

Meal Plan - 2000 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

2062 cals ● 140g protein (27%) ● 86g fat (38%) ● 162g carbs (31%) ● 20g fiber (4%)

Breakfast

385 cals, 19g protein, 25g net carbs, 21g fat



[Avocado toast with egg](#)
1 slice(s)- 238 cals



[Milk](#)
1 cup(s)- 149 cals

Snacks

295 cals, 20g protein, 27g net carbs, 10g fat



[Boiled eggs](#)
2 egg(s)- 139 cals



[Grapefruit](#)
1 grapefruit- 119 cals



[Beef jerky](#)
37 cals

Lunch

755 cals, 50g protein, 51g net carbs, 38g fat



[Cottage cheese & fruit cup](#)
2 container- 261 cals



[Grilled cheese sandwich](#)
1 sandwich(es)- 495 cals

Dinner

625 cals, 51g protein, 59g net carbs, 17g fat



[Shrimp-broccoli-rice bowl](#)
490 cals



[Simple mixed greens salad](#)
136 cals

Day 2

2040 cals ● 135g protein (26%) ● 70g fat (31%) ● 193g carbs (38%) ● 25g fiber (5%)

Breakfast

385 cals, 19g protein, 25g net carbs, 21g fat



[Avocado toast with egg](#)
1 slice(s)- 238 cals



[Milk](#)
1 cup(s)- 149 cals

Snacks

295 cals, 20g protein, 27g net carbs, 10g fat



[Boiled eggs](#)
2 egg(s)- 139 cals



[Grapefruit](#)
1 grapefruit- 119 cals



[Beef jerky](#)
37 cals

Lunch

735 cals, 45g protein, 82g net carbs, 22g fat



[Cottage cheese & honey](#)
1 cup(s)- 249 cals



[Grilled peanut butter and banana sandwich](#)
1 sandwich(es)- 485 cals

Dinner

625 cals, 51g protein, 59g net carbs, 17g fat



[Shrimp-broccoli-rice bowl](#)
490 cals



[Simple mixed greens salad](#)
136 cals

Day 3

1978 cals ● 149g protein (30%) ● 77g fat (35%) ● 149g carbs (30%) ● 23g fiber (5%)

Breakfast

385 cals, 19g protein, 25g net carbs, 21g fat



Avocado toast with egg
1 slice(s)- 238 cals



Milk
1 cup(s)- 149 cals

Snacks

240 cals, 17g protein, 22g net carbs, 7g fat



Dark chocolate
1 square(s)- 60 cals



Yogurt and cucumber
132 cals



Kiwi
1 kiwi- 47 cals

Lunch

735 cals, 45g protein, 82g net carbs, 22g fat



Cottage cheese & honey
1 cup(s)- 249 cals



Grilled peanut butter and banana sandwich
1 sandwich(es)- 485 cals

Dinner

620 cals, 69g protein, 20g net carbs, 27g fat



Marinated chicken breast
10 oz- 353 cals



Simple mixed greens and tomato salad
265 cals

Day 4

1992 cals ● 132g protein (27%) ● 110g fat (50%) ● 95g carbs (19%) ● 23g fiber (5%)

Breakfast

380 cals, 26g protein, 42g net carbs, 10g fat



Cinnamon french toast with yogurt dip
263 cals



Banana
1 banana(s)- 117 cals

Snacks

240 cals, 17g protein, 22g net carbs, 7g fat



Dark chocolate
1 square(s)- 60 cals



Yogurt and cucumber
132 cals



Kiwi
1 kiwi- 47 cals

Lunch

645 cals, 34g protein, 13g net carbs, 46g fat



Avocado
176 cals



Steak and beet salad
469 cals

Dinner

730 cals, 54g protein, 18g net carbs, 47g fat



Cottage cheese & honey
1/4 cup(s)- 62 cals



Philly cheesesteak lettuce wrap
3 lettuce wrap(s)- 668 cals

Day 5

2018 cals ● 143g protein (28%) ● 84g fat (38%) ● 149g carbs (29%) ● 24g fiber (5%)

