

# Meal Plan - 3500 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

3537 cals ● 235g protein (27%) ● 140g fat (36%) ● 278g carbs (31%) ● 55g fiber (6%)

### Breakfast

570 cals, 32g protein, 45g net carbs, 24g fat



**Scrambled egg whites**

121 cals



**Egg & cheese mini muffin**

4 mini muffin(s)- 224 cals



**Pear**

2 pear(s)- 226 cals

### Snacks

485 cals, 34g protein, 59g net carbs, 9g fat



**Protein bar**

1 bar- 245 cals



**Plain yogurt**

1 cup(s)- 155 cals



**Orange**

1 orange(s)- 85 cals

### Lunch

1205 cals, 70g protein, 152g net carbs, 29g fat



**Quinoa**

1 1/2 cup quinoa, cooked- 313 cals



**Turkey-green beans-rice bowl**

719 cals



**Fruit juice**

1 1/2 cup(s)- 172 cals

### Dinner

1275 cals, 99g protein, 22g net carbs, 78g fat



**Avocado tuna salad stuffed pepper**

4 half pepper(s)- 911 cals



**Pumpkin seeds**

366 cals

## Day 2

3537 cal ● 235g protein (27%) ● 140g fat (36%) ● 278g carbs (31%) ● 55g fiber (6%)

### Breakfast

570 cal, 32g protein, 45g net carbs, 24g fat



**Scrambled egg whites**  
121 cal



**Egg & cheese mini muffin**  
4 mini muffin(s)- 224 cal



**Pear**  
2 pear(s)- 226 cal

### Snacks

485 cal, 34g protein, 59g net carbs, 9g fat



**Protein bar**  
1 bar- 245 cal



**Plain yogurt**  
1 cup(s)- 155 cal



**Orange**  
1 orange(s)- 85 cal

### Lunch

1205 cal, 70g protein, 152g net carbs, 29g fat



**Quinoa**  
1 1/2 cup quinoa, cooked- 313 cal



**Turkey-green beans-rice bowl**  
719 cal



**Fruit juice**  
1 1/2 cup(s)- 172 cal

### Dinner

1275 cal, 99g protein, 22g net carbs, 78g fat



**Avocado tuna salad stuffed pepper**  
4 half pepper(s)- 911 cal



**Pumpkin seeds**  
366 cal

## Day 3

3480 cal ● 269g protein (31%) ● 120g fat (31%) ● 291g carbs (33%) ● 41g fiber (5%)

### Breakfast

595 cal, 19g protein, 15g net carbs, 48g fat



**Mixed nuts**  
2/3 cup(s)- 581 cal



**Cucumber slices**  
1/4 cucumber- 15 cal

### Snacks

485 cal, 34g protein, 59g net carbs, 9g fat



**Protein bar**  
1 bar- 245 cal



**Plain yogurt**  
1 cup(s)- 155 cal



**Orange**  
1 orange(s)- 85 cal

### Lunch

1235 cal, 83g protein, 132g net carbs, 34g fat



**Quinoa**  
1 cup quinoa, cooked- 208 cal



**Teriyaki burgers**  
2 burger(s)- 799 cal



**Pear**  
2 pear(s)- 226 cal

### Dinner

1165 cal, 133g protein, 84g net carbs, 29g fat



**Chunky canned soup (non-creamy)**  
1 can(s)- 247 cal



**Grilled chicken sandwich**  
2 sandwich(es)- 919 cal

## Day 4

3494 cal ● 310g protein (35%) ● 170g fat (44%) ● 143g carbs (16%) ● 39g fiber (4%)

### Breakfast

595 cal, 19g protein, 15g net carbs, 48g fat



**Mixed nuts**  
2/3 cup(s)- 581 cal



**Cucumber slices**  
1/4 cucumber- 15 cal

### Snacks

455 cal, 29g protein, 59g net carbs, 8g fat



**Breakfast cereal with protein milk**  
371 cal



**Orange**  
1 orange(s)- 85 cal

### Lunch

1225 cal, 81g protein, 54g net carbs, 69g fat



**Tomato and avocado salad**  
235 cal



**Tuna salad sandwich**  
2 sandwich(es)- 991 cal

### Dinner

1215 cal, 181g protein, 15g net carbs, 45g fat



**Olive oil drizzled green beans**  
181 cal



**Lemon pepper chicken breast**  
28 oz- 1036 cal

## Day 5

3222 cal ● 310g protein (39%) ● 109g fat (30%) ● 214g carbs (27%) ● 37g fiber (5%)

