

Meal Plan - 2400 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

2426 cals ● 157g protein (26%) ● 141g fat (52%) ● 104g carbs (17%) ● 27g fiber (5%)

Breakfast

430 cals, 50g protein, 25g net carbs, 13g fat



[Protein shake \(milk\)](#)
387 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals

Snacks

330 cals, 14g protein, 40g net carbs, 11g fat



[Milk](#)
1/2 cup(s)- 75 cals



[Pepper strips and guacamole](#)
75 cals



[Lowfat yogurt](#)
1 container(s)- 181 cals

Lunch

835 cals, 58g protein, 7g net carbs, 59g fat



[Garlic collard greens](#)
212 cals



[Buffalo drumsticks](#)
10 2/3 oz- 622 cals

Dinner

830 cals, 36g protein, 33g net carbs, 58g fat



[Italian sausage](#)
2 link- 514 cals



[Roast potatoes](#)
178 cals



[Olive oil drizzled broccoli](#)
2 cup(s)- 140 cals

Day 2

2370 cals ● 192g protein (32%) ● 130g fat (49%) ● 79g carbs (13%) ● 28g fiber (5%)

Breakfast

430 cals, 50g protein, 25g net carbs, 13g fat



[Protein shake \(milk\)](#)
387 cals



[Cherry tomatoes](#)
12 cherry tomatoes- 42 cals

Snacks

330 cals, 14g protein, 40g net carbs, 11g fat



[Milk](#)
1/2 cup(s)- 75 cals



[Pepper strips and guacamole](#)
75 cals



[Lowfat yogurt](#)
1 container(s)- 181 cals

Lunch

835 cals, 58g protein, 7g net carbs, 59g fat



[Garlic collard greens](#)
212 cals



[Buffalo drumsticks](#)
10 2/3 oz- 622 cals

Dinner

775 cals, 71g protein, 8g net carbs, 47g fat



[Blue cheese stuffed chicken thighs](#)
1 1/2 thigh- 678 cals



[Roasted broccoli](#)
98 cals

Day 3

2382 cals ● 167g protein (28%) ● 100g fat (38%) ● 172g carbs (29%) ● 32g fiber (5%)

Breakfast

430 cals, 50g protein, 25g net carbs, 13g fat



Protein shake (milk)
387 cals



Cherry tomatoes
12 cherry tomatoes- 42 cals

Snacks

355 cals, 8g protein, 57g net carbs, 6g fat



Breakfast cereal
241 cals



Pear
1 pear(s)- 113 cals

Lunch

820 cals, 38g protein, 82g net carbs, 33g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals



Tomato soup
1 can(s)- 211 cals

Dinner

775 cals, 71g protein, 8g net carbs, 47g fat



Blue cheese stuffed chicken thighs
1 1/2 thigh- 678 cals



Roasted broccoli
98 cals

Day 4

2455 cals ● 150g protein (24%) ● 103g fat (38%) ● 198g carbs (32%) ● 33g fiber (5%)

Breakfast

430 cals, 22g protein, 33g net carbs, 22g fat



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



Scrambled eggs with kale, tomatoes, rosemary
110 cals



Milk
1 cup(s)- 149 cals

Snacks

355 cals, 8g protein, 57g net carbs, 6g fat



Breakfast cereal
241 cals



Pear
1 pear(s)- 113 cals

Lunch

820 cals, 38g protein, 82g net carbs, 33g fat



Rosemary mushroom cheese sandwich
1 1/2 sandwich(es)- 612 cals



Tomato soup
1 can(s)- 211 cals

Dinner

850 cals, 82g protein, 26g net carbs, 42g fat



Garlic collard greens
119 cals



Thyme & lime chicken thighs
613 cals



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

Day 5

2375 cals ● 163g protein (28%) ● 110g fat (42%) ● 148g carbs (25%) ● 35g fiber (6%)

