

# Meal Plan - 2400 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

2378 cals ● 205g protein (34%) ● 107g fat (41%) ● 114g carbs (19%) ● 34g fiber (6%)

### Breakfast

455 cals, 23g protein, 50g net carbs, 16g fat



[Fruit juice](#)

1 cup(s)- 115 cals



[Peach](#)

2 peach(es)- 132 cals



[Boiled eggs](#)

3 egg(s)- 208 cals

### Snacks

350 cals, 13g protein, 20g net carbs, 21g fat



[Bell pepper strips and hummus](#)

213 cals



[Roasted cashews](#)

1/6 cup(s)- 139 cals

### Lunch

785 cals, 96g protein, 12g net carbs, 35g fat



[Buttered sugar snap peas](#)

268 cals



[Lemon pepper chicken breast](#)

14 oz- 518 cals

### Dinner

785 cals, 73g protein, 32g net carbs, 36g fat



[Baked fries](#)

193 cals



[Sugar snap peas](#)

82 cals



[Basic chicken thighs](#)

12 oz- 510 cals

## Day 2

2446 cals ● 162g protein (26%) ● 127g fat (47%) ● 134g carbs (22%) ● 31g fiber (5%)

### Breakfast

455 cals, 23g protein, 50g net carbs, 16g fat



Fruit juice

1 cup(s)- 115 cals



Peach

2 peach(es)- 132 cals



Boiled eggs

3 egg(s)- 208 cals

### Snacks

350 cals, 13g protein, 20g net carbs, 21g fat



Bell pepper strips and hummus

213 cals



Roasted cashews

1/6 cup(s)- 139 cals

### Lunch

855 cals, 53g protein, 32g net carbs, 55g fat



Grapefruit

1 grapefruit- 119 cals



Buffalo drumsticks

10 2/3 oz- 622 cals



Simple mixed greens and tomato salad

113 cals

### Dinner

785 cals, 73g protein, 32g net carbs, 36g fat



Baked fries

193 cals



Sugar snap peas

82 cals



Basic chicken thighs

12 oz- 510 cals

## Day 3

2374 cals ● 165g protein (28%) ● 94g fat (36%) ● 188g carbs (32%) ● 30g fiber (5%)

### Breakfast

455 cals, 23g protein, 50g net carbs, 16g fat



Fruit juice

1 cup(s)- 115 cals



Peach

2 peach(es)- 132 cals



Boiled eggs

3 egg(s)- 208 cals

### Snacks

300 cals, 6g protein, 41g net carbs, 10g fat



Small granola bar

2 bar(s)- 238 cals



Grapefruit

1/2 grapefruit- 59 cals

### Lunch

835 cals, 53g protein, 66g net carbs, 34g fat



Fish taco

2 tortilla(s)- 778 cals



White rice

1/4 cup rice, cooked- 55 cals

### Dinner

790 cals, 83g protein, 31g net carbs, 34g fat



Buttery white rice

121 cals



Simple mixed greens salad

68 cals



Baked chicken with tomatoes & olives

12 oz- 599 cals

## Day 4

2366 cals ● 160g protein (27%) ● 83g fat (32%) ● 217g carbs (37%) ● 28g fiber (5%)

### Breakfast

445 cals, 18g protein, 79g net carbs, 5g fat



Lowfat yogurt

2 container(s)- 362 cals



Orange

1 orange(s)- 85 cals

### Snacks

300 cals, 6g protein, 41g net carbs, 10g fat



Small granola bar

2 bar(s)- 238 cals



Grapefruit

1/2 grapefruit- 59 cals

### Lunch

835 cals, 53g protein, 66g net carbs, 34g fat



Fish taco

2 tortilla(s)- 778 cals



White rice

1/4 cup rice, cooked- 55 cals

### Dinner

790 cals, 83g protein, 31g net carbs, 34g fat



Buttery white rice

121 cals



Simple mixed greens salad

68 cals



Baked chicken with tomatoes & olives

12 oz- 599 cals

## Day 5

2413 cals ● 151g protein (25%) ● 82g fat (31%) ● 239g carbs (40%) ● 29g fiber (5%)

