

Meal Plan - 1900 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

1912 cals ● 141g protein (29%) ● 82g fat (38%) ● 126g carbs (26%) ● 27g fiber (6%)

Breakfast

320 cals, 19g protein, 17g net carbs, 16g fat



Basic scrambled eggs
3 egg(s)- 213 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

300 cals, 4g protein, 26g net carbs, 17g fat



Grapefruit
1/2 grapefruit- 59 cals



Dark chocolate
4 square(s)- 239 cals

Lunch

730 cals, 57g protein, 34g net carbs, 35g fat



Honey mustard chicken salad
554 cals



Avocado
176 cals

Dinner

565 cals, 61g protein, 49g net carbs, 14g fat



Bone both rice
245 cals



Basic chicken breast
8 oz- 317 cals

Day 2

1912 cals ● 141g protein (29%) ● 82g fat (38%) ● 126g carbs (26%) ● 27g fiber (6%)

Breakfast

320 cals, 19g protein, 17g net carbs, 16g fat



Basic scrambled eggs
3 egg(s)- 213 cals



Carrot sticks
4 carrot(s)- 108 cals

Snacks

300 cals, 4g protein, 26g net carbs, 17g fat



Grapefruit
1/2 grapefruit- 59 cals



Dark chocolate
4 square(s)- 239 cals

Lunch

730 cals, 57g protein, 34g net carbs, 35g fat



Honey mustard chicken salad
554 cals



Avocado
176 cals

Dinner

565 cals, 61g protein, 49g net carbs, 14g fat



Bone both rice
245 cals



Basic chicken breast
8 oz- 317 cals

Day 3

1885 cals ● 135g protein (29%) ● 90g fat (43%) ● 105g carbs (22%) ● 29g fiber (6%)

Breakfast

365 cals, 18g protein, 23g net carbs, 19g fat



Grapes
58 cals



Herb & onion frittata
306 cals

Snacks

300 cals, 4g protein, 26g net carbs, 17g fat



Grapefruit
1/2 grapefruit- 59 cals



Dark chocolate
4 square(s)- 239 cals

Lunch

625 cals, 43g protein, 42g net carbs, 26g fat



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals



Simple mixed greens salad
68 cals

Dinner

600 cals, 70g protein, 15g net carbs, 27g fat



Chicken beet & carrot salad bowl
599 cals

Day 4

1864 cals ● 146g protein (31%) ● 76g fat (36%) ● 108g carbs (23%) ● 42g fiber (9%)

Breakfast

365 cals, 18g protein, 23g net carbs, 19g fat



Grapes
58 cals



Herb & onion frittata
306 cals

Snacks

220 cals, 6g protein, 22g net carbs, 6g fat



Raspberries
1 1/2 cup(s)- 108 cals



Toast with butter
1 slice(s)- 114 cals

Lunch

625 cals, 43g protein, 42g net carbs, 26g fat



Avocado tuna salad sandwich
1 1/2 sandwich(es)- 555 cals



Simple mixed greens salad
68 cals

Dinner

655 cals, 79g protein, 22g net carbs, 24g fat



Roasted carrots
4 carrots(s)- 211 cals



Lemon pepper chicken breast
12 oz- 444 cals

Day 5

1857 cal ● 126g protein (27%) ● 50g fat (24%) ● 180g carbs (39%) ● 45g fiber (10%)

Breakfast

355 cal, 13g protein, 36g net carbs, 14g fat



[Grapefruit](#)

1 grapefruit- 119 cal



[Avocado toast with egg](#)

1 slice(s)- 238 cal

Snacks

220 cal, 6g protein, 22g net carbs, 6g fat



[Raspberries](#)

1 1/2 cup(s)- 108 cal



[Toast with butter](#)

1 slice(s)- 114 cal

Lunch

720 cal, 46g protein, 71g net carbs, 21g fat



[Simple Greek cucumber salad](#)

141 cal



[Southwest shrimp & black bean bowl](#)

369 cal



[Tortilla chips](#)

