

Meal Plan - 2900 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

2897 cals ● 208g protein (29%) ● 138g fat (43%) ● 161g carbs (22%) ● 45g fiber (6%)

Breakfast

515 cals, 26g protein, 12g net carbs, 38g fat



Boiled eggs
2 egg(s)- 139 cals



Pistachios
375 cals

Snacks

395 cals, 35g protein, 18g net carbs, 18g fat



Pork rinds
2 oz- 298 cals



Blueberries
1 cup(s)- 95 cals

Lunch

1020 cals, 69g protein, 79g net carbs, 43g fat



Quinoa
2 cup quinoa, cooked- 417 cals



Honey dijon salmon
9 oz- 603 cals

Dinner

970 cals, 78g protein, 53g net carbs, 38g fat



Garlic collard greens
425 cals



Balsamic chicken breast
8 oz- 316 cals



Dinner roll
3 roll- 231 cals

Day 2

2897 cals ● 208g protein (29%) ● 138g fat (43%) ● 161g carbs (22%) ● 45g fiber (6%)

Breakfast

515 cals, 26g protein, 12g net carbs, 38g fat



Boiled eggs
2 egg(s)- 139 cals



Pistachios
375 cals

Snacks

395 cals, 35g protein, 18g net carbs, 18g fat



Pork rinds
2 oz- 298 cals



Blueberries
1 cup(s)- 95 cals

Lunch

1020 cals, 69g protein, 79g net carbs, 43g fat



Quinoa
2 cup quinoa, cooked- 417 cals



Honey dijon salmon
9 oz- 603 cals

Dinner

970 cals, 78g protein, 53g net carbs, 38g fat



Garlic collard greens
425 cals



Balsamic chicken breast
8 oz- 316 cals



Dinner roll
3 roll- 231 cals

Day 3

2934 cals ● 215g protein (29%) ● 167g fat (51%) ● 106g carbs (15%) ● 36g fiber (5%)

Breakfast

515 cals, 26g protein, 12g net carbs, 38g fat



Boiled eggs
2 egg(s)- 139 cals



Pistachios
375 cals

Snacks

305 cals, 7g protein, 43g net carbs, 10g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Dark chocolate
2 square(s)- 120 cals



Pretzels
165 cals

Lunch

1090 cals, 62g protein, 22g net carbs, 78g fat



Steak and beet salad
703 cals



Roasted almonds
1/2 cup(s)- 388 cals

Dinner

1025 cals, 121g protein, 30g net carbs, 41g fat



Mashed sweet potatoes with butter
125 cals



Baked chicken with tomatoes & olives
18 oz- 899 cals

Day 4

2921 cals ● 240g protein (33%) ● 110g fat (34%) ● 209g carbs (29%) ● 35g fiber (5%)

Breakfast

575 cals, 35g protein, 44g net carbs, 26g fat



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



Lowfat Greek yogurt
2 container(s)- 310 cals



Cucumber slices
3/4 cucumber- 45 cals

Snacks

305 cals, 7g protein, 43g net carbs, 10g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Dark chocolate
2 square(s)- 120 cals



Pretzels
165 cals

Lunch

1015 cals, 77g protein, 93g net carbs, 33g fat



Baked sweet potatoes
1 sweet potato(s)- 216 cals



Teriyaki burgers
2 burger(s)- 799 cals

Dinner

1025 cals, 121g protein, 30g net carbs, 41g fat



Mashed sweet potatoes with butter
125 cals



Baked chicken with tomatoes & olives
18 oz- 899 cals

Day 5

2885 cals ● 264g protein (37%) ● 92g fat (29%) ● 204g carbs (28%) ● 46g fiber (6%)

Breakfast

575 cals, 35g protein, 44g net carbs, 26g fat



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



Lowfat Greek yogurt
2 container(s)- 310 cals



Cucumber slices
3/4 cucumber- 45 cals

Snacks

305 cals, 7g protein, 43g net carbs, 10g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Dark chocolate
2 square(s)- 120 cals



