

Meal Plan - 2600 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

2617 cals ● 210g protein (32%) ● 122g fat (42%) ● 143g carbs (22%) ● 27g fiber (4%)

Breakfast

425 cals, 34g protein, 32g net carbs, 15g fat



[Cottage cheese with almonds and cinnamon](#)
309 cals



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

Snacks

335 cals, 29g protein, 2g net carbs, 22g fat



[Pork rinds](#)
1 1/2 oz- 224 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Lunch

885 cals, 63g protein, 36g net carbs, 51g fat



[Low carb fried chicken](#)
12 oz- 702 cals



[Mashed sweet potatoes](#)
183 cals

Dinner

970 cals, 83g protein, 73g net carbs, 33g fat



[Balsamic chicken breast](#)
12 oz- 473 cals



[Mashed sweet potatoes with butter](#)
498 cals

Day 2

2561 cals ● 232g protein (36%) ● 93g fat (33%) ● 166g carbs (26%) ● 33g fiber (5%)

Breakfast

425 cals, 34g protein, 32g net carbs, 15g fat



[Cottage cheese with almonds and cinnamon](#)
309 cals



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

Snacks

335 cals, 29g protein, 2g net carbs, 22g fat



[Pork rinds](#)
1 1/2 oz- 224 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Lunch

865 cals, 57g protein, 80g net carbs, 29g fat



[Simple mixed greens and tomato salad](#)
189 cals



[Mediterranean turkey sandwich](#)
2 sandwich(es)- 674 cals

Dinner

940 cals, 111g protein, 53g net carbs, 27g fat



[Instant mashed potatoes](#)
207 cals



[Mixed vegetables](#)
1 cup(s)- 97 cals



[Basic chicken breast](#)
16 oz- 635 cals

Day 3

2582 cals ● 175g protein (27%) ● 100g fat (35%) ● 209g carbs (32%) ● 37g fiber (6%)

Breakfast

435 cals, 19g protein, 26g net carbs, 26g fat



[Herb & onion frittata](#)
153 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[Toast with butter](#)
1 1/2 slice(s)- 171 cals

Snacks

405 cals, 23g protein, 50g net carbs, 10g fat



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



[Peach and goat cheese bites](#)
1 peach- 162 cals



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

Lunch

805 cals, 23g protein, 80g net carbs, 37g fat



[Honey glazed carrots](#)
128 cals



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



[Clam chowder](#)
1 1/2 can(s)- 546 cals

Dinner

940 cals, 111g protein, 53g net carbs, 27g fat



[Instant mashed potatoes](#)
207 cals



[Mixed vegetables](#)
1 cup(s)- 97 cals



[Basic chicken breast](#)
16 oz- 635 cals

Day 4

2586 cals ● 168g protein (26%) ● 106g fat (37%) ● 213g carbs (33%) ● 27g fiber (4%)

Breakfast

435 cals, 19g protein, 26g net carbs, 26g fat



[Herb & onion frittata](#)
153 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals



[Toast with butter](#)
1 1/2 slice(s)- 171 cals

Snacks

405 cals, 23g protein, 50g net carbs, 10g fat



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



[Peach and goat cheese bites](#)
1 peach- 162 cals



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

Lunch

870 cals, 61g protein, 70g net carbs, 36g fat



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



[Instant mashed potatoes](#)
310 cals

Dinner

880 cals, 66g protein, 67g net carbs, 35g fat



[Beef stir fry with rice](#)
702 cals



[Caprese salad](#)
178 cals

Day 5

2580 cals ● 168g protein (26%) ● 106g fat (37%) ● 199g carbs (31%) ● 40g fiber (6%)

Breakfast

495 cals, 25g protein, 19g net carbs, 31g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Sweet potato breakfast skillet

452 cals

Snacks

405 cals, 23g protein, 50g net carbs, 10g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Peach and goat cheese bites

1 peach- 162 cals



Banana

1 banana(s)- 117 cals

Lunch

800 cals, 54g protein, 63g net carbs, 30g fat



Avocado

176 cals



Roasted almonds

1/8 cup(s)- 111 cals



Bbq deli chicken sandwich

2 sandwich(es)- 516 cals

Dinner

880 cals, 66g protein, 67g net carbs, 35g fat



Beef stir fry with rice

702 cals



Caprese salad

178 cals

Day 6

2589 cals ● 166g protein (26%) ● 127g fat (44%) ● 164g carbs (25%) ● 33g fiber (5%)

