

Meal Plan - 3400 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

3330 cals ● 272g protein (33%) ● 167g fat (45%) ● 142g carbs (17%) ● 43g fiber (5%)

Breakfast

520 cals, 21g protein, 24g net carbs, 33g fat



[Sunflower seeds](#)
406 cals



[Grapes](#)
116 cals

Snacks

500 cals, 28g protein, 27g net carbs, 30g fat



[Tuna and crackers](#)
284 cals



[Mixed nuts](#)
1/4 cup(s)- 218 cals

Lunch

1160 cals, 80g protein, 70g net carbs, 58g fat



[Crackers](#)
10 cracker(s)- 169 cals



[Tuna salad sandwich](#)
2 sandwich(es)- 991 cals

Dinner

1145 cals, 143g protein, 21g net carbs, 47g fat



[Baked chicken with tomatoes & olives](#)
21 oz- 1049 cals



[Simple salad with tomatoes and carrots](#)
98 cals

Day 2

3415 cals ● 247g protein (29%) ● 161g fat (42%) ● 204g carbs (24%) ● 41g fiber (5%)

Breakfast

520 cals, 21g protein, 24g net carbs, 33g fat



[Sunflower seeds](#)
406 cals



[Grapes](#)
116 cals

Snacks

500 cals, 28g protein, 27g net carbs, 30g fat



[Tuna and crackers](#)
284 cals



[Mixed nuts](#)
1/4 cup(s)- 218 cals

Lunch

1160 cals, 80g protein, 70g net carbs, 58g fat



[Crackers](#)
10 cracker(s)- 169 cals



[Tuna salad sandwich](#)
2 sandwich(es)- 991 cals

Dinner

1230 cals, 119g protein, 83g net carbs, 40g fat



[Simple salad with tomatoes and carrots](#)
98 cals



[Mashed sweet potatoes with butter](#)
374 cals



[Teriyaki chicken](#)
16 oz- 760 cals

Day 3

3355 cals ● 281g protein (34%) ● 119g fat (32%) ● 247g carbs (29%) ● 43g fiber (5%)

Breakfast

535 cals, 26g protein, 76g net carbs, 8g fat



Pear

2 pear(s)- 226 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

Snacks

425 cals, 23g protein, 30g net carbs, 22g fat



Toast with butter

2 1/2 slice(s)- 284 cals



Boiled eggs

2 egg(s)- 139 cals

Lunch

1165 cals, 115g protein, 58g net carbs, 49g fat



Quinoa

1 1/2 cup quinoa, cooked- 313 cals



Basic chicken breast

13 1/3 oz- 529 cals



Simple mozzarella and tomato salad

322 cals

Dinner

1230 cals, 119g protein, 83g net carbs, 40g fat



Simple salad with tomatoes and carrots

98 cals



Mashed sweet potatoes with butter

374 cals



Teriyaki chicken

16 oz- 760 cals

Day 4

3347 cals ● 237g protein (28%) ● 124g fat (33%) ● 283g carbs (34%) ● 37g fiber (4%)

Breakfast

535 cals, 26g protein, 76g net carbs, 8g fat



Pear

2 pear(s)- 226 cals



Lowfat Greek yogurt

2 container(s)- 310 cals

Snacks

425 cals, 23g protein, 30g net carbs, 22g fat



Toast with butter

2 1/2 slice(s)- 284 cals



Boiled eggs

2 egg(s)- 139 cals

Lunch

1215 cals, 76g protein, 74g net carbs, 65g fat



Tuna salad wrap

2 wrap(s)- 1103 cals



Simple mixed greens and tomato salad

113 cals

Dinner

1170 cals, 113g protein, 103g net carbs, 30g fat



Carrot sticks

3 carrot(s)- 81 cals



Caprese salad

142 cals



Hot honey chicken sandwich

2 sandwich(es)- 948 cals

Day 5

3406 cals ● 247g protein (29%) ● 96g fat (25%) ● 344g carbs (40%) ● 43g fiber (5%)