Pretzels
165 cals

Lunch

1015 cals, 149g protein, 9g net carbs, 36g fat



Garlic collard greens
199 cals



Lemon pepper chicken breast
22 oz- 814 cals

Dinner

990 cals, 75g protein, 109g net carbs, 20g fat



Flavored rice mix
287 cals



Grilled chicken sandwich
1 sandwich(es)- 460 cals



Tossed salad
242 cals

Day 6

2850 cals ● 286g protein (40%) ● 77g fat (24%) ● 200g carbs (28%) ● 52g fiber (7%)

Breakfast

520 cals, 35g protein, 44g net carbs, 19g fat



Protein bar
1 bar- 245 cals



Kale & eggs
189 cals



Orange
1 orange(s)- 85 cals

Snacks

330 cals, 29g protein, 38g net carbs, 1g fat



Carrot sticks
2 1/2 carrot(s)- 68 cals



Green protein shake
261 cals

Lunch

1015 cals, 149g protein, 9g net carbs, 36g fat



Garlic collard greens
199 cals



Lemon pepper chicken breast
22 oz- 814 cals

Dinner

990 cals, 75g protein, 109g net carbs, 20g fat



Flavored rice mix
287 cals



Grilled chicken sandwich
1 sandwich(es)- 460 cals



Tossed salad
242 cals

Day 7

2865 cals ● 239g protein (33%) ● 87g fat (27%) ● 211g carbs (29%) ● 71g fiber (10%)

Breakfast

520 cals, 35g protein, 44g net carbs, 19g fat



[Protein bar](#)
1 bar- 245 cals



[Kale & eggs](#)
189 cals



[Orange](#)
1 orange(s)- 85 cals

Snacks

330 cals, 29g protein, 38g net carbs, 1g fat



[Carrot sticks](#)
2 1/2 carrot(s)- 68 cals



[Green protein shake](#)
261 cals

Lunch

995 cals, 86g protein, 25g net carbs, 49g fat



[Garlic collard greens](#)
438 cals



[Southwest meatloaf](#)
2 meatloaves- 558 cals

Dinner

1020 cals, 90g protein, 103g net carbs, 17g fat



[Tossed salad](#)
242 cals



[Bbq chicken stuffed sweet potatoes](#)
1 1/2 potato(es)- 779 cals

Dairy and Egg Products

- ☐ eggs
10 large (500g)
- ☐ butter
2 tsp (9g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ cheese
2 tbsp, shredded (14g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1 1/2 cup (185g)
- ☐ almonds
1 cup, whole (134g)

Other

- ☐ pork rinds
4 oz (113g)
- ☐ italian seasoning
4 dash (2g)
- ☐ mixed greens
2 3/4 cup (83g)
- ☐ teriyaki sauce
2 tbsp (30mL)
- ☐ protein bar (20g protein)
2 bar (100g)

Fruits and Fruit Juices

- ☐ blueberries
2 cup (296g)
- ☐ green olives
36 large (158g)
- ☐ orange
4 orange (616g)
- ☐ banana
1 medium (7" to 7-7/8" long) (118g)

Vegetables and Vegetable Products

- ☐ collard greens
5 1/4 lbs (2400g)
- ☐ garlic
17 1/2 clove(s) (52g)
- ☐ sweet potatoes
3 1/2 sweetpotato, 5" long (735g)

Spices and Herbs

- ☐ salt
3/4 oz (18g)
- ☐ dijon mustard
4 tbsp (60g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ chili powder
2 tbsp (17g)
- ☐ fresh basil
36 leaves (18g)
- ☐ oregano, dried
1/2 dash, ground (0g)
- ☐ lemon pepper
2 3/4 tbsp (19g)
- ☐ garlic powder
2 dash (1g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
8 lbs (3496g)

Baked Products

- ☐ Roll
6 pan, dinner, or small roll (2" square, 2" high) (168g)
- ☐ hamburger buns
2 bun(s) (102g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)
- ☐ bread
1 slice (32g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1 1/3 cup (227g)

Beverages

- ☐ water
1/4 gallon (806mL)
- ☐ protein powder, vanilla
2 scoop (1/3 cup ea) (62g)

Finfish and Shellfish Products

- ☐ salmon
3 fillet/s (6 oz each) (510g)

