

Meal Plan - 3300 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

3273 cals ● 235g protein (29%) ● 102g fat (28%) ● 280g carbs (34%) ● 73g fiber (9%)

Breakfast

575 cals, 31g protein, 37g net carbs, 27g fat



Southwest avocado toast
2 toast(s)- 386 cals



Basic scrambled eggs
2 2/3 egg(s)- 190 cals

Snacks

400 cals, 10g protein, 55g net carbs, 10g fat



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



Apple
1 apple(s)- 105 cals



Toast with butter
2 slice(s)- 227 cals

Lunch

1100 cals, 145g protein, 57g net carbs, 28g fat



Marinated chicken breast
18 2/3 oz- 659 cals



Lentils
289 cals



Milk
1 cup(s)- 149 cals

Dinner

1200 cals, 49g protein, 132g net carbs, 36g fat



White bean cassoulet
962 cals



Simple mixed greens salad
237 cals

Day 2

3281 cal ● 320g protein (39%) ● 126g fat (34%) ● 173g carbs (21%) ● 43g fiber (5%)

Breakfast

575 cal, 31g protein, 37g net carbs, 27g fat



Southwest avocado toast
2 toast(s)- 386 cal



Basic scrambled eggs
2 2/3 egg(s)- 190 cal

Snacks

400 cal, 10g protein, 55g net carbs, 10g fat



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



Apple
1 apple(s)- 105 cal



Toast with butter
2 slice(s)- 227 cal

Lunch

1100 cal, 145g protein, 57g net carbs, 28g fat



Marinated chicken breast
18 2/3 oz- 659 cal



Lentils
289 cal



Milk
1 cup(s)- 149 cal

Dinner

1205 cal, 134g protein, 25g net carbs, 60g fat



Southwest chicken
16 oz- 724 cal



Simple mozzarella and tomato salad
484 cal

Day 3

3280 cal ● 246g protein (30%) ● 160g fat (44%) ● 171g carbs (21%) ● 42g fiber (5%)

Breakfast

535 cal, 29g protein, 41g net carbs, 23g fat



Roasted peanuts
1/6 cup(s)- 153 cal



Kiwi
2 kiwi- 94 cal



Blackberry & granola parfait
287 cal

Snacks

425 cal, 10g protein, 74g net carbs, 8g fat



Milk
1 cup(s)- 149 cal



Raisins
1/2 cup- 275 cal

Lunch

1115 cal, 73g protein, 32g net carbs, 69g fat



Sweet potato chips
33 1/3 chips- 257 cal



Basic chicken & spinach salad
507 cal



Avocado
351 cal

Dinner

1205 cal, 134g protein, 25g net carbs, 60g fat



Southwest chicken
16 oz- 724 cal



Simple mozzarella and tomato salad
484 cal

Day 4

3285 cals ● 219g protein (27%) ● 151g fat (41%) ● 207g carbs (25%) ● 56g fiber (7%)

Breakfast

535 cals, 29g protein, 41g net carbs, 23g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Kiwi
2 kiwi- 94 cals



Blackberry & granola parfait
287 cals

Snacks

425 cals, 10g protein, 74g net carbs, 8g fat



Milk
1 cup(s)- 149 cals



Raisins
1/2 cup- 275 cals

Lunch

1115 cals, 73g protein, 32g net carbs, 69g fat



Sweet potato chips
33 1/3 chips- 257 cals



Basic chicken & spinach salad
507 cals



Avocado
351 cals

Dinner

1215 cals, 107g protein, 60g net carbs, 50g fat



Salsa verde chicken salad
718 cals



Chunky canned soup (non-creamy)
2 can(s)- 494 cals

Day 5

3289 cals ● 243g protein (30%) ● 109g fat (30%) ● 267g carbs (32%) ● 69g fiber (8%)

