

Meal Plan - 1800 calorie meal plan to gain muscle/weight



[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 1680 cals ● 136g protein (32%) ● 57g fat (31%) ● 133g carbs (32%) ● 22g fiber (5%)

Breakfast

295 cals, 16g protein, 28g net carbs, 11g fat



[Nectarine](#)

2 nectarine(s)- 140 cals



[Veggie mason jar omelet](#)

1 jar(s)- 155 cals

Snacks

245 cals, 13g protein, 21g net carbs, 10g fat



[Apple](#)

1 apple(s)- 105 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Lunch

540 cals, 48g protein, 36g net carbs, 22g fat



[White rice](#)

3/4 cup rice, cooked- 165 cals



[Basic ground turkey](#)

8 oz- 375 cals

Dinner

600 cals, 59g protein, 47g net carbs, 15g fat



[Cooked peppers](#)

3/4 bell pepper(s)- 90 cals



[Lentils](#)

289 cals



[Lemon pepper chicken breast](#)

6 oz- 222 cals

Day 2 1787 cals ● 113g protein (25%) ● 66g fat (33%) ● 152g carbs (34%) ● 34g fiber (8%)

Breakfast

295 cals, 16g protein, 28g net carbs, 11g fat



[Nectarine](#)

2 nectarine(s)- 140 cals



[Veggie mason jar omelet](#)

1 jar(s)- 155 cals

Snacks

245 cals, 13g protein, 21g net carbs, 10g fat



[Apple](#)

1 apple(s)- 105 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Lunch

645 cals, 25g protein, 55g net carbs, 31g fat



[Buttered lima beans](#)

165 cals



[Curried lentils](#)

482 cals

Dinner

600 cals, 59g protein, 47g net carbs, 15g fat



[Cooked peppers](#)

3/4 bell pepper(s)- 90 cals



[Lentils](#)

289 cals



[Lemon pepper chicken breast](#)

6 oz- 222 cals

Day 3

1800 cals ● 127g protein (28%) ● 89g fat (44%) ● 100g carbs (22%) ● 25g fiber (5%)

Breakfast

295 cals, 16g protein, 28g net carbs, 11g fat



Nectarine

2 nectarine(s)- 140 cals



Veggie mason jar omelet

1 jar(s)- 155 cals

Snacks

210 cals, 3g protein, 15g net carbs, 14g fat



Strawberries

1 cup(s)- 52 cals



Cucumbers and ranch

159 cals

Lunch

620 cals, 48g protein, 30g net carbs, 31g fat



String cheese

3 stick(s)- 248 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals

Dinner

675 cals, 60g protein, 26g net carbs, 33g fat



Olive oil drizzled lima beans

215 cals



Ranch chicken

8 oz- 461 cals

Day 4

1859 cals ● 129g protein (28%) ● 97g fat (47%) ● 99g carbs (21%) ● 20g fiber (4%)

Breakfast

355 cals, 18g protein, 27g net carbs, 19g fat



Medium toasted bagel with butter

1/2 bagel(s)- 196 cals



Basic fried eggs

2 egg(s)- 159 cals

Snacks

210 cals, 3g protein, 15g net carbs, 14g fat



Strawberries

1 cup(s)- 52 cals



Cucumbers and ranch

159 cals

Lunch

620 cals, 48g protein, 30g net carbs, 31g fat



String cheese

3 stick(s)- 248 cals



Avocado tuna salad sandwich

1 sandwich(es)- 370 cals

Dinner

675 cals, 60g protein, 26g net carbs, 33g fat



Olive oil drizzled lima beans

215 cals



Ranch chicken

8 oz- 461 cals

Day 5

1799 cals ● 119g protein (26%) ● 112g fat (56%) ● 50g carbs (11%) ● 28g fiber (6%)

Breakfast

355 cals, 18g protein, 27g net carbs, 19g fat



Medium toasted bagel with butter
1/2 bagel(s)- 196 cals



Basic fried eggs
2 egg(s)- 159 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Pumpkin seeds
183 cals