### Breakfast

635 cal, 25g protein, 76g net carbs, 22g fat



**Fruit juice**  
1 cup(s)- 115 cal



**Broccoli & cheddar egg muffins**  
3 muffins- 289 cal



**Banana**  
2 banana(s)- 233 cal

### Snacks

455 cal, 29g protein, 59g net carbs, 8g fat



**Breakfast cereal with protein milk**  
371 cal



**Orange**  
1 orange(s)- 85 cal

### Lunch

910 cal, 75g protein, 65g net carbs, 34g fat



**Easy garlic chicken**  
10 oz- 456 cal



**Olive oil drizzled broccoli**  
1 cup(s)- 70 cal



**Baked fries**  
386 cal

### Dinner

1215 cal, 181g protein, 15g net carbs, 45g fat



**Olive oil drizzled green beans**  
181 cal



**Lemon pepper chicken breast**  
28 oz- 1036 cal

## Day 6

3249 cals ● 223g protein (27%) ● 151g fat (42%) ● 208g carbs (26%) ● 41g fiber (5%)

### Breakfast

635 cals, 25g protein, 76g net carbs, 22g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Broccoli & cheddar egg muffins**  
3 muffins- 289 cals



**Banana**  
2 banana(s)- 233 cals

### Snacks

435 cals, 18g protein, 41g net carbs, 20g fat



**Toast with butter**  
2 1/2 slice(s)- 284 cals



**Milk**  
1 cup(s)- 149 cals

### Lunch

910 cals, 75g protein, 65g net carbs, 34g fat



**Easy garlic chicken**  
10 oz- 456 cals



**Olive oil drizzled broccoli**  
1 cup(s)- 70 cals



**Baked fries**  
386 cals

### Dinner

1265 cals, 105g protein, 26g net carbs, 75g fat



**Chicken beet & carrot salad bowl**  
749 cals



**Roasted almonds**  
5/8 cup(s)- 517 cals

## Day 7

3473 cals ● 245g protein (28%) ● 163g fat (42%) ● 216g carbs (25%) ● 41g fiber (5%)

### Breakfast

635 cals, 25g protein, 76g net carbs, 22g fat



**Fruit juice**  
1 cup(s)- 115 cals



**Broccoli & cheddar egg muffins**  
3 muffins- 289 cals



**Banana**  
2 banana(s)- 233 cals

### Snacks

435 cals, 18g protein, 41g net carbs, 20g fat



**Toast with butter**  
2 1/2 slice(s)- 284 cals



**Milk**  
1 cup(s)- 149 cals

### Lunch

1135 cals, 97g protein, 73g net carbs, 45g fat



**Quinoa**  
2 cup quinoa, cooked- 417 cals



**Green beans**  
63 cals



**Basic ground turkey**  
14 oz- 657 cals

### Dinner

1265 cals, 105g protein, 26g net carbs, 75g fat



**Chicken beet & carrot salad bowl**  
749 cals



**Roasted almonds**  
5/8 cup(s)- 517 cals

## Fats and Oils

- oil  
1/4 lbs (111mL)
- olive oil  
2 1/2 oz (83mL)
- mayonnaise  
3 tbsp (45mL)

## Dairy and Egg Products

- egg whites  
1 cup (243g)
- cheddar cheese  
1/4 lbs (127g)
- eggs  
10 large (500g)
- plain lowfat yogurt  
3 cup (735g)
- whole milk  
1/4 gallon (840mL)
- butter  
3/8 stick (46g)

## Beverages

- water  
4 cup (960mL)
- protein powder  
1 1/2 scoop (1/3 cup ea) (47g)

## Fruits and Fruit Juices

- pears  
6 medium (1068g)
- orange  
5 orange (770g)
- avocados  
2 1/2 avocado(s) (503g)
- lime juice  
1 fl oz (35mL)
- fruit juice  
48 fl oz (1440mL)
- banana  
6 medium (7" to 7-7/8" long) (708g)

## Other

- protein bar (20g protein)  
3 bar (150g)
- mixed greens  
1/2 cup (15g)

