

Meal Plan - 3000 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

2992 cals ● 225g protein (30%) ● 119g fat (36%) ● 218g carbs (29%) ● 37g fiber (5%)

Breakfast

530 cals, 20g protein, 46g net carbs, 27g fat



[Avocado](#)
176 cals



[Waffles & Greek yogurt](#)
3 waffle(s)- 356 cals

Snacks

355 cals, 27g protein, 14g net carbs, 20g fat



[Cherry tomatoes](#)
3 cherry tomatoes- 11 cals



[Strawberries](#)
1 1/3 cup(s)- 69 cals



[Boiled eggs](#)
4 egg(s)- 277 cals

Lunch

1090 cals, 86g protein, 82g net carbs, 42g fat



[Roast beef & pickle sandwich](#)
2 sandwich(es)- 907 cals



[Lowfat yogurt](#)
1 container(s)- 181 cals

Dinner

1015 cals, 92g protein, 77g net carbs, 31g fat



[Roasted tomatoes](#)
2 tomato(es)- 119 cals



[Basic chicken breast](#)
13 1/3 oz- 529 cals



[Mashed sweet potatoes](#)
366 cals

Day 2

2851 cals ● 231g protein (32%) ● 106g fat (33%) ● 213g carbs (30%) ● 31g fiber (4%)

Breakfast

530 cals, 20g protein, 46g net carbs, 27g fat



[Avocado](#)
176 cals



[Waffles & Greek yogurt](#)
3 waffle(s)- 356 cals

Snacks

355 cals, 27g protein, 14g net carbs, 20g fat



[Cherry tomatoes](#)
3 cherry tomatoes- 11 cals



[Strawberries](#)
1 1/3 cup(s)- 69 cals



[Boiled eggs](#)
4 egg(s)- 277 cals

Lunch

1035 cals, 76g protein, 102g net carbs, 29g fat



[Protein bar](#)
2 bar- 490 cals



[Nectarine](#)
2 nectarine(s)- 140 cals



[Roast beef wrap](#)
1 wrap(s)- 404 cals

Dinner

930 cals, 108g protein, 52g net carbs, 31g fat



[Balsamic chicken breast](#)
16 oz- 631 cals



[Brown rice](#)
1 cup brown rice, cooked- 229 cals



[Simple mixed greens salad](#)
68 cals

Day 3

2970 cals ● 211g protein (28%) ● 87g fat (27%) ● 296g carbs (40%) ● 40g fiber (5%)

Breakfast

530 cals, 20g protein, 46g net carbs, 27g fat



Avocado
176 cals



Waffles & Greek yogurt
3 waffle(s)- 356 cals

Snacks

355 cals, 27g protein, 14g net carbs, 20g fat



Cherry tomatoes
3 cherry tomatoes- 11 cals



Strawberries
1 1/3 cup(s)- 69 cals



Boiled eggs
4 egg(s)- 277 cals

Lunch

1035 cals, 76g protein, 102g net carbs, 29g fat



Protein bar
2 bar- 490 cals



Nectarine
2 nectarine(s)- 140 cals



Roast beef wrap
1 wrap(s)- 404 cals

Dinner

1050 cals, 88g protein, 134g net carbs, 12g fat



Fruit juice
1 cup(s)- 115 cals



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



Dinner roll
2 roll- 154 cals

Day 4

2909 cals ● 218g protein (30%) ● 86g fat (27%) ● 282g carbs (39%) ● 34g fiber (5%)

Breakfast

490 cals, 26g protein, 36g net carbs, 23g fat



Eggs with tomato and avocado
163 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



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

Snacks

450 cals, 16g protein, 42g net carbs, 22g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Lunch

925 cals, 88g protein, 70g net carbs, 28g fat



Simple mixed greens and tomato salad
113 cals



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



Southwest chicken
12 oz- 543 cals

Dinner

1050 cals, 88g protein, 134g net carbs, 12g fat



Fruit juice
1 cup(s)- 115 cals



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



Dinner roll
2 roll- 154 cals

Day 5

3002 cals ● 225g protein (30%) ● 97g fat (29%) ● 250g carbs (33%) ● 59g fiber (8%)