Lunch

565 cals, 43g protein, 5g net carbs, 37g fat



Baked pesto salmon
6 oz- 404 cals



Garlic collard greens
159 cals

Dinner

675 cals, 48g protein, 12g net carbs, 42g fat



Avocado tuna salad stuffed pepper
2 half pepper(s)- 456 cals



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

Day 6

1765 cals ● 136g protein (31%) ● 87g fat (44%) ● 85g carbs (19%) ● 25g fiber (6%)

Breakfast

370 cals, 25g protein, 37g net carbs, 11g fat



Cottage cheese with almonds and cinnamon
232 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Pumpkin seeds
183 cals

Lunch

565 cals, 43g protein, 5g net carbs, 37g fat



Baked pesto salmon
6 oz- 404 cals



Garlic collard greens
159 cals

Dinner

630 cals, 59g protein, 37g net carbs, 24g fat



Lentils
231 cals



Caprese chicken
5 1/3 oz- 398 cals

Day 7

1758 cals ● 122g protein (28%) ● 70g fat (36%) ● 138g carbs (31%) ● 22g fiber (5%)

Breakfast

370 cals, 25g protein, 37g net carbs, 11g fat



Cottage cheese with almonds and cinnamon
232 cals



Dried cranberries
1/4 cup- 136 cals

Snacks

205 cals, 10g protein, 5g net carbs, 15g fat



Cherry tomatoes
6 cherry tomatoes- 21 cals



Pumpkin seeds
183 cals

Lunch

555 cals, 29g protein, 59g net carbs, 20g fat



Simple mixed greens salad
136 cals



Pasta with meat sauce
421 cals

Dinner

630 cals, 59g protein, 37g net carbs, 24g fat



Lentils
231 cals



Caprese chicken
5 1/3 oz- 398 cals

Fruits and Fruit Juices

- ☐ nectarine
6 medium (2-1/2" dia) (852g)
- ☐ apples
2 medium (3" dia) (364g)
- ☐ strawberries
2 cup, whole (288g)
- ☐ lime juice
2 tsp (10mL)
- ☐ avocados
1 avocado(s) (201g)
- ☐ dried cranberries
1/2 cup (80g)

Vegetables and Vegetable Products

- ☐ onion
1 1/4 small (88g)
- ☐ bell pepper
3 large (521g)
- ☐ lima beans, frozen
1 1/2 package (10 oz) (391g)
- ☐ cucumber
1 cucumber (8-1/4") (301g)
- ☐ collard greens
1 lbs (454g)
- ☐ garlic
3 clove(s) (9g)
- ☐ tomatoes
22 cherry tomatoes (374g)

Dairy and Egg Products

- ☐ eggs
14 large (700g)
- ☐ butter
1/6 stick (21g)
- ☐ string cheese
6 stick (168g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ fresh mozzarella cheese
2 2/3 oz (76g)

Fats and Oils

- ☐ oil
2 oz (62mL)
- ☐ olive oil
4 tsp (21mL)

Beverages

- ☐ water
7 cup(s) (1699mL)

Legumes and Legume Products

- ☐ lentils, raw
2 cup (352g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1083g)
- ☐ ground turkey, raw
2/3 lbs (312g)

Cereal Grains and Pasta

- ☐ long-grain white rice
4 tbsp (46g)
- ☐ uncooked dry pasta
2 oz (57g)

Nut and Seed Products

- ☐ coconut milk, canned
1/2 cup (120mL)
- ☐ roasted pumpkin seeds, unsalted
3/4 cup (89g)
- ☐ almonds
1 1/2 oz (47g)
- ☐ almond butter
1 1/2 tbsp (24g)

Other

- ☐ curry paste
2 tsp (10g)
- ☐ ranch dressing mix
1/2 packet (1 oz) (14g)
- ☐ italian seasoning
1/4 tbsp (2g)
- ☐ mixed greens
3 cup (90g)

Finfish and Shellfish Products

- ☐ canned tuna
2 can (344g)
- ☐ salmon
2 fillet/s (6 oz each) (340g)

- ☐ ranch dressing
1/2 cup (120mL)
- ☐ salad dressing
3 tbsp (45mL)

Spices and Herbs

- ☐ salt
1 1/2 g (11g)
 - ☐ lemon pepper
3/4 tbsp (5g)
 - ☐ black pepper
1/8 oz (2g)
 - ☐ cinnamon
3 dash (1g)
 - ☐ fresh basil
2 2/3 tbsp, chopped (7g)
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Baked Products

- ☐ bread
4 slice (128g)
- ☐ bagel
1 medium bagel (3-1/2" to 4" dia) (105g)

Soups, Sauces, and Gravies

- ☐ pesto sauce
1/3 cup (75g)
- ☐ pasta sauce
1/6 jar (24 oz) (126g)

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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.