### Breakfast

445 cals, 18g protein, 79g net carbs, 5g fat



Lowfat yogurt

2 container(s)- 362 cals



Orange

1 orange(s)- 85 cals

### Snacks

355 cals, 24g protein, 30g net carbs, 12g fat



Apple

1 apple(s)- 105 cals



Roasted almonds

1/8 cup(s)- 111 cals



Protein greek yogurt

1 container- 139 cals

### Lunch

820 cals, 54g protein, 63g net carbs, 35g fat



Simple mixed greens salad

136 cals



Grilled chicken hummus wrap

2 wrap(s)- 683 cals

### Dinner

790 cals, 55g protein, 67g net carbs, 30g fat



Pork stir fry with rice

615 cals



Caprese salad

178 cals

## Day 6

2391 cal ● 162g protein (27%) ● 110g fat (41%) ● 147g carbs (25%) ● 41g fiber (7%)

### Breakfast

380 cal, 20g protein, 31g net carbs, 17g fat



Scrambled eggs with kale, tomatoes, rosemary  
203 cal



Toast with butter  
1 slice(s)- 114 cal



Peach  
1 peach(es)- 66 cal

### Snacks

355 cal, 24g protein, 30g net carbs, 12g fat



Apple  
1 apple(s)- 105 cal



Roasted almonds  
1/8 cup(s)- 111 cal



Protein greek yogurt  
1 container- 139 cal

### Lunch

820 cal, 54g protein, 63g net carbs, 35g fat



Simple mixed greens salad  
136 cal



Grilled chicken hummus wrap  
2 wrap(s)- 683 cal

### Dinner

835 cal, 64g protein, 23g net carbs, 46g fat



Avocado tuna salad stuffed pepper  
3 half pepper(s)- 683 cal



Simple mixed greens and tomato salad  
151 cal

## Day 7

2372 cal ● 153g protein (26%) ● 99g fat (37%) ● 181g carbs (31%) ● 36g fiber (6%)

### Breakfast

380 cal, 20g protein, 31g net carbs, 17g fat



Scrambled eggs with kale, tomatoes, rosemary  
203 cal



Toast with butter  
1 slice(s)- 114 cal



Peach  
1 peach(es)- 66 cal

### Snacks

355 cal, 24g protein, 30g net carbs, 12g fat



Apple  
1 apple(s)- 105 cal



Roasted almonds  
1/8 cup(s)- 111 cal



Protein greek yogurt  
1 container- 139 cal

### Lunch

800 cal, 45g protein, 97g net carbs, 23g fat



Simple mixed greens salad  
136 cal



Fruit juice  
1 1/4 cup(s)- 143 cal



Chicken curry with rice  
521 cal

### Dinner

835 cal, 64g protein, 23g net carbs, 46g fat



Avocado tuna salad stuffed pepper  
3 half pepper(s)- 683 cal



Simple mixed greens and tomato salad  
151 cal

## Vegetables and Vegetable Products

- ☐ bell pepper  
5 large (790g)
- ☐ potatoes  
1 large (3" to 4-1/4" dia.) (369g)
- ☐ frozen sugar snap peas  
4 1/3 cup (624g)
- ☐ tomatoes  
7 1/2 medium whole (2-3/5" dia) (915g)
- ☐ cabbage  
1/2 cup, shredded (35g)
- ☐ cucumber  
1 cup slices (104g)
- ☐ frozen mixed veggies  
1/2 10oz package (142g)
- ☐ onion  
3/4 small (53g)
- ☐ kale leaves  
2 cup, chopped (80g)

## Legumes and Legume Products

- ☐ hummus  
3/4 lbs (323g)

## Nut and Seed Products

- ☐ roasted cashews  
1/3 cup (46g)
- ☐ almonds  
6 tbsp, whole (54g)

## Fats and Oils

- ☐ oil  
2 oz (63mL)
- ☐ olive oil  
1 oz (26mL)
- ☐ salad dressing  
1 1/4 cup (304mL)
- ☐ balsamic vinaigrette  
2 1/2 tsp (12mL)

## Poultry Products

- ☐ boneless skinless chicken thighs  
1 1/2 lbs (680g)
- ☐ boneless skinless chicken breast, raw  
3 1/2 lbs (1505g)

## Fruits and Fruit Juices

## Spices and Herbs

- ☐ salt  
11 g (11g)
- ☐ black pepper  
2 1/2 g (2g)
- ☐ lemon pepper  
2 1/2 tsp (6g)
- ☐ fresh basil  
1/2 oz (17g)
- ☐ chili powder  
4 tsp (11g)
- ☐ cajun seasoning  
2 2/3 tbsp (18g)
- ☐ rosemary, dried  
4 dash (1g)
- ☐ balsamic vinegar  
2 tsp (10mL)

