

Meal Plan - 2800 calorie macro meal plan



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Don't forget to generate your plan for next week on
<https://www.strongrfastr.com>

Day 1

2735 cals ● 199g protein (29%) ● 100g fat (33%) ● 226g carbs (33%) ● 35g fiber (5%)

Breakfast

455 cals, 22g protein, 45g net carbs, 17g fat



[Scrambled egg whites](#)
121 cals



[Toast with butter](#)
2 slice(s)- 227 cals



[Apple](#)
1 apple(s)- 105 cals

Snacks

385 cals, 22g protein, 20g net carbs, 24g fat



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



[Watermelon](#)
8 oz- 82 cals



[Walnuts](#)
1/8 cup(s)- 87 cals

Lunch

1035 cals, 77g protein, 77g net carbs, 40g fat



[Shrimp-snap peas-quinoa bowl](#)
699 cals



[Brussels sprout, apple & walnut side salad](#)
338 cals

Dinner

860 cals, 79g protein, 85g net carbs, 19g fat



[Brown rice](#)
2/3 cup brown rice, cooked- 153 cals



[Chunky canned soup \(non-creamy\)](#)
1 can(s)- 247 cals



[Grilled chicken sandwich](#)
1 sandwich(es)- 460 cals

Day 2

2739 cals ● 195g protein (28%) ● 117g fat (39%) ● 196g carbs (29%) ● 31g fiber (4%)

Breakfast

455 cals, 22g protein, 45g net carbs, 17g fat



Scrambled egg whites
121 cals



Toast with butter
2 slice(s)- 227 cals



Apple
1 apple(s)- 105 cals

Snacks

385 cals, 22g protein, 20g net carbs, 24g fat



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



Watermelon
8 oz- 82 cals



Walnuts
1/8 cup(s)- 87 cals

Lunch

1040 cals, 73g protein, 47g net carbs, 58g fat



Sunflower seeds
361 cals



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

Dinner

860 cals, 79g protein, 85g net carbs, 19g fat



Brown rice
2/3 cup brown rice, cooked- 153 cals



Chunky canned soup (non-creamy)
1 can(s)- 247 cals



Grilled chicken sandwich
1 sandwich(es)- 460 cals

Day 3

2783 cals ● 227g protein (33%) ● 125g fat (40%) ● 153g carbs (22%) ● 35g fiber (5%)

Breakfast

455 cals, 22g protein, 45g net carbs, 17g fat



Scrambled egg whites
121 cals



Toast with butter
2 slice(s)- 227 cals



Apple
1 apple(s)- 105 cals

Snacks

405 cals, 25g protein, 48g net carbs, 9g fat



Protein bar
1 bar- 245 cals



Milk
1/2 cup(s)- 75 cals



Orange
1 orange(s)- 85 cals

Lunch

1040 cals, 73g protein, 47g net carbs, 58g fat



Sunflower seeds
361 cals



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

Dinner

885 cals, 107g protein, 13g net carbs, 41g fat



Pan roasted zucchini
291 cals



Lemon pepper chicken breast
16 oz- 592 cals

Day 4

2833 cals ● 207g protein (29%) ● 113g fat (36%) ● 210g carbs (30%) ● 37g fiber (5%)

Breakfast

525 cals, 24g protein, 33g net carbs, 29g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Boiled eggs
2 egg(s)- 139 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

405 cals, 25g protein, 48g net carbs, 9g fat



Protein bar
1 bar- 245 cals



Milk
1/2 cup(s)- 75 cals



Orange
1 orange(s)- 85 cals

Lunch

1020 cals, 51g protein, 115g net carbs, 33g fat



Simple garlic bread
4 slice(s)- 458 cals



Pasta with meat sauce
562 cals

Dinner

885 cals, 107g protein, 13g net carbs, 41g fat



Pan roasted zucchini
291 cals



Lemon pepper chicken breast
16 oz- 592 cals

Day 5

2683 cals ● 218g protein (33%) ● 101g fat (34%) ● 197g carbs (29%) ● 28g fiber (4%)