Breakfast

535 cals, 29g protein, 41g net carbs, 23g fat



Roasted peanuts
1/6 cup(s)- 153 cals



Kiwi
2 kiwi- 94 cals



Blackberry & granola parfait
287 cals

Snacks

425 cals, 10g protein, 74g net carbs, 8g fat



Milk
1 cup(s)- 149 cals



Raisins
1/2 cup- 275 cals

Lunch

1130 cals, 145g protein, 52g net carbs, 32g fat



Roasted carrots
3 carrots(s)- 158 cals



Lemon pepper chicken breast
20 oz- 740 cals



Lentils
231 cals

Dinner

1200 cals, 58g protein, 101g net carbs, 45g fat



Chickpea & chickpea pasta
859 cals



Edamame & beet salad
342 cals

Day 6

3336 cal ● 238g protein (28%) ● 156g fat (42%) ● 179g carbs (21%) ● 66g fiber (8%)

Breakfast

610 cal, 46g protein, 6g net carbs, 45g fat



Basic fried eggs
2 egg(s)- 159 cal



Southwest bacon omelet
287 cal



String cheese
2 stick(s)- 165 cal

Snacks

480 cal, 13g protein, 28g net carbs, 28g fat



Pumpkin seeds
183 cal



Blackberries
1 1/2 cup(s)- 105 cal



Sweet potato chips
25 chips- 193 cal

Lunch

1045 cal, 121g protein, 44g net carbs, 38g fat



Roasted tomatoes
2 1/2 tomato(es)- 149 cal



Lentils
260 cal



Basic chicken breast
16 oz- 635 cal

Dinner

1200 cal, 58g protein, 101g net carbs, 45g fat



Chickpea & chickpea pasta
859 cal



Edamame & beet salad
342 cal

Day 7

3293 cal ● 222g protein (27%) ● 197g fat (54%) ● 121g carbs (15%) ● 36g fiber (4%)

Breakfast

610 cal, 46g protein, 6g net carbs, 45g fat



Basic fried eggs
2 egg(s)- 159 cal



Southwest bacon omelet
287 cal



String cheese
2 stick(s)- 165 cal

Snacks

480 cal, 13g protein, 28g net carbs, 28g fat



Pumpkin seeds
183 cal



Blackberries
1 1/2 cup(s)- 105 cal



Sweet potato chips
25 chips- 193 cal

Lunch

1045 cal, 121g protein, 44g net carbs, 38g fat



Roasted tomatoes
2 1/2 tomato(es)- 149 cal



Lentils
260 cal



Basic chicken breast
16 oz- 635 cal

Dinner

1160 cal, 43g protein, 44g net carbs, 86g fat



Taco soup
764 cal



Chips and guacamole
394 cal

Vegetables and Vegetable Products

- fresh spinach
7 cup(s) (215g)
- carrots
11 1/2 medium (701g)
- garlic
8 1/2 clove(s) (26g)
- onion
3 medium (2-1/2" dia) (349g)
- raw celery
1 1/4 stalk, medium (7-1/2" - 8" long) (50g)
- bell pepper
3 large (522g)
- tomatoes
8 1/2 medium whole (2-3/5" dia) (1061g)
- beets, precooked (canned or refrigerated)
8 beets (2" dia, sphere) (400g)
- edamame, frozen, shelled
2 cup (236g)

Legumes and Legume Products

- refried beans
1 cup (242g)
- white beans, canned
1 1/4 can(s) (549g)
- lentils, raw
2 cup (368g)
- roasted peanuts
1/2 cup (73g)
- black beans
3 tbsp (45g)
- chickpeas, canned
1 1/2 can (672g)

Other

- guacamole, store-bought
1/2 lbs (216g)
- mixed greens
11 1/2 cup (345g)
- sweet potato chips
116 2/3 chips (165g)
- nutritional yeast
1 tbsp (4g)
- chickpea pasta
6 oz (170g)
- ground beef (20% fat)
6 oz (170g)
- diced tomatoes with green chiles
1/4 lbs (106g)

