

Meal Plan - 2200 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
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Day 1

2181 cals ● 158g protein (29%) ● 133g fat (55%) ● 62g carbs (11%) ● 26g fiber (5%)

Breakfast

405 cals, 21g protein, 16g net carbs, 26g fat



[Simple sauteed spinach](#)
100 cals



[Herb & onion frittata](#)
306 cals

Snacks

260 cals, 10g protein, 11g net carbs, 18g fat



[Pistachios](#)
188 cals



[Milk](#)
1/2 cup(s)- 75 cals

Lunch

720 cals, 42g protein, 16g net carbs, 49g fat



[Avocado, apple, chicken salad](#)
412 cals



[Roasted peanuts](#)
1/3 cup(s)- 307 cals

Dinner

795 cals, 85g protein, 18g net carbs, 40g fat



[Chicken beet & carrot salad bowl](#)
674 cals



[Sunflower seeds](#)
120 cals

Day 2

2255 cals ● 152g protein (27%) ● 131g fat (52%) ● 88g carbs (16%) ● 31g fiber (5%)

Breakfast

405 cals, 21g protein, 16g net carbs, 26g fat



[Simple sauteed spinach](#)
100 cals



[Herb & onion frittata](#)
306 cals

Snacks

260 cals, 10g protein, 11g net carbs, 18g fat



[Pistachios](#)
188 cals



[Milk](#)
1/2 cup(s)- 75 cals

Lunch

810 cals, 38g protein, 47g net carbs, 48g fat



[Baked fries](#)
290 cals



[Steak with shallot sauce](#)
5 1/3 oz steak- 403 cals



[Roasted tomatoes](#)
2 tomato(es)- 119 cals

Dinner

775 cals, 82g protein, 13g net carbs, 39g fat



[Tomato and avocado salad](#)
176 cals



[Baked chicken with tomatoes & olives](#)
12 oz- 599 cals

Day 3

2185 cals ● 170g protein (31%) ● 97g fat (40%) ● 130g carbs (24%) ● 28g fiber (5%)

Breakfast

340 cals, 30g protein, 21g net carbs, 13g fat



Paleo beef & egg bowl

236 cals



Apple

1 apple(s)- 105 cals

Snacks

260 cals, 10g protein, 11g net carbs, 18g fat



Pistachios

188 cals



Milk

1/2 cup(s)- 75 cals

Lunch

810 cals, 38g protein, 47g net carbs, 48g fat



Baked fries

290 cals



Steak with shallot sauce

5 1/3 oz steak- 403 cals



Roasted tomatoes

2 tomato(es)- 119 cals

Dinner

770 cals, 91g protein, 51g net carbs, 18g fat



Basic chicken breast

10 2/3 oz- 423 cals



Lentils

347 cals

Day 4

2224 cals ● 176g protein (32%) ● 112g fat (45%) ● 93g carbs (17%) ● 35g fiber (6%)

Breakfast

340 cals, 30g protein, 21g net carbs, 13g fat



Paleo beef & egg bowl

236 cals



Apple

1 apple(s)- 105 cals

Snacks

255 cals, 4g protein, 14g net carbs, 15g fat



Avocado

176 cals



Carrot sticks

3 carrot(s)- 81 cals

Lunch

855 cals, 51g protein, 7g net carbs, 66g fat



Tomato and avocado salad

235 cals



Buffalo drumsticks

10 2/3 oz- 622 cals

Dinner

770 cals, 91g protein, 51g net carbs, 18g fat



Basic chicken breast

10 2/3 oz- 423 cals



Lentils

347 cals

Day 5

2224 cal ● 202g protein (36%) ● 124g fat (50%) ● 48g carbs (9%) ● 27g fiber (5%)

Breakfast

340 cal, 30g protein, 21g net carbs, 13g fat



Paleo beef & egg bowl
236 cal



Apple
1 apple(s)- 105 cal

Snacks

255 cal, 4g protein, 14g net carbs, 15g fat



Avocado
176 cal



Carrot sticks
3 carrot(s)- 81 cal

Lunch

855 cal, 51g protein, 7g net carbs, 66g fat



Tomato and avocado salad
235 cal



Buffalo drumsticks
10 2/3 oz- 622 cal

Dinner

770 cal, 116g protein, 5g net carbs, 30g fat



Marinated chicken breast
18 oz- 636 cal



Buttered broccoli
1 cup(s)- 134 cal

Day 6

2237 cal ● 185g protein (33%) ● 116g fat (47%) ● 82g carbs (15%) ● 30g fiber (5%)