Breakfast

525 cals, 24g protein, 33g net carbs, 29g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Boiled eggs
2 egg(s)- 139 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

400 cals, 24g protein, 61g net carbs, 5g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grapefruit
1 grapefruit- 119 cals



Kefir
150 cals

Lunch

805 cals, 53g protein, 67g net carbs, 35g fat



Brown rice
1 1/6 cup brown rice, cooked- 267 cals



Honey dijon salmon
8 oz- 535 cals

Dinner

955 cals, 117g protein, 36g net carbs, 32g fat



Simple salad with tomatoes and carrots
196 cals



Teriyaki chicken
16 oz- 760 cals

Day 6

2868 cals ● 243g protein (34%) ● 111g fat (35%) ● 190g carbs (27%) ● 34g fiber (5%)

Breakfast

460 cals, 20g protein, 32g net carbs, 23g fat



Hummus toast
2 slice(s)- 293 cals



Roasted almonds
1/6 cup(s)- 166 cals

Snacks

400 cals, 24g protein, 61g net carbs, 5g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grapefruit
1 grapefruit- 119 cals



Kefir
150 cals

Lunch

1055 cals, 82g protein, 61g net carbs, 50g fat



Brussel sprout, chicken & apple salad
618 cals



Cottage cheese & honey
1 cup(s)- 249 cals



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

Dinner

955 cals, 117g protein, 36g net carbs, 32g fat



Simple salad with tomatoes and carrots
196 cals



Teriyaki chicken
16 oz- 760 cals

Day 7

2792 cals ● 187g protein (27%) ● 134g fat (43%) ● 174g carbs (25%) ● 34g fiber (5%)

Breakfast

460 cals, 20g protein, 32g net carbs, 23g fat



Hummus toast
2 slice(s)- 293 cals



Roasted almonds
1/6 cup(s)- 166 cals

Snacks

400 cals, 24g protein, 61g net carbs, 5g fat



Cottage cheese & fruit cup
1 container- 131 cals



Grapefruit
1 grapefruit- 119 cals



Kefir
150 cals

Lunch

1055 cals, 82g protein, 61g net carbs, 50g fat



Brussel sprout, chicken & apple salad
618 cals



Cottage cheese & honey
1 cup(s)- 249 cals



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

Dinner

880 cals, 61g protein, 20g net carbs, 56g fat



Tilapia with almond gremolata
1 1/2 tilapia fillet(s)- 698 cals



Tossed salad
182 cals

Fats and Oils

- ☐ oil
2 oz (60mL)
- ☐ olive oil
6 oz (189mL)
- ☐ salad dressing
2 1/3 oz (67mL)

Dairy and Egg Products

- ☐ egg whites
1 1/2 cup (365g)
- ☐ butter
1/4 cup (45g)
- ☐ cheese
3/4 cup, shredded (84g)
- ☐ sliced cheese
6 slice (3/4 oz ea) (126g)
- ☐ whole milk
1/4 gallon (840mL)
- ☐ eggs
4 large (200g)
- ☐ kefir, flavored
3 cup (720mL)
- ☐ low fat cottage cheese (1% milkfat)
2 cup (452g)

Baked Products

- ☐ bread
20 slice (640g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)

Fruits and Fruit Juices

- ☐ apples
3 1/2 medium (3" dia) (654g)
- ☐ Watermelon
16 oz (453g)
- ☐ orange
2 orange (308g)
- ☐ Grapefruit
3 large (approx 4-1/2" dia) (996g)
- ☐ lemon juice
3/4 tbsp (11mL)

Sausages and Luncheon Meats

- ☐ ham cold cuts
4 slice (92g)

Beverages

- ☐ water
3 cup(s) (751mL)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- ☐ pasta sauce
1/4 jar (24 oz) (168g)

Other

- ☐ mixed greens
1/2 cup (15g)
- ☐ flavored quinoa mix
5/8 package (4.9 oz) (87g)
- ☐ protein bar (20g protein)
2 bar (100g)
- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ teriyaki sauce
1 cup (240mL)