- ☐ tomatoes
10 1/2 medium whole (2-3/5" dia) (1281g)
- ☐ beets, precooked (canned or refrigerated)
1 1/2 beets (2" dia, sphere) (75g)
- ☐ broccoli
3/4 cup chopped (68g)
- ☐ cucumber
2 1/2 cucumber (8-1/4") (733g)
- ☐ red onion
3/4 medium (2-1/2" dia) (83g)
- ☐ romaine lettuce
3 hearts (1500g)
- ☐ carrots
7 1/2 medium (455g)
- ☐ fresh spinach
2 cup(s) (60g)
- ☐ kale leaves
1 cup, chopped (40g)

Fats and Oils

- ☐ oil
4 oz (121mL)
 - ☐ balsamic vinaigrette
4 tbsp (60mL)
 - ☐ olive oil
2 oz (66mL)
 - ☐ salad dressing
1/4 lbs (135mL)
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Sweets

- ☐ honey
1 1/2 tbsp (32g)
- ☐ Chocolate, dark, 70-85%
6 square(s) (60g)

Snacks

- ☐ pretzels, hard, salted
1/4 lbs (128g)

Beef Products

- ☐ sirloin steak, raw
1/2 lbs (213g)
- ☐ ground beef (93% lean)
22 oz (624g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 pouch (~5.6 oz) (158g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 tbsp (71g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 3 meals:

eggs
6 large (300g)

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.

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



For single meal:

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

For all 3 meals:

pistachios, dry roasted, without shells or salt added
1 1/2 cup (185g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Lowfat Greek yogurt

2 container(s) - 310 cals ● 25g protein ● 8g fat ● 33g carbs ● 3g fiber



For single meal:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt

4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

Cucumber slices

3/4 cucumber - 45 cals ● 2g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

cucumber

3/4 cucumber (8-1/4") (226g)

For all 2 meals:

cucumber

1 1/2 cucumber (8-1/4") (452g)

1. Slice cucumber into rounds and 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.

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt

1 dash (0g)

eggs

2 large (100g)

kale leaves

1/2 cup, chopped (20g)

oil

1 tsp (5mL)

For all 2 meals:

salt

2 dash (1g)

eggs

4 large (200g)

kale leaves

1 cup, chopped (40g)

oil

2 tsp (10mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

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.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Quinoa

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



For single meal:

quinoa, uncooked
2/3 cup (113g)
water
1 1/3 cup(s) (316mL)

For all 2 meals:

quinoa, uncooked
1 1/3 cup (227g)
water
2 2/3 cup(s) (632mL)

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.
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Honey dijon salmon

9 oz - 603 cals ● 53g protein ● 37g fat ● 14g carbs ● 1g fiber



For single meal:

salmon
1 1/2 fillet/s (6 oz each) (255g)
dijon mustard
1 1/2 tbsp (23g)
honey
3/4 tbsp (16g)
garlic, minced
3/4 clove (2g)
olive oil
1/2 tbsp (8mL)

For all 2 meals:

salmon
3 fillet/s (6 oz each) (510g)
dijon mustard
3 tbsp (45g)
honey
1 1/2 tbsp (32g)
garlic, minced
1 1/2 clove (5g)
olive oil
1 tbsp (15mL)

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.
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Lunch 2 [↗](#)

Eat on day 3

Steak and beet salad

703 cals ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



oil

3/4 tbsp (11mL)

beets, precooked (canned or refrigerated), chopped

1 1/2 beets (2" dia, sphere) (75g)

salad dressing

3 tbsp (45mL)

broccoli

3/4 cup chopped (68g)

mixed greens

2 1/4 cup (68g)

sirloin steak, raw

1/2 lbs (213g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.

Roasted almonds

1/2 cup(s) - 388 cals ● 13g protein ● 31g fat ● 6g carbs ● 8g fiber



Makes 1/2 cup(s)

almonds

1/2 cup, whole (63g)

1. This recipe has no instructions.
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Lunch 3 [🔗](#)

Eat on day 4

Baked sweet potatoes

1 sweet potato(s) - 216 cal ● 3g protein ● 4g fat ● 36g carbs ● 6g fiber



Makes 1 sweet potato(s)

oil

1/4 tbsp (4mL)

oregano, dried

1/2 dash, ground (0g)

sweet potatoes

1 sweetpotato, 5" long (210g)

salt

1/2 dash (0g)

black pepper

1/2 dash, ground (0g)

1. Preheat oven to 350°F (175°C).
2. Option 1: Whole Sweet Potatoes: Place whole sweet potatoes in a baking dish. Rub them with oil, oregano, and salt and pepper to fully coat. Bake for 60 minutes or until soft when pierced with a fork.
3. Option 2: Cubed Sweet Potatoes: Place cubed sweet potatoes in a baking dish. Drizzle with oil, and sprinkle with oregano, salt, and pepper. Toss to evenly coat. Bake for 30-40 minutes, stirring halfway through, or until soft and golden.