Breakfast

495 cals, 25g protein, 19g net carbs, 31g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Sweet potato breakfast skillet

452 cals

Snacks

370 cals, 34g protein, 41g net carbs, 6g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Protein bar

1 bar- 245 cals

Lunch

840 cals, 56g protein, 50g net carbs, 43g fat



Buttered green beans

147 cals



Almond crusted tilapia

7 1/2 oz- 529 cals



Buttery white rice

162 cals

Dinner

885 cals, 51g protein, 54g net carbs, 47g fat



Simple salmon

8 oz- 513 cals



Mashed sweet potatoes with butter

374 cals

Day 7

2589 cals ● 166g protein (26%) ● 127g fat (44%) ● 164g carbs (25%) ● 33g fiber (5%)

Breakfast

495 cals, 25g protein, 19g net carbs, 31g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Sweet potato breakfast skillet

452 cals

Snacks

370 cals, 34g protein, 41g net carbs, 6g fat



Cottage cheese & honey

1/2 cup(s)- 125 cals



Protein bar

1 bar- 245 cals

Lunch

840 cals, 56g protein, 50g net carbs, 43g fat



Buttered green beans

147 cals



Almond crusted tilapia

7 1/2 oz- 529 cals



Buttery white rice

162 cals

Dinner

885 cals, 51g protein, 54g net carbs, 47g fat



Simple salmon

8 oz- 513 cals



Mashed sweet potatoes with butter

374 cals

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
4 1/2 cup (1017g)
- ☐ butter
1 stick (103g)
- ☐ feta cheese
4 tbsp (38g)
- ☐ goat cheese
6 tbsp (84g)
- ☐ cheese
2 tbsp, shredded (14g)
- ☐ eggs
5 large (250g)
- ☐ fresh mozzarella cheese
2 1/2 oz (71g)

Nut and Seed Products

- ☐ almond butter
2 tbsp (32g)
- ☐ almonds
6 oz (171g)

Spices and Herbs

- ☐ cinnamon
4 dash (1g)
- ☐ cajun seasoning
4 dash (1g)
- ☐ salt
10 1/2 g (10g)
- ☐ thyme, dried
1 g (1g)
- ☐ black pepper
2 1/4 g (2g)
- ☐ fresh basil
6 3/4 tbsp leaves, whole (10g)
- ☐ brown deli mustard
3/4 tbsp (11g)

Fruits and Fruit Juices

- ☐ banana
5 medium (7" to 7-7/8" long) (590g)
- ☐ peach
5 medium (2-2/3" dia) (728g)
- ☐ lemon juice
1/4 fl oz (8mL)
- ☐ avocados
2 avocado(s) (402g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 lbs (1416g)
- ☐ chicken thighs, with bone and skin, raw
1/2 lbs (227g)

Vegetables and Vegetable Products

- ☐ sweet potatoes
7 sweetpotato, 5" long (1460g)
- ☐ tomatoes
7 1/2 medium whole (2-3/5" dia) (937g)
- ☐ onion
2 medium (2-1/2" dia) (232g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ mashed potato mix
1/2 lbs (198g)
- ☐ frozen mixed veggies
1 1/4 lbs (554g)
- ☐ carrots
6 oz (170g)
- ☐ frozen green beans
2 cup (242g)

Soups, Sauces, and Gravies

- ☐ hot sauce
3/4 tbsp (11mL)
- ☐ canned clam chowder
1 1/2 can (18.5 oz) (779g)
- ☐ barbecue sauce
4 tbsp (68g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
6 oz (170g)
- ☐ chicken cold cuts
1/2 lbs (227g)

Baked Products

- ☐ bread
10 oz (288g)

Sweets

- ☐ honey
3 oz (88g)

Other

- ☐ pork rinds
1/4 lbs (96g)
- ☐ italian seasoning
3 dash (1g)
- ☐ Chicken, drumsticks, with skin
3/4 lbs (340g)
- ☐ mixed greens
1 2/3 package (5.5 oz) (257g)
- ☐ stir-fry sauce
1/3 cup (91g)
- ☐ coleslaw mix
2/3 cup (60g)
- ☐ protein bar (20g protein)
2 bar (100g)