Breakfast

595 cals, 27g protein, 55g net carbs, 24g fat



Pear

1 pear(s)- 113 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals



Milk

2/3 cup(s)- 99 cals

Snacks

405 cals, 25g protein, 54g net carbs, 8g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Nectarine

2 nectarine(s)- 140 cals



Sweet potato chips

10 chips- 77 cals

Lunch

1235 cals, 83g protein, 133g net carbs, 34g fat



Ham & coleslaw pita sandwich

3 pita sandwich(es)- 1026 cals



Tomato soup

1 can(s)- 211 cals

Dinner

1170 cals, 113g protein, 103g net carbs, 30g fat



Carrot sticks

3 carrot(s)- 81 cals



Caprese salad

142 cals



Hot honey chicken sandwich

2 sandwich(es)- 948 cals

Day 6

2987 cals ● 256g protein (34%) ● 91g fat (28%) ● 249g carbs (33%) ● 37g fiber (5%)

Breakfast

595 cals, 27g protein, 55g net carbs, 24g fat



Pear

1 pear(s)- 113 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals



Milk

2/3 cup(s)- 99 cals

Snacks

405 cals, 25g protein, 54g net carbs, 8g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Nectarine

2 nectarine(s)- 140 cals



Sweet potato chips

10 chips- 77 cals

Lunch

800 cals, 104g protein, 41g net carbs, 23g fat



Easy garlic chicken

15 oz- 684 cals



Pita bread

1 1/2 pita bread(s)- 117 cals

Dinner

1190 cals, 100g protein, 100g net carbs, 37g fat



Sweet potato fries

530 cals



Chicken piquant

658 cals

Day 7

2987 cals ● 256g protein (34%) ● 91g fat (28%) ● 249g carbs (33%) ● 37g fiber (5%)

Breakfast

595 cals, 27g protein, 55g net carbs, 24g fat



Pear

1 pear(s)- 113 cals



Egg & guac sandwich

1 sandwich(es)- 381 cals



Milk

2/3 cup(s)- 99 cals

Snacks

405 cals, 25g protein, 54g net carbs, 8g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Nectarine

2 nectarine(s)- 140 cals



Sweet potato chips

10 chips- 77 cals

Lunch

800 cals, 104g protein, 41g net carbs, 23g fat



Easy garlic chicken

15 oz- 684 cals



Pita bread

1 1/2 pita bread(s)- 117 cals

Dinner

1190 cals, 100g protein, 100g net carbs, 37g fat



Sweet potato fries

530 cals



Chicken piquant

658 cals

Nut and Seed Products

- ☐ sunflower kernels
1/4 lbs (128g)
- ☐ mixed nuts
1/2 cup (67g)

Fruits and Fruit Juices

- ☐ grapes
4 cup (368g)
- ☐ green olives
21 large (92g)
- ☐ pears
7 medium (1246g)
- ☐ nectarine
6 medium (2-1/2" dia) (852g)

Finfish and Shellfish Products

- ☐ canned tuna
2 1/4 lbs (1021g)

Baked Products

- ☐ crackers
40 crackers (140g)
- ☐ bread
1 1/3 lbs (608g)
- ☐ hamburger buns
4 bun(s) (204g)
- ☐ flour tortillas
2 tortilla (approx 10" dia) (144g)
- ☐ pita bread
3/4 package (234g)
- ☐ bread crumbs
10 tbsp (68g)

Vegetables and Vegetable Products

- ☐ tomatoes
7 medium whole (2-3/5" dia) (879g)
- ☐ carrots
6 3/4 medium (412g)
- ☐ romaine lettuce
1 1/2 hearts (750g)
- ☐ raw celery
3 stalk, small (5" long) (51g)
- ☐ sweet potatoes
7 1/3 sweetpotato, 5" long (1538g)
- ☐ cucumber
15 slices (105g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
10 lbs (4416g)

