

Meal Plan - 2700 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

2667 cals ● 174g protein (26%) ● 150g fat (51%) ● 120g carbs (18%) ● 36g fiber (5%)

Breakfast

475 cals, 23g protein, 16g net carbs, 32g fat



[Eggs with tomato and avocado](#)
326 cals



[Milk](#)
1 cup(s)- 149 cals

Snacks

365 cals, 17g protein, 9g net carbs, 27g fat



[Pistachios](#)
188 cals



[Celery and peanut butter](#)
109 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Lunch

875 cals, 52g protein, 17g net carbs, 60g fat



[Tomato and avocado salad](#)
313 cals



[Pepper steak stir fry](#)
561 cals

Dinner

955 cals, 83g protein, 77g net carbs, 30g fat



[Lima beans](#)
154 cals



[Teriyaki burgers](#)
2 burger(s)- 799 cals

Day 2

2668 cals ● 212g protein (32%) ● 130g fat (44%) ● 120g carbs (18%) ● 44g fiber (7%)

Breakfast

475 cals, 23g protein, 16g net carbs, 32g fat



[Eggs with tomato and avocado](#)
326 cals



[Milk](#)
1 cup(s)- 149 cals

Snacks

365 cals, 17g protein, 9g net carbs, 27g fat



[Pistachios](#)
188 cals



[Celery and peanut butter](#)
109 cals



[Boiled eggs](#)
1 egg(s)- 69 cals

Lunch

935 cals, 88g protein, 77g net carbs, 23g fat



[Quinoa](#)
2 cup quinoa, cooked- 417 cals



[Lemon pepper chicken breast](#)
10 2/3 oz- 395 cals



[Tossed salad](#)
121 cals

Dinner

895 cals, 84g protein, 18g net carbs, 47g fat



[Southwest chicken](#)
12 oz- 543 cals



[Tomato and avocado salad](#)
352 cals

Day 3

2730 cals ● 184g protein (27%) ● 146g fat (48%) ● 131g carbs (19%) ● 39g fiber (6%)

Breakfast

475 cals, 23g protein, 16g net carbs, 32g fat



Eggs with tomato and avocado
326 cals



Milk
1 cup(s)- 149 cals

Snacks

430 cals, 22g protein, 40g net carbs, 16g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Roasted chickpeas
1/2 cup- 276 cals

Lunch

930 cals, 55g protein, 57g net carbs, 51g fat



Tomato cucumber salad
71 cals



Philly cheesesteak lettuce wrap
3 lettuce wrap(s)- 668 cals



Flavored rice mix
191 cals

Dinner

895 cals, 84g protein, 18g net carbs, 47g fat



Southwest chicken
12 oz- 543 cals



Tomato and avocado salad
352 cals

Day 4

2699 cals ● 176g protein (26%) ● 126g fat (42%) ● 185g carbs (27%) ● 30g fiber (4%)

Breakfast

370 cals, 29g protein, 16g net carbs, 21g fat



Milk
1 1/4 cup(s)- 186 cals



Scrambled egg whites
182 cals

Snacks

430 cals, 22g protein, 40g net carbs, 16g fat



Lowfat Greek yogurt
1 container(s)- 155 cals



Roasted chickpeas
1/2 cup- 276 cals

Lunch

930 cals, 55g protein, 57g net carbs, 51g fat



Tomato cucumber salad
71 cals



Philly cheesesteak lettuce wrap
3 lettuce wrap(s)- 668 cals



Flavored rice mix
191 cals

Dinner

970 cals, 69g protein, 72g net carbs, 39g fat



Sauteed corn & lima beans
179 cals



Honey dijon salmon
7 1/2 oz- 502 cals



Lentils
289 cals

Day 5

2342 cals ● 211g protein (36%) ● 94g fat (36%) ● 136g carbs (23%) ● 26g fiber (4%)

Breakfast

370 cals, 29g protein, 16g net carbs, 21g fat



Milk

1 1/4 cup(s)- 186 cals



Scrambled egg whites

182 cals

Snacks

430 cals, 22g protein, 40g net carbs, 16g fat



Lowfat Greek yogurt

1 container(s)- 155 cals



Roasted chickpeas

1/2 cup- 276 cals

Lunch

915 cals, 89g protein, 32g net carbs, 42g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Avocado tuna salad