Fruits and Fruit Juices

- apples
2 medium (3" dia) (364g)
- raisins
1 1/2 cup, packed (248g)
- kiwi
6 fruit (414g)
- blackberries
4 cup (567g)
- avocados
2 1/2 avocado(s) (477g)
- lemon juice
2 tsp (10mL)

Soups, Sauces, and Gravies

- vegetable broth
5/8 cup(s) (mL)
- salsa verde
1 1/2 tbsp (24g)
- chunky canned soup (non-creamy varieties)
2 can (~19 oz) (1052g)
- beef broth
1 cup (226mL)

Poultry Products

- boneless skinless chicken breast, raw
9 1/2 lbs (4219g)

Spices and Herbs

- salt
4 dash (3g)
- taco seasoning mix
2 3/4 tbsp (24g)
- fresh basil
4 tbsp, chopped (11g)
- ground cumin
1/2 tbsp (3g)
- lemon pepper
1 1/4 tbsp (9g)

Beverages

- water
7 2/3 cup(s) (1818mL)

Breakfast Cereals

Baked Products

- bread
1/2 lbs (256g)

Fats and Oils

- oil
1/3 lbs (162mL)
- salad dressing
10 1/4 tbsp (154mL)
- marinade sauce
56 tsp (281mL)
- balsamic vinaigrette
4 oz (120mL)
- olive oil
1/2 oz (20mL)

Dairy and Egg Products

- eggs
14 1/2 medium (635g)
- butter
1/3 stick (39g)
- whole milk
5 cup (1200mL)
- cheese
4 tbsp, shredded (28g)
- fresh mozzarella cheese
1/2 lbs (227g)
- lowfat greek yogurt
2 cup (525g)
- string cheese
4 stick (112g)
- cream cheese
2 1/4 oz (64g)

- granola
1 cup (84g)

Nut and Seed Products

- roasted pumpkin seeds, unsalted
3 oz (81g)

Pork Products

- bacon
4 slice(s) (40g)

Snacks

- tortilla chips
1 1/2 oz (43g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Southwest avocado toast

2 toast(s) - 386 cal ● 17g protein ● 13g fat ● 36g carbs ● 14g fiber



For single meal:

fresh spinach

1/4 cup(s) (8g)

refried beans

1/2 cup (121g)

guacamole, store-bought

4 tbsp (62g)

bread

2 slice(s) (64g)

For all 2 meals:

fresh spinach

1/2 cup(s) (15g)

refried beans

1 cup (242g)

guacamole, store-bought

1/2 cup (124g)

bread

4 slice(s) (128g)

1. Toast bread, if desired. Heat refried beans by transferring them to a microwave-safe bowl and microwaving for 1-3 minutes, stirring halfway through.
2. Spread refried beans over bread and top with guacamole and spinach. Serve.

Basic scrambled eggs

2 2/3 egg(s) - 190 cal ● 15g protein ● 14g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (3mL)

eggs

2 2/3 medium (117g)

For all 2 meals:

oil

1/2 tbsp (7mL)

eggs

5 1/3 medium (235g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts
2 2/3 tbsp (24g)

For all 3 meals:

roasted peanuts
1/2 cup (73g)

1. This recipe has no instructions.

Kiwi

2 kiwi - 94 cal ● 2g protein ● 1g fat ● 16g carbs ● 4g fiber



For single meal:

kiwi
2 fruit (138g)

For all 3 meals:

kiwi
6 fruit (414g)

1. Slice the kiwi and serve.

Blackberry & granola parfait

287 cal ● 22g protein ● 10g fat ● 22g carbs ● 5g fiber



For single meal:

blackberries, roughly chopped
5 tbsp (45g)
lowfat greek yogurt
10 tbsp (175g)
granola
5 tbsp (28g)

For all 3 meals:

blackberries, roughly chopped
1 cup (135g)
lowfat greek yogurt
2 cup (525g)
granola
1 cup (84g)

1. Layer the ingredients to your liking, or just mix together.
 2. You can store in fridge overnight or take with you on the go, but granola will not stay as crunchy if it's mixed throughout.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic fried eggs