211 cal

Dinner

560 cal, 61g protein, 51g net carbs, 9g fat



[Mixed vegetables](#)

1 cup(s)- 97 cal



[Jerk-y chicken](#)

8 oz- 347 cal



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cal

Day 6

1831 cal ● 126g protein (27%) ● 50g fat (25%) ● 184g carbs (40%) ● 35g fiber (8%)

Breakfast

355 cal, 13g protein, 36g net carbs, 14g fat



[Grapefruit](#)

1 grapefruit- 119 cal



[Avocado toast with egg](#)

1 slice(s)- 238 cal

Snacks

255 cal, 10g protein, 38g net carbs, 3g fat



[Nectarine](#)

1 nectarine(s)- 70 cal



[Plain yogurt](#)

1/2 cup(s)- 77 cal



[Carrot sticks](#)

4 carrot(s)- 108 cal

Lunch

660 cal, 41g protein, 59g net carbs, 25g fat



[Cottage cheese & honey](#)

1 cup(s)- 249 cal



[Clam chowder](#)

1 can(s)- 364 cal



[Raspberries](#)

2/3 cup(s)- 48 cal

Dinner

560 cal, 61g protein, 51g net carbs, 9g fat



[Mixed vegetables](#)

1 cup(s)- 97 cal



[Jerk-y chicken](#)

8 oz- 347 cal



[Brown rice](#)

1/2 cup brown rice, cooked- 115 cal

Day 7

1888 cal ● 131g protein (28%) ● 63g fat (30%) ● 165g carbs (35%) ● 34g fiber (7%)

Breakfast

355 cal, 13g protein, 36g net carbs, 14g fat



Grapefruit

1 grapefruit- 119 cal



Avocado toast with egg

1 slice(s)- 238 cal

Snacks

255 cal, 10g protein, 38g net carbs, 3g fat



Nectarine

1 nectarine(s)- 70 cal



Plain yogurt

1/2 cup(s)- 77 cal



Carrot sticks

4 carrot(s)- 108 cal

Lunch

660 cal, 41g protein, 59g net carbs, 25g fat



Cottage cheese & honey

1 cup(s)- 249 cal



Clam chowder

1 can(s)- 364 cal



Raspberries

2/3 cup(s)- 48 cal

Dinner

615 cal, 66g protein, 32g net carbs, 22g fat



Marinated chicken breast

10 oz- 353 cal



Roasted rosemary sweet potatoes

263 cal

Fats and Oils

- oil
2 1/4 oz (67mL)
- olive oil
1 1/4 oz (39mL)
- salad dressing
3 tbsp (45mL)
- marinade sauce
5 tbsp (74mL)

Dairy and Egg Products

- eggs
14 medium (614g)
- cheese
4 tbsp, shredded (28g)
- butter
2 tsp (9g)
- nonfat greek yogurt, plain
4 tbsp (70g)
- plain lowfat yogurt
1 cup (245g)
- low fat cottage cheese (1% milkfat)
2 cup (452g)

Vegetables and Vegetable Products

- carrots
21 1/2 medium (1305g)
- tomatoes
1 medium whole (2-3/5" dia) (117g)
- beets, precooked (canned or refrigerated)
1/3 lbs (151g)
- onion
3 1/3 medium (2-1/2" dia) (366g)
- red onion
1/8 medium (2-1/2" dia) (14g)
- cucumber
1/2 cucumber (8-1/4") (151g)
- frozen corn kernels
2 3/4 tbsp (23g)
- frozen mixed veggies
2 cup (270g)
- habanero peppers
2/3 pepper (9g)
- garlic
2 clove(s) (6g)
- sweet potatoes
5/6 sweetpotato, 5" long (175g)

Fruits and Fruit Juices

Sweets

- Chocolate, dark, 70-85%
12 square(s) (120g)
- honey
1/4 lbs (124g)
- brown sugar
2 tbsp (24g)

Other

- chicken bone broth
1 1/3 cup(s) (mL)
- mixed greens
7 cup (210g)

Cereal Grains and Pasta

- long-grain white rice
2/3 cup (123g)
- brown rice
1/2 cup (84g)

