3 1/4 cup (780mL)
- ☐ cheddar cheese
1/2 cup, shredded (64g)
- ☐ nonfat greek yogurt, plain
2/3 cup (186g)
- ☐ string cheese
2 stick (56g)

Fruits and Fruit Juices

- ☐ peach
11 medium (2-2/3" dia) (1650g)
- ☐ avocados
2 1/2 avocado(s) (528g)
- ☐ lemon juice
3/4 fl oz (23mL)
- ☐ lime juice
3/4 tbsp (11mL)
- ☐ fruit juice
16 fl oz (480mL)

Sweets

- ☐ honey
4 oz (114g)

Other

- ☐ Roasted chickpeas
3/4 cup (85g)

Spices and Herbs

- ☐ rosemary, dried
2 1/2 g (2g)
- ☐ salt
1/2 oz (15g)
- ☐ brown deli mustard
3/4 tbsp (11g)
- ☐ thyme, dried
4 dash, ground (1g)
- ☐ black pepper
3 g (3g)
- ☐ ground coriander
1/4 oz (6g)
- ☐ ground cumin
1/3 oz (9g)
- ☐ taco seasoning mix
1 tbsp (9g)
- ☐ chili powder
4 dash (1g)
- ☐ ground ginger
2 dash (1g)
- ☐ cinnamon
2 dash (1g)
- ☐ dijon mustard
1 1/4 oz (35g)
- ☐ garlic powder
1 1/2 dash (1g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
1/2 lbs (227g)
- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1087g)

Pork Products

- ☐ pork loin chops, boneless, raw
2 chop (370g)

Beverages

- ☐ water
6 cup(s) (1422mL)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (288g)
- ☐ chickpeas, canned
1 1/2 can (672g)

- ☐ mixed greens
12 cup (360g)
- ☐ Chicken, drumsticks, with skin
1 lbs (454g)

Vegetables and Vegetable Products

- ☐ carrots
1/2 lbs (227g)
- ☐ garlic
6 3/4 clove(s) (20g)
- ☐ frozen sugar snap peas
1 1/3 cup (192g)
- ☐ sweet potatoes
1 sweetpotato, 5" long (210g)
- ☐ bell pepper
2 large (312g)
- ☐ fresh parsley
10 sprigs (10g)
- ☐ onion
3/8 medium (2-1/2" dia) (47g)
- ☐ tomatoes
3 1/4 medium whole (2-3/5" dia) (397g)
- ☐ collard greens
1 1/4 lbs (567g)
- ☐ sun-dried tomatoes
4 piece(s) (40g)

- ☐ hummus
3 tbsp (45g)
- ☐ soy sauce
1/2 tbsp (8mL)

Breakfast Cereals

- ☐ breakfast cereal
2 1/2 serving (75g)

Baked Products

- ☐ flour tortillas
3 1/4 tortilla (approx 7-8" dia) (158g)

Soups, Sauces, and Gravies

- ☐ salsa
3 tbsp (54g)
- ☐ Frank's Red Hot sauce
2 3/4 tbsp (41mL)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
3 slice (45g)
- ☐ ham cold cuts
4 slice (92g)

Finfish and Shellfish Products

- ☐ salmon
3/4 lbs (340g)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 3/4 tbsp (31g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
eggs
4 large (200g)

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.

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

peach
2 medium (2-2/3" dia) (300g)

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Breakfast cereal

241 cal ● 8g protein ● 6g fat ● 35g carbs ● 3g fiber



For single meal:

breakfast cereal
1 1/4 serving (38g)
whole milk
10 tbsp (150mL)

For all 2 meals:

breakfast cereal
2 1/2 serving (75g)
whole milk
1 1/4 cup (300mL)

1. 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 most breakfast cereals are going to have a very similar macronutrient breakdown.

