

# Meal Plan - 3100 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

3088 cals ● 241g protein (31%) ● 132g fat (38%) ● 199g carbs (26%) ● 35g fiber (5%)

### Breakfast

510 cals, 39g protein, 52g net carbs, 12g fat



[Kefir](#)

150 cals



[Overnight mixed berry protein oats w/ water](#)

256 cals



[Roasted cashews](#)

1/8 cup(s)- 104 cals

### Snacks

390 cals, 24g protein, 29g net carbs, 17g fat



[Protein bar](#)

1 bar- 245 cals



[Mixed nuts](#)

1/6 cup(s)- 145 cals

### Lunch

1125 cals, 97g protein, 74g net carbs, 45g fat



[Turkey cucumber dill sandwich](#)

2 1/2 sandwich(es)- 1127 cals

### Dinner

1060 cals, 80g protein, 44g net carbs, 58g fat



[Low carb fried chicken](#)

12 oz- 702 cals



[Buttery garlic green beans](#)

98 cals



[Lentils](#)

260 cals

## Day 2

3136 cals ● 229g protein (29%) ● 122g fat (35%) ● 238g carbs (30%) ● 41g fiber (5%)

### Breakfast

510 cals, 39g protein, 52g net carbs, 12g fat



[Kefir](#)  
150 cals



[Overnight mixed berry protein oats w/ water](#)  
256 cals



[Roasted cashews](#)  
1/8 cup(s)- 104 cals

### Snacks

390 cals, 24g protein, 29g net carbs, 17g fat



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



[Mixed nuts](#)  
1/6 cup(s)- 145 cals

### Lunch

1175 cals, 85g protein, 113g net carbs, 35g fat



[Bbq deli chicken sandwich](#)  
3 sandwich(es)- 774 cals



[Blueberries](#)  
1 cup(s)- 95 cals



[Roasted peanuts](#)  
1/3 cup(s)- 307 cals

### Dinner

1060 cals, 80g protein, 44g net carbs, 58g fat



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



[Buttery garlic green beans](#)  
98 cals



[Lentils](#)  
260 cals

## Day 3

3080 cals ● 213g protein (28%) ● 148g fat (43%) ● 185g carbs (24%) ● 38g fiber (5%)

### Breakfast

580 cals, 37g protein, 47g net carbs, 24g fat



[Poached egg over avocado toast](#)  
1 toast(s)- 272 cals



[Lowfat Greek yogurt](#)  
2 container(s)- 310 cals

### Snacks

425 cals, 16g protein, 25g net carbs, 25g fat



[Milk](#)  
1 1/2 cup(s)- 224 cals



[Pepper strips and guacamole](#)  
200 cals

### Lunch

1035 cals, 67g protein, 87g net carbs, 42g fat



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



[Roast beef bagel sandwich](#)  
1 1/2 sandwich(es)- 814 cals

### Dinner

1040 cals, 94g protein, 26g net carbs, 57g fat



[Turkey taco lettuce cups](#)  
7 lettuce taco(s)- 732 cals



[Roasted peanuts](#)  
1/3 cup(s)- 307 cals

## Day 4

3080 cals ● 213g protein (28%) ● 148g fat (43%) ● 185g carbs (24%) ● 38g fiber (5%)

### Breakfast

580 cals, 37g protein, 47g net carbs, 24g fat



Poached egg over avocado toast

1 toast(s)- 272 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

### Snacks

425 cals, 16g protein, 25g net carbs, 25g fat



Milk

1 1/2 cup(s)- 224 cals



Pepper strips and guacamole

200 cals

### Lunch

1035 cals, 67g protein, 87g net carbs, 42g fat



Roasted almonds

1/4 cup(s)- 222 cals



Roast beef bagel sandwich

1 1/2 sandwich(es)- 814 cals

### Dinner

1040 cals, 94g protein, 26g net carbs, 57g fat



Turkey taco lettuce cups

7 lettuce taco(s)- 732 cals



Roasted peanuts

1/3 cup(s)- 307 cals

## Day 5

3161 cals ● 224g protein (28%) ● 127g fat (36%) ● 239g carbs (30%) ● 42g fiber (5%)