## Other

- ☐ Chicken, drumsticks, with skin  
2/3 lbs (302g)
- ☐ mixed greens  
4 1/2 package (5.5 oz) (702g)
- ☐ protein greek yogurt, flavored  
3 container (450g)
- ☐ stir-fry sauce  
2 3/4 tbsp (45g)
- ☐ curry sauce  
1/3 jar (15 oz) (142g)

## Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce  
1 3/4 tbsp (26mL)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
1 cup (185g)

## Beverages

- ☐ water  
1 3/4 cup (422mL)

## Snacks

- ☐ small granola bar  
4 bar (100g)

- ☐ fruit juice  
34 fl oz (1020mL)
- ☐ peach  
8 medium (2-2/3" dia) (1200g)
- ☐ Grapefruit  
2 large (approx 4-1/2" dia) (664g)
- ☐ green olives  
24 large (106g)
- ☐ avocados  
2 1/2 avocado(s) (503g)
- ☐ limes  
1 fruit (2" dia) (67g)
- ☐ orange  
2 orange (308g)
- ☐ apples  
3 medium (3" dia) (546g)
- ☐ lime juice  
1 tbsp (15mL)

### **Dairy and Egg Products**

- ☐ eggs  
13 large (650g)
  - ☐ butter  
3/8 stick (42g)
  - ☐ lowfat flavored yogurt  
4 container (6 oz) (680g)
  - ☐ feta cheese  
1/2 cup (75g)
  - ☐ fresh mozzarella cheese  
1 1/4 oz (35g)
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### **Baked Products**

- ☐ flour tortillas  
8 tortilla (approx 7-8" dia) (392g)
- ☐ bread  
2 slice (64g)

### **Finfish and Shellfish Products**

- ☐ cod, raw  
4 4oz fillet(s) (453g)
- ☐ canned tuna  
3 can (516g)

### **Pork Products**

- ☐ boneless pork loin  
6 oz (170g)

## Breakfast 1 [↗](#)

Eat on day 1, day 2, and day 3

### Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Translation missing:  
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#### fruit juice

8 fl oz (240mL)

For all 3 meals:

#### fruit juice

24 fl oz (720mL)

1. The recipe has no instructions.

### Peach

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



Translation missing:  
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#### peach

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

For all 3 meals:

#### peach

6 medium (2-2/3" dia) (900g)

1. The recipe has no instructions.

### Boiled eggs

3 egg(s) - 208 cals ● 19g protein ● 14g fat ● 1g carbs ● 0g fiber



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**eggs**  
3 large (150g)

For all 3 meals:

**eggs**  
9 large (450g)

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.

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## Breakfast 2 [↗](#)

Eat on day 4 and day 5

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### Lowfat yogurt

2 container(s) - 362 cals ● 17g protein ● 5g fat ● 63g carbs ● 0g fiber



Translation missing:  
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**lowfat flavored yogurt**  
2 container (6 oz) (340g)

For all 2 meals:

**lowfat flavored yogurt**  
4 container (6 oz) (680g)

1. The recipe has no instructions.

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### Orange

1 orange(s) - 85 cals ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



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**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. The recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6 and day 7

### Scrambled eggs with kale, tomatoes, rosemary

203 cals ● 15g protein ● 12g fat ● 7g carbs ● 2g fiber



Translation missing:  
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#### kale leaves

1 cup, chopped (40g)

#### eggs

2 large (100g)

#### tomatoes

1/2 cup, chopped (90g)

#### rosemary, dried

2 dash (0g)

#### balsamic vinegar

1 tsp (5mL)

#### water

3 tbsp (45mL)

#### oil

1/2 tsp (3mL)

For all 2 meals:

#### kale leaves

2 cup, chopped (80g)

#### eggs

4 large (200g)

#### tomatoes

1 cup, chopped (180g)

#### rosemary, dried

4 dash (1g)

#### balsamic vinegar

2 tsp (10mL)

#### water

6 tbsp (90mL)

#### oil

1 tsp (5mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

### Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



Translation missing:  
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#### butter

1 tsp (5g)

#### bread

1 slice (32g)

For all 2 meals:

#### butter

2 tsp (9g)