## Vegetables and Vegetable Products

- bell pepper  
4 large (656g)
- onion  
3/4 medium (2-1/2" dia) (85g)
- frozen green beans  
2 lbs (849g)
- tomatoes  
1 1/4 medium whole (2-3/5" dia) (152g)
- cucumber  
2/3 cucumber (8-1/4") (207g)
- raw celery  
1 stalk, small (5" long) (17g)
- frozen broccoli  
3 1/2 cup (319g)
- garlic  
5 clove(s) (15g)
- potatoes  
2 large (3" to 4-1/4" dia.) (738g)
- carrots  
1 2/3 medium (102g)
- beets, precooked (canned or refrigerated)  
13 1/3 oz (378g)

## Nut and Seed Products

- roasted pumpkin seeds, unsalted  
1 cup (118g)
- mixed nuts  
1 1/3 cup (179g)
- almonds  
56 tsp, whole (167g)

## Cereal Grains and Pasta

- quinoa, uncooked  
2 cup (340g)

## Meals, Entrees, and Side Dishes

- flavored rice mix  
1 pouch (~5.6 oz) (158g)

## Poultry Products

- ground turkey, raw  
2 lbs (851g)
- boneless skinless chicken breast, raw  
7 1/2 lbs (3336g)

## Soups, Sauces, and Gravies

- teriyaki sauce  
2 tbsp (30mL)

### **Finfish and Shellfish Products**

- canned tuna  
5 2/3 can (972g)

### **Spices and Herbs**

- salt  
1/2 oz (13g)
- black pepper  
4 1/2 g (4g)
- dijon mustard  
1 tbsp (15g)
- lemon pepper  
1/4 cup (24g)
- garlic powder  
2 dash (1g)
- thyme, dried  
1/4 tbsp, leaves (1g)

- chunky canned soup (non-creamy varieties)  
1 can (~19 oz) (526g)
- apple cider vinegar  
1 2/3 tsp (0mL)

### **Baked Products**

- kaiser rolls  
2 roll (3-1/2" dia) (114g)
- hamburger buns  
2 bun (102g)
- bread  
9 slice (288g)
- bread crumbs  
6 3/4 tbsp (45g)

### **Beef Products**

- ground beef (93% lean)  
3/4 lbs (340g)

### **Breakfast Cereals**

- breakfast cereal  
3 serving (90g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Scrambled egg whites

121 cal ● 13g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/2 tbsp (8mL)  
**egg whites**  
1/2 cup (122g)

For all 2 meals:

**oil**  
1 tbsp (15mL)  
**egg whites**  
1 cup (243g)

1. Whisk egg whites and a generous pinch of salt in a mixing bowl until the eggs appear frothy, about 40 seconds.
2. Heat oil in a skillet over medium-low heat. Pour in egg whites, and once they start to set, scramble them with a spatula.
3. Once eggs are set, transfer to a plate and season with some fresh cracked pepper. Serve.

### Egg & cheese mini muffin

4 mini muffin(s) - 224 cal ● 17g protein ● 17g fat ● 1g carbs ● 0g fiber



For single meal:

**cheddar cheese**  
3 tbsp, shredded (21g)  
**water**  
2 tsp (10mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**cheddar cheese**  
6 tbsp, shredded (42g)  
**water**  
4 tsp (20mL)  
**eggs**  
4 large (200g)

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, water, and some salt and pepper in a small bowl. Stir in the cheese.
3. Use silicone baking cups or spray a muffin tray with non-stick spray (use the same number of muffins as listed in recipe details). Spoon in egg mixture into tins, going about half way up the tin.
4. Bake for 15 until the egg is set and top is golden. Serve.
5. Meal Prep Note: Let leftovers cool to room temperature and then wrap or store in an airtight container. Store the muffins in the refrigerator for up to 3-4 days. Alternatively, individually wrap the muffins and place them in the freezer. To reheat, unwrap the muffins and microwave them briefly.

### Pear

2 pear(s) - 226 cal ● 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.