### Breakfast

580 cals, 37g protein, 47g net carbs, 24g fat



Poached egg over avocado toast

1 toast(s)- 272 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

### Snacks

445 cals, 43g protein, 29g net carbs, 16g fat



Roasted peanuts

1/8 cup(s)- 115 cals



Yogurt and cucumber

330 cals

### Lunch

1045 cals, 68g protein, 42g net carbs, 61g fat



Roasted almonds

1/4 cup(s)- 222 cals



Ham, bacon, avocado sandwich

1 1/2 sandwich(es)- 825 cals

### Dinner

1085 cals, 76g protein, 121g net carbs, 27g fat



Simple mixed greens and tomato salad

76 cals



Sweet & sour beef

1012 cals

## Day 6

3086 cals ● 224g protein (29%) ● 150g fat (44%) ● 169g carbs (22%) ● 39g fiber (5%)

### Breakfast

575 cals, 20g protein, 41g net carbs, 33g fat



Eggs with tomato and avocado  
326 cals



Roasted cashews  
1/8 cup(s)- 104 cals



Fruit juice  
1 1/4 cup(s)- 143 cals

### Snacks

445 cals, 43g protein, 29g net carbs, 16g fat



Roasted peanuts  
1/8 cup(s)- 115 cals



Yogurt and cucumber  
330 cals

### Lunch

1045 cals, 68g protein, 42g net carbs, 61g fat



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



Ham, bacon, avocado sandwich  
1 1/2 sandwich(es)- 825 cals

### Dinner

1020 cals, 93g protein, 57g net carbs, 41g fat



Almond crusted tilapia  
12 oz- 847 cals



Lentils  
174 cals

## Day 7

3096 cals ● 195g protein (25%) ● 136g fat (39%) ● 242g carbs (31%) ● 31g fiber (4%)

### Breakfast

575 cals, 20g protein, 41g net carbs, 33g fat



Eggs with tomato and avocado  
326 cals



Roasted cashews  
1/8 cup(s)- 104 cals



Fruit juice  
1 1/4 cup(s)- 143 cals

### Snacks

445 cals, 43g protein, 29g net carbs, 16g fat



Roasted peanuts  
1/8 cup(s)- 115 cals



Yogurt and cucumber  
330 cals

### Lunch

1055 cals, 39g protein, 115g net carbs, 46g fat



BLT bagel sandwich  
2 sandwich(es)- 981 cals



Simple mixed greens and tomato salad  
76 cals

### Dinner

1020 cals, 93g protein, 57g net carbs, 41g fat



Almond crusted tilapia  
12 oz- 847 cals



Lentils  
174 cals

## Dairy and Egg Products

- ☐ kefir, flavored  
2 cup (480mL)
- ☐ butter  
1 tbsp (14g)
- ☐ nonfat greek yogurt, plain  
1/4 cup (66g)
- ☐ sliced cheese  
1/2 lbs (242g)
- ☐ whole milk  
3 cup (720mL)
- ☐ eggs  
7 large (350g)
- ☐ lowfat flavored greek yogurt  
6 (5.3 oz ea) container(s) (900g)
- ☐ lowfat greek yogurt  
3 3/4 cup (1050g)

## Other

- ☐ frozen mixed berries  
1 cup (136g)
- ☐ protein bar (20g protein)  
2 bar (100g)
- ☐ Chicken, drumsticks, with skin  
1 1/2 lbs (680g)
- ☐ pork rinds  
3/4 oz (21g)
- ☐ coleslaw mix  
1 cup (90g)
- ☐ guacamole, store-bought  
1 1/2 cup (350g)
- ☐ mixed greens  
3 1/2 cup (105g)

## Breakfast Cereals

- ☐ oatmeal, old-fashioned oats, rolled oats  
2/3 cup(s) (54g)

## Beverages

- ☐ protein powder, vanilla  
2 scoop (1/3 cup ea) (62g)
- ☐ water  
7 2/3 cup(s) (1818mL)

## Nut and Seed Products

- ☐ roasted cashews  
1/2 cup, halves and whole (69g)

## Vegetables and Vegetable Products

- ☐ garlic  
1 1/2 clove(s) (5g)
- ☐ fresh green beans  
1/2 lbs (227g)
- ☐ cucumber  
4 cucumber (8-1/4") (1234g)
- ☐ romaine lettuce  
1/4 head (168g)
- ☐ bell pepper  
2 2/3 medium (317g)
- ☐ tomatoes  
2 3/4 medium whole (2-3/5" dia) (336g)
- ☐ onion  
5/8 small (44g)
- ☐ frozen mixed veggies  
5/8 package (16 oz ea) (284g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 1/4 cup (240g)
- ☐ roasted peanuts  
1 1/2 cup (201g)