Dairy and Egg Products

- ☐ butter
3/4 stick (85g)
- ☐ eggs
10 large (500g)
- ☐ lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)
- ☐ fresh mozzarella cheese
1/3 lbs (132g)
- ☐ whole milk
2 cup (480mL)
- ☐ nonfat greek yogurt, plain
6 tbsp (105g)
- ☐ low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)

Other

- ☐ teriyaki sauce
1 cup (240mL)
- ☐ mixed greens
1 package (5.5 oz) (171g)
- ☐ coleslaw mix
2 1/2 cup (225g)
- ☐ guacamole, store-bought
6 tbsp (93g)
- ☐ sweet potato chips
30 chips (43g)
- ☐ diced tomatoes with green chiles
1 3/4 can (~10 oz) (490g)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1/2 cup (85g)

Beverages

- ☐ water
1 cup(s) (239mL)

Sweets

- ☐ honey
5 oz (147g)

- ☐ garlic
11 clove(s) (33g)
- ☐ sweet pickles
1/2 cup, chopped (70g)

Fats and Oils

- ☐ olive oil
2 1/3 oz (74mL)
- ☐ salad dressing
1/4 cup (68mL)
- ☐ mayonnaise
1/2 cup (135mL)
- ☐ oil
2 oz (59mL)
- ☐ balsamic vinaigrette
1 1/2 oz (40mL)
- ☐ ranch dressing
3 tbsp (45mL)

Spices and Herbs

- ☐ salt
1/2 oz (14g)
 - ☐ black pepper
2 1/2 g (2g)
 - ☐ chili powder
3 1/2 tsp (9g)
 - ☐ fresh basil
3/4 oz (22g)
 - ☐ crushed red pepper
1 tsp (2g)
 - ☐ garlic powder
1 tsp (3g)
 - ☐ paprika
1 tsp (2g)
 - ☐ cajun seasoning
1 3/4 tsp (4g)
 - ☐ red wine vinegar
1/4 cup (53mL)
 - ☐ capers
1/4 cup, drained (30g)
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Sausages and Luncheon Meats

- ☐ ham cold cuts
2/3 lbs (298g)

Soups, Sauces, and Gravies

- ☐ condensed canned tomato soup
1 can (10.5 oz) (298g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

406 cals ● 19g protein ● 32g fat ● 5g carbs ● 5g fiber



For single meal:

sunflower kernels
2 1/4 oz (64g)

For all 2 meals:

sunflower kernels
1/4 lbs (128g)

1. This recipe has no instructions.

Grapes

116 cals ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

grapes
2 cup (184g)

For all 2 meals:

grapes
4 cup (368g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



For single meal:

pears
2 medium (356g)

For all 2 meals:

pears
4 medium (712g)

1. This recipe has no instructions.

Lowfat Greek yogurt

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



For single meal:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

For all 2 meals:

lowfat flavored greek yogurt
4 (5.3 oz ea) container(s) (600g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 3 meals:

pears
3 medium (534g)

1. This recipe has no instructions.

Egg & guac sandwich

1 sandwich(es) - 381 cals ● 22g protein ● 19g fat ● 25g carbs ● 6g fiber



For single meal:

oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
eggs
2 large (100g)
bread
2 slice(s) (64g)

For all 3 meals:

oil
1/2 tbsp (8mL)
guacamole, store-bought
6 tbsp (93g)
eggs
6 large (300g)
bread
6 slice(s) (192g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Milk

2/3 cup(s) - 99 cals ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



For single meal:

whole milk
2/3 cup (160mL)

For all 3 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1, day 2

Crackers

10 cracker(s) - 169 cals ● 3g protein ● 7g fat ● 22g carbs ● 1g fiber



For single meal:

crackers
10 crackers (35g)

For all 2 meals:

crackers
20 crackers (70g)