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## Breakfast 2 [↗](#)

Eat on day 3, day 4

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### Mixed nuts

2/3 cup(s) - 581 cal ● 18g protein ● 48g fat ● 13g carbs ● 6g fiber



For single meal:

**mixed nuts**  
2/3 cup (89g)

For all 2 meals:

**mixed nuts**  
1 1/3 cup (179g)

1. This recipe has no instructions.

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### Cucumber slices

1/4 cucumber - 15 cal ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

**cucumber**  
1/4 cucumber (8-1/4") (75g)

For all 2 meals:

**cucumber**  
1/2 cucumber (8-1/4") (151g)

1. Slice cucumber into rounds and serve.
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## Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

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### Fruit juice

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



For single meal:

**fruit juice**  
8 fl oz (240mL)

For all 3 meals:

**fruit juice**  
24 fl oz (720mL)

1. This recipe has no instructions.
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### Broccoli & cheddar egg muffins

3 muffins - 289 cal ● 20g protein ● 21g fat ● 3g carbs ● 2g fiber



For single meal:

**eggs**  
2 large (100g)  
**cheddar cheese**  
4 tbsp, shredded (28g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)  
**olive oil**  
1/2 tsp (3mL)  
**frozen broccoli, steamed**  
1/2 cup (46g)

For all 3 meals:

**eggs**  
6 large (300g)  
**cheddar cheese**  
3/4 cup, shredded (85g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**olive oil**  
1/2 tbsp (8mL)  
**frozen broccoli, steamed**  
1 1/2 cup (137g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.

### Banana

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



For single meal:

**banana**

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

For all 3 meals:

**banana**

6 medium (7" to 7-7/8" long) (708g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Quinoa

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



For single meal:

**quinoa, uncooked**

1/2 cup (85g)

**water**

1 cup(s) (237mL)

For all 2 meals:

**quinoa, uncooked**

1 cup (170g)

**water**

2 cup(s) (474mL)

1. (Note: Follow quinoa package's 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.

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### Turkey-green beans-rice bowl

719 cals ● 56g protein ● 23g fat ● 65g carbs ● 6g fiber



For single meal:

- black pepper**  
2 dash, ground (1g)
- salt**  
2 dash (2g)
- flavored rice mix**  
1/2 pouch (~5.6 oz) (79g)
- ground turkey, raw**  
1/2 lbs (227g)
- frozen green beans**  
1/2 package (10 oz) (142g)
- olive oil**  
1 tsp (5mL)

For all 2 meals:

- black pepper**  
4 dash, ground (1g)
- salt**  
4 dash (3g)
- flavored rice mix**  
1 pouch (~5.6 oz) (158g)
- ground turkey, raw**  
1 lbs (454g)
- frozen green beans**  
1 package (10 oz) (284g)
- olive oil**  
2 tsp (10mL)

1. Heat the oil in a skillet over medium heat. Add the turkey break it up and brown it until cooked through, stirring occasionally. Season with salt and pepper to taste.
2. Meanwhile, prepare the rice mix and green beans according to the instructions on the packages.
3. When everything is ready mix it all together (or keep separate) and serve.

### Fruit juice

1 1/2 cup(s) - 172 cal ● 3g protein ● 1g fat ● 38g carbs ● 1g fiber



For single meal:

- fruit juice**  
12 fl oz (360mL)

For all 2 meals:

- fruit juice**  
24 fl oz (720mL)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 3

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### Quinoa

1 cup quinoa, cooked - 208 cal ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



Makes 1 cup quinoa, cooked

**quinoa, uncooked**

1/3 cup (57g)

**water**

2/3 cup(s) (158mL)

1. (Note: Follow quinoa package's 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.

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### Teriyaki burgers

2 burger(s) - 799 cal ● 74g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 2 burger(s)

**oil**

1/2 tsp (3mL)

**hamburger buns**

2 bun (102g)

**teriyaki sauce**

2 tbsp (30mL)

**cucumber**

8 slices (56g)

**ground beef (93% lean)**

3/4 lbs (340g)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

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



Makes 2 pear(s)

**pears**  
2 medium (356g)

1. This recipe has no instructions.

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## Lunch 3 [↗](#)

Eat on day 4

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### Tomato and avocado salad

235 cal ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



**onion**  
1 tbsp minced (15g)  
**lime juice**  
1 tbsp (15mL)  
**avocados, cubed**  
1/2 avocado(s) (101g)  
**tomatoes, diced**  
1/2 medium whole (2-3/5" dia) (62g)  
**olive oil**  
1/4 tbsp (4mL)  
**garlic powder**  
2 dash (1g)  
**salt**  
2 dash (2g)  
**black pepper**  
2 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