2 egg(s) - 159 cal ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 large (200g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

Southwest bacon omelet

287 cal ● 20g protein ● 22g fat ● 2g carbs ● 0g fiber



For single meal:

eggs
2 large (100g)
bacon, cooked and chopped
2 slice(s) (20g)
olive oil
1 tsp (5mL)
bell pepper
1 tbsp, diced (9g)
onion
1 tbsp chopped (10g)

For all 2 meals:

eggs
4 large (200g)
bacon, cooked and chopped
4 slice(s) (40g)
olive oil
2 tsp (10mL)
bell pepper
2 tbsp, diced (19g)
onion
2 tbsp chopped (20g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in a skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the bell pepper, onion, and bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese
2 stick (56g)

For all 2 meals:

string cheese
4 stick (112g)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Marinated chicken breast

18 2/3 oz - 659 cal ● 118g protein ● 20g fat ● 3g carbs ● 0g fiber



For single meal:

boneless skinless chicken breast, raw

18 2/3 oz (523g)

marinade sauce

9 1/3 tbsp (140mL)

For all 2 meals:

boneless skinless chicken breast, raw

2 1/3 lbs (1045g)

marinade sauce

56 tsp (280mL)

1. Place the chicken in a ziploc bag with the marinade and mash 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.

Lentils

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



For single meal:

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

For all 2 meals:

salt
1/4 tsp (1g)
water
3 1/3 cup(s) (790mL)
lentils, raw, rinsed
13 1/3 tbsp (160g)

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.

Milk

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



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3, day 4

Sweet potato chips

33 1/3 chips - 257 cal ● 2g protein ● 17g fat ● 22g carbs ● 3g fiber



For single meal:

sweet potato chips
33 1/3 chips (47g)

For all 2 meals:

sweet potato chips
66 2/3 chips (95g)

1. Serve chips in a bowl and enjoy.

Basic chicken & spinach salad

507 cal ● 67g protein ● 23g fat ● 6g carbs ● 2g fiber



For single meal:

salad dressing
2 1/2 tbsp (38mL)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw, chopped, cooked
10 oz (284g)
fresh spinach
3 1/3 cup(s) (100g)

For all 2 meals:

salad dressing
5 tbsp (75mL)
oil
1 tbsp (17mL)
boneless skinless chicken breast, raw, chopped, cooked
1 1/4 lbs (567g)
fresh spinach
6 2/3 cup(s) (200g)

1. Season chicken breasts with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
3. Arrange spinach and top with chicken.
4. Drizzle dressing over top when serving.

Avocado

351 cal ● 4g protein ● 30g fat ● 4g carbs ● 14g fiber



For single meal:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

For all 2 meals:

avocados
2 avocado(s) (402g)
lemon juice
2 tsp (10mL)

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

Lunch 3 [↗](#)

Eat on day 5

Roasted carrots

3 carrots(s) - 158 cal ● 2g protein ● 8g fat ● 15g carbs ● 6g fiber



Makes 3 carrots(s)

oil
1/2 tbsp (8mL)
carrots, sliced
3 large (216g)

1. Preheat oven to 400°F (200°C).
 2. Place sliced carrots on a baking sheet and toss with oil and a pinch of salt. Spread evenly and roast about 30 minutes until soft. Serve.
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Lemon pepper chicken breast

20 oz - 740 cal ● 127g protein ● 24g fat ● 3g carbs ● 2g fiber



Makes 20 oz

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

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.

Lentils

231 cal ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

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.

Lunch 4 [↗](#)

Eat on day 6, day 7

Roasted tomatoes

2 1/2 tomato(es) - 149 cal ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



For single meal:

tomatoes
2 1/2 small whole (2-2/5" dia) (228g)
oil
2 1/2 tsp (13mL)

For all 2 meals:

tomatoes
5 small whole (2-2/5" dia) (455g)
oil
5 tsp (25mL)

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.

Lentils

260 cal ● 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.