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.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Garlic collard greens

199 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens

10 oz (284g)

oil

2 tsp (9mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/4 dash (1g)

For all 2 meals:

collard greens

1 1/4 lbs (567g)

oil

1 1/4 tbsp (19mL)

garlic, minced

3 3/4 clove(s) (11g)

salt

1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lemon pepper chicken breast

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



For single meal:

lemon pepper

4 tsp (9g)

olive oil

2 tsp (10mL)

boneless skinless chicken breast, raw

22 oz (616g)

For all 2 meals:

lemon pepper

2 3/4 tbsp (19g)

olive oil

4 tsp (21mL)

boneless skinless chicken breast, raw

2 3/4 lbs (1232g)

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.

Lunch 5 [↗](#)

Eat on day 7

Garlic collard greens

438 cals ● 20g protein ● 23g fat ● 13g carbs ● 25g fiber



collard greens

22 oz (624g)

oil

4 tsp (21mL)

garlic, minced

4 clove(s) (12g)

salt

1/3 tsp (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Southwest meatloaf

2 meatloaves - 558 cals ● 67g protein ● 26g fat ● 13g carbs ● 2g fiber



Makes 2 meatloaves

- cheese**
2 tbsp, shredded (14g)
- chili powder**
2 dash (1g)
- ground beef (93% lean)**
10 oz (284g)
- bread**
1 slice (32g)
- water**
2 tbsp (30mL)
- garlic powder**
2 dash (1g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chili powder and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet. Bake until meat loaves are browned and cooked through, 15-18 minutes.
6. Carefully top the meat loaves with shredded cheese. Return sheet to the oven until cheese melts, 1-2 minutes more. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Pork rinds
2 oz - 298 cals ● 34g protein ● 18g fat ● 0g carbs ● 0g fiber



For single meal:

pork rinds
2 oz (57g)

For all 2 meals:

pork rinds
4 oz (113g)

1. Enjoy.

Blueberries
1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)

For all 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Dark chocolate

2 square(s) - 120 cals ● 2g protein ● 9g fat ● 7g carbs ● 2g fiber



For single meal:

Chocolate, dark, 70-85%
2 square(s) (20g)

For all 3 meals:

Chocolate, dark, 70-85%
6 square(s) (60g)

1. This recipe has no instructions.

Pretzels

165 cals ● 4g protein ● 1g fat ● 33g carbs ● 2g fiber



For single meal:
pretzels, hard, salted
1 1/2 oz (43g)

For all 3 meals:
pretzels, hard, salted
1/4 lbs (128g)

1. This recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6, day 7

Carrot sticks

2 1/2 carrot(s) - 68 cals ● 2g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:
carrots
2 1/2 medium (153g)

For all 2 meals:
carrots
5 medium (305g)

1. Cut carrots into strips and serve.

Green protein shake

261 cals ● 27g protein ● 1g fat ● 28g carbs ● 8g fiber



For single meal:
fresh spinach
1 cup(s) (30g)
water
1/4 cup(s) (59mL)
orange, peeled, sliced, and deseeded
1 orange (154g)
protein powder, vanilla
1 scoop (1/3 cup ea) (31g)
banana, frozen
1/2 medium (7" to 7-7/8" long) (59g)

For all 2 meals:
fresh spinach
2 cup(s) (60g)
water
1/2 cup(s) (119mL)
orange, peeled, sliced, and deseeded
2 orange (308g)
protein powder, vanilla
2 scoop (1/3 cup ea) (62g)
banana, frozen
1 medium (7" to 7-7/8" long) (118g)

1. Put all ingredients in a blender (if banana isn't frozen, toss in a few ice cubes).
 2. Blend thoroughly. Add more water, if needed.
 3. Serve promptly.
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Dinner 1 [🔗](#)