Breakfast

365 cal, 16g protein, 19g net carbs, 21g fat



Simple sauteed spinach
100 cal



Carrot sticks
1 carrot(s)- 27 cal



Avocado toast with egg
1 slice(s)- 238 cal

Snacks

330 cal, 19g protein, 26g net carbs, 16g fat



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



Banana
1 banana(s)- 117 cal

Lunch

770 cal, 35g protein, 32g net carbs, 49g fat



Turkey, avocado, goat cheese sandwich
1 sandwich(es)- 483 cal



Roasted peanuts
1/3 cup(s)- 288 cal

Dinner

770 cal, 116g protein, 5g net carbs, 30g fat



Marinated chicken breast
18 oz- 636 cal



Buttered broccoli
1 cup(s)- 134 cal

Day 7

2194 cals ● 150g protein (27%) ● 117g fat (48%) ● 104g carbs (19%) ● 32g fiber (6%)

Breakfast

365 cals, 16g protein, 19g net carbs, 21g fat



[Simple sauteed spinach](#)
100 cals



[Carrot sticks](#)
1 carrot(s)- 27 cals



[Avocado toast with egg](#)
1 slice(s)- 238 cals

Snacks

330 cals, 19g protein, 26g net carbs, 16g fat



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



[Banana](#)
1 banana(s)- 117 cals

Lunch

770 cals, 35g protein, 32g net carbs, 49g fat



[Turkey, avocado, goat cheese sandwich](#)
1 sandwich(es)- 483 cals



[Roasted peanuts](#)
1/3 cup(s)- 288 cals

Dinner

725 cals, 81g protein, 26g net carbs, 31g fat



[Milk](#)
1 1/4 cup(s)- 186 cals



[Chicken shawarma bowl](#)
10 oz chicken- 541 cals

Vegetables and Vegetable Products

- ☐ garlic
2 clove (6g)
- ☐ fresh spinach
17 cup(s) (510g)
- ☐ onion
3 1/2 medium (2-1/2" dia) (385g)
- ☐ carrots
8 3/4 medium (534g)
- ☐ beets, precooked (canned or refrigerated)
6 oz (170g)
- ☐ raw celery
1 1/2 tbsp chopped (9g)
- ☐ potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)
- ☐ shallots
2/3 shallot (76g)
- ☐ tomatoes
6 3/4 medium whole (2-3/5" dia) (830g)
- ☐ frozen broccoli
2 cup (182g)

Spices and Herbs

- ☐ black pepper
4 1/2 g (4g)
- ☐ salt
1/2 oz (15g)
- ☐ thyme, dried
1/2 tbsp, leaves (1g)
- ☐ garlic powder
2 tsp (7g)
- ☐ chili powder
2 tsp (5g)
- ☐ fresh basil
12 leaves (6g)
- ☐ ground cumin
1 1/4 tsp (3g)

Fats and Oils

- ☐ olive oil
2 1/4 oz (72mL)
- ☐ oil
1/4 lbs (109mL)
- ☐ marinade sauce
1 cup (271mL)

Dairy and Egg Products

Beverages

- ☐ water
4 1/2 cup(s) (1067mL)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)
- ☐ sunflower kernels
2/3 oz (19g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 lbs (2689g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
3/4 tsp (0mL)
- ☐ vegetable broth
1/4 cup(s) (mL)
- ☐ Frank's Red Hot sauce
1/4 cup (53mL)

Fruits and Fruit Juices

- ☐ avocados
4 1/4 avocado(s) (854g)
- ☐ apples
3 1/2 medium (3" dia) (614g)
- ☐ lime juice
1 1/2 fl oz (45mL)
- ☐ green olives
12 large (53g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ banana
2 medium (7" to 7-7/8" long) (236g)

Legumes and Legume Products

- ☐ roasted peanuts
1 cup (140g)
- ☐ lentils, raw
1 cup (192g)
- ☐ hummus
2 1/2 tbsp (38g)

Beef Products

- ☐ cheese
1 cup, shredded (112g)
- ☐ eggs
9 large (450g)
- ☐ whole milk
2 3/4 cup (660mL)
- ☐ butter
2 2/3 tbsp (38g)
- ☐ goat cheese
4 tbsp (56g)
- ☐ feta cheese
2 1/2 tbsp (24g)

- ☐ sirloin steak, raw
2/3 lbs (303g)
- ☐ ground beef (93% lean)
3/4 lbs (341g)

Other

- ☐ Chicken, drumsticks, with skin
1 1/3 lbs (605g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
4 slice (92g)
- ☐ turkey cold cuts
6 slice (90g)

Baked Products

- ☐ bread
6 slice (192g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Simple sauteed spinach

100 cals ● 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.