727 cals

Dinner

630 cals, 70g protein, 48g net carbs, 16g fat



Easy garlic chicken

10 oz- 456 cals



Brown rice

3/4 cup brown rice, cooked- 172 cals

Day 6

2659 cals ● 239g protein (36%) ● 113g fat (38%) ● 139g carbs (21%) ● 33g fiber (5%)

Breakfast

500 cals, 30g protein, 48g net carbs, 18g fat



Protein bar

1 bar- 245 cals



Large granola bar

1 bar(s)- 176 cals



Basic fried eggs

1 egg(s)- 80 cals

Snacks

320 cals, 15g protein, 22g net carbs, 16g fat



Bell pepper strips and hummus

170 cals



Milk

1 cup(s)- 149 cals

Lunch

915 cals, 89g protein, 32g net carbs, 42g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Avocado tuna salad

727 cals

Dinner

925 cals, 105g protein, 37g net carbs, 37g fat



Baked fries

290 cals



Basic chicken breast

16 oz- 635 cals

Day 7

2739 cals ● 181g protein (26%) ● 124g fat (41%) ● 178g carbs (26%) ● 47g fiber (7%)

Breakfast

500 cals, 30g protein, 48g net carbs, 18g fat



Protein bar
1 bar- 245 cals



Large granola bar
1 bar(s)- 176 cals



Basic fried eggs
1 egg(s)- 80 cals

Snacks

320 cals, 15g protein, 22g net carbs, 16g fat



Bell pepper strips and hummus
170 cals



Milk
1 cup(s)- 149 cals

Lunch

995 cals, 31g protein, 71g net carbs, 53g fat



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



Simple kale & avocado salad
288 cals

Dinner

925 cals, 105g protein, 37g net carbs, 37g fat



Baked fries
290 cals



Basic chicken breast
16 oz- 635 cals

Vegetables and Vegetable Products

- ☐ tomatoes
6 medium whole (2-3/5" dia) (747g)
- ☐ raw celery
2 stalk, medium (7-1/2" - 8" long) (80g)
- ☐ lima beans, frozen
3/4 package (10 oz) (202g)
- ☐ cucumber
5/6 cucumber (8-1/4") (244g)
- ☐ onion
3 medium (2-1/2" dia) (316g)
- ☐ bell pepper
5 3/4 large (936g)
- ☐ fresh ginger
1 tbsp (6g)
- ☐ garlic
5 clove(s) (15g)
- ☐ red onion
1/2 medium (2-1/2" dia) (49g)
- ☐ romaine lettuce
1/2 head (286g)
- ☐ carrots
1/2 small (5-1/2" long) (25g)
- ☐ frozen corn kernels
6 tbsp (51g)
- ☐ potatoes
1 1/2 large (3" to 4-1/4" dia.) (554g)
- ☐ kale leaves
5/8 bunch (106g)

Dairy and Egg Products

- ☐ eggs
10 large (500g)
- ☐ whole milk
1/2 gallon (1800mL)
- ☐ cheese
3 tbsp, shredded (21g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ provolone cheese
3 slice(s) (84g)
- ☐ egg whites
1 1/2 cup (365g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ butter
2 1/2 tsp (12g)

Fruits and Fruit Juices

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Legumes and Legume Products

- ☐ peanut butter
2 tbsp (32g)
- ☐ lentils, raw
6 3/4 tbsp (80g)
- ☐ hummus
2/3 cup (162g)

Fats and Oils

- ☐ oil
4 oz (123mL)
- ☐ olive oil
1 1/3 oz (43mL)
- ☐ salad dressing
3 tbsp (46mL)

Baked Products

- ☐ hamburger buns
2 bun(s) (102g)
- ☐ bread crumbs
1/4 cup (23g)

Other

- ☐ teriyaki sauce
2 tbsp (30mL)
- ☐ Roasted chickpeas
1 1/2 cup (170g)
- ☐ italian seasoning
1/4 tbsp (3g)
- ☐ mixed greens
3 1/3 cup (100g)
- ☐ protein bar (20g protein)
2 bar (100g)

Beef Products

- ☐ ground beef (93% lean)
3/4 lbs (340g)
- ☐ sirloin steak, raw
1 1/4 lbs (567g)