Chili and cheese omelet

108 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

chili powder
2 dash (1g)
ground coriander
2 dash (0g)
eggs, beaten
1 large (50g)
olive oil
1/2 tsp (3mL)
cheddar cheese
1/2 tbsp, shredded (4g)

For all 2 meals:

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)

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 3 [↗](#)

Eat on day 5, day 6, day 7

Turkey fiesta omelet

163 cals ● 12g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)
butter
4 dash (2g)
cheese
2 tbsp, shredded (14g)
salsa
1 tbsp (18g)
turkey cold cuts, chopped
1 slice (15g)

For all 3 meals:

eggs
3 large (150g)
butter
1/2 tbsp (7g)
cheese
6 tbsp, shredded (42g)
salsa
3 tbsp (54g)
turkey cold cuts, chopped
3 slice (45g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat butter in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. When top surface of eggs is thickened and no visible liquid egg remains, place fillings on one side of the omelet.
7. Fold omelet in half and slide onto a plate.

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Coriander and cumin rubbed pork chops

1 chop(s) - 428 cal ● 41g protein ● 28g fat ● 3g carbs ● 2g fiber



For single meal:

black pepper

1 dash (0g)

pork loin chops, boneless, raw

1 chop (185g)

olive oil, divided

1 tbsp (15mL)

ground coriander

1/2 tbsp (3g)

ground cumin

1/2 tbsp (3g)

salt

2 dash (2g)

garlic, minced

1 1/2 clove(s) (5g)

For all 2 meals:

black pepper

2 dash (0g)

pork loin chops, boneless, raw

2 chop (370g)

olive oil, divided

2 tbsp (30mL)

ground coriander

1 tbsp (5g)

ground cumin

1 tbsp (6g)

salt

4 dash (3g)

garlic, minced

3 clove(s) (9g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



For single meal:

black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

butter

2 tsp (9g)

frozen sugar snap peas

2/3 cup (96g)

For all 2 meals:

black pepper

1 dash (0g)

salt

1 dash (0g)

butter

4 tsp (18g)

frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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 2 [🔗](#)

Eat on day 3, day 4

Peach

2 peach(es) - 132 cals ● 3g protein ● 1g fat ● 24g carbs ● 5g fiber



For single meal:

peach
2 medium (2-2/3" dia) (300g)

For all 2 meals:

peach
4 medium (2-2/3" dia) (600g)

1. This recipe has no instructions.

Moroccan chickpea wrap

1 wrap(s) - 469 cals ● 25g protein ● 14g fat ● 49g carbs ● 13g fiber



For single meal:

oil
1 tsp (5mL)
ground ginger
1 dash (0g)
cinnamon
1 dash (0g)
fresh parsley
5 sprigs (5g)
ground cumin
4 dash (1g)
nonfat greek yogurt, plain
1/3 cup (93g)
onion, sliced
1/8 small (9g)
bell pepper, deseeded, sliced
1/2 small (37g)
chickpeas, canned, drained
1/2 can (224g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)

For all 2 meals:

oil
2 tsp (10mL)
ground ginger
2 dash (1g)
cinnamon
2 dash (1g)
fresh parsley
10 sprigs (10g)
ground cumin
1 tsp (2g)
nonfat greek yogurt, plain
2/3 cup (186g)
onion, sliced
1/4 small (18g)
bell pepper, deseeded, sliced
1 small (74g)
chickpeas, canned, drained
1 can (448g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)

1. Preheat oven to 350F (180C) and line a baking sheet with parchment paper.
2. Toss chickpeas with oil, spread evenly on the baking sheet and roast for 15 minutes.
3. Add sliced onions and pepper to the baking sheet and continue roasting for 15 more minutes.
4. Once slightly cooled, sprinkle with cumin, ginger, cinnamon, and salt/pepper to taste.
5. Assemble wrap by spreading the greek yogurt on the tortilla and adding the chickpeas, pepper, onion, and parsley. Serve.