Basic chicken breast

16 oz - 635 cal ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
boneless skinless chicken breast, raw
2 lbs (896g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Carrot sticks

2 1/2 carrot(s) - 68 cal ● 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.

Apple

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



For single meal:

apples

1 medium (3" dia) (182g)

For all 2 meals:

apples

2 medium (3" dia) (364g)

1. This recipe has no instructions.

Toast with butter

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



For single meal:

bread

2 slice (64g)

butter

2 tsp (9g)

For all 2 meals:

bread

4 slice (128g)

butter

4 tsp (18g)

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

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Milk

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



For single meal:

whole milk

1 cup (240mL)

For all 3 meals:

whole milk

3 cup (720mL)

1. This recipe has no instructions.

Raisins

1/2 cup - 275 cal ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



For single meal:

raisins
1/2 cup, packed (83g)

For all 3 meals:

raisins
1 1/2 cup, packed (248g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Pumpkin seeds

183 cal ● 9g protein ● 15g fat ● 2g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted
1/2 cup (59g)

1. This recipe has no instructions.

Blackberries

1 1/2 cup(s) - 105 cal ● 3g protein ● 1g fat ● 9g carbs ● 11g fiber



For single meal:

blackberries
1 1/2 cup (216g)

For all 2 meals:

blackberries
3 cup (432g)

1. Rinse blackberries and serve.

Sweet potato chips

25 chips - 193 cal ● 1g protein ● 13g fat ● 16g carbs ● 3g fiber



For single meal:

sweet potato chips

25 chips (35g)

For all 2 meals:

sweet potato chips

50 chips (71g)

1. Serve chips in a bowl and enjoy.

Dinner 1 [↗](#)

Eat on day 1

White bean cassoulet

962 cal ● 44g protein ● 20g fat ● 117g carbs ● 35g fiber



garlic, minced

2 1/2 clove(s) (8g)

oil

1 1/4 tbsp (19mL)

vegetable broth

5/8 cup(s) (mL)

white beans, canned, drained & rinsed

1 1/4 can(s) (549g)

onion, diced

1 1/4 medium (2-1/2" dia) (138g)

raw celery, thinly sliced

1 1/4 stalk, medium (7-1/2" - 8" long) (50g)

carrots, peeled & slices

2 1/2 large (180g)

1. Preheat oven to 400°F (200°C).
2. Heat oil in a saucepan over medium-high heat. Add carrot, celery, onion, garlic, and some salt and pepper. Cook until softened, 5-8 minutes.
3. Stir in beans and broth. Bring to a simmer then turn off the heat.
4. Transfer bean mixture to a baking dish. Bake until browned and bubbling, 18-25 minutes.
5. Serve.

Simple mixed greens salad

237 cal ● 5g protein ● 16g fat ● 15g carbs ● 4g fiber



mixed greens

5 1/4 cup (158g)

salad dressing

1/3 cup (79mL)

1. Mix greens and dressing in a small bowl. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Southwest chicken

16 oz - 724 cal ● 106g protein ● 26g fat ● 11g carbs ● 5g fiber



For single meal:

oil
2 tsp (10mL)
cheese
2 tbsp, shredded (14g)
taco seasoning mix
1 tbsp (9g)
boneless skinless chicken breast, raw
1 lbs (448g)
bell pepper, cut into strips
2 medium (238g)

For all 2 meals:

oil
4 tsp (20mL)
cheese
4 tbsp, shredded (28g)
taco seasoning mix
2 tbsp (17g)
boneless skinless chicken breast, raw
2 lbs (896g)
bell pepper, cut into strips
4 medium (476g)

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.