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### Tuna salad sandwich

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



Makes 2 sandwich(es)

**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)

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.
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## Lunch 4 [↗](#)

Eat on day 5, day 6

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### Easy garlic chicken

10 oz - 456 cal ● 67g protein ● 15g fat ● 14g carbs ● 1g fiber



For single meal:

**boneless skinless chicken breast, raw**

10 oz (284g)

**butter**

2 1/2 tsp (12g)

**bread crumbs**

1/4 cup (23g)

**garlic, minced**

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

For all 2 meals:

**boneless skinless chicken breast, raw**

1 1/4 lbs (567g)

**butter**

5 tsp (24g)

**bread crumbs**

6 2/3 tbsp (45g)

**garlic, minced**

5 clove(s) (15g)

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.

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### Olive oil drizzled broccoli

1 cup(s) - 70 cal ● 3g protein ● 5g fat ● 2g carbs ● 3g fiber



For single meal:

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen broccoli**

1 cup (91g)

**olive oil**

1 tsp (5mL)

For all 2 meals:

**black pepper**

1 dash (0g)

**salt**

1 dash (0g)

**frozen broccoli**

2 cup (182g)

**olive oil**

2 tsp (10mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

### Baked fries

386 cal ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



For single meal:

**oil**

1 tbsp (15mL)

**potatoes**

1 large (3" to 4-1/4" dia.) (369g)

For all 2 meals:

**oil**

2 tbsp (30mL)

**potatoes**

2 large (3" to 4-1/4" dia.) (738g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

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## Lunch 5 [↗](#)

Eat on day 7

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### Quinoa

2 cup quinoa, cooked - 417 cal ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



Makes 2 cup quinoa, cooked

**quinoa, uncooked**

2/3 cup (113g)

**water**

1 1/3 cup(s) (316mL)

1. (Note: Follow quinoa package's 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.

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### Green beans

63 cal ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



**frozen green beans**  
1 1/3 cup (161g)

1. Prepare according to instructions on package.

### Basic ground turkey

14 oz - 657 cal ● 78g protein ● 38g fat ● 0g carbs ● 0g fiber



Makes 14 oz

**oil**  
1 3/4 tsp (9mL)  
**ground turkey, raw**  
14 oz (397g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
2. Serve.

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### Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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#### Protein bar

1 bar - 245 cal ● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:  
**protein bar (20g protein)**  
1 bar (50g)

For all 3 meals:  
**protein bar (20g protein)**  
3 bar (150g)

1. This recipe has no instructions.

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#### Plain yogurt

1 cup(s) - 155 cal ● 13g protein ● 4g fat ● 17g carbs ● 0g fiber





For single meal:

**plain lowfat yogurt**  
1 cup (245g)

For all 3 meals:

**plain lowfat yogurt**  
3 cup (735g)

1. This recipe has no instructions.

## Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 3 meals:

**orange**  
3 orange (462g)

1. This recipe has no instructions.

---

## Snacks 2 [↗](#)

Eat on day 4, day 5

---

### Breakfast cereal with protein milk

371 cal ● 28g protein ● 8g fat ● 43g carbs ● 5g fiber



For single meal:

**whole milk**  
3/4 cup (180mL)  
**breakfast cereal**  
1 1/2 serving (45g)  
**protein powder**  
3/4 scoop (1/3 cup ea) (23g)

For all 2 meals:

**whole milk**  
1 1/2 cup (360mL)  
**breakfast cereal**  
3 serving (90g)  
**protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)

1. Mix protein powder and milk together in a bowl until there are no clumps. Add cereal.
2. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since pretty much all breakfast cereals are going to have a very similar macronutrient breakdown. In other words, your choice of breakfast cereal is not going to make or break your diet, since they're mostly all just a quick, high-carbohydrate morning meal.

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## Orange

1 orange(s) - 85 cal ● 1g protein ● 0g fat ● 16g carbs ● 3g fiber



For single meal:

**orange**  
1 orange (154g)

For all 2 meals:

**orange**  
2 orange (308g)

1. This recipe has no instructions.

---

## Snacks 3 [↗](#)

Eat on day 6, day 7

---

### Toast with butter

2 1/2 slice(s) - 284 cal ● 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.