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

For all 2 meals:

mixed greens
6 cup (180g)
salad dressing
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.
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Lunch 3 [↗](#)

Eat on day 5, day 6

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens

10 oz (284g)

oil

2 tsp (9mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/4 dash (1g)

For all 2 meals:

collard greens

1 1/4 lbs (567g)

oil

1 1/4 tbsp (19mL)

garlic, minced

3 3/4 clove(s) (11g)

salt

1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Buffalo drumsticks

8 oz - 467 cals ● 36g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

4 tsp (20mL)

oil

1/4 tbsp (4mL)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

Chicken, drumsticks, with skin

1/2 lbs (227g)

For all 2 meals:

Frank's Red Hot sauce

2 2/3 tbsp (40mL)

oil

1/2 tbsp (8mL)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

Chicken, drumsticks, with skin

1 lbs (454g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Lunch 4 [↗](#)

Eat on day 7

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



onion

3/4 tbsp minced (11g)

lime juice

3/4 tbsp (11mL)

avocados, cubed

3/8 avocado(s) (75g)

tomatoes, diced

3/8 medium whole (2-3/5" dia) (46g)

olive oil

1/2 tsp (3mL)

garlic powder

1 1/2 dash (1g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 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.

Chinese chicken-fried rice

318 cals ● 31g protein ● 9g fat ● 26g carbs ● 1g fiber



**boneless skinless chicken breast,
raw, chopped**

4 oz (113g)

long-grain white rice

2 2/3 tbsp (31g)

eggs

1/3 large (17g)

oil

1 tsp (5mL)

onion, chopped

1/6 medium (2-1/2" dia) (18g)

soy sauce

1/2 tbsp (8mL)

black pepper

1 1/3 dash, ground (0g)

1. Cook rice according to package instructions. Set aside.
2. Heat half of the oil in a large skillet over medium heat. Add the onions and saute for about 10 minutes until soft.
3. Add in the chopped chicken to the skillet and continue cooking until chicken is fully cooked and no longer pink inside. Transfer chicken and onion mixture to a plate and set aside.
4. Wipe out the skillet and heat up the remaining half of the oil. Scramble the egg in a small bowl and then pour it in the skillet. Once the egg starts to solidify, stir to break it up into small pieces.
5. Add in the chicken and onions, rice, black pepper, soy sauce, and some salt to taste. Stir until well-incorporated and heated through. Serve.
6. Meal prep note: leftover, refrigerated, cooked rice works great in fried rice. If you can, try meal prepping the rice ahead of time.

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber

Makes 2 cup(s)

fruit juice

16 fl oz (480mL)



1. This recipe has no instructions.

Snacks 1 [🔗](#)

Eat on day 1, day 2, day 3

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 3 meals:

honey
2 tbsp (42g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

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

Roasted chickpeas

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



For single meal:

Roasted chickpeas
4 tbsp (28g)

For all 3 meals:

Roasted chickpeas
3/4 cup (85g)

1. This recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 4, day 5

Easy quesadilla snack

1 quesadilla(s) - 205 cal ● 9g protein ● 12g fat ● 15g carbs ● 1g fiber



For single meal:

cheddar cheese
4 tbsp, shredded (28g)
flour tortillas
1 tortilla medium (approx 6" dia)
(30g)

For all 2 meals:

cheddar cheese
1/2 cup, shredded (57g)
flour tortillas
2 tortilla medium (approx 6" dia)
(60g)

1. Sprinkle cheese over one half of the tortilla.
2. Fold tortilla in half and microwave for 30-45 seconds. Cut into triangles and serve.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 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

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

string cheese
1 stick (28g)

For all 2 meals:

string cheese
2 stick (56g)

- 1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Cheesy ham roll ups

2 roll up(s) - 216 cals ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:

ham cold cuts

2 slice (46g)

cheese

6 tbsp, shredded (42g)

For all 2 meals:

ham cold cuts

4 slice (92g)

cheese

3/4 cup, shredded (84g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk

1/2 cup (120mL)

For all 2 meals:

whole milk

1 cup (240mL)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Carrot fries

184 cals ● 2g protein ● 10g fat ● 16g carbs ● 7g fiber



carrots, peeled
1/2 lbs (227g)
olive oil
2 tsp (10mL)
rosemary, dried
1/4 tbsp (1g)
salt
1 1/3 dash (1g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Honey mustard chicken thighs w/ skin

8 oz - 558 cals ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



Makes 8 oz
brown deli mustard
3/4 tbsp (11g)
honey
1/2 tbsp (11g)
thyme, dried
4 dash, ground (1g)
salt
1 dash (1g)
chicken thighs, with bone and skin, raw
1/2 lbs (227g)

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.
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Dinner 2 [↗](#)