1. Enjoy.

Tuna salad sandwich

2 sandwich(es) - 991 cals ● 78g protein ● 51g fat ● 48g carbs ● 8g fiber



For single meal:

bread
4 slice (128g)
mayonnaise
3 tbsp (45mL)
black pepper
2 dash (0g)
raw celery, chopped
1 stalk, small (5" long) (17g)
salt
2 dash (1g)
canned tuna
10 oz (284g)

For all 2 meals:

bread
8 slice (256g)
mayonnaise
6 tbsp (90mL)
black pepper
4 dash (0g)
raw celery, chopped
2 stalk, small (5" long) (34g)
salt
4 dash (2g)
canned tuna
1 1/4 lbs (567g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Lunch 2 [↗](#)

Eat on day 3

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

quinoa, uncooked
1/2 cup (85g)
water
1 cup(s) (239mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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.

Simple mozzarella and tomato salad

322 cals ● 19g protein ● 23g fat ● 9g carbs ● 2g fiber



tomatoes, sliced

1 large whole (3" dia) (182g)

fresh mozzarella cheese, sliced

2 2/3 oz (76g)

balsamic vinaigrette

4 tsp (20mL)

fresh basil

4 tsp, chopped (4g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

Lunch 3 [↗](#)

Eat on day 4

Tuna salad wrap

2 wrap(s) - 1103 cals ● 74g protein ● 58g fat ● 67g carbs ● 5g fiber



Makes 2 wrap(s)

canned tuna

10 oz (284g)

mayonnaise

3 tbsp (45mL)

black pepper

2 dash (0g)

raw celery, chopped

1 stalk, small (5" long) (17g)

salt

2 dash (1g)

flour tortillas

2 tortilla (approx 10" dia) (144g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over the tortilla and wrap it.

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.

Lunch 4 [↗](#)

Eat on day 5

Ham & coleslaw pita sandwich

3 pita sandwich(es) - 1026 cals ● 78g protein ● 33g fat ● 91g carbs ● 13g fiber



Makes 3 pita sandwich(es)

ranch dressing

3 tbsp (45mL)

pita bread

3 pita, medium (5" dia) (150g)

nonfat greek yogurt, plain

6 tbsp (105g)

cucumber

15 slices (105g)

coleslaw mix

1 1/2 cup (135g)

ham cold cuts

2/3 lbs (298g)

1. In a small bowl, toss the coleslaw mix with the greek yogurt and ranch dressing. Season with some salt and pepper.
2. Split pita open and stuff with ham, coleslaw, and cucumber.
3. Serve.

Tomato soup

1 can(s) - 211 cals ● 4g protein ● 1g fat ● 42g carbs ● 3g fiber



Makes 1 can(s)

condensed canned tomato soup
1 can (10.5 oz) (298g)

1. Prepare according to instructions on package.

Lunch 5 [↗](#)

Eat on day 6, day 7

Easy garlic chicken

15 oz - 684 cal ● 100g protein ● 22g fat ● 21g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw
15 oz (425g)
butter
1 1/4 tbsp (18g)
bread crumbs
5 tbsp (34g)
garlic, minced
3 3/4 clove(s) (11g)

For all 2 meals:

boneless skinless chicken breast, raw
30 oz (851g)
butter
2 1/2 tbsp (36g)
bread crumbs
10 tbsp (68g)
garlic, minced
7 1/2 clove(s) (23g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Pita bread

1 1/2 pita bread(s) - 117 cal ● 4g protein ● 1g fat ● 21g carbs ● 3g fiber



For single meal:

pita bread
1 1/2 pita, small (4" dia) (42g)

For all 2 meals:

pita bread
3 pita, small (4" dia) (84g)

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.
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Snacks 1 [↗](#)

Eat on day 1, day 2

Tuna and crackers

284 cals ● 21g protein ● 12g fat ● 23g carbs ● 1g fiber



For single meal:

canned tuna

3 oz (85g)

crackers

10 crackers (35g)