Poultry Products

- boneless skinless chicken breast, raw
5 lbs (2270g)

Spices and Herbs

- dijon mustard
3 tbsp (50g)
- thyme, dried
1/2 tbsp, leaves (2g)
- black pepper
2 g (2g)
- salt
5 1/2 g (5g)
- lemon pepper
3/4 tbsp (5g)
- red wine vinegar
1 1/2 oz (43mL)
- dried dill weed
4 dash (1g)
- chili powder
1/3 tsp (1g)
- allspice
1/3 tsp (1g)
- rosemary, dried
1 1/4 tsp (1g)

Soups, Sauces, and Gravies

- Grapefruit
4 1/2 large (approx 4-1/2" dia) (1494g)
- avocados
3 avocado(s) (603g)
- lemon juice
1/4 fl oz (9mL)
- grapes
2 cup (184g)
- lime juice
3/8 fl oz (13mL)
- raspberries
4 1/3 cup (533g)
- nectarine
2 medium (2-1/2" dia) (284g)

- apple cider vinegar
1 tbsp (1mL)
- canned clam chowder
2 can (18.5 oz) (1038g)

Beverages

- water
1 1/6 cup(s) (277mL)

Finfish and Shellfish Products

- canned tuna
1 1/2 can (258g)
- shrimp, raw
4 oz (113g)

Baked Products

- bread
11 slice (352g)

Legumes and Legume Products

- black beans
1/3 can(s) (146g)
- soy sauce
2 2/3 tbsp (40mL)

Snacks

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

Eat on day 1, day 2

Basic scrambled eggs

3 egg(s) - 213 cal ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tbsp (4mL)
eggs
3 medium (132g)

For all 2 meals:

oil
1/2 tbsp (8mL)
eggs
6 medium (264g)

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.

Carrot sticks

4 carrot(s) - 108 cal ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots
4 medium (244g)

For all 2 meals:

carrots
8 medium (488g)

1. Cut carrots into strips and serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Grapes

58 cal ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



For single meal:

grapes
1 cup (92g)

For all 2 meals:

grapes
2 cup (184g)

1. This recipe has no instructions.

Herb & onion frittata

306 cal ● 18g protein ● 19g fat ● 14g carbs ● 3g fiber



For single meal:

onion
1 cup, chopped (160g)
thyme, dried
4 dash, leaves (1g)
cheese
2 tbsp, shredded (14g)
black pepper
1 dash (0g)
salt
1 dash (0g)
eggs
2 large (100g)
olive oil
1 tsp (5mL)
water
1/4 cup(s) (59mL)

For all 2 meals:

onion
2 cup, chopped (320g)
thyme, dried
1 tsp, leaves (1g)
cheese
4 tbsp, shredded (28g)
black pepper
2 dash (0g)
salt
2 dash (1g)
eggs
4 large (200g)
olive oil
2 tsp (10mL)
water
1/2 cup(s) (119mL)

1. Bring onion and almost all of the water (save about 1 tablespoon for later) to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the onion is slightly softened, about 2 minutes.
 2. Uncover and continue cooking until the water evaporates, 1 to 2 minutes. Drizzle in oil and stir until coated. Continue cooking, stirring often, until the onion starts to brown, 1 to 2 minutes more.
 3. Scramble the eggs and add to pan, reduce heat to medium-low and continue cooking, stirring constantly, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
 4. Reduce heat to low. Sprinkle herbs, salt, and pepper over the frittata. Spoon cheese on top. Lift up an edge of the frittata and drizzle the remaining 1 tablespoon water under it.
 5. Cover and cook until the egg is completely set and the cheese is hot, about 2 minutes. Slide the frittata out of the pan using the spatula and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Grapefruit

1 grapefruit - 119 cal ● 2g protein ● 0g fat ● 23g carbs ● 4g fiber



For single meal:

Grapefruit

1 large (approx 4-1/2" dia) (332g)

For all 3 meals:

Grapefruit

3 large (approx 4-1/2" dia) (996g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
 2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)
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Avocado toast with egg