Cereal Grains and Pasta

- ☐ avocados
6 avocado(s) (1198g)
- ☐ lime juice
2 2/3 fl oz (82mL)
- ☐ lemon
5/8 small (36g)

Spices and Herbs

- ☐ salt
1/2 oz (14g)
- ☐ black pepper
5 g (5g)
- ☐ fresh basil
6 leaves (3g)
- ☐ garlic powder
1 tsp (3g)
- ☐ lemon pepper
2 tsp (5g)
- ☐ taco seasoning mix
1 1/2 tbsp (13g)
- ☐ dijon mustard
1 1/4 tbsp (19g)

- ☐ quinoa, uncooked
2/3 cup (113g)
- ☐ brown rice
4 tbsp (48g)

Beverages

- ☐ water
3 1/2 cup(s) (830mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 lbs (2150g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
2/3 pouch (~5.6 oz) (105g)

Finfish and Shellfish Products

- ☐ salmon
1 1/4 fillet/s (6 oz each) (213g)
- ☐ canned tuna
3 1/3 can (573g)

Sweets

- ☐ honey
2 oz (55g)

Snacks

- ☐ large granola bar
2 bar (74g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (creamy varieties)
2 can (~19 oz) (1066g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Eggs with tomato and avocado

326 cals ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

tomatoes

2 slice(s), thick/large (1/2" thick)
(54g)

eggs

2 large (100g)

avocados, sliced

1/2 avocado(s) (101g)

salt

2 dash (1g)

black pepper

2 dash (0g)

fresh basil, chopped

2 leaves (1g)

For all 3 meals:

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

eggs

6 large (300g)

avocados, sliced

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

salt

1/4 tbsp (2g)

black pepper

1/4 tbsp (1g)

fresh basil, chopped

6 leaves (3g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

Milk

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



For single meal:

whole milk

1 cup (240mL)

For all 3 meals:

whole milk

3 cup (720mL)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Milk

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



For single meal:

whole milk

1 1/4 cup (300mL)

For all 2 meals:

whole milk

2 1/2 cup (600mL)

1. This recipe has no instructions.

Scrambled egg whites

182 cals ● 20g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil

3/4 tbsp (11mL)

egg whites

3/4 cup (182g)

For all 2 meals:

oil

1 1/2 tbsp (23mL)

egg whites

1 1/2 cup (365g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Protein bar

1 bar - 245 cals ● 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.

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.

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.
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Lunch 1 [🔗](#)

Eat on day 1

Tomato and avocado salad

313 cals ● 4g protein ● 24g fat ● 9g carbs ● 11g fiber



onion

4 tsp minced (20g)

lime juice

4 tsp (20mL)

avocados, cubed

2/3 avocado(s) (134g)

tomatoes, diced

2/3 medium whole (2-3/5" dia) (82g)

olive oil

1 tsp (5mL)

garlic powder

1/3 tsp (1g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, 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.

Pepper steak stir fry

561 cals ● 48g protein ● 36g fat ● 9g carbs ● 3g fiber



sirloin steak, raw, cut into thin strips

1/2 lbs (227g)

bell pepper, thinly sliced

1 medium (119g)

fresh ginger, minced

1 tbsp (6g)

garlic, minced

2 clove(s) (6g)

black pepper

2 dash, ground (1g)

olive oil

1/2 tbsp (8mL)

onion, sliced

1/4 medium (2-1/2" dia) (28g)

1. Place strips of steak in a bowl and sprinkle pepper over them. Toss to coat.
 2. Add oil to a pan over medium-high heat and add the bell peppers, onions, ginger, and garlic, and cook for 3-4 minutes, stirring occasionally. Transfer to a plate.
 3. Put steak into skillet and cook until brown, about 2-3 minutes.
 4. Add vegetables back into the pan and cook for another minute or so.
 5. Serve.
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Lunch 2 [🔗](#)

Eat on day 2

Quinoa

2 cup quinoa, cooked - 417 cals ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

quinoa, uncooked

2/3 cup (113g)

water

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

Lemon pepper chicken breast

10 2/3 oz - 395 cals ● 68g protein ● 13g fat ● 2g carbs ● 1g fiber



Makes 10 2/3 oz

lemon pepper

2 tsp (5g)

olive oil

1 tsp (5mL)

**boneless skinless chicken breast,
raw**

2/3 lbs (299g)

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.