Breakfast

430 cals, 22g protein, 33g net carbs, 22g fat



Toast with butter

1 1/2 slice(s)- 171 cals



Scrambled eggs with kale, tomatoes, rosemary

110 cals



Milk

1 cup(s)- 149 cals

Snacks

285 cals, 6g protein, 4g net carbs, 24g fat



Avocado

176 cals



Roasted almonds

1/8 cup(s)- 111 cals

Lunch

825 cals, 53g protein, 97g net carbs, 22g fat



Pumpkin seeds

183 cals



Raisins

1/2 cup- 275 cals



Pork-peas-rice bowl

367 cals

Dinner

835 cals, 83g protein, 15g net carbs, 43g fat



Baked chicken with tomatoes & olives

12 oz- 599 cals



Tomato and avocado salad

235 cals

Day 6

2389 cals ● 176g protein (30%) ● 96g fat (36%) ● 156g carbs (26%) ● 50g fiber (8%)

Breakfast

430 cals, 25g protein, 51g net carbs, 10g fat



Boiled eggs

1 egg(s)- 69 cals



Breakfast cereal with protein milk

248 cals



Pear

1 pear(s)- 113 cals

Snacks

285 cals, 6g protein, 4g net carbs, 24g fat



Avocado

176 cals



Roasted almonds

1/8 cup(s)- 111 cals

Lunch

840 cals, 62g protein, 86g net carbs, 19g fat



Nectarine

2 nectarine(s)- 140 cals



Turkey & hummus deli sandwich

2 sandwich(es)- 698 cals

Dinner

835 cals, 83g protein, 15g net carbs, 43g fat



Baked chicken with tomatoes & olives

12 oz- 599 cals



Tomato and avocado salad

235 cals

Day 7

2426 cal ● 161g protein (27%) ● 103g fat (38%) ● 159g carbs (26%) ● 54g fiber (9%)

Breakfast

430 cal, 25g protein, 51g net carbs, 10g fat



Boiled eggs

1 egg(s)- 69 cal



Breakfast cereal with protein milk

248 cal



Pear

1 pear(s)- 113 cal

Snacks

285 cal, 6g protein, 4g net carbs, 24g fat



Avocado

176 cal



Roasted almonds

1/8 cup(s)- 111 cal

Lunch

840 cal, 62g protein, 86g net carbs, 19g fat



Nectarine

2 nectarine(s)- 140 cal



Turkey & hummus deli sandwich

2 sandwich(es)- 698 cal

Dinner

870 cal, 68g protein, 18g net carbs, 51g fat



Pistachios

188 cal



Avocado tuna salad stuffed pepper

3 half pepper(s)- 683 cal

Dairy and Egg Products

- ☐ whole milk
9 3/4 cup (2340mL)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ blue cheese
1 1/2 oz (43g)
- ☐ cheese
1 1/2 cup, shredded (170g)
- ☐ butter
1 tbsp (14g)
- ☐ eggs
5 medium (212g)

Beverages

- ☐ protein powder
5 1/2 scoop (1/3 cup ea) (171g)
- ☐ water
3 tbsp (45mL)

Vegetables and Vegetable Products

- ☐ tomatoes
11 3/4 medium whole (2-3/5" dia) (1449g)
- ☐ bell pepper
2 1/4 large (365g)
- ☐ red potatoes
3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)
- ☐ frozen broccoli
1 2/3 lbs (750g)
- ☐ collard greens
1 3/4 lbs (775g)
- ☐ garlic
5 clove(s) (15g)
- ☐ mushrooms
1/4 lbs (128g)
- ☐ kale leaves
1 cup, chopped (40g)
- ☐ frozen peas
1/8 package (36g)
- ☐ onion
1/2 medium (2-1/2" dia) (56g)

Other

- ☐ guacamole, store-bought
4 tbsp (62g)
- ☐ Italian pork sausage, raw
2 link (215g)

Fats and Oils

- ☐ oil
2 oz (63mL)
- ☐ olive oil
1 1/2 oz (46mL)