Breakfast

490 cals, 26g protein, 36g net carbs, 23g fat



Eggs with tomato and avocado
163 cals



Lowfat Greek yogurt
1 container(s)- 155 cals



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

Snacks

450 cals, 16g protein, 42g net carbs, 22g fat



Instant oatmeal with milk
1 packet(s)- 276 cals



Roasted peanuts
1/6 cup(s)- 173 cals

Lunch

1055 cals, 64g protein, 115g net carbs, 22g fat



Lentil pasta
757 cals



Milk
2 cup(s)- 298 cals

Dinner

1010 cals, 119g protein, 57g net carbs, 30g fat



Marinated chicken breast
18 oz- 636 cals



Mashed sweet potatoes with butter
374 cals

Day 6

2996 cals ● 193g protein (26%) ● 106g fat (32%) ● 251g carbs (34%) ● 66g fiber (9%)

Breakfast

500 cals, 33g protein, 10g net carbs, 35g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Cabbage & bacon skillet
468 cals

Snacks

490 cals, 35g protein, 60g net carbs, 9g fat



Banana
2 banana(s)- 233 cals



Protein shake (milk)
258 cals

Lunch

1055 cals, 64g protein, 115g net carbs, 22g fat



Lentil pasta
757 cals



Milk
2 cup(s)- 298 cals

Dinner

950 cals, 61g protein, 67g net carbs, 41g fat



Edamame & beet salad
171 cals



Fish taco
2 tortilla(s)- 778 cals

Day 7

2993 cals ● 198g protein (26%) ● 124g fat (37%) ● 227g carbs (30%) ● 43g fiber (6%)

Breakfast

500 cals, 33g protein, 10g net carbs, 35g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Cabbage & bacon skillet
468 cals

Snacks

490 cals, 35g protein, 60g net carbs, 9g fat



Banana
2 banana(s)- 233 cals



Protein shake (milk)
258 cals

Lunch

1055 cals, 70g protein, 91g net carbs, 40g fat



Simple mixed greens and tomato salad
189 cals



Chicken & sweet potato wrap
2 wrap(s)- 864 cals

Dinner

950 cals, 61g protein, 67g net carbs, 41g fat



Edamame & beet salad
171 cals



Fish taco
2 tortilla(s)- 778 cals

Fruits and Fruit Juices

- ☐ avocados
3 avocado(s) (603g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ strawberries
4 cup, whole (576g)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ fruit juice
16 fl oz (480mL)
- ☐ banana
4 medium (7" to 7-7/8" long) (472g)
- ☐ limes
1 fruit (2" dia) (67g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
2 container (350g)
- ☐ eggs
14 large (700g)
- ☐ sliced cheese
1/4 lbs (132g)
- ☐ lowfat flavored yogurt
1 container (6 oz) (170g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ butter
2 tbsp (27g)
- ☐ whole milk
1/2 gallon (1800mL)
- ☐ cheese
1 1/2 tbsp, shredded (11g)

Baked Products

- ☐ frozen waffles
9 waffles (315g)
- ☐ bread
1/2 lbs (224g)
- ☐ flour tortillas
8 tortilla (approx 7-8" dia) (392g)
- ☐ Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)

Vegetables and Vegetable Products

- ☐ tomatoes
7 1/2 medium whole (2-3/5" dia) (906g)

Fats and Oils

- ☐ oil
2 1/2 oz (73mL)
- ☐ balsamic vinaigrette
3 oz (90mL)
- ☐ salad dressing
1/2 cup (113mL)
- ☐ marinade sauce
1/2 cup (134mL)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 3/4 lbs (2566g)

Spices and Herbs

- ☐ dijon mustard
2 tbsp (30g)
- ☐ mustard
2 tsp (10g)
- ☐ salt
4 g (4g)
- ☐ black pepper
1 1/2 g (1g)
- ☐ fresh basil
2 leaves (1g)
- ☐ taco seasoning mix
3/4 tbsp (6g)
- ☐ cajun seasoning
2 2/3 tbsp (18g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
1 lbs (454g)

Other

- ☐ protein bar (20g protein)
4 bar (200g)
- ☐ italian seasoning
2 1/2 tsp (9g)
- ☐ mixed greens
10 cup (300g)
- ☐ lentil pasta
3/4 lbs (340g)