## Baked Products

- ☐ bread  
19 oz (544g)
- ☐ bagel  
5 medium bagel (3-1/2" to 4" dia) (525g)

## Sausages and Luncheon Meats

- ☐ turkey cold cuts  
10 oz (284g)
- ☐ chicken cold cuts  
3/4 lbs (340g)
- ☐ roast beef cold cuts  
3/4 lbs (340g)
- ☐ ham cold cuts  
3/4 lbs (340g)

## Fruits and Fruit Juices

- ☐ blueberries  
1 cup (148g)
- ☐ avocados  
1 3/4 avocado(s) (352g)
- ☐ fruit juice  
20 fl oz (600mL)

- ☐ mixed nuts  
1/3 cup (45g)
- ☐ almonds  
1/2 lbs (251g)

### Spices and Herbs

- ☐ cajun seasoning  
1 tsp (2g)
- ☐ salt  
1/4 oz (7g)
- ☐ lemon pepper  
1 1/2 dash (0g)
- ☐ dried dill weed  
5 dash (1g)
- ☐ taco seasoning mix  
1 3/4 packet (61g)
- ☐ mustard  
1 tbsp (15g)
- ☐ black pepper  
4 dash (0g)
- ☐ fresh basil  
4 leaves (2g)

### Soups, Sauces, and Gravies

- ☐ hot sauce  
1 1/2 tbsp (23mL)
- ☐ barbecue sauce  
6 tbsp (102g)
- ☐ salsa  
14 tbsp (252g)
- ☐ sweet and sour sauce  
1/4 Tbsp (66g)

### Fats and Oils

- ☐ oil  
1 tsp (4mL)
- ☐ salad dressing  
3 tbsp (45mL)
- ☐ olive oil  
2 tbsp (30mL)
- ☐ mayonnaise  
2 tbsp (30mL)

### Poultry Products

- ☐ ground turkey, raw  
1 3/4 lbs (794g)

### Pork Products

- ☐ bacon  
10 slice(s) (100g)

### Beef Products

- ☐ ground beef (93% lean)  
10 oz (284g)

### Cereal Grains and Pasta

- ☐ long-grain white rice  
6 3/4 tbsp (77g)
- ☐ all-purpose flour  
2/3 cup(s) (83g)

### Finfish and Shellfish Products

- ☐ tilapia, raw  
1 1/2 lbs (672g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Kefir

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



For single meal:

**kefir, flavored**  
1 cup (240mL)

For all 2 meals:

**kefir, flavored**  
2 cup (480mL)

1. Pour into a glass and drink.

## Overnight mixed berry protein oats w/ water

256 cal ● 29g protein ● 2g fat ● 22g carbs ● 8g fiber



For single meal:

**frozen mixed berries**  
1/2 cup (68g)  
**oatmeal, old-fashioned oats, rolled oats**  
1/3 cup(s) (27g)  
**protein powder, vanilla**  
1 scoop (1/3 cup ea) (31g)  
**water**  
3/4 cup(s) (178mL)

For all 2 meals:

**frozen mixed berries**  
1 cup (136g)  
**oatmeal, old-fashioned oats, rolled oats**  
2/3 cup(s) (54g)  
**protein powder, vanilla**  
2 scoop (1/3 cup ea) (62g)  
**water**  
1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours. Serve.

## Roasted cashews

1/8 cup(s) - 104 cal ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

**roasted cashews**  
2 tbsp, halves and whole (17g)

For all 2 meals:

**roasted cashews**  
4 tbsp, halves and whole (34g)

1. This recipe has no instructions.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Poached egg over avocado toast

1 toast(s) - 272 cals ● 12g protein ● 16g fat ● 14g carbs ● 6g fiber



For single meal:

#### eggs

1 large (50g)

#### guacamole, store-bought

4 tbsp (62g)

#### bread

1 slice (32g)

For all 3 meals:

#### eggs

3 large (150g)

#### guacamole, store-bought

3/4 cup (185g)

#### bread

3 slice (96g)

1. Crack egg into a small measuring cup. Set aside.
2. Bring medium sized pot full of water to a boil then remove from heat.
3. Using a utensil, swirl the water to create a small whirlpool and then gently plop the egg in the middle and cook for 3 minutes.
4. Meanwhile toast bread and then top with guacamole.
5. When egg is done, remove it with a slotted spoon and place egg on paper towel and gently dry.
6. Transfer egg to top of avocado toast and serve.

