

Meal Plan - 2500 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

2485 cals ● 185g protein (30%) ● 119g fat (43%) ● 132g carbs (21%) ● 36g fiber (6%)

Breakfast

470 cals, 26g protein, 26g net carbs, 27g fat



[Milk](#)

1 cup(s)- 149 cals



[Avocado toast with egg](#)

1 slice(s)- 238 cals



[String cheese](#)

1 stick(s)- 83 cals

Snacks

305 cals, 18g protein, 8g net carbs, 19g fat



[Avocado](#)

176 cals



[Protein shake \(milk\)](#)

129 cals

Lunch

815 cals, 75g protein, 26g net carbs, 39g fat



[Avocado tuna salad stuffed pepper](#)

3 half pepper(s)- 683 cals



[Cottage cheese & fruit cup](#)

1 container- 131 cals

Dinner

895 cals, 66g protein, 71g net carbs, 35g fat



[Turkey-green beans-rice bowl](#)

719 cals



[Caprese salad](#)

178 cals

Day 2

2515 cals ● 175g protein (28%) ● 134g fat (48%) ● 120g carbs (19%) ● 33g fiber (5%)

Breakfast

470 cals, 26g protein, 26g net carbs, 27g fat



[Milk](#)

1 cup(s)- 149 cals



[Avocado toast with egg](#)

1 slice(s)- 238 cals



[String cheese](#)

1 stick(s)- 83 cals

Snacks

305 cals, 18g protein, 8g net carbs, 19g fat



[Avocado](#)

176 cals



[Protein shake \(milk\)](#)

129 cals

Lunch

845 cals, 65g protein, 14g net carbs, 53g fat



[Pumpkin seeds](#)

366 cals



[Salsa verde chicken salad](#)

479 cals

Dinner

895 cals, 66g protein, 71g net carbs, 35g fat



[Turkey-green beans-rice bowl](#)

719 cals



[Caprese salad](#)

178 cals

Day 3

2458 cals ● 165g protein (27%) ● 124g fat (45%) ● 131g carbs (21%) ● 41g fiber (7%)

Breakfast

405 cals, 18g protein, 34g net carbs, 21g fat



Basic fried eggs

1 egg(s)- 80 cals



Large granola bar

1 bar(s)- 176 cals



Milk

1 cup(s)- 149 cals

Snacks

305 cals, 18g protein, 8g net carbs, 19g fat



Avocado

176 cals



Protein shake (milk)

129 cals

Lunch

845 cals, 65g protein, 14g net carbs, 53g fat



Pumpkin seeds

366 cals



Salsa verde chicken salad

479 cals

Dinner

905 cals, 64g protein, 75g net carbs, 30g fat



Tossed salad

121 cals



Turkey-mixed veggies-quinoa bowl

783 cals

Day 4

2533 cals ● 255g protein (40%) ● 118g fat (42%) ● 83g carbs (13%) ● 27g fiber (4%)

Breakfast

405 cals, 18g protein, 34g net carbs, 21g fat



Basic fried eggs

1 egg(s)- 80 cals



Large granola bar

1 bar(s)- 176 cals



Milk

1 cup(s)- 149 cals

Snacks

325 cals, 22g protein, 29g net carbs, 12g fat



Tuna and crackers

284 cals



Carrot sticks

1 1/2 carrot(s)- 41 cals

Lunch

910 cals, 144g protein, 11g net carbs, 29g fat



Simple salad with tomatoes and carrots

98 cals



Lemon pepper chicken breast

22 oz- 814 cals

Dinner

890 cals, 72g protein, 10g net carbs, 56g fat



Indian chicken wings

18 2/3 oz- 770 cals



Tossed salad

121 cals

Day 5

2552 cals ● 187g protein (29%) ● 110g fat (39%) ● 175g carbs (28%) ● 28g fiber (4%)

Breakfast

430 cals, 22g protein, 38g net carbs, 19g fat



Simple cinnamon oatmeal with water
217 cals



Basic scrambled eggs
3 egg(s)- 213 cals

Snacks

325 cals, 22g protein, 29g net carbs, 12g fat



Tuna and crackers
284 cals



Carrot sticks
1 1/2 carrot(s)- 41 cals

Lunch

960 cals, 78g protein, 67g net carbs, 40g fat



Milk
1 cup(s)- 149 cals



Cottage cheese & fruit cup
1 container- 131 cals



Turkey sandwich with mustard
1 1/2 sandwich(es)- 680 cals

Dinner

840 cals, 66g protein, 42g net carbs, 40g fat



Nectarine
2 nectarine(s)- 140 cals



Mediterranean chicken salad with lemon yogurt dressing
698 cals

Day 6

2461 cals ● 165g protein (27%) ● 98g fat (36%) ● 191g carbs (31%) ● 39g fiber (6%)