Breakfast

380 cals, 26g protein, 42g net carbs, 10g fat



Cinnamon french toast with yogurt dip
263 cals



Banana
1 banana(s)- 117 cals

Snacks

240 cals, 17g protein, 22g net carbs, 7g fat



Dark chocolate
1 square(s)- 60 cals



Yogurt and cucumber
132 cals



Kiwi
1 kiwi- 47 cals

Lunch

645 cals, 34g protein, 13g net carbs, 46g fat



Avocado
176 cals



Steak and beet salad
469 cals

Dinner

755 cals, 66g protein, 72g net carbs, 21g fat



Chicken beet & carrot salad bowl
449 cals



Bone both rice
307 cals

Day 6

1996 cals ● 146g protein (29%) ● 67g fat (30%) ● 179g carbs (36%) ● 23g fiber (5%)

Breakfast

330 cals, 18g protein, 25g net carbs, 16g fat



Basic scrambled eggs
3 egg(s)- 213 cals



Banana
1 banana(s)- 117 cals

Snacks

230 cals, 7g protein, 29g net carbs, 7g fat



Toast with butter
1 1/2 slice(s)- 171 cals



Grapefruit
1/2 grapefruit- 59 cals

Lunch

680 cals, 56g protein, 53g net carbs, 23g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



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

Dinner

755 cals, 66g protein, 72g net carbs, 21g fat



Chicken beet & carrot salad bowl
449 cals



Bone both rice
307 cals

Day 7

2031 cals ● 188g protein (37%) ● 77g fat (34%) ● 122g carbs (24%) ● 25g fiber (5%)

Breakfast

330 cals, 18g protein, 25g net carbs, 16g fat



Basic scrambled eggs
3 egg(s)- 213 cals



Banana
1 banana(s)- 117 cals

Snacks

230 cals, 7g protein, 29g net carbs, 7g fat



Toast with butter
1 1/2 slice(s)- 171 cals



Grapefruit
1/2 grapefruit- 59 cals

Lunch

680 cals, 56g protein, 53g net carbs, 23g fat



Cottage cheese & honey
1/2 cup(s)- 125 cals



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

Dinner

790 cals, 108g protein, 15g net carbs, 31g fat



Simple mixed greens salad
68 cals



Southwest chicken
16 oz- 724 cals

Fruits and Fruit Juices

- ☐ avocados
2 1/2 avocado(s) (503g)
- ☐ Grapefruit
3 large (approx 4-1/2" dia) (996g)
- ☐ banana
6 medium (7" to 7-7/8" long) (708g)
- ☐ kiwi
3 fruit (207g)
- ☐ lemon juice
1 tsp (5mL)
- ☐ lime juice
1/2 tbsp (8mL)

Dairy and Egg Products

- ☐ eggs
16 1/2 medium (726g)
- ☐ whole milk
3 cup (720mL)
- ☐ butter
1/4 stick (28g)
- ☐ sliced cheese
2 slice (1 oz ea) (56g)
- ☐ low fat cottage cheese (1% milkfat)
3 1/4 cup (735g)
- ☐ lowfat greek yogurt
2 1/2 cup (700g)
- ☐ provolone cheese
1 1/2 slice(s) (42g)
- ☐ cheese
2 tbsp, shredded (14g)

Baked Products

- ☐ bread
22 1/2 oz (640g)

Snacks

- ☐ beef jerky
1 oz (28g)

Spices and Herbs

- ☐ black pepper
1 g (1g)
- ☐ salt
3 g (3g)
- ☐ cinnamon
4 dash (1g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
5/6 pouch (~5.6 oz) (132g)

Fats and Oils

- ☐ olive oil
2 1/2 tsp (12mL)
- ☐ salad dressing
1 cup (251mL)
- ☐ cooking spray
2 spray(s) , about 1/3 second each (1g)
- ☐ marinade sauce
5 tbsp (74mL)
- ☐ oil
2 1/2 oz (76mL)

Other

- ☐ mixed greens
15 3/4 cup (473g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ italian seasoning
3 dash (1g)
- ☐ chicken bone broth
1 2/3 cup(s) (mL)

Sweets

- ☐ honey
1/4 cup (91g)
- ☐ Chocolate, dark, 70-85%
3 square(s) (30g)

Legumes and Legume Products

- ☐ peanut butter
4 tbsp (64g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
2 1/2 lbs (1176g)

Beef Products

- ☐ sirloin steak, raw
1 lbs (454g)