---

### 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.
-

## Dinner 1 [↗](#)

Eat on day 1, day 2

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### Avocado tuna salad stuffed pepper

4 half pepper(s) - 911 cal ● 82g protein ● 49g fat ● 17g carbs ● 20g fiber



For single meal:

**canned tuna, drained**

2 can (344g)

**avocados**

1 avocado(s) (201g)

**lime juice**

2 tsp (10mL)

**salt**

2 dash (1g)

**black pepper**

2 dash (0g)

**bell pepper**

2 large (328g)

**onion**

1/2 small (35g)

For all 2 meals:

**canned tuna, drained**

4 can (688g)

**avocados**

2 avocado(s) (402g)

**lime juice**

4 tsp (20mL)

**salt**

4 dash (2g)

**black pepper**

4 dash (0g)

**bell pepper**

4 large (656g)

**onion**

1 small (70g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

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### Pumpkin seeds

366 cal ● 18g protein ● 29g fat ● 5g carbs ● 4g fiber



For single meal:

**roasted pumpkin seeds, unsalted**

1/2 cup (59g)

For all 2 meals:

**roasted pumpkin seeds, unsalted**

1 cup (118g)

1. This recipe has no instructions.
-

## Dinner 2 [↗](#)

Eat on day 3

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### Chunky canned soup (non-creamy)

1 can(s) - 247 cal ● 18g protein ● 7g fat ● 23g carbs ● 5g fiber



Makes 1 can(s)

#### **chunky canned soup (non-creamy varieties)**

1 can (~19 oz) (526g)

1. Prepare according to instructions on package.

---

### Grilled chicken sandwich

2 sandwich(es) - 919 cal ● 115g protein ● 22g fat ● 61g carbs ● 5g fiber



Makes 2 sandwich(es)

#### **oil**

1 tsp (5mL)

#### **kaiser rolls**

2 roll (3-1/2" dia) (114g)

#### **dijon mustard**

1 tbsp (15g)

#### **mixed greens**

1/2 cup (15g)

#### **tomatoes**

6 slice(s), thin/small (90g)

#### **boneless skinless chicken breast, raw**

1 lbs (454g)

1. Season chicken with some salt and pepper.
  2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
  3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
  4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.
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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Olive oil drizzled green beans

181 cals ● 4g protein ● 12g fat ● 10g carbs ● 5g fiber



For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**frozen green beans**  
1 2/3 cup (202g)  
**olive oil**  
2 1/2 tsp (13mL)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**frozen green beans**  
3 1/3 cup (403g)  
**olive oil**  
5 tsp (25mL)

1. Prepare green beans according to instructions on package.
2. Top with olive oil and season with salt and pepper.

---

### Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



For single meal:

**lemon pepper**  
1 3/4 tbsp (12g)  
**olive oil**  
2 1/2 tsp (13mL)  
**boneless skinless chicken breast, raw**  
1 3/4 lbs (784g)

For all 2 meals:

**lemon pepper**  
1/4 cup (24g)  
**olive oil**  
1 3/4 tbsp (26mL)  
**boneless skinless chicken breast, raw**  
3 1/2 lbs (1568g)

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.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Chicken beet & carrot salad bowl

749 cal ● 88g protein ● 34g fat ● 19g carbs ● 5g fiber



For single meal:

**boneless skinless chicken breast, raw, cubed**

13 1/3 oz (373g)

**apple cider vinegar**

5/6 tsp (0mL)

**thyme, dried**

1/2 tsp, leaves (0g)

**oil**

5 tsp (25mL)

**carrots, thinly sliced**

5/6 medium (51g)

**beets, precooked (canned or refrigerated), cubed**

6 2/3 oz (189g)

For all 2 meals:

**boneless skinless chicken breast, raw, cubed**

1 2/3 lbs (747g)

**apple cider vinegar**

1 2/3 tsp (0mL)

**thyme, dried**

1 tsp, leaves (1g)

**oil**

1/4 cup (50mL)

**carrots, thinly sliced**

1 2/3 medium (102g)

**beets, precooked (canned or refrigerated), cubed**

13 1/3 oz (378g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

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### Roasted almonds

5/8 cup(s) - 517 cal ● 18g protein ● 42g fat ● 7g carbs ● 10g fiber



For single meal:

**almonds**

9 1/3 tbsp, whole (83g)

For all 2 meals:

**almonds**

56 tsp, whole (167g)

1. This recipe has no instructions.
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