Breakfast

430 cals, 22g protein, 38g net carbs, 19g fat



Simple cinnamon oatmeal with water
217 cals



Basic scrambled eggs
3 egg(s)- 213 cals

Snacks

230 cals, 25g protein, 6g net carbs, 11g fat



Cottage cheese with almonds and cinnamon
232 cals

Lunch

885 cals, 27g protein, 83g net carbs, 42g fat



Crackers
10 2/3 cracker(s)- 180 cals



Chunky canned soup (creamy)
2 can(s)- 707 cals

Dinner

910 cals, 91g protein, 63g net carbs, 27g fat



Baked chicken with tomatoes & olives
12 oz- 599 cals



Mixed vegetables
1 1/4 cup(s)- 121 cals



Flavored rice mix
191 cals

Day 7

2461 cals ● 165g protein (27%) ● 98g fat (36%) ● 191g carbs (31%) ● 39g fiber (6%)

Breakfast

430 cals, 22g protein, 38g net carbs, 19g fat



Simple cinnamon oatmeal with water
217 cals



Basic scrambled eggs
3 egg(s)- 213 cals

Snacks

230 cals, 25g protein, 6g net carbs, 11g fat



Cottage cheese with almonds and cinnamon
232 cals

Lunch

885 cals, 27g protein, 83g net carbs, 42g fat



Crackers
10 2/3 cracker(s)- 180 cals



Chunky canned soup (creamy)
2 can(s)- 707 cals

Dinner

910 cals, 91g protein, 63g net carbs, 27g fat



Baked chicken with tomatoes & olives
12 oz- 599 cals



Mixed vegetables
1 1/4 cup(s)- 121 cals



Flavored rice mix
191 cals

Dairy and Egg Products

- ☐ whole milk
6 1/2 cup (1560mL)
- ☐ eggs
13 1/2 medium (596g)
- ☐ string cheese
2 stick (56g)
- ☐ fresh mozzarella cheese
2 1/2 oz (71g)
- ☐ sliced cheese
3 slice (3/4 oz ea) (63g)
- ☐ nonfat greek yogurt, plain
3 tbsp (52g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

Fruits and Fruit Juices

- ☐ avocados
3 1/4 avocado(s) (653g)
- ☐ lemon juice
3/4 fl oz (23mL)
- ☐ lime juice
1/2 tbsp (8mL)
- ☐ nectarine
2 medium (2-1/2" dia) (284g)
- ☐ canned black olives
6 large olives (26g)
- ☐ green olives
24 large (106g)

Baked Products

- ☐ bread
5 slice (160g)
- ☐ crackers
41 1/3 crackers (145g)

Beverages

- ☐ protein powder
1 1/2 scoop (1/3 cup ea) (47g)
- ☐ water
2 1/4 cup(s) (533mL)

Spices and Herbs

- ☐ black pepper
2 1/2 g (3g)
- ☐ salt
3/4 oz (18g)

Vegetables and Vegetable Products

- ☐ frozen green beans
1 package (10 oz) (284g)
- ☐ tomatoes
7 medium whole (2-3/5" dia) (884g)
- ☐ bell pepper
1 1/2 large (246g)
- ☐ onion
3/4 small (50g)
- ☐ red onion
1/4 medium (2-1/2" dia) (28g)
- ☐ cucumber
1/4 cucumber (8-1/4") (75g)
- ☐ romaine lettuce
1 1/4 head (759g)
- ☐ carrots
4 medium (248g)
- ☐ frozen mixed veggies
1 1/4 lbs (564g)

Fats and Oils

- ☐ olive oil
1 1/2 oz (45mL)
- ☐ balsamic vinaigrette
5 tsp (25mL)
- ☐ oil
2 oz (57mL)
- ☐ salad dressing
1 1/2 oz (41mL)

Other

- ☐ mixed greens
1 2/3 package (5.5 oz) (264g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ flavored quinoa mix
1/2 package (4.9 oz) (69g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/2 can (428g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
5 oz (148g)
- ☐ almond butter
1 1/2 tbsp (24g)