Soups, Sauces, and Gravies

- ☐ thyme, dried
4 dash, leaves (1g)
- ☐ taco seasoning mix
1 tbsp (9g)

Finfish and Shellfish Products

- ☐ shrimp, raw
13 1/4 oz (378g)
- ☐ canned tuna
1 1/2 can (258g)

Vegetables and Vegetable Products

- ☐ frozen broccoli
5/6 package (237g)
- ☐ tomatoes
14 tbsp cherry tomatoes (130g)
- ☐ cucumber
1 1/2 cucumber (8-1/4") (452g)
- ☐ onion
1 medium (2-1/2" dia) (109g)
- ☐ bell pepper
2 large (349g)
- ☐ romaine lettuce
3 leaf inner (18g)
- ☐ beets, precooked (canned or refrigerated)
3/4 lbs (327g)
- ☐ broccoli
1 cup chopped (91g)
- ☐ carrots
1 medium (61g)

- ☐ apple cider vinegar
1 tsp (0mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
13 1/4 tbsp (154g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

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.

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk

1 cup (240mL)

For all 3 meals:

whole milk

3 cup (720mL)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Cinnamon french toast with yogurt dip

263 cals ● 25g protein ● 9g fat ● 18g carbs ● 2g fiber



For single meal:

- bread**
1 slice(s) (32g)
- eggs**
1 extra large (56g)
- cinnamon**
2 dash (1g)
- lowfat greek yogurt**
1/2 cup (140g)

For all 2 meals:

- bread**
2 slice(s) (64g)
- eggs**
2 extra large (112g)
- cinnamon**
4 dash (1g)
- lowfat greek yogurt**
1 cup (280g)

1. Crack the egg into a bowl and whisk with a fork until well combined.
2. Spray a skillet with a non-stick spray and place skillet over medium heat.
3. Dredge the bread in the egg until fully coated and soaked.
4. Place bread in skillet and cook for about a minute or two on each side until golden.
5. Remove bread and sprinkle with cinnamon and serve with the yogurt as a dipping sauce.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

- banana**
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

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

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Basic scrambled eggs

3 egg(s) - 213 cals ● 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.

Banana

1 banana(s) - 117 cals ● 1g protein ● 0g fat ● 24g carbs ● 3g fiber



For single meal:

banana
1 medium (7" to 7-7/8" long) (118g)

For all 2 meals:

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

1. This recipe has no instructions.

Lunch 1 [↗](#)

Eat on day 1

Cottage cheese & fruit cup

2 container - 261 cal ● 28g protein ● 5g fat ● 26g carbs ● 0g fiber



Makes 2 container

cottage cheese & fruit cup

2 container (340g)

1. Mix cottage cheese and fruit portions of the container together and serve.

Grilled cheese sandwich

1 sandwich(es) - 495 cal ● 22g protein ● 33g fat ● 25g carbs ● 4g fiber



Makes 1 sandwich(es)

bread

2 slice (64g)

butter

1 tbsp (14g)

sliced cheese

2 slice (1 oz ea) (56g)

1. Preheat skillet to medium-low.
 2. Spread butter on one side of one slice of bread.
 3. Place bread on skillet, butter-side down and top with cheese.
 4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
 5. Grill until lightly browned and then flip. Continue until cheese is melted.
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Lunch 2 [↗](#)

Eat on day 2, day 3

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.

Grilled peanut butter and banana sandwich

1 sandwich(es) - 485 cal ● 16g protein ● 19g fat ● 53g carbs ● 9g fiber



For single meal:

bread

2 slice (64g)

banana, sliced

1 medium (7" to 7-7/8" long) (118g)

peanut butter

2 tbsp (32g)

cooking spray

1 spray(s) , about 1/3 second each (0g)

For all 2 meals:

bread

4 slice (128g)

banana, sliced

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

peanut butter

4 tbsp (64g)

cooking spray

2 spray(s) , about 1/3 second each (1g)

1. Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Fry the sandwich until golden brown on each side, about 2 minutes per side.
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Lunch 3 [↗](#)

Eat on day 4, day 5

Avocado

176 cals ● 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.

