

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

### 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

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



**Southwest chicken**  
16 oz- 724 cals



**Simple mozzarella and tomato salad**  
484 cals

## Day 3

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

### 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

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



**Southwest chicken**  
16 oz- 724 cals



**Simple mozzarella and tomato salad**  
484 cals

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

### Breakfast

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



**Basic fried eggs**  
2 egg(s)- 159 cals



**Southwest bacon omelet**  
287 cals



**String cheese**  
2 stick(s)- 165 cals

### Snacks

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



**Pumpkin seeds**  
183 cals



**Blackberries**  
1 1/2 cup(s)- 105 cals



**Sweet potato chips**  
25 chips- 193 cals

### Lunch

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



**Roasted tomatoes**  
2 1/2 tomato(es)- 149 cals



**Lentils**  
260 cals



**Basic chicken breast**  
16 oz- 635 cals

### Dinner

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



**Chickpea & chickpea pasta**  
859 cals



**Edamame & beet salad**  
342 cals

## Day 7

3293 cals ● 222g protein (27%) ● 197g fat (54%) ● 122g carbs (15%) ● 36g fiber (4%)

### Breakfast

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



**Basic fried eggs**  
2 egg(s)- 159 cals



**Southwest bacon omelet**  
287 cals



**String cheese**  
2 stick(s)- 165 cals

### Snacks

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



**Pumpkin seeds**  
183 cals



**Blackberries**  
1 1/2 cup(s)- 105 cals



**Sweet potato chips**  
25 chips- 193 cals

### Lunch

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



**Roasted tomatoes**  
2 1/2 tomato(es)- 149 cals



**Lentils**  
260 cals



**Basic chicken breast**  
16 oz- 635 cals

### Dinner

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



**Taco soup**  
764 cals



**Chips and guacamole**  
394 cals

## 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  
9 oz (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 cals ● 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 cals ● 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

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### 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.

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### 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.

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## Lunch 1 [🔗](#)

Eat on day 1, day 2

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### Marinated chicken breast

18 2/3 oz - 659 cals ● 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 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.

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## Lentils

289 cals ● 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 cals ● 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.

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## Lunch 3 [↗](#)

Eat on day 5

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### Roasted carrots

3 carrots(s) - 158 cals ● 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 cals ● 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 cals ● 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 tbsps (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.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### 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.

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### Apple

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





For single meal:

**apples**

1 medium (3" dia) (182g)

For all 2 meals:

**apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

## Toast with butter

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



For single meal:

**bread**

2 slice (64g)

**butter**

2 tsp (9g)

For all 2 meals:

**bread**

4 slice (128g)

**butter**

4 tsp (18g)

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

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## Snacks 2 [🔗](#)

Eat on day 3, day 4, day 5

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### Milk

1 cup(s) - 149 cals ● 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.

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### Raisins

1/2 cup - 275 cals ● 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 ● 3g 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.

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## Dinner 1 [🔗](#)

Eat on day 1

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### White bean cassoulet

962 cals ● 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.

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### Simple mixed greens salad

237 cals ● 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

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### Southwest chicken

16 oz - 724 cals ● 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.

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### Simple mozzarella and tomato salad

484 cals ● 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 cals ● 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 cals ● 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.

## 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.

## Dinner 5 [↗](#)

Eat on day 7

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### Taco soup

764 cals ● 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.

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### Chips and guacamole

394 cals ● 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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