Cereal Grains and Pasta

- ☐ sweet potatoes
7 1/2 sweetpotato, 5" long (1575g)
- ☐ pickles
8 slices (56g)
- ☐ romaine lettuce
2 leaf outer (56g)
- ☐ bell pepper
1 1/2 medium (179g)
- ☐ cabbage
1/3 head, medium (about 5-3/4" dia) (302g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ onion
4 slices, thin (36g)

- ☐ brown rice
3/4 cup (137g)

Beverages

- ☐ water
1 1/2 cup(s) (341mL)
- ☐ protein powder
2 scoop (1/3 cup ea) (62g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
1/2 cup (143g)
- ☐ pasta sauce
3/4 jar (24 oz) (504g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)

Legumes and Legume Products

- ☐ roasted peanuts
6 tbsp (55g)

Pork Products

- ☐ bacon, raw
6 slice(s) (170g)

Finfish and Shellfish Products

- ☐ cod, raw
4 4oz fillet(s) (453g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Avocado

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



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

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

Waffles & Greek yogurt

3 waffle(s) - 356 cals ● 18g protein ● 12g fat ● 44g carbs ● 1g fiber



For single meal:

nonfat greek yogurt, plain
6 tbsp (105g)
frozen waffles
3 waffles (105g)

For all 3 meals:

nonfat greek yogurt, plain
1 cup (315g)
frozen waffles
9 waffles (315g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

tomatoes

1 slice(s), thick/large (1/2" thick)
(27g)

eggs

1 large (50g)

avocados, sliced

1/4 avocado(s) (50g)

salt

1 dash (0g)

black pepper

1 dash (0g)

fresh basil, chopped

1 leaves (1g)

For all 2 meals:

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)

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.

Lowfat Greek yogurt

1 container(s) - 155 cals ● 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 2 meals:

lowfat flavored greek yogurt

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

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 6, day 7

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Cabbage & bacon skillet

468 cals ● 32g protein ● 34g fat ● 6g carbs ● 3g fiber



For single meal:

cabbage
1 1/2 cup, chopped (134g)
bacon, raw
3 slice(s) (85g)

For all 2 meals:

cabbage
3 cup, chopped (267g)
bacon, raw
6 slice(s) (170g)

1. Add the bacon to a skillet over medium heat. Cook for 4–5 minutes, flip, and cook for another 3–4 minutes until crispy. Transfer the bacon to a plate lined with paper towels to drain, leaving the bacon fat in the skillet.
 2. Add cabbage to the skillet and cook in the bacon fat for 5–7 minutes, stirring occasionally, until softened. Transfer the cooked cabbage to a bowl, crumble the bacon on top, and season with pepper to taste, if desired. Serve.
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Lunch 1 [↗](#)

Eat on day 1

Roast beef & pickle sandwich

2 sandwich(es) - 907 cals ● 78g protein ● 40g fat ● 50g carbs ● 9g fiber



Makes 2 sandwich(es)

dijon mustard

2 tbsp (30g)

pickles

8 slices (56g)

sliced cheese

4 slice (2/3 oz ea) (76g)

roast beef cold cuts

1/2 lbs (227g)

bread

4 slice(s) (128g)

1. Assemble sandwich by spreading mustard on one slice of bread and topping with remaining ingredients. Serve.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



Makes 1 container(s)

lowfat flavored yogurt

1 container (6 oz) (170g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 2, day 3

Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

protein bar (20g protein)

2 bar (100g)

For all 2 meals:

protein bar (20g protein)

4 bar (200g)

1. This recipe has no instructions.

Nectarine

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



For single meal:

nectarine, pitted
2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted
4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Roast beef wrap

1 wrap(s) - 404 cals ● 33g protein ● 18g fat ● 25g carbs ● 3g fiber



For single meal:

sliced cheese
1 slice (1 oz ea) (28g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)
roast beef cold cuts
4 oz (113g)
mustard
1 tsp (5g)
romaine lettuce
1 leaf outer (28g)
tomatoes, diced
1/2 plum tomato (31g)

For all 2 meals:

sliced cheese
2 slice (1 oz ea) (56g)
flour tortillas
2 tortilla (approx 7-8" dia) (98g)
roast beef cold cuts
1/2 lbs (227g)
mustard
2 tsp (10g)
romaine lettuce
2 leaf outer (56g)
tomatoes, diced
1 plum tomato (62g)

1. Build the wrap to your liking. Serve.

Lunch 3 [🔗](#)

Eat on day 4

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

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

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.