1 slice(s) - 238 cal ● 11g protein ● 13g fat ● 13g carbs ● 5g fiber



For single meal:

avocados, ripe, sliced

1/4 avocado(s) (50g)

eggs

1 large (50g)

bread

1 slice (32g)

For all 3 meals:

avocados, ripe, sliced

3/4 avocado(s) (151g)

eggs

3 large (150g)

bread

3 slice (96g)

1. Cook the egg however you prefer.
 2. Toast the bread.
 3. Top with ripe avocado and use a fork to smash it around the bread.
 4. Top avocado with the cooked egg. Serve.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Honey mustard chicken salad

554 cal ● 55g protein ● 20g fat ● 32g carbs ● 6g fiber



For single meal:

avocados, chopped
1/4 avocado(s) (50g)
tomatoes, sliced
4 tbsp, sliced (45g)
mixed greens
2 cup (60g)
boneless skinless chicken breast, raw
1/2 lbs (227g)
oil
1 tsp (6mL)
honey
5 tsp (34g)
dijon mustard
5 tsp (25g)

For all 2 meals:

avocados, chopped
1/2 avocado(s) (101g)
tomatoes, sliced
1/2 cup, sliced (90g)
mixed greens
4 cup (120g)
boneless skinless chicken breast, raw
1 lbs (454g)
oil
2 1/2 tsp (12mL)
honey
3 tbsp (68g)
dijon mustard
3 tbsp (50g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle half of the honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated. Remove chicken from skillet and slice when cool enough to handle. Set aside.
5. Assemble the salad with the greens, tomatoes, and avocados. Pour remaining honey mustard sauce on top and toss. Add chicken to the dish and serve.

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

For all 2 meals:

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

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 2 [↗](#)

Eat on day 3, day 4

Avocado tuna salad sandwich

1 1/2 sandwich(es) - 555 cal ● 42g protein ● 21g fat ● 38g carbs ● 11g fiber



For single meal:

black pepper
3/4 dash (0g)
salt
3/4 dash (0g)
lime juice
1/4 tbsp (4mL)
avocados
3/8 avocado(s) (75g)
canned tuna, drained
3/4 can (129g)
bread
3 slice (96g)
onion, minced
1/6 small (13g)

For all 2 meals:

black pepper
1 1/2 dash (0g)
salt
1 1/2 dash (1g)
lime juice
1/2 tbsp (8mL)
avocados
3/4 avocado(s) (151g)
canned tuna, drained
1 1/2 can (258g)
bread
6 slice (192g)
onion, minced
3/8 small (26g)

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.
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Simple mixed greens salad

68 cal ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



For single meal:

mixed greens
1 1/2 cup (45g)
salad dressing
1 1/2 tbsp (23mL)

For all 2 meals:

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

1. Mix greens and dressing in a small bowl. Serve.
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Lunch 3 [↗](#)

Eat on day 5

Simple Greek cucumber salad

141 cal ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



olive oil

1/2 tbsp (8mL)

red wine vinegar

1/2 tsp (3mL)

dried dill weed

4 dash (1g)

lemon juice

1/4 tbsp (4mL)

nonfat greek yogurt, plain

4 tbsp (70g)

red onion, thinly sliced

1/8 medium (2-1/2" dia) (14g)

cucumber, sliced into half moons

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

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

Southwest shrimp & black bean bowl

369 cal ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



tomatoes, chopped

1/3 roma tomato (27g)

shrimp, raw, peeled and deveined

4 oz (113g)

black beans, rinsed and drained

1/3 can(s) (146g)

frozen corn kernels

2 2/3 tbsp (23g)

brown rice

1 3/4 tbsp (21g)

chili powder

1/3 tsp (1g)

oil

1/4 tbsp (3mL)

lime juice

1 tsp (5mL)

apple cider vinegar

2/3 tbsp (0mL)

1. Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Tortilla chips

211 cal ● 3g protein ● 9g fat ● 27g carbs ● 2g fiber

tortilla chips
1 1/2 oz (43g)