Vegetables and Vegetable Products

- ☐ tomatoes
4 medium whole (2-3/5" dia) (494g)
- ☐ frozen sugar snap peas
5/8 package (10 oz) (178g)
- ☐ brussels sprouts
3 1/4 cup (286g)
- ☐ romaine lettuce
2 1/4 head (1393g)
- ☐ zucchini
3 1/2 medium (686g)
- ☐ garlic
2 clove(s) (6g)
- ☐ carrots
1 1/2 medium (99g)
- ☐ fresh parsley
3 tbsp chopped (11g)
- ☐ red onion
1/6 medium (2-1/2" dia) (21g)
- ☐ cucumber
1/6 cucumber (8-1/4") (56g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 3/4 lbs (2586g)

☐ turkey cold cuts
3/4 lbs (340g)

☐ ground turkey, raw
4 oz (113g)

Nut and Seed Products

☐ walnuts
3 oz (86g)

☐ sunflower kernels
4 oz (113g)

☐ almonds
1/3 lbs (135g)

Cereal Grains and Pasta

☐ brown rice
13 1/4 tbsp (158g)

☐ uncooked dry pasta
2 2/3 oz (76g)

Spices and Herbs

☐ salt
1 tbsp (17g)

☐ black pepper
1/2 oz (15g)

☐ dijon mustard
1 3/4 oz (50g)

☐ apple cider vinegar
1 tbsp (16g)

☐ oregano, dried
1 3/4 tsp, ground (3g)

☐ garlic powder
1/4 oz (8g)

☐ lemon pepper
2 tbsp (14g)

☐ paprika
3 dash (1g)

☐ onion powder
3 dash (1g)

Finfish and Shellfish Products

☐ shrimp, raw
10 oz (284g)

☐ salmon
1 1/3 fillet/s (6 oz each) (227g)

☐ tilapia, raw
1/2 lbs (255g)

Sweets

☐ maple syrup
1 1/2 tbsp (22mL)

☐ honey
2 1/2 oz (70g)

Breakfast Cereals

☐ flavored instant oatmeal
2 packet (86g)

Legumes and Legume Products

☐ hummus
10 tbsp (150g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Scrambled egg whites

121 cals ● 13g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
egg whites
1/2 cup (122g)

For all 3 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.

Toast with butter

2 slice(s) - 227 cals ● 8g protein ● 10g fat ● 24g carbs ● 4g fiber



For single meal:

bread
2 slice (64g)
butter
2 tsp (9g)

For all 3 meals:

bread
6 slice (192g)
butter
2 tbsp (27g)

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

Apple

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



For single meal:

apples

1 medium (3" dia) (182g)

For all 3 meals:

apples

3 medium (3" dia) (546g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

For all 2 meals:

eggs

4 large (200g)

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.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 2 meals:

almonds

1/2 cup, whole (72g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Hummus toast

2 slice(s) - 293 cals ● 14g protein ● 9g fat ● 30g carbs ● 8g fiber



For single meal:

hummus

5 tbsp (75g)

bread

2 slice (64g)

For all 2 meals:

hummus

10 tbsp (150g)

bread

4 slice (128g)

1. (Optional) Toast bread.
2. Spread hummus over bread and serve.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 2 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.
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Lunch 1 [🔗](#)

Eat on day 1

Shrimp-snap peas-quinoa bowl

699 cals ● 71g protein ● 14g fat ● 61g carbs ● 10g fiber



black pepper

1/3 tsp, ground (1g)

salt

1/3 tsp (2g)

shrimp, raw, peeled and deveined

10 oz (284g)

olive oil

2 tsp (9mL)

flavored quinoa mix

5/8 package (4.9 oz) (87g)

frozen sugar snap peas

5/8 package (10 oz) (178g)

1. Prepare the quinoa mix and snap peas according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together (or keep it separate) and serve.