Herb & onion frittata

306 cals ● 18g protein ● 19g fat ● 14g carbs ● 3g fiber



For single meal:

onion
1 cup, chopped (160g)
thyme, dried
4 dash, leaves (1g)
cheese
2 tbsp, shredded (14g)
black pepper
1 dash (0g)
salt
1 dash (0g)
eggs
2 large (100g)
olive oil
1 tsp (5mL)
water
1/4 cup(s) (59mL)

For all 2 meals:

onion
2 cup, chopped (320g)
thyme, dried
1 tsp, leaves (1g)
cheese
4 tbsp, shredded (28g)
black pepper
2 dash (0g)
salt
2 dash (1g)
eggs
4 large (200g)
olive oil
2 tsp (10mL)
water
1/2 cup(s) (119mL)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Paleo beef & egg bowl

236 cal ● 30g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

ground beef (93% lean)
4 oz (114g)
eggs
1 large (50g)

For all 3 meals:

ground beef (93% lean)
3/4 lbs (341g)
eggs
3 large (150g)

1. Heat a non-stick skillet over medium heat. Add the ground beef and break apart. Season with some salt and pepper. Cook, stirring occasionally, until beef is fully cooked and no longer pink. Transfer beef to a plate and set aside.
2. Crack the egg into the skillet and cook until the whites are firm.
3. Add beef to a bowl and top the egg. Season with more salt/pepper and serve.

Apple

1 apple(s) - 105 cal ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

apples

1 medium (3" dia) (182g)

For all 3 meals:

apples

3 medium (3" dia) (546g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Simple sauteed spinach

100 cals ● 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.

Carrot sticks

1 carrot(s) - 27 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

carrots

1 medium (61g)

For all 2 meals:

carrots

2 medium (122g)

1. Cut carrots into strips and serve.

Avocado toast with egg

1 slice(s) - 238 cals ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced

1/4 avocado(s) (50g)

eggs

1 large (50g)

bread

1 slice (32g)

For all 2 meals:

avocados, ripe, sliced

1/2 avocado(s) (101g)

eggs

2 large (100g)

bread

2 slice (64g)

1. Cook the egg however you prefer.
2. Toast the bread.
3. Top with ripe avocado and use a fork to smash it around the bread.
4. Top avocado with the cooked egg. Serve.

Lunch 1 [🔗](#)

Eat on day 1

Avocado, apple, chicken salad

412 cals ● 31g protein ● 25g fat ● 10g carbs ● 7g fiber



avocados, chopped

3/8 avocado(s) (75g)

apples, finely chopped

3/8 medium (3" dia) (68g)

raw celery

1 1/2 tbsp chopped (9g)

olive oil

3/4 tbsp (11mL)

garlic powder

1 1/2 dash (1g)

salt

3/4 dash (1g)

black pepper

3/4 dash, ground (0g)

lime juice

1/4 tbsp (4mL)

**boneless skinless chicken breast,
raw, cubed**

1/4 lbs (128g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

roasted peanuts

1/3 cup (49g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 2, day 3

Baked fries

290 cals ● 5g protein ● 11g fat ● 37g carbs ● 7g fiber



For single meal:

oil

3/4 tbsp (11mL)

potatoes

3/4 large (3" to 4-1/4" dia.) (277g)

For all 2 meals:

oil

1 1/2 tbsp (23mL)

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Steak with shallot sauce

5 1/3 oz steak - 403 cals ● 32g protein ● 28g fat ● 5g carbs ● 1g fiber



For single meal:

oil
1 tsp (5mL)
butter
1 tsp (5g)
vegetable broth
1/8 cup(s) (mL)
shallots, minced
1/3 shallot (38g)
sirloin steak, raw
1/3 lbs (151g)

For all 2 meals:

oil
2 tsp (10mL)
butter
2 tsp (9g)
vegetable broth
1/4 cup(s) (mL)
shallots, minced
2/3 shallot (76g)
sirloin steak, raw
2/3 lbs (303g)

1. Season steak on all sides with some salt and pepper.
2. Heat half of the oil in a skillet over medium-high heat. Add steak and cook to desired doneness, 4-8 minutes per side. Remove steak and set aside to rest.
3. Lower heat to medium and add in remaining oil and the shallots to the pan. Stir and cook for about 2 minutes until lightly softened. Stir in vegetable broth and cook for about 2-4 minutes until the broth is reduced by about half. Turn off the heat and stir in butter until fully melted.
4. Pour shallot sauce over steak and serve.

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

tomatoes
2 small whole (2-2/5" dia) (182g)
oil
2 tsp (10mL)

For all 2 meals:

tomatoes
4 small whole (2-2/5" dia) (364g)
oil
4 tsp (20mL)

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.
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Lunch 3 [🔗](#)

Eat on day 4, day 5

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

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)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 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.

Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce
1 3/4 tbsp (27mL)
oil
1 tsp (5mL)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
Chicken, drumsticks, with skin
2/3 lbs (302g)

For all 2 meals:

Frank's Red Hot sauce
1/4 cup (53mL)
oil
2 tsp (10mL)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
Chicken, drumsticks, with skin
1 1/3 lbs (605g)

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 6, day 7

Turkey, avocado, goat cheese sandwich

1 sandwich(es) - 483 cals ● 24g protein ● 27g fat ● 27g carbs ● 11g fiber



For single meal:

avocados, ripe, sliced

1/2 avocado(s) (101g)

turkey cold cuts

3 slice (45g)

goat cheese

2 tbsp (28g)

bread

2 slice (64g)

fresh spinach

1/2 cup(s) (15g)

For all 2 meals:

avocados, ripe, sliced

1 avocado(s) (201g)

turkey cold cuts

6 slice (90g)

goat cheese

4 tbsp (56g)

bread

4 slice (128g)

fresh spinach

1 cup(s) (30g)

1. On one slice of bread, layer spinach and avocado and season with salt and pepper to taste.
2. On the other slice of bread, spread the goat cheese, and lightly press the turkey slices into the cheese.
3. Close the sandwich
4. Optional: Heat in panini press. If you don't have a panini press, you can heat the sandwich on a skillet and use a heavy pot and press the sandwich while it cooks on both sides.

Roasted peanuts

1/3 cup(s) - 288 cals ● 11g protein ● 23g fat ● 6g carbs ● 4g fiber



For single meal:

roasted peanuts

5 tbsp (46g)

For all 2 meals:

roasted peanuts

10 tbsp (91g)

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

Eat on day 1, day 2, day 3

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



For single meal:

pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 3 meals:

pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

1. This recipe has no instructions.

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 3 meals:

whole milk
1 1/2 cup (360mL)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

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.

Carrot sticks

3 carrot(s) - 81 cals ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots
3 medium (183g)

For all 2 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.
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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.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana

1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

banana

2 medium (7" to 7-7/8" long) (236g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Chicken beet & carrot salad bowl

674 cals ● 79g protein ● 30g fat ● 17g carbs ● 5g fiber



boneless skinless chicken breast, raw, cubed

3/4 lbs (336g)

apple cider vinegar

3/4 tsp (0mL)

thyme, dried

3 dash, leaves (0g)

oil

1 1/2 tbsp (23mL)

carrots, thinly sliced

3/4 medium (46g)

beets, precooked (canned or refrigerated), cubed

6 oz (170g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Sunflower seeds

120 cals ● 6g protein ● 9g fat ● 2g carbs ● 2g fiber



sunflower kernels

2/3 oz (19g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

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.

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



Makes 12 oz

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 3, day 4

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

oil

2 tsp (10mL)

boneless skinless chicken breast, raw

2/3 lbs (299g)

For all 2 meals:

oil

4 tsp (20mL)

boneless skinless chicken breast, raw

1 1/3 lbs (597g)

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.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

For all 2 meals:

salt
2 dash (2g)
water
4 cup(s) (948mL)
lentils, raw, rinsed
1 cup (192g)

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.

Dinner 4 [↗](#)

Eat on day 5, day 6

Marinated chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw
18 oz (504g)
marinade sauce
1/2 cup (135mL)

For all 2 meals:

boneless skinless chicken breast, raw
2 1/4 lbs (1008g)
marinade sauce
1 cup (270mL)

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.

Buttered broccoli

1 cup(s) - 134 cals ● 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.

Dinner 5 [↗](#)

Eat on day 7

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber

Makes 1 1/4 cup(s)

whole milk
1 1/4 cup (300mL)



1. This recipe has no instructions.

Chicken shawarma bowl

10 oz chicken - 541 cals ● 72g protein ● 21g fat ● 12g carbs ● 4g fiber



Makes 10 oz chicken

oil
1 tsp (5mL)
garlic powder
1 1/4 tsp (4g)
ground cumin
1 1/4 tsp (3g)
hummus
2 1/2 tbsp (38g)
feta cheese
2 1/2 tbsp (24g)
onion, sliced
3 1/3 tbsp, sliced (24g)
tomatoes, sliced
10 tbsp cherry tomatoes (93g)
boneless skinless chicken breast, raw
10 oz (280g)

1. Coat chicken in oil and rub cumin and garlic powder all over until coated.
2. Add chicken to a skillet or grill pan over medium heat and cook until done, about 10 minutes on each side.
3. Meanwhile, mix together the tomatoes, onion, and feta.
4. Slice the chicken and assemble the bowl with chicken, tomato salad, and hummus. Serve.