Simple mozzarella and tomato salad

484 cal ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:

tomatoes, sliced
1 1/2 large whole (3" dia) (273g)
fresh mozzarella cheese, sliced
4 oz (113g)
balsamic vinaigrette
2 tbsp (30mL)
fresh basil
2 tbsp, chopped (5g)

For all 2 meals:

tomatoes, sliced
3 large whole (3" dia) (546g)
fresh mozzarella cheese, sliced
1/2 lbs (227g)
balsamic vinaigrette
4 tbsp (60mL)
fresh basil
4 tbsp, chopped (11g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
 2. Sprinkle the basil over the slices and drizzle with dressing.
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Dinner 3 [↗](#)

Eat on day 4

Salsa verde chicken salad

718 cal ● 71g protein ● 37g fat ● 14g carbs ● 12g fiber



boneless skinless chicken breast, raw

1/2 lbs (255g)

oil

1/2 tbsp (8mL)

mixed greens

2 1/4 cup (68g)

avocados, sliced

3 slices (75g)

roasted pumpkin seeds, unsalted

3 tbsp (22g)

black beans, drained and rinsed

3 tbsp (45g)

ground cumin

1/2 tbsp (3g)

salsa verde

1 1/2 tbsp (24g)

tomatoes, chopped

3/4 roma tomato (60g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. Add the black beans into the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
3. When chicken is cool enough to handle, chop it into bite-sized pieces.
4. Add mixed greens to a bowl and arrange the chicken, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

Chunky canned soup (non-creamy)

2 can(s) - 494 cal ● 36g protein ● 14g fat ● 46g carbs ● 11g fiber



Makes 2 can(s)

chunky canned soup (non-creamy varieties)

2 can (~19 oz) (1052g)

1. Prepare according to instructions on package.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Chickpea & chickpea pasta

859 cals ● 40g protein ● 31g fat ● 76g carbs ● 29g fiber



For single meal:

nutritional yeast

1/2 tbsp (2g)

butter

3/4 tbsp (11g)

oil

3/4 tbsp (11mL)

garlic, minced

3 clove(s) (9g)

chickpeas, canned, drained & rinsed

3/4 can (336g)

chickpea pasta

3 oz (85g)

onion, thinly sliced

3/4 medium (2-1/2" dia) (83g)

For all 2 meals:

nutritional yeast

1 tbsp (4g)

butter

1 1/2 tbsp (21g)

oil

1 1/2 tbsp (23mL)

garlic, minced

6 clove(s) (18g)

chickpeas, canned, drained & rinsed

1 1/2 can (672g)

chickpea pasta

6 oz (170g)

onion, thinly sliced

1 1/2 medium (2-1/2" dia) (165g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



For single meal:

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)

For all 2 meals:

balsamic vinaigrette

4 tbsp (60mL)

beets, precooked (canned or refrigerated), chopped

8 beets (2" dia, sphere) (400g)

edamame, frozen, shelled

2 cup (236g)

mixed greens

4 cup (120g)

1. Cook edamame according to package instructions.
 2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.
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Dinner 5 [↗](#)

Eat on day 7

Taco soup

764 cal ● 37g protein ● 61g fat ● 14g carbs ● 2g fiber



ground beef (20% fat)
6 oz (170g)
cream cheese
2 1/4 oz (64g)
diced tomatoes with green chiles, undrained
1/4 lbs (106g)
bell pepper, finely chopped
3/8 small (28g)
onion, finely chopped
3/8 small (26g)
beef broth
1 cup (225mL)
oil
1 tsp (6mL)
taco seasoning mix
3/4 tbsp (6g)

1. Heat oil in large pot over medium heat. Add in onion and bell pepper. Cook for a few minutes until softened.
2. Add in beef and cook until browned.
3. Add in cream cheese, taco seasoning, and diced tomatoes. Stir thoroughly until cream cheese has totally incorporated and no clumps are left.
4. Add in broth and bring to a simmer, uncovered, for 10 minutes.
5. Adjust thickness of soup to your liking by adding water or letting it simmer longer.
6. Serve.

Chips and guacamole

394 cal ● 6g protein ● 24g fat ● 30g carbs ● 8g fiber



tortilla chips
1 1/2 oz (43g)
guacamole, store-bought
6 tbsp (93g)

1. Serve guacamole with the tortilla chips.
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