For all 2 meals:

canned tuna

6 oz (170g)

crackers

20 crackers (70g)

1. This recipe has no instructions.

Mixed nuts

1/4 cup(s) - 218 cals ● 7g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

mixed nuts

4 tbsp (34g)

For all 2 meals:

mixed nuts

1/2 cup (67g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Toast with butter

2 1/2 slice(s) - 284 cals ● 10g protein ● 12g fat ● 30g carbs ● 5g fiber



For single meal:

bread

2 1/2 slice (80g)

butter

2 1/2 tsp (11g)

For all 2 meals:

bread

5 slice (160g)

butter

5 tsp (23g)

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

Boiled eggs

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



For single meal:

eggs
2 large (100g)

For all 2 meals:

eggs
4 large (200g)

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 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & honey

3/4 cup(s) - 187 cal ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

honey
1 tbsp (21g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)

For all 3 meals:

honey
3 tbsp (63g)
low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)

1. Serve cottage cheese in a bowl and drizzle with honey.

Nectarine

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



For single meal:

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

For all 3 meals:

nectarine, pitted
6 medium (2-1/2" dia) (852g)

1. Remove nectarine pit, slice, and serve.

Sweet potato chips

10 chips - 77 cals ● 1g protein ● 5g fat ● 7g carbs ● 1g fiber



For single meal:

sweet potato chips

10 chips (14g)

For all 3 meals:

sweet potato chips

30 chips (43g)

1. Serve chips in a bowl and enjoy.

Dinner 1 [🔗](#)

Eat on day 1

Baked chicken with tomatoes & olives

21 oz - 1049 cals ● 140g protein ● 43g fat ● 14g carbs ● 11g fiber



Makes 21 oz

tomatoes

21 cherry tomatoes (357g)

olive oil

3 1/2 tsp (18mL)

salt

1 tsp (5g)

green olives

21 large (92g)

black pepper

1 tsp (1g)

chili powder

3 1/2 tsp (9g)

boneless skinless chicken breast, raw

1 1/3 lbs (595g)

fresh basil, shredded

21 leaves (11g)

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

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



salad dressing

3/4 tbsp (11mL)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

carrots, sliced

1/4 medium (15g)

romaine lettuce, roughly chopped

1/2 hearts (250g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Dinner 2 [↗](#)

Eat on day 2, day 3

Simple salad with tomatoes and carrots

98 cals ● 4g protein ● 3g fat ● 7g carbs ● 6g fiber



For single meal:

salad dressing
3/4 tbsp (11mL)
tomatoes, diced
1/2 medium whole (2-3/5" dia) (62g)
carrots, sliced
1/4 medium (15g)
romaine lettuce, roughly chopped
1/2 hearts (250g)

For all 2 meals:

salad dressing
1 1/2 tbsp (23mL)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
carrots, sliced
1/2 medium (31g)
romaine lettuce, roughly chopped
1 hearts (500g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
 2. Pour dressing over when serving.
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Mashed sweet potatoes with butter

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



For single meal:

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

For all 2 meals:

butter
2 tbsp (27g)
sweet potatoes
3 sweetpotato, 5" long (630g)

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.

Teriyaki chicken

16 oz - 760 cals ● 110g protein ● 26g fat ● 22g carbs ● 0g fiber



For single meal:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

For all 2 meals:

oil
2 tbsp (30mL)
teriyaki sauce
1 cup (240mL)
boneless skinless chicken breast, raw, cubed
2 lbs (896g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Carrot sticks

3 carrot(s) - 81 cal ● 2g protein ● 0g fat ● 12g carbs ● 5g fiber



For single meal:

carrots
3 medium (183g)

For all 2 meals:

carrots
6 medium (366g)