#### bread

2 slice (64g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Translation missing:  
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**peach**

1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**

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

1. The recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Buttered sugar snap peas

268 cals ● 7g protein ● 19g fat ● 10g carbs ● 8g fiber



**frozen sugar snap peas**

1 2/3 cup (240g)

**butter**

5 tsp (23g)

**salt**

1 1/4 dash (1g)

**black pepper**

1 1/4 dash (0g)

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

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### Lemon pepper chicken breast

14 oz - 518 cals ● 89g protein ● 16g fat ● 2g carbs ● 2g fiber



Makes 14 oz

**lemon pepper**

2 1/2 tsp (6g)

**olive oil**

1/2 tbsp (7mL)

**boneless skinless chicken breast,  
raw**

14 oz (392g)

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.
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## Lunch 2 [↗](#)

Eat on day 2

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### Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



Makes 1 grapefruit

#### Grapefruit

1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

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### Buffalo drumsticks

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



Makes 10 2/3 oz

#### Chicken, drumsticks, with skin

2/3 lbs (302g)

#### black pepper

1 1/3 dash, ground (0g)

#### salt

1 1/3 dash (1g)

#### oil

1 tsp (5mL)

#### Frank's Red Hot sauce

1 3/4 tbsp (27mL)

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.

### Simple mixed greens and tomato salad

113 cal ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



**salad dressing**  
2 1/4 tbsp (34mL)  
**tomatoes**  
6 tbsp cherry tomatoes (56g)  
**mixed greens**  
2 1/4 cup (68g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

## Lunch 3 [🔗](#)

Eat on day 3 and day 4

### Fish taco

2 tortilla(s) - 778 cal ● 52g protein ● 34g fat ● 54g carbs ● 13g fiber



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**avocados, mashed**  
1/2 avocado(s) (101g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**cabbage**  
4 tbsp, shredded (18g)  
**cajun seasoning**  
4 tsp (9g)  
**limes**  
1/2 fruit (2" dia) (34g)  
**oil**  
2 tsp (10mL)  
**cod, raw**  
2 4oz fillet(s) (227g)

For all 2 meals:

**avocados, mashed**  
1 avocado(s) (201g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**cabbage**  
1/2 cup, shredded (35g)  
**cajun seasoning**  
2 2/3 tbsp (18g)  
**limes**  
1 fruit (2" dia) (67g)  
**oil**  
4 tsp (20mL)  
**cod, raw**  
4 4oz fillet(s) (453g)

1. Preheat oven to 400 F (200 C).
2. Spray an sheet pan with non-stick spray.
3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
4. Place on sheet pan and bake for 12-15 minutes.
5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
6. Heat up a tortilla on a skillet or in the microwave.
7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
8. Serve.
9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.

### White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber





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**long-grain white rice**

4 tsp (15g)

**water**

1/6 cup(s) (39mL)

For all 2 meals:

**long-grain white rice**

2 2/3 tbsp (31g)

**water**

1/3 cup(s) (79mL)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

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## Lunch 4 [🔗](#)

Eat on day 5 and day 6

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### Simple mixed greens salad

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



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**salad dressing**

3 tbsp (45mL)

**mixed greens**

3 cup (90g)

For all 2 meals:

**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

1. Mix greens and dressing in a small bowl. Serve.

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### Grilled chicken hummus wrap

2 wrap(s) - 683 cals ● 51g protein ● 25g fat ● 55g carbs ● 8g fiber



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**tomatoes, chopped**  
2 slice(s), thin/small (30g)  
**cucumber, chopped**  
1/2 cup slices (52g)  
**feta cheese**  
4 tbsp (38g)  
**hummus**  
4 tbsp (60g)  
**mixed greens**  
1/2 cup (15g)  
**flour tortillas**  
2 tortilla (approx 7-8" dia) (98g)  
**boneless skinless chicken breast, raw**  
5 oz (142g)

For all 2 meals:

**tomatoes, chopped**  
4 slice(s), thin/small (60g)  
**cucumber, chopped**  
1 cup slices (104g)  
**feta cheese**  
1/2 cup (75g)  
**hummus**  
1/2 cup (120g)  
**mixed greens**  
1 cup (30g)  
**flour tortillas**  
4 tortilla (approx 7-8" dia) (196g)  
**boneless skinless chicken breast, raw**  
10 oz (284g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