Brussels sprout, apple & walnut side salad

338 cals ● 6g protein ● 26g fat ● 16g carbs ● 5g fiber



brussels sprouts, ends trimmed and discarded

1 cup (88g)

apples, chopped

1/4 small (2-3/4" dia) (33g)

walnuts

2 2/3 tbsp, chopped (19g)

apple cider vinegar

1 tsp (5g)

maple syrup

1/2 tbsp (7mL)

olive oil

1 tbsp (15mL)

1. Thinly slice brussel sprouts and place them in a bowl. Mix with apples and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
2. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
3. Drizzle vinaigrette over the salad and serve.

Lunch 2 [↗](#)

Eat on day 2, day 3

Sunflower seeds

361 cal ● 17g protein ● 28g fat ● 5g carbs ● 5g fiber



For single meal:

sunflower kernels

2 oz (57g)

For all 2 meals:

sunflower kernels

4 oz (113g)

1. This recipe has no instructions.

Turkey sandwich with mustard

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



For single meal:

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)

For all 2 meals:

dijon mustard

1 tbsp (15g)

romaine lettuce

3 leaf inner (18g)

tomatoes

6 slice(s), thin/small (90g)

bread

6 slice (192g)

sliced cheese

6 slice (3/4 oz ea) (126g)

turkey cold cuts

3/4 lbs (340g)

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 3 [🔗](#)

Eat on day 4

Simple garlic bread

4 slice(s) - 458 cal ● 16g protein ● 19g fat ● 48g carbs ● 8g fiber



Makes 4 slice(s)

bread

4 slice (128g)

butter

4 tsp (18g)

garlic powder

2 dash (1g)

1. Spread the butter on the bread, sprinkle with some garlic powder, and toast in a toaster oven until bread is golden brown.

Pasta with meat sauce

562 cal ● 35g protein ● 14g fat ● 67g carbs ● 6g fiber



uncooked dry pasta

2 2/3 oz (76g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

oil

1/2 tsp (3mL)

pasta sauce

1/4 jar (24 oz) (168g)

ground turkey, raw

4 oz (113g)

1. Add the oil to a saucepan and heat to medium. Add the salt, pepper, and turkey and cook until done (it should all be browned and solid). Mix/mash the turkey every so often to achieve desired chunkiness.
 2. Stir in the pasta sauce.
 3. Cook the pasta as directed on the package.
 4. Top the pasta with sauce and enjoy.
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Lunch 4 [🔗](#)

Eat on day 5

Brown rice

1 1/6 cup brown rice, cooked - 267 cals ● 6g protein ● 2g fat ● 54g carbs ● 3g fiber



Makes 1 1/6 cup brown rice, cooked

brown rice

6 1/4 tbsp (74g)

salt

1/4 tsp (2g)

water

3/4 cup(s) (184mL)

black pepper

1/4 tsp, ground (1g)

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.

Honey dijon salmon

8 oz - 535 cals ● 47g protein ● 33g fat ● 12g carbs ● 1g fiber



Makes 8 oz

salmon

1 1/3 fillet/s (6 oz each) (227g)

dijon mustard

4 tsp (20g)

honey

2 tsp (14g)

garlic, minced

2/3 clove (2g)

olive oil

1/2 tbsp (7mL)

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.

Lunch 5 [↗](#)

Eat on day 6, day 7

Brussel sprout, chicken & apple salad

618 cals ● 44g protein ● 38g fat ● 18g carbs ● 6g fiber



For single meal:

boneless skinless chicken breast, raw

6 oz (170g)

olive oil

1 1/2 tbsp (23mL)

maple syrup

1/2 tbsp (8mL)

apple cider vinegar

1 tsp (6g)

walnuts

3 tbsp, chopped (21g)

apples, chopped

1/4 small (2-3/4" dia) (37g)

brussels sprouts, ends trimmed and discarded

1 cup (99g)

For all 2 meals:

boneless skinless chicken breast, raw

3/4 lbs (340g)

olive oil

3 tbsp (45mL)

maple syrup

1 tbsp (15mL)

apple cider vinegar

3/4 tbsp (11g)

walnuts

6 tbsp, chopped (42g)

apples, chopped

1/2 small (2-3/4" dia) (74g)

brussels sprouts, ends trimmed and discarded

2 1/4 cup (198g)