- ☐ fresh basil
3/4 oz (22g)
- ☐ ground cumin
2 tsp (4g)
- ☐ curry powder
1 3/4 tbsp (11g)
- ☐ lemon pepper
4 tsp (9g)
- ☐ cinnamon
1/3 oz (9g)
- ☐ dijon mustard
1/2 tbsp (8g)
- ☐ thyme, dried
4 dash, leaves (0g)
- ☐ paprika
4 dash (1g)
- ☐ chili powder
4 tsp (11g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 2/3 pouch (~5.6 oz) (263g)

Poultry Products

- ☐ ground turkey, raw
1 1/2 lbs (680g)
- ☐ boneless skinless chicken breast, raw
4 lbs (1863g)
- ☐ chicken wings, with skin, raw
18 3/4 oz (530g)

- ☐ almonds
9 almond (11g)

Legumes and Legume Products

- ☐ black beans
4 tbsp (60g)
- ☐ chickpeas, canned
1/3 cup(s) (80g)

Soups, Sauces, and Gravies

- ☐ salsa verde
2 tbsp (32g)
- ☐ chunky canned soup (creamy varieties)
4 can (~19 oz) (2132g)

Snacks

- ☐ large granola bar
2 bar (74g)

Sweets

- ☐ sugar
3 tbsp (39g)

Breakfast Cereals

- ☐ quick oats
1 1/2 cup (120g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
6 oz (170g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Avocado toast with egg

1 slice(s) - 238 cal ● 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.

String cheese

1 stick(s) - 83 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Basic fried eggs

1 egg(s) - 80 cals ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
eggs
1 large (50g)

For all 2 meals:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Large granola bar

1 bar(s) - 176 cals ● 4g protein ● 7g fat ● 22g carbs ● 2g fiber



For single meal:

large granola bar
1 bar (37g)

For all 2 meals:

large granola bar
2 bar (74g)

1. This recipe has no instructions.

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

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

Eat on day 5, day 6, day 7

Simple cinnamon oatmeal with water

217 cals ● 6g protein ● 3g fat ● 37g carbs ● 5g fiber



For single meal:

water
3/4 cup(s) (178mL)
cinnamon
1 tsp (3g)
sugar
1 tbsp (13g)
quick oats
1/2 cup (40g)

For all 3 meals:

water
2 1/4 cup(s) (533mL)
cinnamon
1 tbsp (8g)
sugar
3 tbsp (39g)
quick oats
1 1/2 cup (120g)

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

Basic scrambled eggs

3 egg(s) - 213 cals ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 medium (132g)

For all 3 meals:

oil
3/4 tbsp (11mL)
eggs
9 medium (396g)

1. Beat eggs in medium bowl until blended.
 2. Heat oil in large nonstick skillet over medium heat until hot.
 3. Pour in egg mixture.
 4. As eggs begin to set, scramble them.
 5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.
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Lunch 1 [🔗](#)

Eat on day 1

Avocado tuna salad stuffed pepper

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



Makes 3 half pepper(s)

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

3/8 small (26g)

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.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



Makes 1 container

cottage cheese & fruit cup

1 container (170g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1 cup (118g)

1. This recipe has no instructions.

Salsa verde chicken salad

479 cal ● 47g protein ● 24g fat ● 9g carbs ● 8g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
oil
1 tsp (5mL)
mixed greens
1 1/2 cup (45g)
avocados, sliced
2 slices (50g)
roasted pumpkin seeds, unsalted
2 tbsp (15g)
black beans, drained and rinsed
2 tbsp (30g)
ground cumin
1 tsp (2g)
salsa verde
1 tbsp (16g)
tomatoes, chopped
1/2 roma tomato (40g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
oil
2 tsp (10mL)
mixed greens
3 cup (90g)
avocados, sliced
4 slices (100g)
roasted pumpkin seeds, unsalted
4 tbsp (30g)
black beans, drained and rinsed
4 tbsp (60g)
ground cumin
2 tsp (4g)
salsa verde
2 tbsp (32g)
tomatoes, chopped
1 roma tomato (80g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. Add the black beans into the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
3. When chicken is cool enough to handle, chop it into bite-sized pieces.
4. Add mixed greens to a bowl and arrange the chicken, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Lunch 3 [↗](#)

Eat on day 4

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

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

Lemon pepper chicken breast

22 oz - 814 cals ● 140g protein ● 26g fat ● 4g carbs ● 2g fiber



Makes 22 oz

lemon pepper

4 tsp (9g)

olive oil

2 tsp (10mL)

**boneless skinless chicken breast,
raw**

22 oz (616g)

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 4 [↗](#)

Eat on day 5

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.