Fats and Oils

- ☐ oil
2 oz (58mL)
- ☐ balsamic vinaigrette
2 1/2 oz (70mL)
- ☐ salad dressing
1/4 cup (56mL)
- ☐ olive oil
1 3/4 oz (54mL)

Beverages

- ☐ water
2 cup(s) (483mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
13 1/4 tbsp (154g)
- ☐ all-purpose flour
3/8 cup(s) (52g)

Beef Products

- ☐ flank steak, raw
1 lbs (452g)

Finfish and Shellfish Products

- ☐ salmon
1 lbs (453g)
 - ☐ tilapia, raw
15 oz (420g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2

Cottage cheese with almonds and cinnamon

309 cal ● 33g protein ● 15g fat ● 8g carbs ● 3g fiber



For single meal:

low fat cottage cheese (1% milkfat)

1 cup (226g)

almond butter

1 tbsp (16g)

almonds

6 almond (7g)

cinnamon

2 dash (1g)

For all 2 meals:

low fat cottage cheese (1% milkfat)

2 cup (452g)

almond butter

2 tbsp (32g)

almonds

12 almond (14g)

cinnamon

4 dash (1g)

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

Banana

1 banana(s) - 117 cal ● 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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Herb & onion frittata

153 cals ● 9g protein ● 9g fat ● 7g carbs ● 1g fiber



For single meal:

onion
1/2 cup, chopped (80g)
thyme, dried
2 dash, leaves (0g)
cheese
1 tbsp, shredded (7g)
black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
eggs
1 large (50g)
olive oil
1/2 tsp (3mL)
water
1/8 cup(s) (30mL)

For all 2 meals:

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)

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.

Roasted almonds

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



For single meal:

almonds
2 tbsp, whole (18g)

For all 2 meals:

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Toast with butter

1 1/2 slice(s) - 171 cals ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)

For all 2 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

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

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Cherry tomatoes

12 cherry tomatoes - 42 cal● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 3 meals:

tomatoes
36 cherry tomatoes (612g)

1. Rinse tomatoes, remove any stems, and serve.

Sweet potato breakfast skillet

452 cal● 23g protein ● 30g fat ● 14g carbs ● 9g fiber



For single meal:

sweet potatoes

1/2 cup, cubes (67g)

eggs

1 large (50g)

olive oil

2 tsp (10mL)

salt

2 dash (1g)

black pepper

2 dash (0g)

avocados, sliced

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

1/3 cup, chopped, cooked (60g)

For all 3 meals:

sweet potatoes

1 1/2 cup, cubes (200g)

eggs

3 large (150g)

olive oil

2 tbsp (30mL)

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

avocados, sliced

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

boneless skinless chicken breast, raw

1 cup, chopped, cooked (180g)

1. Preheat the oven to 350 F (180 C).
 2. In a small skillet add a little bit of the oil and when heated, add the cubed chicken. Cook until done, 7-10 minutes.
 3. Meanwhile, preheat a separate, oven-proof, small skillet over medium-heat. When skillet is hot, add the oil and the sweet potato. Season with a small pinch of salt and pepper and stir occasionally until sweet potato is cooked through, about 5-7 minutes, depending on thickness.
 4. When potato is cooked through, add the chicken and stir. Saute for another 1-2 minutes.
 5. Move the potato mixture around to make a hole in the center of the skillet. Carefully crack the egg and drop it into the hole. Sprinkle the egg with a tiny bit of salt and pepper.
 6. Carefully transfer the skillet to the oven and bake for about 5 minutes for a runny yolk. If you want the yolk to be harder, bake for 7-8 minutes.
 7. Remove from the oven, transfer to plate and garnish with sliced avocado.
-

Lunch 1 [🔗](#)

Eat on day 1

Low carb fried chicken

12 oz - 702 cals ● 60g protein ● 51g fat ● 0g carbs ● 0g fiber



Makes 12 oz

Chicken, drumsticks, with skin

3/4 lbs (340g)

pork rinds, crushed

10 3/4 g (11g)

cajun seasoning

4 dash (1g)

hot sauce

3/4 tbsp (11mL)

1. Preheat oven to 400 F (200 C).
2. Mix crushed pork rinds in a bowl with the cajun seasoning.
3. Coat each piece chicken with hot sauce on all sides.
4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
5. Place the chicken on a wire rack in a sheet pan.
6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.

Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



sweet potatoes

1 sweetpotato, 5" long (210g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
-

Lunch 2 [🔗](#)

Eat on day 2

Simple mixed greens and tomato salad

189 cals ● 4g protein ● 12g fat ● 13g carbs ● 4g fiber



salad dressing

1/4 cup (56mL)

mixed greens

3 3/4 cup (113g)

tomatoes

10 tbsp cherry tomatoes (93g)

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

Mediterranean turkey sandwich

2 sandwich(es) - 674 cals ● 53g protein ● 17g fat ● 67g carbs ● 11g fiber



Makes 2 sandwich(es)

feta cheese

4 tbsp (38g)

turkey cold cuts

6 oz (170g)

tomatoes, sliced

4 slice(s), thick/large (1/2" thick) (108g)

onion, sliced

8 slices, thin (72g)

cucumber, sliced

1/2 cucumber (8-1 1/4") (151g)

mixed greens

1/2 cup (15g)

bread

4 slice(s) (128g)

1. Build sandwich by layering all ingredients inside of the bread. Serve.
-

Lunch 3 [🔗](#)

Eat on day 3

Honey glazed carrots

128 cals ● 2g protein ● 3g fat ● 18g carbs ● 5g fiber



butter

1/4 tbsp (3g)

carrots

6 oz (170g)

water

1/8 cup(s) (30mL)

honey

1 tsp (8g)

salt

3/4 dash (1g)

lemon juice

1 tsp (6mL)

1. If using full carrots, cut them into strips that resemble the dimensions of baby carrots.
2. In a large skillet over medium high heat, combine the water, carrots, butter, salt, and honey. Cook covered about 5-7 minutes until tender.
3. Uncover and continue cooking, while stirring frequently for another couple minutes until the liquid has a syrup-like consistency.
4. Stir in lemon juice.
5. Serve.

Peach

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



Makes 2 peach(es)

peach

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

1. This recipe has no instructions.

Clam chowder

1 1/2 can(s) - 546 cals ● 18g protein ● 33g fat ● 38g carbs ● 6g fiber



Makes 1 1/2 can(s)

canned clam chowder

1 1/2 can (18.5 oz) (779g)

1. Prepare according to instructions on package.
-

Lunch 4 [↗](#)

Eat on day 4

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.

Instant mashed potatoes

310 cals ● 9g protein ● 1g fat ● 60g carbs ● 6g fiber



mashed potato mix

3 oz (85g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Lunch 5 [↗](#)

Eat on day 5

Avocado

176 cals ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados

1/2 avocado(s) (101g)

lemon juice

1/2 tsp (3mL)

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

Roasted almonds

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



Makes 1/8 cup(s)

almonds

2 tbsp, whole (18g)

1. This recipe has no instructions.

Bbq deli chicken sandwich

2 sandwich(es) - 516 cals ● 48g protein ● 7g fat ● 59g carbs ● 6g fiber



Makes 2 sandwich(es)

coleslaw mix

2/3 cup (60g)

barbecue sauce

4 tbsp (68g)

chicken cold cuts

1/2 lbs (227g)

bread

2 slice(s) (64g)

1. Create sandwich by spreading barbecue sauce over the half the bread and fill with chicken and coleslaw. Top with remaining bread. Serve.

Lunch 6 [🔗](#)

Eat on day 6, day 7

Buttered green beans

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



For single meal:

frozen green beans

1 cup (121g)

salt

3/4 dash (0g)

black pepper

3/4 dash (0g)

butter

1 tbsp (14g)

For all 2 meals:

frozen green beans

2 cup (242g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

butter

2 tbsp (27g)

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

Almond crusted tilapia

7 1/2 oz - 529 cals ● 51g protein ● 25g fat ● 20g carbs ● 4g fiber



For single meal:

tilapia, raw
1/2 lbs (210g)
almonds
5 tbsp, slivered (34g)
all-purpose flour
1/6 cup(s) (26g)
salt
1 1/4 dash (1g)
olive oil
2 tsp (9mL)

For all 2 meals:

tilapia, raw
15 oz (420g)
almonds
10 tbsp, slivered (68g)
all-purpose flour
3/8 cup(s) (52g)
salt
1/3 tsp (1g)
olive oil
1 1/4 tbsp (19mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Buttery white rice