1. Season chicken breasts with some salt and pepper. Heat about 25% of the oil (reserving the rest for later) in a skillet over medium heat. Add chicken breasts and cook about 5-10 minutes on each side or until the center is no longer pink. Transfer to a cutting board and when cool enough to handle, chop breasts into bite-sized pieces. Set aside.
2. Thinly slice brussel sprouts and place them in a bowl. Mix with apples, chicken, and walnuts (optional: to bring out a more earthy flavor in the walnuts, you can toast them in a skillet over medium heat for 1-2 minutes).
3. In a small bowl make the vinaigrette by mixing together the olive oil, apple cider vinegar, maple syrup, and a pinch of salt/pepper.
4. Drizzle vinaigrette over the salad and serve.

Cottage cheese & honey

1 cup(s) - 249 cals ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

For all 2 meals:

honey

2 2/3 tbsp (56g)

low fat cottage cheese (1% milkfat)

2 cup (452g)

1. Serve cottage cheese in a bowl and drizzle with honey.

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Cheesy ham roll ups

2 roll up(s) - 216 cals ● 17g protein ● 16g fat ● 2g carbs ● 0g fiber



For single meal:
ham cold cuts
2 slice (46g)
cheese
6 tbsp, shredded (42g)

For all 2 meals:
ham cold cuts
4 slice (92g)
cheese
3/4 cup, shredded (84g)

1. Lay slice of ham flat and sprinkle cheese evenly over the surface.
2. Roll up the ham.
3. Microwave for 30 seconds until warm and cheese has begun to melt.
4. Serve.
5. Note: To meal prep, complete steps 1 and 2 and wrap each roll up in plastic and store in the fridge. When ready to eat, remove from plastic and cook in microwave.

Watermelon

8 oz - 82 cals ● 2g protein ● 0g fat ● 17g carbs ● 1g fiber



For single meal:
Watermelon
8 oz (227g)

For all 2 meals:
Watermelon
16 oz (453g)

1. Slice watermelon and serve.

Walnuts

1/8 cup(s) - 87 cals ● 2g protein ● 8g fat ● 1g carbs ● 1g fiber



For single meal:

walnuts
2 tbsp, shelled (13g)

For all 2 meals:

walnuts
4 tbsp, shelled (25g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

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.

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Orange

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



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 3 meals:

cottage cheese & fruit cup
3 container (510g)

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

Grapefruit

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



For single meal:

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

For all 3 meals:

Grapefruit
3 large (approx 4-1/2" dia) (996g)

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)

Kefir

150 cals ● 8g protein ● 2g fat ● 25g carbs ● 0g fiber



For single meal:

kefir, flavored
1 cup (240mL)

For all 3 meals:

kefir, flavored
3 cup (720mL)

1. Pour into a glass and drink.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Brown rice

2/3 cup brown rice, cooked - 153 cal ● 3g protein ● 1g fat ● 31g carbs ● 1g fiber



For single meal:

brown rice
1/4 cup (42g)
salt
1 1/3 dash (1g)
water
1/2 cup(s) (105mL)
black pepper
1 1/3 dash, ground (0g)

For all 2 meals:

brown rice
1/2 cup (84g)
salt
1/3 tsp (2g)
water
7/8 cup(s) (211mL)
black pepper
1/3 tsp, ground (1g)

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.

Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

chunky canned soup (non-creamy varieties)
1 can (~19 oz) (526g)

For all 2 meals:

chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.

Grilled chicken sandwich

1 sandwich(es) - 460 cal ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

oil
1/2 tsp (3mL)
kaiser rolls
1 roll (3-1/2" dia) (57g)
dijon mustard
1/2 tbsp (8g)
mixed greens
4 tbsp (8g)
tomatoes
3 slice(s), thin/small (45g)
boneless skinless chicken breast, raw
1/2 lbs (227g)

For all 2 meals:

oil
1 tsp (5mL)
kaiser rolls
2 roll (3-1/2" dia) (114g)
dijon mustard
1 tbsp (15g)
mixed greens
1/2 cup (15g)
tomatoes
6 slice(s), thin/small (90g)
boneless skinless chicken breast, raw
1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 2 [↗](#)