Soups, Sauces, and Gravies

- ☐ Frank's Red Hot sauce
1/4 cup (53mL)
- ☐ condensed canned tomato soup
2 can (10.5 oz) (596g)

Poultry Products

- ☐ chicken thighs, with bone and skin, raw
3 thigh (6 oz ea) (510g)
- ☐ boneless skinless chicken thighs
5/6 lb (378g)
- ☐ boneless skinless chicken breast, raw
1 1/2 lbs (680g)

Breakfast Cereals

- ☐ breakfast cereal
4 1/2 serving (135g)

Fruits and Fruit Juices

- ☐ pears
4 medium (712g)
- ☐ lime juice
2 fl oz (63mL)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ avocados
3 1/4 avocado(s) (653g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ green olives
24 large (106g)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)

Baked Products

- ☐ bread
19 oz (544g)
- ☐ pita bread
1 1/2 pita, small (4" dia) (42g)

- ☐ Chicken, drumsticks, with skin
1 1/3 lbs (605g)
- ☐ mixed greens
3 1/2 cup (105g)

Spices and Herbs

- ☐ onion powder
1/2 tsp (1g)
- ☐ black pepper
4 1/4 g (4g)
- ☐ garlic powder
1 tsp (3g)
- ☐ salt
2/3 oz (19g)
- ☐ paprika
3 dash (1g)
- ☐ thyme, dried
1 g (1g)
- ☐ rosemary, dried
1 tsp (1g)
- ☐ balsamic vinegar
1 tsp (5mL)
- ☐ chili powder
4 tsp (11g)
- ☐ fresh basil
24 leaves (12g)

Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted
4 tbsp (30g)
- ☐ almonds
6 tbsp, whole (54g)
- ☐ pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1/4 pouch (~5.6 oz) (40g)

Pork Products

- ☐ pork tenderloin, raw
6 oz (170g)

Legumes and Legume Products

- ☐ hummus
1/2 cup (120g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1 lbs (454g)

Finfish and Shellfish Products

- ☐ canned tuna
1 1/2 can (258g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Protein shake (milk)

387 cals ● 48g protein ● 13g fat ● 19g carbs ● 2g fiber



For single meal:

whole milk

1 1/2 cup (360mL)

protein powder

1 1/2 scoop (1/3 cup ea) (47g)

For all 3 meals:

whole milk

1/4 gallon (1080mL)

protein powder

4 1/2 scoop (1/3 cup ea) (140g)

1. Mix until well-combined.
2. Serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

For all 3 meals:

tomatoes

36 cherry tomatoes (612g)

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

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

Scrambled eggs with kale, tomatoes, rosemary

110 cals ● 8g protein ● 7g fat ● 3g carbs ● 1g fiber



For single meal:

water

1 1/2 tbsp (23mL)

balsamic vinegar

1/2 tsp (3mL)

rosemary, dried

1 dash (0g)

tomatoes

4 tbsp, chopped (45g)

eggs

1 extra large (56g)

kale leaves

1/2 cup, chopped (20g)

oil

1/4 tsp (1mL)

For all 2 meals:

water

3 tbsp (45mL)

balsamic vinegar

1 tsp (5mL)

rosemary, dried

2 dash (0g)

tomatoes

1/2 cup, chopped (90g)

eggs

2 extra large (112g)

kale leaves

1 cup, chopped (40g)

oil

1/2 tsp (3mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

Milk

1 cup(s) - 149 cals ● 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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Boiled eggs

1 egg(s) - 69 cal ● 6g protein ● 5g fat ● 0g carbs ● 0g fiber



For single meal:

eggs
1 large (50g)

For all 2 meals:

eggs
2 large (100g)

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.

Breakfast cereal with protein milk

248 cal ● 18g protein ● 5g fat ● 29g carbs ● 3g fiber



For single meal:

whole milk
1/2 cup (120mL)
breakfast cereal
1 serving (30g)
protein powder
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

whole milk
1 cup (240mL)
breakfast cereal
2 serving (60g)
protein powder
1 scoop (1/3 cup ea) (31g)

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.