Veggie mason jar omelet

1 jar(s) - 155 cal ● 13g protein ● 10g fat ● 3g carbs ● 1g fiber



For single meal:

onion, diced

1/4 small (18g)

bell pepper, chopped

1/2 small (37g)

eggs

2 large (100g)

For all 3 meals:

onion, diced

3/4 small (53g)

bell pepper, chopped

1 1/2 small (111g)

eggs

6 large (300g)

1. Grease a 16oz mason jar and put in bell pepper, onion and eggs. (If prepping more than one jar at a time, distribute ingredients evenly across jars)
2. Secure lid and shake until well scrambled.
3. Remove lid and cook in microwave on low for 4 minutes, watching carefully as the eggs expand while cooking.
4. Remove, season with salt/pepper to taste and serve.
5. Meal prep note: you can prep the veggies and put them in the mason jars along with 2 rinsed, uncracked eggs per jar. Secure the lid and store in fridge. When ready, crack the eggs and resume at step two.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Medium toasted bagel with butter

1/2 bagel(s) - 196 cal ● 6g protein ● 7g fat ● 27g carbs ● 1g fiber



For single meal:

bagel

1/2 medium bagel (3-1/2" to 4" dia)
(53g)

butter

1/2 tbsp (7g)

For all 2 meals:

bagel

1 medium bagel (3-1/2" to 4" dia)
(105g)

butter

1 tbsp (14g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Cottage cheese with almonds and cinnamon

232 cals ● 25g protein ● 11g fat ● 6g carbs ● 2g fiber



For single meal:

- low fat cottage cheese (1% milkfat)**
3/4 cup (170g)
- almond butter**
3/4 tbsp (12g)
- almonds**
4 1/2 almond (5g)
- cinnamon**
1 1/2 dash (0g)

For all 2 meals:

- low fat cottage cheese (1% milkfat)**
1 1/2 cup (339g)
- almond butter**
1 1/2 tbsp (24g)
- almonds**
9 almond (11g)
- cinnamon**
3 dash (1g)

- 1. Mix all ingredients together in a small bowl.
- 2. Serve.

Dried cranberries

1/4 cup - 136 cals ● 0g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

- dried cranberries**
4 tbsp (40g)

For all 2 meals:

- dried cranberries**
1/2 cup (80g)

- 1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

White rice

3/4 cup rice, cooked - 165 cal ● 3g protein ● 0g fat ● 36g carbs ● 1g fiber

Makes 3/4 cup rice, cooked

long-grain white rice

4 tbsp (46g)

water

1/2 cup(s) (119mL)

salt

2 dash (2g)

black pepper

1 1/2 dash, ground (0g)



1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. Cover and reduce heat to medium low. You will know that your temperature is correct if a little steam is visible leaking from the lid. A lot of steam means your heat is too high.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Basic ground turkey

8 oz - 375 cal ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber

Makes 8 oz

oil

1 tsp (5mL)

ground turkey, raw

1/2 lbs (227g)



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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Lunch 2 [↗](#)

Eat on day 2

Buttered lima beans

165 cals ● 7g protein ● 6g fat ● 15g carbs ● 6g fiber



lima beans, frozen
3/8 package (10 oz) (107g)
salt
1 1/2 dash (1g)
butter
1/2 tbsp (7g)
black pepper
3/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Curried lentils

482 cals ● 18g protein ● 25g fat ● 40g carbs ● 7g fiber



lentils, raw
1/3 cup (64g)
water
2/3 cup(s) (158mL)
salt
2/3 dash (1g)
coconut milk, canned
1/2 cup (120mL)
curry paste
2 tsp (10g)

1. Rinse lentils and place in a saucepan with the water. Bring to a boil, then cover, and simmer over low heat for 15 minutes. Stir in the curry paste, coconut cream and season with salt to taste. Return to a simmer, and cook for an additional 10 to 15 minutes, until tender.