Southwest chicken

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



Makes 12 oz

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)

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.

Lunch 4 [↗](#)

Eat on day 5, day 6

Lentil pasta

757 cals ● 49g protein ● 6g fat ● 91g carbs ● 36g fiber



For single meal:

pasta sauce
3/8 jar (24 oz) (252g)
lentil pasta
6 oz (170g)

For all 2 meals:

pasta sauce
3/4 jar (24 oz) (504g)
lentil pasta
3/4 lbs (340g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.

Milk

2 cup(s) - 298 cals ● 15g protein ● 16g fat ● 23g carbs ● 0g fiber



For single meal:

whole milk
2 cup (480mL)

For all 2 meals:

whole milk
4 cup (960mL)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

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.

Chicken & sweet potato wrap

2 wrap(s) - 864 cals ● 66g protein ● 28g fat ● 78g carbs ● 9g fiber



Makes 2 wrap(s)

- oil**
1 tbsp (15mL)
- italian seasoning**
2 tsp (7g)
- nonfat greek yogurt, plain**
2 tbsp (35g)
- mixed greens**
1/2 cup (15g)
- onion, thinly sliced**
4 slices, thin (36g)
- boneless skinless chicken breast, raw, cut into strips**
1/2 lbs (227g)
- sweet potatoes**
1 sweetpotato, 5" long (210g)
- flour tortillas**
2 tortilla (approx 7-8" dia) (98g)

1. Pierce sweet potato with a fork a few times and microwave for 5-10 minutes, until soft. Set aside to cool a little.
2. Meanwhile, coat chicken strips in oil, italian seasoning, and a pinch of salt/pepper. Cook chicken in a skillet over medium heat until golden and fully cooked.
3. Scoop out sweet potato flesh with a spoon and transfer to a small bowl. Discard the skin. Mash the sweet potato flesh with a fork until it has a mashed potato consistency.
4. Assemble wrap by spreading a layer of mashed sweet potato onto the tortilla and top with chicken, greens, onion, and greek yogurt. Serve.
5. Meal prep tip: store mashed sweet potato and cooked chicken separately in airtight containers in the fridge. Assemble wrap the day-of.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Cherry tomatoes

3 cherry tomatoes - 11 cals ● 0g protein ● 0g fat ● 1g carbs ● 1g fiber



For single meal:

- tomatoes**
3 cherry tomatoes (51g)

For all 3 meals:

- tomatoes**
9 cherry tomatoes (153g)

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

Strawberries

1 1/3 cup(s) - 69 cals ● 1g protein ● 1g fat ● 11g carbs ● 4g fiber



For single meal:
strawberries
1 1/3 cup, whole (192g)

For all 3 meals:
strawberries
4 cup, whole (576g)

1. This recipe has no instructions.

Boiled eggs

4 egg(s) - 277 cals ● 25g protein ● 19g fat ● 1g carbs ● 0g fiber



For single meal:
eggs
4 large (200g)

For all 3 meals:
eggs
12 large (600g)

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 4, day 5

Instant oatmeal with milk

1 packet(s) - 276 cals ● 10g protein ● 8g fat ● 38g carbs ● 4g fiber



For single meal:
flavored instant oatmeal
1 packet (43g)
whole milk
3/4 cup (180mL)

For all 2 meals:
flavored instant oatmeal
2 packet (86g)
whole milk
1 1/2 cup (360mL)

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

Roasted peanuts

1/6 cup(s) - 173 cals ● 7g protein ● 14g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

3 tbsp (27g)

For all 2 meals:

roasted peanuts

6 tbsp (55g)

1. This recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 6, day 7

Banana

2 banana(s) - 233 cals ● 3g protein ● 1g fat ● 48g carbs ● 6g fiber



For single meal:

banana

2 medium (7" to 7-7/8" long) (236g)

For all 2 meals:

banana

4 medium (7" to 7-7/8" long) (472g)

1. This recipe has no instructions.

Protein shake (milk)

258 cals ● 32g protein ● 8g fat ● 13g carbs ● 1g fiber



For single meal:

whole milk

1 cup (240mL)

protein powder

1 scoop (1/3 cup ea) (31g)