Steak and beet salad

469 cals ● 32g protein ● 32g fat ● 11g carbs ● 3g fiber



For single meal:

oil
1/2 tbsp (8mL)
beets, precooked (canned or refrigerated), chopped
1 beets (2" dia, sphere) (50g)
salad dressing
2 tbsp (30mL)
broccoli
1/2 cup chopped (46g)
mixed greens
1 1/2 cup (45g)
sirloin steak, raw
5 oz (142g)

For all 2 meals:

oil
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
salad dressing
4 tbsp (60mL)
broccoli
1 cup chopped (91g)
mixed greens
3 cup (90g)
sirloin steak, raw
10 oz (284g)

1. Liberally season steak with salt and pepper. Heat oil in a skillet over medium heat. Add steak and cook a few minutes on each side until done to your liking. Set aside to rest.
 2. Meanwhile, toss greens with broccoli, beets and salad dressing. Slice steak and add to the salad. Serve.
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Lunch 4 [🔗](#)

Eat on day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cal ● 14g protein ● 1g fat ● 15g carbs ● 0g fiber



For single meal:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

For all 2 meals:

honey

4 tsp (28g)

low fat cottage cheese (1% milkfat)

1 cup (226g)

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

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.

Snacks 1 [↗](#)

Eat on day 1, day 2

Boiled eggs

2 egg(s) - 139 cals ● 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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Grapefruit

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



For single meal:

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

For all 2 meals:

Grapefruit
2 large (approx 4-1/2" dia) (664g)

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)

Beef jerky

37 cals ● 5g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

beef jerky
1/2 oz (14g)

For all 2 meals:

beef jerky
1 oz (28g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

Dark chocolate

1 square(s) - 60 cal● 1g protein● 4g fat● 4g carbs● 1g fiber



For single meal:

Chocolate, dark, 70-85%
1 square(s) (10g)

For all 3 meals:

Chocolate, dark, 70-85%
3 square(s) (30g)

1. This recipe has no instructions.

Yogurt and cucumber

132 cal● 15g protein● 3g fat● 11g carbs● 1g fiber



For single meal:

cucumber
1/2 cucumber (8-1/4") (151g)
lowfat greek yogurt
1/2 cup (140g)

For all 3 meals:

cucumber
1 1/2 cucumber (8-1/4") (452g)
lowfat greek yogurt
1 1/2 cup (420g)

1. Slice cucumber and dip in yogurt.

Kiwi

1 kiwi - 47 cal● 1g protein● 0g fat● 8g carbs● 2g fiber



For single meal:

kiwi
1 fruit (69g)

For all 3 meals:

kiwi
3 fruit (207g)

1. Slice the kiwi and serve.

Snacks 3 [↗](#)

Eat on day 6, day 7

Toast with butter

1 1/2 slice(s) - 171 cals ● 6g protein ● 7g fat ● 18g carbs ● 3g fiber



For single meal:

bread
1 1/2 slice (48g)
butter
1/2 tbsp (7g)

For all 2 meals:

bread
3 slice (96g)
butter
1 tbsp (14g)

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

Grapefruit

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



For single meal:

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

For all 2 meals:

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

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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Dinner 1 [🔗](#)

Eat on day 1, day 2

Shrimp-broccoli-rice bowl

490 cals ● 49g protein ● 8g fat ● 51g carbs ● 6g fiber



For single meal:

black pepper

1/4 tsp, ground (0g)

salt

1/4 tsp (1g)

shrimp, raw, peeled and deveined

6 2/3 oz (189g)

frozen broccoli

3/8 package (118g)

flavored rice mix

3/8 pouch (~5.6 oz) (66g)

olive oil

1 1/4 tsp (6mL)

For all 2 meals:

black pepper

1/2 tsp, ground (1g)

salt

1/2 tsp (3g)

shrimp, raw, peeled and deveined

13 1/3 oz (378g)

frozen broccoli

5/6 package (237g)

flavored rice mix

5/6 pouch (~5.6 oz) (132g)

olive oil

2 1/2 tsp (13mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
2. Meanwhile, heat the oil in a skillet over medium-high heat.
3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
4. When everything is ready mix it all together and serve.

Simple mixed greens salad

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



For single meal:

mixed greens

3 cup (90g)

salad dressing

3 tbsp (45mL)

For all 2 meals:

mixed greens

6 cup (180g)

salad dressing

6 tbsp (90mL)

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

Dinner 2 [↗](#)

Eat on day 3

Marinated chicken breast

10 oz - 353 cals ● 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.