Lunch 3 [↗](#)

Eat on day 3, day 4

String cheese

3 stick(s) - 248 cals ● 20g protein ● 17g fat ● 5g carbs ● 0g fiber



For single meal:

string cheese
3 stick (84g)

For all 2 meals:

string cheese
6 stick (168g)

1. This recipe has no instructions.

Avocado tuna salad sandwich

1 sandwich(es) - 370 cals ● 28g protein ● 14g fat ● 25g carbs ● 7g fiber



For single meal:

black pepper
1/2 dash (0g)
salt
1/2 dash (0g)
lime juice
1/2 tsp (3mL)
avocados
1/4 avocado(s) (50g)
canned tuna, drained
1/2 can (86g)
bread
2 slice (64g)
onion, minced
1/8 small (9g)

For all 2 meals:

black pepper
1 dash (0g)
salt
1 dash (0g)
lime juice
1 tsp (5mL)
avocados
1/2 avocado(s) (101g)
canned tuna, drained
1 can (172g)
bread
4 slice (128g)
onion, minced
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place mixture in between bread slices and serve.

Lunch 4 [🔗](#)

Eat on day 5, day 6

Baked pesto salmon

6 oz - 404 cal ● 35g protein ● 29g fat ● 1g carbs ● 0g fiber



For single meal:

salmon
1 fillet/s (6 oz each) (170g)
pesto sauce
1 tbsp (16g)

For all 2 meals:

salmon
2 fillet/s (6 oz each) (340g)
pesto sauce
2 tbsp (32g)

1. Preheat oven to 400°F (200°C). Prepare a parchment-lined baking sheet.
2. Spread pesto on top of the salmon.
3. Make sure the salmon is skin side down on the sheet, and cook in the oven for about 15 minutes, until done (internal temp 145°F (63°C)).

Garlic collard greens

159 cal ● 7g protein ● 8g fat ● 5g carbs ● 9g fiber



For single meal:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

For all 2 meals:

collard greens
1 lbs (454g)
oil
1 tbsp (15mL)
garlic, minced
3 clove(s) (9g)
salt
2 dash (2g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 5 [↗](#)

Eat on day 7

Simple mixed greens salad

136 cal ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



mixed greens
3 cup (90g)
salad dressing
3 tbsp (45mL)

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

Pasta with meat sauce

421 cal ● 26g protein ● 11g fat ● 51g carbs ● 5g fiber



uncooked dry pasta
2 oz (57g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)
oil
3/8 tsp (2mL)
pasta sauce
1/6 jar (24 oz) (126g)
ground turkey, raw
3 oz (85g)

1. Add the oil to a saucepan and heat to medium. Add the salt, pepper, and turkey and cook until done (it should all be browned and solid). Mix/mash the turkey every so often to achieve desired chunkiness.
 2. Stir in the pasta sauce.
 3. Cook the pasta as directed on the package.
 4. Top the pasta with sauce and enjoy.
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Snacks 1 [↗](#)

Eat on day 1, day 2

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.
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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.
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Snacks 2 [↗](#)

Eat on day 3, day 4

Strawberries

1 cup(s) - 52 cals ● 1g protein ● 0g fat ● 8g carbs ● 3g fiber



For single meal:

strawberries

1 cup, whole (144g)

For all 2 meals:

strawberries

2 cup, whole (288g)

1. This recipe has no instructions.

Cucumbers and ranch

159 cals ● 2g protein ● 13g fat ● 7g carbs ● 1g fiber



For single meal:

cucumber, sliced

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

ranch dressing

2 tbsp (30mL)

For all 2 meals:

cucumber, sliced

1 cucumber (8-1/4") (301g)

ranch dressing

4 tbsp (60mL)

1. Slice the cucumber and serve with ranch to dip into.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 3 meals:

tomatoes

18 cherry tomatoes (306g)

1. Rinse tomatoes, remove any stems, and serve.

Pumpkin seeds

183 cals ● 9g protein ● 15g fat ● 3g carbs ● 2g fiber



For single meal:

roasted pumpkin seeds, unsalted
4 tbsp (30g)

For all 3 meals:

roasted pumpkin seeds, unsalted
3/4 cup (89g)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1, day 2

Cooked peppers

3/4 bell pepper(s) - 90 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

oil
1/2 tbsp (8mL)
bell pepper, seeded & cut into strips
3/4 large (123g)

For all 2 meals:

oil
1 tbsp (15mL)
bell pepper, seeded & cut into strips
1 1/2 large (246g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

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.