Cottage cheese & fruit cup

1 container - 131 cal ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber

Makes 1 container

cottage cheese & fruit cup

1 container (170g)



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

Turkey sandwich with mustard

1 1/2 sandwich(es) - 680 cal ● 56g protein ● 29g fat ● 42g carbs ● 7g fiber

Makes 1 1/2 sandwich(es)

dijon mustard

1/2 tbsp (8g)

romaine lettuce

1 1/2 leaf inner (9g)

tomatoes

3 slice(s), thin/small (45g)

bread

3 slice (96g)

sliced cheese

3 slice (3/4 oz ea) (63g)

turkey cold cuts

6 oz (170g)



1. Put the turkey, cheese, lettuce, and tomato on one slice of bread.
 2. Spread the mustard on the other slice of bread and place it, mustard side down, over the turkey, cheese, lettuce, and tomato.
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Lunch 5 [🔗](#)

Eat on day 6, day 7

Crackers

10 2/3 cracker(s) - 180 cals ● 3g protein ● 8g fat ● 24g carbs ● 1g fiber



For single meal:

crackers

10 2/3 crackers (37g)

For all 2 meals:

crackers

21 1/3 crackers (75g)

1. Enjoy.

Chunky canned soup (creamy)

2 can(s) - 707 cals ● 25g protein ● 34g fat ● 60g carbs ● 16g fiber



For single meal:

chunky canned soup (creamy varieties)

2 can (~19 oz) (1066g)

For all 2 meals:

chunky canned soup (creamy varieties)

4 can (~19 oz) (2132g)

1. Prepare according to instructions on package.
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Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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.

Protein shake (milk)

129 cals ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

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

For all 3 meals:

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

1. Mix until well-combined.
 2. Serve.
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Snacks 2 [↗](#)

Eat on day 4, day 5

Tuna and crackers

284 cals ● 21g protein ● 12g fat ● 23g carbs ● 1g fiber



For single meal:

canned tuna

3 oz (85g)

crackers

10 crackers (35g)

For all 2 meals:

canned tuna

6 oz (170g)

crackers

20 crackers (70g)

1. This recipe has no instructions.

Carrot sticks

1 1/2 carrot(s) - 41 cals ● 1g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

carrots

1 1/2 medium (92g)

For all 2 meals:

carrots

3 medium (183g)

1. Cut carrots into strips and serve.

Snacks 3 [↗](#)

Eat on day 6, day 7

Cottage cheese with almonds and cinnamon

232 cals ● 25g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

almond butter

3/4 tbsp (12g)

almonds

4 1/2 almond (5g)

cinnamon

1 1/2 dash (0g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

1 1/2 cup (339g)

almond butter

1 1/2 tbsp (24g)

almonds

9 almond (11g)

cinnamon

3 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Turkey-green beans-rice bowl

719 cals ● 56g protein ● 23g fat ● 65g carbs ● 6g fiber



For single meal:

black pepper
2 dash, ground (1g)
salt
2 dash (2g)
flavored rice mix
1/2 pouch (~5.6 oz) (79g)
ground turkey, raw
1/2 lbs (227g)
frozen green beans
1/2 package (10 oz) (142g)
olive oil
1 tsp (5mL)

For all 2 meals:

black pepper
4 dash, ground (1g)
salt
4 dash (3g)
flavored rice mix
1 pouch (~5.6 oz) (158g)
ground turkey, raw
1 lbs (454g)
frozen green beans
1 package (10 oz) (284g)
olive oil
2 tsp (10mL)

1. Heat the oil in a skillet over medium heat. Add the turkey break it up and brown it until cooked through, stirring occasionally. Season with salt and pepper to taste.
2. Meanwhile, prepare the rice mix and green beans according to the instructions on the packages.
3. When everything is ready mix it all together (or keep separate) and serve.

Caprese salad

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



For single meal:

balsamic vinaigrette
2 1/2 tsp (13mL)
fresh basil
1/4 cup leaves, whole (5g)
tomatoes, halved
6 2/3 tbsp cherry tomatoes (62g)
mixed greens
3/8 package (5.5 oz) (65g)
fresh mozzarella cheese
1 1/4 oz (35g)

For all 2 meals:

balsamic vinaigrette
5 tsp (25mL)
fresh basil
6 2/3 tbsp leaves, whole (10g)
tomatoes, halved
13 1/3 tbsp cherry tomatoes (124g)
mixed greens
5/6 package (5.5 oz) (129g)
fresh mozzarella cheese
2 1/2 oz (71g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
 2. When serving, top with mozzarella and balsamic vinaigrette.
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Dinner 2 [🔗](#)