## Lunch 5 [🔗](#)

Eat on day 7

### Simple mixed greens salad

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



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

1. Mix greens and dressing in a small bowl. Serve.

### Fruit juice

1 1/4 cup(s) - 143 cal ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber

Makes 1 1/4 cup(s)



**fruit juice**  
10 fl oz (300mL)

1. The recipe has no instructions.

### Chicken curry with rice

521 cal ● 40g protein ● 13g fat ● 57g carbs ● 3g fiber



**boneless skinless chicken breast, raw, cut into 1/2 inch chunks**  
1/3 lbs (149g)  
**curry sauce**  
1/3 jar (15 oz) (142g)  
**long-grain white rice**  
1/3 cup (62g)

1. Cook rice according to package.
2. Meanwhile, cook cubed chicken in a non-stick skillet until it's nearly cooked-through.
3. Drain any excess liquid and pour in curry sauce. Bring to a simmer and cook until chicken is done.
4. Serve chicken curry over rice.

Snacks 1 [🔗](#)

Eat on day 1 and day 2

Bell pepper strips and hummus

213 cals ● 9g protein ● 10g fat ● 13g carbs ● 9g fiber



Translation missing:  
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**bell pepper**  
1 1/4 medium (149g)  
**hummus**  
6 1/2 tbsp (101g)

For all 2 meals:

**bell pepper**  
2 1/2 medium (298g)  
**hummus**  
13 tbsp (203g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



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**roasted cashews**  
2 2/3 tbsp (23g)

For all 2 meals:

**roasted cashews**  
1/3 cup (46g)

1. The recipe has no instructions.



## Snacks 2 [↗](#)

Eat on day 3 and day 4

### Small granola bar

2 bar(s) - 238 cals ● 5g protein ● 10g fat ● 30g carbs ● 3g fiber



Translation missing:  
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**small granola bar**  
2 bar (50g)

For all 2 meals:

**small granola bar**  
4 bar (100g)

1. The recipe has no instructions.

### Grapefruit

1/2 grapefruit - 59 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



Translation missing:  
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**Grapefruit**  
1/2 large (approx 4-1/2" dia) (166g)

For all 2 meals:

**Grapefruit**  
1 large (approx 4-1/2" dia) (332g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

## Snacks 3 [↗](#)

Eat on day 5, day 6, and day 7

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### Apple

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



Translation missing:  
en.for\_single\_meal

#### apples

1 medium (3" dia) (182g)

For all 3 meals:

#### apples

3 medium (3" dia) (546g)

1. The recipe has no instructions.
- 

### Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Translation missing:  
en.for\_single\_meal

#### almonds

2 tbsp, whole (18g)

For all 3 meals:

#### almonds

6 tbsp, whole (54g)

1. The recipe has no instructions.
- 

### Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



Translation missing:  
en.for\_single\_meal

#### protein greek yogurt, flavored

1 container (150g)

For all 3 meals:

#### protein greek yogurt, flavored

3 container (450g)

1. Enjoy.
-

## Dinner 1 [↗](#)

Eat on day 1 and day 2

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### Baked fries

193 cals ● 3g protein ● 7g fat ● 25g carbs ● 4g fiber



Translation missing:  
en.for\_single\_meal

#### oil

1/2 tbsp (8mL)

#### potatoes

1/2 large (3" to 4-1/4" dia.) (185g)

For all 2 meals:

#### oil

1 tbsp (15mL)

#### potatoes

1 large (3" to 4-1/4" dia.) (369g)

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.

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### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



Translation missing:  
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#### frozen sugar snap peas

1 1/3 cup (192g)

For all 2 meals:

#### frozen sugar snap peas

2 2/3 cup (384g)

1. Prepare according to instructions on package.

### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Translation missing:  
en.for\_single\_meal

**oil**  
1/2 tbsp (8mL)  
**boneless skinless chicken thighs**  
3/4 lbs (340g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**boneless skinless chicken thighs**  
1 1/2 lbs (680g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Buttery white rice

121 cals ● 2g protein ● 5g fat ● 18g carbs ● 0g fiber



Translation missing:  
en.for\_single\_meal

**long-grain white rice**  
2 tbsp (23g)  
**water**  
1/4 cup(s) (59mL)  
**salt**  
1 dash (1g)  
**butter**  
1 tsp (5g)  
**black pepper**  
1/2 dash, ground (0g)

For all 2 meals:

**long-grain white rice**  
4 tbsp (46g)  
**water**  
1/2 cup(s) (119mL)  
**salt**  
2 dash (2g)  
**butter**  
3/4 tbsp (11g)  
**black pepper**  
1 dash, ground (0g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, mix in butter, and season to taste with pepper. Serve.