Eat on day 2

Roasted rosemary sweet potatoes

315 cals ● 3g protein ● 14g fat ● 37g carbs ● 7g fiber



sweet potatoes, cut into 1" cubes

1 sweetpotato, 5" long (210g)

rosemary, dried

1/2 tbsp (2g)

olive oil

1 tbsp (15mL)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Marinated chicken breast

10 2/3 oz - 377 cals ● 67g protein ● 11g fat ● 2g carbs ● 0g fiber



Makes 10 2/3 oz

boneless skinless chicken breast, raw

2/3 lbs (299g)

marinade sauce

1/3 cup (80mL)

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.

Dinner 3 [↗](#)

Eat on day 3, day 4

Southwest chicken

8 oz - 362 cals ● 53g protein ● 13g fat ● 6g carbs ● 3g fiber



For single meal:

oil
1 tsp (5mL)
cheese
1 tbsp, shredded (7g)
taco seasoning mix
1/2 tbsp (4g)
boneless skinless chicken breast, raw
1/2 lbs (224g)
bell pepper, cut into strips
1 medium (119g)

For all 2 meals:

oil
2 tsp (10mL)
cheese
2 tbsp, shredded (14g)
taco seasoning mix
1 tbsp (9g)
boneless skinless chicken breast, raw
1 lbs (448g)
bell pepper, cut into strips
2 medium (238g)

1. Rub taco seasoning evenly over all sides of chicken.
2. Heat oil in a skillet over medium heat.
3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
5. Plate peppers and chicken and sprinkle cheese on top.
6. Serve.

Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

salt
1 dash (1g)
water
1 2/3 cup(s) (395mL)
lentils, raw, rinsed
6 2/3 tbsp (80g)

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 5, day 6

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.

Salmon & chickpea salad

668 cal ● 48g protein ● 36g fat ● 24g carbs ● 14g fiber



For single meal:

oil
1/8 tsp (1mL)
ground cumin
2 dash (1g)
salmon
6 oz (170g)
lemon juice
1/2 tbsp (8mL)
dijon mustard
1 tsp (5g)
hummus
1 1/2 tbsp (23g)
sun-dried tomatoes, thinly sliced
2 piece(s) (20g)
avocados, chopped
1/4 avocado(s) (50g)
mixed greens
2 cup (60g)
chickpeas, canned, rinsed and drained
1/4 can (112g)

For all 2 meals:

oil
1/4 tsp (1mL)
ground cumin
4 dash (1g)
salmon
3/4 lbs (340g)
lemon juice
1 tbsp (15mL)
dijon mustard
2 tsp (10g)
hummus
3 tbsp (45g)
sun-dried tomatoes, thinly sliced
4 piece(s) (40g)
avocados, chopped
1/2 avocado(s) (101g)
mixed greens
4 cup (120g)
chickpeas, canned, rinsed and drained
1/2 can (224g)

1. Preheat oven to 350°F (180°C).
 2. Add chickpeas to a sheet pan and mix them together with the oil, cumin, and some salt until evenly coated.
 3. Move the chickpeas away from the center of the sheet and place the salmon skin side down in the middle. Season salmon with some salt and pepper and bake 14-16 minutes until salmon is fully cooked and chickpeas are golden.
 4. Meanwhile, in a small bowl, mix the hummus, mustard, lemon juice, and some salt and pepper to make the dressing. If needed, stir in a splash of water to thin out the consistency of the dressing.
 5. When salmon is done and cool enough to handle, cut it into chunks.
 6. Serve greens with sun dried tomatoes, avocado, chickpeas, salmon and dressing.
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Dinner 5 [🔗](#)

Eat on day 7

Honey mustard chicken salad

554 cals ● 55g protein ● 20g fat ● 32g carbs ● 6g fiber



avocados, chopped

1/4 avocado(s) (50g)

tomatoes, sliced

4 tbsp, sliced (45g)

mixed greens

2 cup (60g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

oil

1 tsp (6mL)

honey

5 tsp (34g)

dijon mustard

5 tsp (25g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



Makes 3 peach(es)

peach

3 medium (2-2/3" dia) (450g)

1. This recipe has no instructions.