Simple mixed greens and tomato salad

265 cals ● 6g protein ● 16g fat ● 18g carbs ● 5g fiber



salad dressing

1/3 cup (79mL)

mixed greens

5 1/4 cup (158g)

tomatoes

14 tbsp cherry tomatoes (130g)

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

Dinner 3 [🔗](#)

Eat on day 4

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



Makes 1/4 cup(s)

honey

1 tsp (7g)

low fat cottage cheese (1% milkfat)

4 tbsp (57g)

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

Philly cheesesteak lettuce wrap

3 lettuce wrap(s) - 668 cals ● 47g protein ● 47g fat ● 11g carbs ● 4g fiber



Makes 3 lettuce wrap(s)

oil

1 tbsp (15mL)

italian seasoning

3 dash (1g)

provolone cheese

1 1/2 slice(s) (42g)

onion, sliced

3/4 medium (2-1/2" dia) (83g)

bell pepper, cut into strips

1 1/2 small (111g)

sirloin steak, raw, cut into strips

6 oz (170g)

romaine lettuce

3 leaf inner (18g)

1. Heat oil in a skillet over medium heat. Add in beef and cook until browned and fully cooked, about 5-10 minutes. Remove beef from skillet and set aside.
 2. Add onions and peppers to the skillet with any remaining beef juices and fry until vegetables are tender, about 10 minutes.
 3. Drain any remaining liquid and add the beef back to the pan. Add the cheese and stir until cheese has melted throughout. Season with italian seasoning and salt/pepper to taste.
 4. Scoop beef mixture into lettuce leaves and serve.
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Dinner 4 [↗](#)

Eat on day 5, day 6

Chicken beet & carrot salad bowl

449 cal ● 53g protein ● 20g fat ● 11g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)
apple cider vinegar
1/2 tsp (0mL)
thyme, dried
2 dash, leaves (0g)
oil
1 tbsp (15mL)
carrots, thinly sliced
1/2 medium (31g)
beets, precooked (canned or refrigerated), cubed
4 oz (113g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed
1 lbs (448g)
apple cider vinegar
1 tsp (0mL)
thyme, dried
4 dash, leaves (1g)
oil
2 tbsp (30mL)
carrots, thinly sliced
1 medium (61g)
beets, precooked (canned or refrigerated), cubed
1/2 lbs (227g)

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.

Bone both rice

307 cal ● 13g protein ● 1g fat ● 61g carbs ● 1g fiber



For single meal:

chicken bone broth
5/6 cup(s) (mL)
long-grain white rice
6 2/3 tbsp (77g)

For all 2 meals:

chicken bone broth
1 2/3 cup(s) (mL)
long-grain white rice
13 1/3 tbsp (154g)

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.

Dinner 5 [↗](#)

Eat on day 7

Simple mixed greens salad

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



mixed greens

1 1/2 cup (45g)

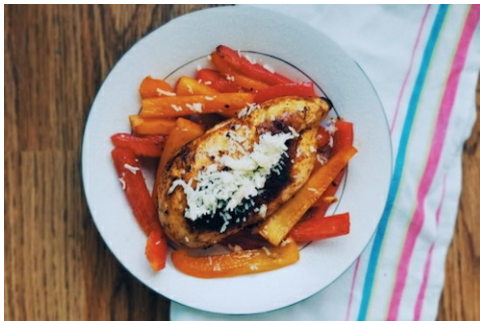
salad dressing

1 1/2 tbsp (23mL)

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

Southwest chicken

16 oz - 724 cals ● 106g protein ● 26g fat ● 11g carbs ● 5g fiber



Makes 16 oz

oil

2 tsp (10mL)

cheese

2 tbsp, shredded (14g)

taco seasoning mix

1 tbsp (9g)

boneless skinless chicken breast, raw

1 lbs (448g)

bell pepper, cut into strips

2 medium (238g)

1. Rub taco seasoning evenly over all sides of chicken.
 2. Heat oil in a skillet over medium heat.
 3. Add chicken to skillet and cook about 6-10 minutes on each side or until completely cooked. Remove and set aside.
 4. Add the sliced peppers into the skillet and cook for about 5 minutes until softened.
 5. Plate peppers and chicken and sprinkle cheese on top.
 6. Serve.
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