162 cal ● 2g protein ● 6g fat ● 24g carbs ● 0g fiber



For single meal:

black pepper
2/3 dash, ground (0g)
butter
1/2 tbsp (7g)
salt
1 1/3 dash (1g)
water
1/3 cup(s) (79mL)
long-grain white rice
2 2/3 tbsp (31g)

For all 2 meals:

black pepper
1 1/3 dash, ground (0g)
butter
1 tbsp (14g)
salt
1/3 tsp (2g)
water
2/3 cup(s) (158mL)
long-grain white rice
1/3 cup (62g)

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.
-

Snacks 1 [↗](#)

Eat on day 1, day 2

Pork rinds

1 1/2 oz - 224 cal ● 26g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds

1 1/2 oz (43g)

For all 2 meals:

pork rinds

3 oz (85g)

1. Enjoy.

Roasted almonds

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



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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.

Peach and goat cheese bites

1 peach - 162 cal ● 7g protein ● 9g fat ● 12g carbs ● 2g fiber



For single meal:

peach
1 medium (2-2/3" dia) (143g)
goat cheese
2 tbsp (28g)
salt
1 dash (0g)

For all 3 meals:

peach
3 medium (2-2/3" dia) (428g)
goat cheese
6 tbsp (84g)
salt
3 dash (1g)

1. Slice peach from top to bottom to make thin strips.
2. Put goat cheese and a dash of salt (sea salt is preferred but any type will do) in between 2 strips of peach to make a sandwich. Serve.

Banana

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



For single meal:

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

For all 3 meals:

banana
3 medium (7" to 7-7/8" long) (354g)

1. This recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6, day 7

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.

Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 2 meals:

protein bar (20g protein)
2 bar (100g)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

**boneless skinless chicken breast,
raw**

3/4 lbs (340g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



butter
4 tsp (18g)
sweet potatoes
2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

Dinner 2 [↗](#)

Eat on day 2, day 3

Instant mashed potatoes

207 cals ● 6g protein ● 1g fat ● 40g carbs ● 4g fiber



For single meal:
mashed potato mix
2 oz (57g)

For all 2 meals:
mashed potato mix
4 oz (113g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Mixed vegetables

1 cup(s) - 97 cals ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:
frozen mixed veggies
1 cup (135g)

For all 2 meals:
frozen mixed veggies
2 cup (270g)

1. Prepare according to instructions on package.

Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
2 lbs (896g)

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.

Dinner 3 [↗](#)

Eat on day 4, day 5

Beef stir fry with rice

702 cals ● 56g protein ● 23g fat ● 61g carbs ● 6g fiber



For single meal:

stir-fry sauce
2 2/3 tbsp (45g)
frozen mixed veggies
1/2 10oz package (142g)
oil, divided
1/4 tbsp (4mL)
black pepper
2 dash, ground (1g)
salt
1 dash (1g)
water
1/2 cup(s) (119mL)
long-grain white rice
4 tbsp (46g)
flank steak, raw, cubed
1/2 lbs (226g)

For all 2 meals:

stir-fry sauce
1/3 cup (91g)
frozen mixed veggies
1 10oz package (284g)
oil, divided
1/2 tbsp (8mL)
black pepper
4 dash, ground (1g)
salt
2 dash (2g)
water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)
flank steak, raw, cubed
1 lbs (452g)

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 steak and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove steak 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 steak to skillet, stir.
5. Pour in stir-fry sauce and mix until it is well distributed.
6. Reduce heat to low and simmer until steak is fully cooked.
7. Serve over rice.

Caprese salad

178 cal ● 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.
-

Dinner 4 [↗](#)

Eat on day 6, day 7

Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



For single meal:

salmon
1/2 lbs (227g)
oil
1/2 tbsp (7mL)

For all 2 meals:

salmon
16 oz (453g)
oil
2 2/3 tsp (13mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Mashed sweet potatoes with butter

374 cals ● 5g protein ● 11g fat ● 54g carbs ● 9g fiber



For single meal:

butter
1 tbsp (14g)
sweet potatoes
1 1/2 sweetpotato, 5" long (315g)

For all 2 meals:

butter
2 tbsp (27g)
sweet potatoes
3 sweetpotato, 5" long (630g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.
-