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.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
red onion, thinly sliced
1/4 small (18g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
red onion, thinly sliced
1/2 small (35g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Philly cheesesteak lettuce wrap

3 lettuce wrap(s) - 668 cals ● 47g protein ● 47g fat ● 11g carbs ● 4g fiber



For single meal:

oil
1 tbsp (15mL)
italian seasoning
3 dash (1g)
provolone cheese
1 1/2 slice(s) (42g)
onion, sliced
3/4 medium (2-1/2" dia) (83g)
bell pepper, cut into strips
1 1/2 small (111g)
sirloin steak, raw, cut into strips
6 oz (170g)
romaine lettuce
3 leaf inner (18g)

For all 2 meals:

oil
2 tbsp (30mL)
italian seasoning
1/4 tbsp (3g)
provolone cheese
3 slice(s) (84g)
onion, sliced
1 1/2 medium (2-1/2" dia) (165g)
bell pepper, cut into strips
3 small (222g)
sirloin steak, raw, cut into strips
3/4 lbs (340g)
romaine lettuce
6 leaf inner (36g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
4. Scoop beef mixture into lettuce leaves and serve.

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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Lunch 4 [🔗](#)

Eat on day 5, day 6

Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

honey

1 tbsp (21g)

low fat cottage cheese (1% milkfat)

3/4 cup (170g)

For all 2 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.

Avocado tuna salad

727 cals ● 68g protein ● 40g fat ● 10g carbs ● 14g fiber



For single meal:

avocados

5/6 avocado(s) (168g)

lime juice

1/2 tbsp (8mL)

salt

1/4 tsp (1g)

black pepper

1/4 tsp (0g)

mixed greens

1 2/3 cup (50g)

onion, minced

3/8 small (29g)

canned tuna

1 2/3 can (287g)

tomatoes

6 2/3 tbsp, chopped (75g)

For all 2 meals:

avocados

1 2/3 avocado(s) (335g)

lime juice

1 tbsp (17mL)

salt

1/2 tsp (1g)

black pepper

1/2 tsp (0g)

mixed greens

3 1/3 cup (100g)

onion, minced

5/6 small (58g)

canned tuna

3 1/3 can (573g)

tomatoes

13 1/3 tbsp, chopped (150g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Lunch 5 [↗](#)

Eat on day 7

Chunky canned soup (creamy)

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



Makes 2 can(s)

chunky canned soup (creamy varieties)

2 can (~19 oz) (1066g)

1. Prepare according to instructions on package.

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

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 2 meals:

pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Celery and peanut butter

109 cals ● 4g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

raw celery

1 stalk, medium (7-1/2" - 8" long)
(40g)

peanut butter

1 tbsp (16g)

For all 2 meals:

raw celery

2 stalk, medium (7-1/2" - 8" long)
(80g)

peanut butter

2 tbsp (32g)

1. Clean celery and slice to desired lengths
2. spread peanut butter along center

Boiled eggs

1 egg(s) - 69 cal● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs

1 large (50g)

For all 2 meals:

eggs

2 large (100g)

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.

Snacks 2

Eat on day 3, day 4, day 5

Lowfat Greek yogurt

1 container(s) - 155 cal● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

For all 3 meals:

lowfat flavored greek yogurt

3 (5.3 oz ea) container(s) (450g)

1. This recipe has no instructions.

Roasted chickpeas

1/2 cup - 276 cals ● 10g protein ● 12g fat ● 24g carbs ● 8g fiber



For single meal:

Roasted chickpeas

1/2 cup (57g)

For all 3 meals:

Roasted chickpeas

1 1/2 cup (170g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Bell pepper strips and hummus

170 cals ● 7g protein ● 8g fat ● 10g carbs ● 7g fiber



For single meal:

hummus

1/3 cup (81g)

bell pepper

1 medium (119g)

For all 2 meals:

hummus

2/3 cup (162g)

bell pepper

2 medium (238g)

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

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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Dinner 1 [↗](#)