Pear

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



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.
-

Lunch 1 [↗](#)

Eat on day 1, day 2

Garlic collard greens

212 cals ● 9g protein ● 11g fat ● 6g carbs ● 12g fiber



For single meal:

collard greens

2/3 lbs (302g)

oil

2 tsp (10mL)

garlic, minced

2 clove(s) (6g)

salt

1 1/3 dash (1g)

For all 2 meals:

collard greens

1 1/3 lbs (605g)

oil

4 tsp (20mL)

garlic, minced

4 clove(s) (12g)

salt

1/3 tsp (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.

Buffalo drumsticks

10 2/3 oz - 622 cals ● 48g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

Frank's Red Hot sauce

1 3/4 tbsp (27mL)

oil

1 tsp (5mL)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

Chicken, drumsticks, with skin

2/3 lbs (302g)

For all 2 meals:

Frank's Red Hot sauce

1/4 cup (53mL)

oil

2 tsp (10mL)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

Chicken, drumsticks, with skin

1 1/3 lbs (605g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
 2. Preheat oven to 400 F (200 C).
 3. Place wings on large baking sheet, and season with salt and pepper.
 4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
 5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
 6. Take wings out of the oven when done and toss with the hot sauce to coat.
 7. Serve.
-

Lunch 2 [🔗](#)

Eat on day 3, day 4

Rosemary mushroom cheese sandwich

1 1/2 sandwich(es) - 612 cals ● 34g protein ● 32g fat ● 40g carbs ● 7g fiber



For single meal:

rosemary, dried
3 dash (0g)
mixed greens
3/4 cup (23g)
mushrooms
2 1/4 oz (64g)
cheese
3/4 cup, shredded (85g)
bread
3 slice(s) (96g)

For all 2 meals:

rosemary, dried
1/4 tbsp (1g)
mixed greens
1 1/2 cup (45g)
mushrooms
1/4 lbs (128g)
cheese
1 1/2 cup, shredded (170g)
bread
6 slice(s) (192g)

1. Heat a skillet over medium heat.
2. Top the bottom slice of bread with half of the cheese, then add the rosemary, mushrooms, greens, and remaining cheese. Season with a dash of salt/pepper and finish with the top slice of bread.
3. Transfer sandwich to the skillet and cook for about 4-5 minutes on each side until bread is toasty and cheese has melted. Serve.

Tomato soup

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



For single meal:

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

For all 2 meals:

condensed canned tomato soup
2 can (10.5 oz) (596g)

1. Prepare according to instructions on package.
-

Lunch 3 [↗](#)

Eat on day 5

Pumpkin seeds

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



roasted pumpkin seeds, unsalted
4 tbsp (30g)

1. This recipe has no instructions.

Raisins

1/2 cup - 275 cals ● 3g protein ● 0g fat ● 62g carbs ● 3g fiber



Makes 1/2 cup

raisins
1/2 cup, packed (83g)

1. This recipe has no instructions.

Pork-peas-rice bowl

367 cals ● 42g protein ● 7g fat ● 32g carbs ● 3g fiber



olive oil
1/2 tsp (3mL)
frozen peas
1/8 package (36g)
flavored rice mix
1/4 pouch (~5.6 oz) (40g)
pork tenderloin, raw, cut into bite-sized cubes
6 oz (170g)

1. Season the pork with some salt and pepper.
 2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
 3. Meanwhile, prepare the rice and peas according to the instructions on their packaging.
 4. Once all items are prepared, bring the pork, peas, and rice together; stir (or keep it all separate-whichever you prefer!). Serve.
-

Lunch 4 [↗](#)

Eat on day 6, day 7

Nectarine

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



For single meal:

nectarine, pitted

2 medium (2-1/2" dia) (284g)

For all 2 meals:

nectarine, pitted

4 medium (2-1/2" dia) (568g)