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



Translation missing:  
en.for\_single\_meal

**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)

For all 2 meals:

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

1. Mix greens and dressing in a small bowl. Serve.

## Baked chicken with tomatoes & olives

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



Translation missing:  
en.for\_single\_meal

**fresh basil, shredded**  
12 leaves (6g)  
**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**chili powder**  
2 tsp (5g)  
**black pepper**  
4 dash (0g)  
**green olives**  
12 large (53g)  
**salt**  
4 dash (3g)  
**olive oil**  
2 tsp (10mL)  
**tomatoes**  
12 cherry tomatoes (204g)

For all 2 meals:

**fresh basil, shredded**  
24 leaves (12g)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**chili powder**  
4 tsp (11g)  
**black pepper**  
1 tsp (1g)  
**green olives**  
24 large (106g)  
**salt**  
1 tsp (6g)  
**olive oil**  
4 tsp (20mL)  
**tomatoes**  
24 cherry tomatoes (408g)

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 5

### Pork stir fry with rice

615 cals ● 44g protein ● 19g fat ● 61g carbs ● 6g fiber



#### **boneless pork loin, cubed**

6 oz (170g)

#### **oil, divided**

1/4 tbsp (4mL)

#### **stir-fry sauce**

2 2/3 tbsp (45g)

#### **frozen mixed veggies**

1/2 10oz package (142g)

#### **black pepper**

2 dash, ground (1g)

#### **salt**

1 dash (1g)

#### **water**

1/2 cup(s) (119mL)

#### **long-grain white rice**

4 tbsp (46g)

1. In a pot with a lid, add the water and bring to a boil. Add the rice, stir, reduce heat to medium-low, and cover with the lid. The temperature will be correct when a little steam is visibly leaking from the lid. Keep the lid on for 20 minutes without removing. When done, fluff with a fork and set aside.
2. Meanwhile, heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork and set aside.
3. Put remaining oil into the skillet and add the frozen vegetables. Stir-fry 4-5 minutes or until crisp but warmed through.
4. Return pork to skillet, stir.
5. Pour in stir-fry sauce and mix until it is well distributed.
6. Reduce heat to low and simmer until pork is fully cooked.
7. Serve over rice.

### Caprese salad

178 cals ● 10g protein ● 11g fat ● 6g carbs ● 2g fiber



#### **tomatoes, halved**

6 2/3 tbsp cherry tomatoes (62g)

#### **balsamic vinaigrette**

2 1/2 tsp (13mL)

#### **fresh basil**

1/4 cup leaves, whole (5g)

#### **mixed greens**

3/8 package (5.5 oz) (65g)

#### **fresh mozzarella cheese**

1 1/4 oz (35g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

## Dinner 4 [🔗](#)

Eat on day 6 and day 7

### Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Translation missing:  
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#### **canned tuna, drained**

1 1/2 can (258g)

#### **onion**

3/8 small (26g)

#### **bell pepper**

1 1/2 large (246g)

#### **black pepper**

1 1/2 dash (0g)

#### **salt**

1 1/2 dash (1g)

#### **lime juice**

1/2 tbsp (8mL)

#### **avocados**

3/4 avocado(s) (151g)

For all 2 meals:

#### **canned tuna, drained**

3 can (516g)

#### **onion**

3/4 small (53g)

#### **bell pepper**

3 large (492g)

#### **black pepper**

3 dash (0g)

#### **salt**

3 dash (1g)

#### **lime juice**

1 tbsp (15mL)

#### **avocados**

1 1/2 avocado(s) (302g)

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 mixed greens and tomato salad

151 cals ● 3g protein ● 9g fat ● 10g carbs ● 3g fiber



Translation missing:  
en.for\_single\_meal

#### **salad dressing**

3 tbsp (45mL)

#### **tomatoes**

1/2 cup cherry tomatoes (75g)

#### **mixed greens**

3 cup (90g)

For all 2 meals:

#### **salad dressing**

6 tbsp (90mL)

#### **tomatoes**

1 cup cherry tomatoes (149g)

#### **mixed greens**

6 cup (180g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.