1. Cut carrots into strips and serve.

Caprese salad

142 cal ● 8g protein ● 9g fat ● 5g carbs ● 2g fiber



For single meal:

balsamic vinaigrette
2 tsp (10mL)
fresh basil
2 2/3 tbsp leaves, whole (4g)
tomatoes, halved
1/3 cup cherry tomatoes (50g)
mixed greens
1/3 package (5.5 oz) (52g)
fresh mozzarella cheese
1 oz (28g)

For all 2 meals:

balsamic vinaigrette
4 tsp (20mL)
fresh basil
1/3 cup leaves, whole (8g)
tomatoes, halved
2/3 cup cherry tomatoes (99g)
mixed greens
2/3 package (5.5 oz) (103g)
fresh mozzarella cheese
2 oz (57g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Hot honey chicken sandwich

2 sandwich(es) - 948 cal ● 103g protein ● 20g fat ● 85g carbs ● 3g fiber



For single meal:

oil
1 tsp (5mL)
coleslaw mix
1/2 cup (45g)
crushed red pepper
4 dash (1g)
honey
2 tbsp (42g)
hamburger buns
2 bun(s) (102g)
boneless skinless chicken breast, raw
1 lbs (454g)

For all 2 meals:

oil
2 tsp (10mL)
coleslaw mix
1 cup (90g)
crushed red pepper
1 tsp (2g)
honey
4 tbsp (84g)
hamburger buns
4 bun(s) (204g)
boneless skinless chicken breast, raw
2 lbs (907g)

1. Heat oil in a skillet or grill pan. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
2. In a small bowl, add the honey. Microwave for 5-10 seconds to warm the honey. Add the crushed red pepper and a pinch of salt/pepper. Feel free to adjust crushed pepper amount depending on your preferred spice level. Mix well and pour over the chicken to coat.
3. Add chicken to the bun and top with coleslaw. Serve.

Dinner 4 [↗](#)

Eat on day 6, day 7

Sweet potato fries

530 cals ● 8g protein ● 14g fat ● 79g carbs ● 14g fiber



For single meal:

sweet potatoes, peeled
1 lbs (454g)
olive oil
1 tbsp (15mL)
garlic powder
4 dash (2g)
paprika
4 dash (1g)
salt
4 dash (3g)
black pepper
2 dash, ground (1g)

For all 2 meals:

sweet potatoes, peeled
2 lbs (908g)
olive oil
2 tbsp (30mL)
garlic powder
1 tsp (3g)
paprika
1 tsp (2g)
salt
1 tsp (6g)
black pepper
4 dash, ground (1g)

1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out evenly on a baking sheet.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes.
5. Serve.

Chicken piquant

658 cals ● 92g protein ● 23g fat ● 20g carbs ● 1g fiber



For single meal:

cajun seasoning

1 tsp (2g)

boneless skinless chicken breast, raw, sliced in half lengthwise

14 oz (397g)

garlic, crushed

1 3/4 clove(s) (5g)

red wine vinegar

1 3/4 tbsp (26mL)

olive oil

2 1/2 tsp (13mL)

diced tomatoes with green chiles

7/8 can (~10 oz) (245g)

sweet pickles

1/4 cup, chopped (35g)

capers

1 3/4 tbsp, drained (15g)

For all 2 meals:

cajun seasoning

1 3/4 tsp (4g)

boneless skinless chicken breast, raw, sliced in half lengthwise

1 3/4 lbs (794g)

garlic, crushed

3 1/2 clove(s) (11g)

red wine vinegar

1/4 cup (53mL)

olive oil

1 3/4 tbsp (26mL)

diced tomatoes with green chiles

1 3/4 can (~10 oz) (490g)

sweet pickles

1/2 cup, chopped (70g)

capers

1/4 cup, drained (30g)

1. Season the chicken with the cajun seasoning.
 2. Heat oil in a skillet over medium-heat. Cook chicken in the hot oil until browned, about 2 minutes per side. Add diced tomatoes with green chile peppers, pickles, vinegar, capers, and garlic to chicken; simmer until chicken is no longer pink in the center, about 10 minutes more. Serve.
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