Eat on day 1, day 2

Garlic collard greens

425 cals ● 19g protein ● 22g fat ● 12g carbs ● 25g fiber



For single meal:

collard greens

1 1/3 lbs (605g)

oil

4 tsp (20mL)

garlic, minced

4 clove(s) (12g)

salt

1/3 tsp (2g)

For all 2 meals:

collard greens

2 2/3 lbs (1210g)

oil

2 2/3 tbsp (40mL)

garlic, minced

8 clove(s) (24g)

salt

1/4 tbsp (4g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Balsamic chicken breast

8 oz - 316 cals ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

balsamic vinaigrette

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

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.

Dinner roll

3 roll - 231 cals ● 8g protein ● 4g fat ● 40g carbs ● 2g fiber



For single meal:

Roll

3 pan, dinner, or small roll (2" square, 2" high) (84g)

For all 2 meals:

Roll

6 pan, dinner, or small roll (2" square, 2" high) (168g)

1. Enjoy.

Dinner 2 [↗](#)

Eat on day 3, day 4

Mashed sweet potatoes with butter

125 cal ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

butter

1 tsp (5g)

sweet potatoes

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

butter

2 tsp (9g)

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, top with butter, and serve.

Baked chicken with tomatoes & olives

18 oz - 899 cal ● 120g protein ● 37g fat ● 12g carbs ● 9g fiber



For single meal:

tomatoes
18 cherry tomatoes (306g)
olive oil
1 tbsp (15mL)
salt
1/4 tbsp (5g)
green olives
18 large (79g)
black pepper
1/4 tbsp (1g)
chili powder
1 tbsp (8g)
boneless skinless chicken breast, raw
18 oz (510g)
fresh basil, shredded
18 leaves (9g)

For all 2 meals:

tomatoes
36 cherry tomatoes (612g)
olive oil
2 tbsp (30mL)
salt
1/2 tbsp (9g)
green olives
36 large (158g)
black pepper
1/2 tbsp (1g)
chili powder
2 tbsp (16g)
boneless skinless chicken breast, raw
2 1/4 lbs (1021g)
fresh basil, shredded
36 leaves (18g)

1. Heat the oven to 425 F (220 C)
2. Put chicken breast in a small baking dish.
3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
4. On top of the chicken put the tomato, basil, and olives.
5. Put the baking dish in the oven and cook for about 25 minutes.
6. Check the chicken is cooked through. If not then add a few minutes of cook time.

Dinner 3 [↗](#)

Eat on day 5, day 6

Flavored rice mix

287 cals ● 8g protein ● 1g fat ● 58g carbs ● 2g fiber



For single meal:

flavored rice mix
1/2 pouch (~5.6 oz) (79g)

For all 2 meals:

flavored rice mix
1 pouch (~5.6 oz) (158g)

1. Prepare according to instructions on package.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 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.

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



For single meal:

red onion, sliced
1/4 medium (2-1/2" dia) (28g)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
romaine lettuce, shredded
1 hearts (500g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
salad dressing
2 tbsp (30mL)

For all 2 meals:

red onion, sliced
1/2 medium (2-1/2" dia) (55g)
cucumber, sliced or diced
1/2 cucumber (8-1/4") (151g)
romaine lettuce, shredded
2 hearts (1000g)
carrots, peeled and shredded or sliced
2 small (5-1/2" long) (100g)
tomatoes, diced
2 small whole (2-2/5" dia) (182g)
salad dressing
4 tbsp (60mL)

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 7

Tossed salad

242 cals ● 9g protein ● 8g fat ● 20g carbs ● 14g fiber



red onion, sliced

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

cucumber, sliced or diced

1/4 cucumber (8-1/4") (75g)

romaine lettuce, shredded

1 hearts (500g)

carrots, peeled and shredded or sliced

1 small (5-1/2" long) (50g)

tomatoes, diced

1 small whole (2-2/5" dia) (91g)

salad dressing

2 tbsp (30mL)

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.

Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cals ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



Makes 1 1/2 potato(es)

sweet potatoes, halved

1 1/2 sweetpotato, 5" long (315g)

barbecue sauce

4 tbsp (71g)

boneless skinless chicken breast, raw

3/4 lbs (336g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.