1. This recipe has no instructions.



Lunch 4 [↗](#)

Eat on day 6, day 7

Cottage cheese & honey

1 cup(s) - 249 cal ● 28g protein ● 2g fat ● 29g carbs ● 0g fiber



For single meal:

honey
4 tsp (28g)
low fat cottage cheese (1% milkfat)
1 cup (226g)

For all 2 meals:

honey
2 2/3 tbsp (56g)
low fat cottage cheese (1% milkfat)
2 cup (452g)

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

Clam chowder

1 can(s) - 364 cal ● 12g protein ● 22g fat ● 25g carbs ● 4g fiber



For single meal:

canned clam chowder
1 can (18.5 oz) (519g)

For all 2 meals:

canned clam chowder
2 can (18.5 oz) (1038g)

1. Prepare according to instructions on package.

Raspberries

2/3 cup(s) - 48 cal ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries
2/3 cup (82g)

For all 2 meals:

raspberries
1 1/3 cup (164g)

1. Rinse raspberries and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit
1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit
1 1/2 large (approx 4-1/2" dia)
(498g)

1. Cut grapefruit in half and separate the grapefruit into individual segments by carefully cut along the membranes on each side of the segment with a sharp knife.
2. (optional: sprinkle some of your favorite 0 calorie sweetener on top before serving)

Dark chocolate

4 square(s) - 239 cal ● 3g protein ● 17g fat ● 14g carbs ● 4g fiber



For single meal:

Chocolate, dark, 70-85%
4 square(s) (40g)

For all 3 meals:

Chocolate, dark, 70-85%
12 square(s) (120g)

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

Eat on day 4, day 5

Raspberries

1 1/2 cup(s) - 108 cal ● 2g protein ● 1g fat ● 10g carbs ● 12g fiber



For single meal:

raspberries
1 1/2 cup (185g)

For all 2 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Toast with butter

1 slice(s) - 114 cal ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)

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

Snacks 3 [↗](#)

Eat on day 6, day 7

Nectarine

1 nectarine(s) - 70 cal ● 2g protein ● 1g fat ● 13g carbs ● 2g fiber



For single meal:

nectarine, pitted
1 medium (2-1/2" dia) (142g)

For all 2 meals:

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

1. Remove nectarine pit, slice, and serve.

Plain yogurt

1/2 cup(s) - 77 cal ● 6g protein ● 2g fat ● 9g carbs ● 0g fiber



For single meal:

plain lowfat yogurt

1/2 cup (123g)

For all 2 meals:

plain lowfat yogurt

1 cup (245g)

1. This recipe has no instructions.

Carrot sticks

4 carrot(s) - 108 cal ● 2g protein ● 0g fat ● 16g carbs ● 7g fiber



For single meal:

carrots

4 medium (244g)

For all 2 meals:

carrots

8 medium (488g)

1. Cut carrots into strips and serve.
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Dinner 1 [↗](#)

Eat on day 1, day 2

Bone both rice

245 cal ● 10g protein ● 1g fat ● 49g carbs ● 1g fiber



For single meal:

chicken bone broth
2/3 cup(s) (mL)
long-grain white rice
1/3 cup (62g)

For all 2 meals:

chicken bone broth
1 1/3 cup(s) (mL)
long-grain white rice
2/3 cup (123g)

1. In a saucepan with a good fitting lid bring bone broth to a boil.
 2. Add rice and stir.
 3. 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.
 4. Cook for 20 minutes.
 5. Do not lift lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
 6. Remove from heat and fluff with fork, season with salt and pepper to taste, and serve.
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Basic chicken breast

8 oz - 317 cal ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

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

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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Dinner 2 [↗](#)

Eat on day 3

Chicken beet & carrot salad bowl

599 cal ● 70g protein ● 27g fat ● 15g carbs ● 4g fiber



boneless skinless chicken breast, raw, cubed

2/3 lbs (299g)

apple cider vinegar

2/3 tsp (0mL)

thyme, dried

1/3 tsp, leaves (0g)

oil

4 tsp (20mL)

carrots, thinly sliced

2/3 medium (41g)

beets, precooked (canned or refrigerated), cubed

1/3 lbs (151g)

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.