For all 2 meals:

whole milk

2 cup (480mL)

protein powder

2 scoop (1/3 cup ea) (62g)

1. Mix until well-combined.
 2. Serve.
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Dinner 1 [🔗](#)

Eat on day 1

Roasted tomatoes

2 tomato(es) - 119 cals ● 2g protein ● 9g fat ● 5g carbs ● 2g fiber



Makes 2 tomato(es)

tomatoes

2 small whole (2-2/5" dia) (182g)

oil

2 tsp (10mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic chicken breast

13 1/3 oz - 529 cals ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 13 1/3 oz

oil

2 1/2 tsp (13mL)

**boneless skinless chicken breast,
raw**

13 1/3 oz (373g)

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.

Mashed sweet potatoes

366 cals ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



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 and serve.

Dinner 2 [🔗](#)

Eat on day 2

Balsamic chicken breast

16 oz - 631 cals ● 102g protein ● 24g fat ● 1g carbs ● 0g fiber



Makes 16 oz

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.

Brown rice

1 cup brown rice, cooked - 229 cals ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



Makes 1 cup brown rice, cooked

brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, 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.

Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

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

Dinner 3 [🔗](#)

Eat on day 3, day 4

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



For single meal:

fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.

Bbq chicken stuffed sweet potatoes

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



For single meal:

sweet potatoes, halved
1 1/2 sweetpotato, 5" long (315g)
barbecue sauce
4 tbs (71g)
boneless skinless chicken breast, raw
3/4 lbs (336g)

For all 2 meals:

sweet potatoes, halved
3 sweetpotato, 5" long (630g)
barbecue sauce
1/2 cup (143g)
boneless skinless chicken breast, raw
1 1/2 lbs (672g)

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.

Dinner roll

2 roll - 154 cals ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



For single meal:

Roll
2 pan, dinner, or small roll (2" square, 2" high) (56g)

For all 2 meals:

Roll
4 pan, dinner, or small roll (2" square, 2" high) (112g)

1. Enjoy.
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Dinner 4 [↗](#)

Eat on day 5

Marinated chicken breast

18 oz - 636 cals ● 113g protein ● 19g fat ● 3g carbs ● 0g fiber



Makes 18 oz

boneless skinless chicken breast, raw

18 oz (504g)

marinade sauce

1/2 cup (135mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Mashed sweet potatoes with butter

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



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

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 5 [↗](#)

Eat on day 6, day 7

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:
balsamic vinaigrette
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
edamame, frozen, shelled
1/2 cup (59g)
mixed greens
1 cup (30g)

For all 2 meals:
balsamic vinaigrette
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
edamame, frozen, shelled
1 cup (118g)
mixed greens
2 cup (60g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Fish taco

2 tortilla(s) - 778 cals ● 52g protein ● 34g fat ● 54g carbs ● 13g fiber



For single meal:

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

cod, raw

2 4oz fillet(s) (227g)

avocados, mashed

1/2 avocado(s) (101g)

cabbage

4 tbsp, shredded (18g)

cajun seasoning

4 tsp (9g)

limes

1/2 fruit (2" dia) (34g)

oil

2 tsp (10mL)

For all 2 meals:

flour tortillas

4 tortilla (approx 7-8" dia) (196g)

cod, raw

4 4oz fillet(s) (453g)

avocados, mashed

1 avocado(s) (201g)

cabbage

1/2 cup, shredded (35g)

cajun seasoning

2 2/3 tbsp (18g)

limes

1 fruit (2" dia) (67g)

oil

4 tsp (20mL)

1. Preheat oven to 400 F (200 C).
 2. Spray an sheet pan with non-stick spray.
 3. Spread oil over all sides of fish and sprinkle cajun seasoning all over.
 4. Place on sheet pan and bake for 12-15 minutes.
 5. Meanwhile, mash an avocado and add a little lime juice and salt/pepper to taste.
 6. Heat up a tortilla on a skillet or in the microwave.
 7. When fish is done, transfer to tortilla and top with avocado, cabbage, and lime garnish.
 8. Serve.
 9. For leftovers: Store extra fish in an airtight container in fridge. Reheat and assemble taco.
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