Lemon pepper chicken breast

6 oz - 222 cals ● 38g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

lemon pepper

1 tsp (3g)

olive oil

1/2 tsp (3mL)

boneless skinless chicken breast, raw

6 oz (168g)

For all 2 meals:

lemon pepper

3/4 tbsp (5g)

olive oil

1 tsp (6mL)

boneless skinless chicken breast, raw

3/4 lbs (336g)

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.

Dinner 2 [↗](#)

Eat on day 3, day 4

Olive oil drizzled lima beans

215 cals ● 9g protein ● 7g fat ● 21g carbs ● 8g fiber



For single meal:

black pepper

1 dash, ground (0g)

salt

2 dash (2g)

lima beans, frozen

1/2 package (10 oz) (142g)

olive oil

1/2 tbsp (8mL)

For all 2 meals:

black pepper

2 dash, ground (1g)

salt

4 dash (3g)

lima beans, frozen

1 package (10 oz) (284g)

olive oil

1 tbsp (15mL)

1. Cook lima beans according to package.
2. Once drained, add in olive oil, salt, and pepper; stir until butter is melted.
3. Serve.

Ranch chicken

8 oz - 461 cals ● 51g protein ● 26g fat ● 5g carbs ● 0g fiber



For single meal:

ranch dressing mix
1/4 packet (1 oz) (7g)
oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)
ranch dressing
2 tbsp (30mL)

For all 2 meals:

ranch dressing mix
1/2 packet (1 oz) (14g)
oil
1 tbsp (15mL)
boneless skinless chicken breast, raw
1 lbs (448g)
ranch dressing
4 tbsp (60mL)

1. Preheat oven to 350 F (180 C).
2. Spread oil evenly over all chicken.
3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
5. Serve with a side of ranch dressing.

Dinner 3 [🔗](#)

Eat on day 5

Avocado tuna salad stuffed pepper

2 half pepper(s) - 456 cals ● 41g protein ● 24g fat ● 8g carbs ● 10g fiber



Makes 2 half pepper(s)

canned tuna, drained
1 can (172g)
avocados
1/2 avocado(s) (101g)
lime juice
1 tsp (5mL)
salt
1 dash (0g)
black pepper
1 dash (0g)
bell pepper
1 large (164g)
onion
1/4 small (18g)

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.

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



Makes 1/4 cup(s)

almonds
4 tbsp, whole (36g)

1. This recipe has no instructions.

Dinner 4 [↗](#)

Eat on day 6, day 7

Lentils

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



For single meal:

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

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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.

Caprese chicken

5 1/3 oz - 398 cals ● 43g protein ● 23g fat ● 3g carbs ● 1g fiber



For single meal:

italian seasoning
1/3 tsp (1g)
pesto sauce
4 tsp (21g)
oil
1/4 tbsp (3mL)
tomatoes, quartered
2 cherry tomatoes (34g)
fresh basil
4 tsp, chopped (4g)
fresh mozzarella cheese, sliced
1 1/3 oz (38g)
boneless skinless chicken breast, raw
1/3 lbs (149g)

For all 2 meals:

italian seasoning
1/4 tbsp (2g)
pesto sauce
2 2/3 tbsp (43g)
oil
1/2 tbsp (7mL)
tomatoes, quartered
4 cherry tomatoes (68g)
fresh basil
2 2/3 tbsp, chopped (7g)
fresh mozzarella cheese, sliced
2 2/3 oz (76g)
boneless skinless chicken breast, raw
2/3 lbs (299g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
 2. Heat a skillet over medium heat and add the chicken.
 3. Cook for about 6-10 minutes on each side until fully cooked.
 4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
 5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
 6. Remove and top with tomato mixture and a drizzle of pesto.
 7. Serve.
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