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### 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 3 meals:

#### lowfat flavored greek yogurt

6 (5.3 oz ea) container(s) (900g)

1. This recipe has no instructions.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

### 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 2 meals:

#### tomatoes

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

#### eggs

4 large (200g)

#### avocados, sliced

1 avocado(s) (201g)

#### salt

4 dash (2g)

#### black pepper

4 dash (0g)

#### fresh basil, chopped

4 leaves (2g)

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.

### Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

#### roasted cashews

2 tbsp, halves and whole (17g)

For all 2 meals:

#### roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

### Fruit juice

1 1/4 cup(s) - 143 cals ● 2g protein ● 1g fat ● 32g carbs ● 1g fiber



For single meal:

#### fruit juice

10 fl oz (300mL)

For all 2 meals:

#### fruit juice

20 fl oz (600mL)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1

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### Turkey cucumber dill sandwich

2 1/2 sandwich(es) - 1127 cals ● 97g protein ● 45g fat ● 74g carbs ● 10g fiber



Makes 2 1/2 sandwich(es)

**dried dill weed**

5 dash (1g)

**nonfat greek yogurt, plain**

1/4 cup (66g)

**sliced cheese**

5 slice (2/3 oz ea) (95g)

**cucumber, chopped**

15 slices (105g)

**bread**

5 slice(s) (160g)

**turkey cold cuts**

10 oz (284g)

1. Mix chopped cucumber, greek yogurt, dill, and some salt/pepper in a small bowl until cucumber is fully coated.
2. Assemble sandwich by placing cheese and turkey on the bottom slice of bread. Top with cucumber mixture and top slice of bread. Serve.

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## Lunch 2 [↗](#)

Eat on day 2

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### Bbq deli chicken sandwich

3 sandwich(es) - 774 cals ● 73g protein ● 10g fat ● 89g carbs ● 9g fiber



Makes 3 sandwich(es)

**coleslaw mix**

1 cup (90g)

**barbecue sauce**

6 tbsp (102g)

**chicken cold cuts**

3/4 lbs (340g)

**bread**

3 slice(s) (96g)

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

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### Blueberries

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



Makes 1 cup(s)

**blueberries**

1 cup (148g)

1. Rinse off blueberries and serve.

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### Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



Makes 1/3 cup(s)

**roasted peanuts**

1/3 cup (49g)

1. This recipe has no instructions.

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## Lunch 3 [🔗](#)

Eat on day 3, day 4

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### 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.

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### Roast beef bagel sandwich

1 1/2 sandwich(es) - 814 cals ● 60g protein ● 24g fat ● 84g carbs ● 5g fiber



For single meal:

**roast beef cold cuts**

6 oz (170g)

**tomatoes, diced**

3/4 plum tomato (47g)

**romaine lettuce**

1 1/2 leaf outer (42g)

**bagel**

1 1/2 medium bagel (3-1/2" to 4" dia) (158g)

**mustard**

1/2 tbsp (8g)

**sliced cheese**

1 1/2 slice (1 oz ea) (42g)

For all 2 meals:

**roast beef cold cuts**

3/4 lbs (340g)

**tomatoes, diced**

1 1/2 plum tomato (93g)

**romaine lettuce**

3 leaf outer (84g)

**bagel**

3 medium bagel (3-1/2" to 4" dia) (315g)

**mustard**

1 tbsp (15g)

**sliced cheese**

3 slice (1 oz ea) (84g)

1. Build the sandwich to your liking. Feel free to substitute whichever veggies you prefer.
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## Lunch 4 [🔗](#)

Eat on day 5, day 6

### 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.

### Ham, bacon, avocado sandwich

1 1/2 sandwich(es) - 825 cals ● 60g protein ● 43g fat ● 39g carbs ● 11g fiber



For single meal:

#### **bacon**

3 slice(s) (30g)

#### **ham cold cuts**

6 oz (170g)

#### **bread**

3 slice (96g)

#### **avocados, sliced**

3/8 avocado(s) (75g)

#### **sliced cheese**

1 1/2 slice (3/4 oz ea) (32g)