Eat on day 3, day 4

Pan roasted zucchini

291 cals ● 5g protein ● 23g fat ● 11g carbs ● 6g fiber



For single meal:

zucchini
1 3/4 medium (343g)
black pepper
2 1/2 tsp, ground (6g)
oregano, dried
1 tsp, ground (2g)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
olive oil
1 3/4 tbsp (26mL)

For all 2 meals:

zucchini
3 1/2 medium (686g)
black pepper
1 3/4 tbsp, ground (12g)
oregano, dried
1 3/4 tsp, ground (3g)
garlic powder
1 3/4 tsp (5g)
salt
1 3/4 tsp (11g)
olive oil
1/4 cup (53mL)

1. Cut the zucchini lengthwise into four or five fillets.
2. In a small bowl whisk together the olive oil and seasonings.
3. Brush the oil mixture over all sides of the zucchini slices.
4. Place zucchini in heated pan for 2-3 minutes on one side. Then flip and cook for another minute on the other side.
5. Serve.

Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



For single meal:

lemon pepper

1 tbsp (7g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1 lbs (448g)

For all 2 meals:

lemon pepper

2 tbsp (14g)

olive oil

1 tbsp (15mL)

boneless skinless chicken breast, raw

2 lbs (896g)

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.

Dinner 3 [↗](#)

Eat on day 5, day 6

Simple salad with tomatoes and carrots

196 cals ● 8g protein ● 6g fat ● 14g carbs ● 13g fiber



For single meal:

salad dressing

1 1/2 tbsp (23mL)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

carrots, sliced

1/2 medium (31g)

romaine lettuce, roughly chopped

1 hearts (500g)

For all 2 meals:

salad dressing

3 tbsp (45mL)

tomatoes, diced

2 medium whole (2-3/5" dia) (246g)

carrots, sliced

1 medium (61g)

romaine lettuce, roughly chopped

2 hearts (1000g)

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

Teriyaki chicken

16 oz - 760 cals ● 110g protein ● 26g fat ● 22g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
teriyaki sauce
1 cup (240mL)
boneless skinless chicken breast, raw, cubed
2 lbs (896g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Dinner 4 [↗](#)

Eat on day 7

Tilapia with almond gremolata

1 1/2 tilapia fillet(s) - 698 cals ● 54g protein ● 50g fat ● 5g carbs ● 2g fiber



Makes 1 1/2 tilapia fillet(s)

fresh parsley
3 tbsp chopped (11g)
paprika
3 dash (1g)
onion powder
3 dash (1g)
garlic powder
3 dash (1g)
garlic, minced
1 1/2 clove(s) (5g)
olive oil
3 tbsp (45mL)
lemon juice
3/4 tbsp (11mL)
almonds
1 1/2 tbsp, slivered (10g)
tilapia, raw
1/2 lbs (255g)

1. Preheat oven to 425°F (220°C).
2. In a small bowl start the gremolata by mixing together about 3/4ths of the olive oil (reserving the rest for later), parsley, lemon juice, minced garlic, and pinch of salt and pepper. Set aside.
3. Pat tilapia dry and coat with the remaining olive oil. Season the tilapia with garlic powder, onion powder, and paprika. Roast on a baking sheet until fish is cooked through, about 12-15 minutes.
4. Meanwhile, in a dry skillet over medium heat, toast the almonds until golden, about 3 minutes. When done, transfer to a cutting board and chop. Add to the gremolata and stir.
5. Plate fish and spoon the gremolata over the top. Serve.

Tossed salad

182 cals ● 6g protein ● 6g fat ● 15g carbs ● 10g fiber



red onion, sliced

1/6 medium (2-1/2" dia) (21g)

cucumber, sliced or diced

1/6 cucumber (8-1/4") (56g)

romaine lettuce, shredded

3/4 hearts (375g)

carrots, peeled and shredded or sliced

3/4 small (5-1/2" long) (38g)

tomatoes, diced

3/4 small whole (2-2/5" dia) (68g)

salad dressing

1 1/2 tbsp (23mL)

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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