Eat on day 3

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



red onion, sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

romaine lettuce, shredded

1/2 hearts (250g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Turkey-mixed veggies-quinoa bowl

783 cals ● 60g protein ● 26g fat ● 65g carbs ● 13g fiber



olive oil

1 tsp (5mL)

ground turkey, raw

1/2 lbs (227g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

flavored quinoa mix

1/2 package (4.9 oz) (69g)

frozen mixed veggies

1/2 package (16 oz ea) (227g)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
 2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
 3. When everything is ready mix it all together (or keep separate) and serve.
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Dinner 3 [↗](#)

Eat on day 4

Indian chicken wings

18 2/3 oz - 770 cals ● 68g protein ● 52g fat ● 0g carbs ● 6g fiber



Makes 18 2/3 oz

curry powder

1 3/4 tbsp (11g)

salt

1 tsp (7g)

chicken wings, with skin, raw

18 2/3 oz (530g)

oil

1 tsp (4mL)

1. Preheat oven to 450°F (230°C).
2. Grease a large baking tray with the oil of your choice.
3. Season the wings with the salt and curry powder, being sure to rub it in and coat all sides.
4. Bake in the oven for 35-40 minutes or until the internal temperature reaches 165°F (75°C).
5. Serve.

Tossed salad

121 cals ● 4g protein ● 4g fat ● 10g carbs ● 7g fiber



red onion, sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced or diced

1/8 cucumber (8-1/4") (38g)

romaine lettuce, shredded

1/2 hearts (250g)

carrots, peeled and shredded or sliced

1/2 small (5-1/2" long) (25g)

tomatoes, diced

1/2 small whole (2-2/5" dia) (46g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
 2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.
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Dinner 4 [↗](#)

Eat on day 5

Nectarine

2 nectarine(s) - 140 cals ● 3g protein ● 1g fat ● 25g carbs ● 5g fiber



Makes 2 nectarine(s)

nectarine, pitted

2 medium (2-1/2" dia) (284g)

1. Remove nectarine pit, slice, and serve.

Mediterranean chicken salad with lemon yogurt dressing

698 cals ● 63g protein ● 39g fat ● 17g carbs ● 7g fiber



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

1/2 lbs (227g)

thyme, dried

4 dash, leaves (0g)

paprika

4 dash (1g)

oil

2 tbsp (30mL)

lemon juice

3 tsp (15mL)

onion, thinly sliced

1/3 small (23g)

tomatoes, chopped

1/2 cup cherry tomatoes (74g)

nonfat greek yogurt, plain

3 tbsp (52g)

canned black olives, pitted

6 large olives (26g)

**chickpeas, canned, drained and
rinsed**

1/3 cup(s) (80g)

mixed greens

1 1/2 cup (45g)

1. Mix greek yogurt and lemon juice together with a pinch of salt/pepper. Mix until a sauce-like consistency forms. If needed, add a splash of water to thin it. Set aside in the fridge.
2. Add half of the oil to a skillet over medium heat and add the chickpeas. Cook for about 4 minutes, stirring occasionally. Sprinkle in the paprika and some salt and cook for 30 more seconds. Transfer chickpeas to a dish and set aside.
3. Add the remaining oil to the skillet and cook the chicken for about 10 minutes or until it is cooked through and no longer pink inside. Sprinkle in the thyme and some salt/pepper and remove from heat.
4. Assemble salad by placing the chickpeas, chicken, tomatoes, onion, and olives on a bed of greens. Pour dressing on top and serve.
5. Meal prep tip: for best results, store prepared ingredients (chicken, chickpeas, olives, onion, tomatoes) together in an airtight container in the fridge. Keep them separate from the greens and dressing until ready to serve.

Dinner 5 [↗](#)

Eat on day 6, day 7

Baked chicken with tomatoes & olives

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



For single meal:

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)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

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.

Mixed vegetables

1 1/4 cup(s) - 121 cals ● 6g protein ● 1g fat ● 16g carbs ● 7g fiber



For single meal:

frozen mixed veggies

1 1/4 cup (169g)

For all 2 meals:

frozen mixed veggies

2 1/2 cup (338g)

1. Prepare according to instructions on package.

Flavored rice mix

191 cals ● 6g protein ● 1g fat ● 39g carbs ● 2g fiber



For single meal:

flavored rice mix

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

For all 2 meals:

flavored rice mix

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

1. Prepare according to instructions on package.
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