Eat on day 1

Lima beans

154 cal ● 9g protein ● 1g fat ● 21g carbs ● 8g fiber



lima beans, frozen

1/2 package (10 oz) (142g)

salt

2 dash (2g)

black pepper

1 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Teriyaki burgers

2 burger(s) - 799 cal ● 74g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 2 burger(s)

oil

1/2 tsp (3mL)

hamburger buns

2 bun(s) (102g)

teriyaki sauce

2 tbsp (30mL)

cucumber

8 slices (56g)

ground beef (93% lean)

3/4 lbs (340g)

1. Generously season beef with salt and pepper.
 2. Form the beef into a hamburger shape.
 3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
 4. Remove hamburger from the skillet and brush with the teriyaki sauce.
 5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Southwest chicken

12 oz - 543 cal ● 80g protein ● 19g fat ● 8g carbs ● 4g fiber



For single meal:

oil
1/2 tbsp (8mL)
cheese
1 1/2 tbsp, shredded (11g)
taco seasoning mix
3/4 tbsp (6g)
boneless skinless chicken breast, raw
3/4 lbs (336g)
bell pepper, cut into strips
1 1/2 medium (179g)

For all 2 meals:

oil
1 tbsp (15mL)
cheese
3 tbsp, shredded (21g)
taco seasoning mix
1 1/2 tbsp (13g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)
bell pepper, cut into strips
3 medium (357g)

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

Tomato and avocado salad

352 cal ● 5g protein ● 27g fat ● 10g carbs ● 12g fiber



For single meal:

onion
1 1/2 tbsp minced (23g)
lime juice
1 1/2 tbsp (23mL)
avocados, cubed
3/4 avocado(s) (151g)
tomatoes, diced
3/4 medium whole (2-3/5" dia) (92g)
olive oil
1 tsp (6mL)
garlic powder
3 dash (1g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)

For all 2 meals:

onion
3 tbsp minced (45g)
lime juice
3 tbsp (45mL)
avocados, cubed
1 1/2 avocado(s) (302g)
tomatoes, diced
1 1/2 medium whole (2-3/5" dia) (185g)
olive oil
3/4 tbsp (11mL)
garlic powder
1/4 tbsp (2g)
salt
1/4 tbsp (5g)
black pepper
1/4 tbsp, ground (2g)

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.

Dinner 3 [🔗](#)

Eat on day 4

Sauteed corn & lima beans

179 cals ● 5g protein ● 7g fat ● 18g carbs ● 4g fiber

**black pepper**

1 dash, ground (0g)

salt

1 dash (1g)

lima beans, frozen

6 tbsp (60g)

frozen corn kernels

6 tbsp (51g)

olive oil

1/2 tbsp (8mL)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Honey dijon salmon

7 1/2 oz - 502 cals ● 44g protein ● 31g fat ● 12g carbs ● 1g fiber



Makes 7 1/2 oz

salmon

1 1/4 fillet/s (6 oz each) (213g)

dijon mustard

1 1/4 tbsp (19g)

honey

2 tsp (13g)

garlic, minced

5/8 clove (2g)

olive oil

1 1/4 tsp (6mL)

1. Preheat oven to 350 F (180 C)
2. Take half of the mustard and spread it over the top of the salmon.
3. Heat the oil over medium high heat and sear the top of the salmon for about 1 or 2 minutes.
4. Meanwhile, combine remaining mustard, honey, and garlic in a small bowl.
5. Transfer salmon to a greased baking sheet, skin side down, and brush on the honey mixture all over the top.
6. Bake for about 15-20 minutes until done.
7. Serve.

Lentils

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



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

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

Easy garlic chicken

10 oz - 456 cal ● 67g protein ● 15g fat ● 14g carbs ● 1g fiber



Makes 10 oz

boneless skinless chicken breast, raw
10 oz (284g)
butter
2 1/2 tsp (12g)
bread crumbs
1/4 cup (23g)
garlic, minced
2 1/2 clove(s) (8g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Brown rice

3/4 cup brown rice, cooked - 172 cal ● 4g protein ● 1g fat ● 35g carbs ● 2g fiber



Makes 3/4 cup brown rice, cooked

brown rice

4 tbsp (48g)

salt

1 1/2 dash (1g)

water

1/2 cup(s) (119mL)

black pepper

1 1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 5 [🔗](#)

Eat on day 6, day 7

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.

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.
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