Dinner 3 [↗](#)

Eat on day 4

Roasted carrots

4 carrot(s) - 211 cal ● 3g protein ● 10g fat ● 20g carbs ● 8g fiber



Makes 4 carrot(s)

oil

2 tsp (10mL)

carrots, sliced

4 large (288g)

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.

Lemon pepper chicken breast

12 oz - 444 cal ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



Makes 12 oz

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.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Mixed vegetables

1 cup(s) - 97 cal ● 4g protein ● 1g fat ● 13g carbs ● 5g fiber



For single meal:

frozen mixed veggies

1 cup (135g)

For all 2 meals:

frozen mixed veggies

2 cup (270g)

1. Prepare according to instructions on package.

Jerk-y chicken

8 oz - 347 cal ● 54g protein ● 8g fat ● 15g carbs ● 1g fiber



For single meal:

thyme, dried

1 1/3 dash, leaves (0g)

red wine vinegar

4 tsp (20mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

habanero peppers, deseeded

1/3 pepper (5g)

onion

1 tbsp chopped (10g)

brown sugar

1 tbsp (12g)

olive oil

1/3 tsp (2mL)

soy sauce

4 tsp (20mL)

garlic

1 clove(s) (3g)

allspice

1 1/3 dash (0g)

For all 2 meals:

thyme, dried

1/3 tsp, leaves (0g)

red wine vinegar

2 2/3 tbsp (40mL)

boneless skinless chicken breast, raw

16 oz (453g)

habanero peppers, deseeded

2/3 pepper (9g)

onion

2 tbsp chopped (20g)

brown sugar

2 tbsp (24g)

olive oil

1/4 tsp (3mL)

soy sauce

2 2/3 tbsp (40mL)

garlic

2 clove(s) (6g)

allspice

1/3 tsp (1g)

1. Combine the onion, brown sugar, soy sauce, red wine vinegar, thyme, oil, garlic, allspice, and habanero pepper (use less of the pepper if you'd like the dish to be less spicy) in a food processor or blender. Blend until smooth. Place the chicken in a bowl, pour about half of the sauce over it, and rub the sauce evenly over the chicken. (Optional: cover and marinate in the fridge for at least an hour.)
2. Heat a grill pan or skillet over medium-high heat. Add the chicken and cook for 5-6 minutes per side until it's no longer pink inside.
3. In a small pan, heat the remaining sauce for a couple of minutes until it slightly thickens. Pour over the chicken when serving.

Brown rice

1/2 cup brown rice, cooked - 115 cal ● 2g protein ● 1g fat ● 23g carbs ● 1g fiber



For single meal:

brown rice
2 2/3 tbsp (32g)
salt
1 dash (1g)
water
1/3 cup(s) (79mL)
black pepper
1 dash, ground (0g)

For all 2 meals:

brown rice
1/3 cup (63g)
salt
2 dash (1g)
water
2/3 cup(s) (158mL)
black pepper
2 dash, ground (1g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Dinner 5 [↗](#)

Eat on day 7

Marinated chicken breast

10 oz - 353 cal ● 63g protein ● 11g fat ● 2g carbs ● 0g fiber



Makes 10 oz

boneless skinless chicken breast, raw
10 oz (280g)
marinade sauce
5 tbsp (75mL)

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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Roasted rosemary sweet potatoes

263 cal ● 3g protein ● 12g fat ● 31g carbs ● 6g fiber



sweet potatoes, cut into 1" cubes

5/6 sweetpotato, 5" long (175g)

rosemary, dried

1 1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

salt

3 1/3 dash (3g)

black pepper

3 1/3 dash, ground (1g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
 2. Combine all ingredients in a medium mixing bowl and toss to coat.
 3. Spread sweet potatoes evenly over the baking sheet.
 4. Cook in the oven for about 30 minutes until golden.
 5. Remove from oven and serve.
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