For all 2 meals:

#### **bacon**

6 slice(s) (60g)

#### **ham cold cuts**

3/4 lbs (340g)

#### **bread**

6 slice (192g)

#### **avocados, sliced**

3/4 avocado(s) (151g)

#### **sliced cheese**

3 slice (3/4 oz ea) (63g)

1. Cook bacon according to package.
2. Build the sandwich to your liking- top with any veggies of your choice.



## Lunch 5 [↗](#)

Eat on day 7

### BLT bagel sandwich

2 sandwich(es) - 981 cals ● 37g protein ● 41g fat ● 109g carbs ● 6g fiber



Makes 2 sandwich(es)

#### **bacon**

4 slice(s) (40g)

#### **tomatoes**

4 slice(s), thin/small (60g)

#### **mixed greens**

1/2 cup (15g)

#### **bagel**

2 medium bagel (3-1/2" to 4" dia)  
(210g)

#### **mayonnaise**

2 tbsp (30mL)

1. Cook bacon according to package.
2. Spread the mayo on the inside of the bagel.
3. Layer the greens, bacon, and tomato in between the bagel slices.
4. Serve.

### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



#### **salad dressing**

1 1/2 tbsp (23mL)

#### **mixed greens**

1 1/2 cup (45g)

#### **tomatoes**

4 tbsp cherry tomatoes (37g)

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

## Snacks 1 [↗](#)

Eat on day 1, day 2

### 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.

### Mixed nuts

1/6 cup(s) - 145 cals ● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

**mixed nuts**  
2 2/3 tbsp (22g)

For all 2 meals:

**mixed nuts**  
1/3 cup (45g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Milk

1 1/2 cup(s) - 224 cals ● 12g protein ● 12g fat ● 18g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/2 cup (360mL)

For all 2 meals:

**whole milk**  
3 cup (720mL)

1. This recipe has no instructions.

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### Pepper strips and guacamole

200 cals ● 4g protein ● 14g fat ● 7g carbs ● 8g fiber



For single meal:

**bell pepper, sliced**  
1 1/3 medium (159g)  
**guacamole, store-bought**  
1/3 cup (82g)

For all 2 meals:

**bell pepper, sliced**  
2 2/3 medium (317g)  
**guacamole, store-bought**  
2/3 cup (165g)

1. Slice the peppers into strips and remove the seeds.
  2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.
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## Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

### Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

**roasted peanuts**  
2 tbsp (18g)

For all 3 meals:

**roasted peanuts**  
6 tbsp (55g)

1. This recipe has no instructions.

### Yogurt and cucumber

330 cals ● 39g protein ● 7g fat ● 27g carbs ● 2g fiber



For single meal:

**cucumber**  
1 1/4 cucumber (8-1/4") (376g)  
**lowfat greek yogurt**  
1 1/4 cup (350g)

For all 3 meals:

**cucumber**  
3 3/4 cucumber (8-1/4") (1129g)  
**lowfat greek yogurt**  
3 3/4 cup (1050g)

1. Slice cucumber and dip in yogurt.



## Dinner 1 [↗](#)

Eat on day 1, day 2

### Low carb fried chicken

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



For single meal:

**Chicken, drumsticks, with skin**  
3/4 lbs (340g)  
**pork rinds, crushed**  
10 3/4 g (11g)  
**cajun seasoning**  
4 dash (1g)  
**hot sauce**  
3/4 tbsp (11mL)

For all 2 meals:

**Chicken, drumsticks, with skin**  
1 1/2 lbs (680g)  
**pork rinds, crushed**  
3/4 oz (21g)  
**cajun seasoning**  
1 tsp (2g)  
**hot sauce**  
1 1/2 tbsp (23mL)

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

### Buttery garlic green beans

98 cals ● 2g protein ● 6g fat ● 6g carbs ● 3g fiber



For single meal:

**butter**  
1/2 tbsp (7g)  
**garlic, minced**  
3/4 clove(s) (2g)  
**salt**  
1 dash (1g)  
**fresh green beans, trimmed, snapped in half**  
4 oz (113g)  
**lemon pepper**  
3/4 dash (0g)

For all 2 meals:

**butter**  
1 tbsp (14g)  
**garlic, minced**  
1 1/2 clove(s) (5g)  
**salt**  
2 dash (2g)  
**fresh green beans, trimmed, snapped in half**  
1/2 lbs (227g)  
**lemon pepper**  
1 1/2 dash (0g)

1. Place green beans in a large skillet and cover with water; bring to a boil.
2. Reduce heat to medium-low and simmer until beans start to soften, about 5 minutes. Drain water.
3. Add butter to green beans; cook and stir until butter melts, 2 to 3 minutes.
4. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with lemon pepper and salt.
5. Serve.

### Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

**salt**  
3/4 dash (1g)  
**water**  
1 1/2 cup(s) (356mL)  
**lentils, raw, rinsed**  
6 tbsp (72g)

For all 2 meals:

**salt**  
1 1/2 dash (1g)  
**water**  
3 cup(s) (711mL)  
**lentils, raw, rinsed**  
3/4 cup (144g)

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 2 [↗](#)

Eat on day 3, day 4

### Turkey taco lettuce cups

7 lettuce taco(s) - 732 cals ● 82g protein ● 33g fat ● 20g carbs ● 7g fiber



For single meal:

**salsa**  
1/2 cup (126g)  
**oil**  
1/2 tsp (2mL)  
**taco seasoning mix**  
7/8 packet (31g)  
**romaine lettuce**  
7 leaf inner (42g)  
**water**  
5/8 cup(s) (138mL)  
**ground turkey, raw**  
14 oz (397g)

For all 2 meals:

**salsa**  
14 tbsp (252g)  
**oil**  
1 tsp (4mL)  
**taco seasoning mix**  
1 3/4 packet (61g)  
**romaine lettuce**  
14 leaf inner (84g)  
**water**  
1 1/6 cup(s) (276mL)  
**ground turkey, raw**  
1 3/4 lbs (794g)

1. Heat oil in a skillet over medium heat. Add turkey, break apart, and cook until browned. Stir in water and taco seasoning and let simmer for a few more minutes until bubbling. Turn off heat and let cool slightly.
2. Place an even amount of taco meat in the center of each lettuce leaf, top with salsa, and serve.
3. Meal prep note: store any leftover meat in an airtight container in the refrigerator. When ready to eat, reheat meat and assemble tacos.

### Roasted peanuts

1/3 cup(s) - 307 cals ● 12g protein ● 24g fat ● 6g carbs ● 4g fiber



For single meal:

**roasted peanuts**  
1/3 cup (49g)

For all 2 meals:

**roasted peanuts**  
2/3 cup (97g)

1. This recipe has no instructions.

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## Dinner 3 [🔗](#)

Eat on day 5

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### Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

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

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### Sweet & sour beef

1012 cals ● 75g protein ● 22g fat ● 116g carbs ● 13g fiber



**ground beef (93% lean)**  
10 oz (284g)  
**onion, thinly sliced**  
5/8 small (44g)  
**frozen mixed veggies**  
5/8 package (16 oz ea) (284g)  
**sweet and sour sauce**  
1/4 Tbsp (66g)  
**long-grain white rice**  
6 2/3 tbsp (77g)

1. Cook rice according to package.
  2. In a large skillet cook the meat and onion over high heat for 6-8 minutes until no longer pink. Pour off any liquid.
  3. Stir in the frozen vegetables and sweet and sour sauce. Cook covered 6-8 minutes, stirring occasionally.
  4. Serve over the rice.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Almond crusted tilapia

12 oz - 847 cals ● 82g protein ● 40g fat ● 32g carbs ● 7g fiber



For single meal:

**tilapia, raw**  
3/4 lbs (336g)  
**almonds**  
1/2 cup, slivered (54g)  
**all-purpose flour**  
1/3 cup(s) (42g)  
**salt**  
2 dash (1g)  
**olive oil**  
1 tbsp (15mL)

For all 2 meals:

**tilapia, raw**  
1 1/2 lbs (672g)  
**almonds**  
1 cup, slivered (108g)  
**all-purpose flour**  
2/3 cup(s) (83g)  
**salt**  
4 dash (2g)  
**olive oil**  
2 tbsp (30mL)

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

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### Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

**salt**  
1/2 dash (0g)  
**water**  
1 cup(s) (237mL)  
**lentils, raw, rinsed**  
4 tbsp (48g)

For all 2 meals:

**salt**  
1 dash (1g)  
**water**  
2 cup(s) (474mL)  
**lentils, raw, rinsed**  
1/2 cup (96g)

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.
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