1. Remove nectarine pit, slice, and serve.

Turkey & hummus deli sandwich

2 sandwich(es) - 698 cals ● 59g protein ● 18g fat ● 61g carbs ● 13g fiber



For single meal:

oil

1/2 tsp (3mL)

mixed greens

1 cup (30g)

tomatoes

4 slice(s), thick/large (1/2" thick)
(108g)

hummus

4 tbsp (60g)

bread

4 slice(s) (128g)

turkey cold cuts

1/2 lbs (227g)

For all 2 meals:

oil

1 tsp (5mL)

mixed greens

2 cup (60g)

tomatoes

8 slice(s), thick/large (1/2" thick)
(216g)

hummus

1/2 cup (120g)

bread

8 slice(s) (256g)

turkey cold cuts

1 lbs (454g)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

whole milk
1/2 cup (120mL)

For all 2 meals:

whole milk
1 cup (240mL)

1. This recipe has no instructions.

Pepper strips and guacamole

75 cals ● 2g protein ● 5g fat ● 3g carbs ● 3g fiber



For single meal:

bell pepper, sliced
1/2 medium (60g)
guacamole, store-bought
2 tbsp (31g)

For all 2 meals:

bell pepper, sliced
1 medium (119g)
guacamole, store-bought
4 tbsp (62g)

1. Slice the peppers into strips and remove the seeds.
2. Spread the guacamole mixture over the sliced peppers or just use them to dip into it.

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. This recipe has no instructions.
-

Snacks 2 [↗](#)

Eat on day 3, day 4

Breakfast cereal

241 cals ● 8g protein ● 6g fat ● 35g carbs ● 3g fiber



For single meal:

breakfast cereal
1 1/4 serving (38g)
whole milk
10 tbs (150mL)

For all 2 meals:

breakfast cereal
2 1/2 serving (75g)
whole milk
1 1/4 cup (300mL)

1. 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 most breakfast cereals are going to have a very similar macronutrient breakdown.

Pear

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



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

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 3 meals:

avocados
1 1/2 avocado(s) (302g)
lemon juice
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds
2 tbsp, whole (18g)

For all 3 meals:

almonds
6 tbsp, whole (54g)

1. This recipe has no instructions.
-

Dinner 1 [🔗](#)

Eat on day 1

Italian sausage

2 link - 514 cals ● 28g protein ● 42g fat ● 6g carbs ● 0g fiber



Makes 2 link

Italian pork sausage, raw

2 link (215g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to ½" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Roast potatoes

178 cals ● 3g protein ● 7g fat ● 23g carbs ● 3g fiber



onion powder

1/4 dash (0g)

black pepper

1/4 dash, ground (0g)

garlic powder

1/2 dash (0g)

salt

1 1/2 dash (1g)

red potatoes, cubed

3/4 potato medium (2-1/4" to 3-1/4" dia) (160g)

oil

1/2 tbsp (8mL)

1. Preheat the oven to 450°F (230°C).
2. In a large bowl, toss the potatoes with the oil and spices. Spread the potatoes in the bottom of the prepared baking pan.
3. Bake for 25-30 minutes, or until potatoes are tender. Stir the potatoes once after about 15 minutes of baking so they brown on all sides.
4. Serve warm.

Olive oil drizzled broccoli

2 cup(s) - 140 cals ● 5g protein ● 9g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)

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.

Dinner 2 [↗](#)

Eat on day 2, day 3

Blue cheese stuffed chicken thighs

1 1/2 thigh - 678 cals ● 62g protein ● 47g fat ● 1g carbs ● 0g fiber



For single meal:

paprika

1 1/2 dash (0g)

olive oil

1/2 tsp (3mL)

thyme, dried

1/4 tsp, ground (0g)

blue cheese

3/4 oz (21g)

chicken thighs, with bone and skin, raw

1 1/2 thigh (6 oz ea) (255g)

For all 2 meals:

paprika

3 dash (1g)

olive oil

1 tsp (6mL)

thyme, dried

1/2 tsp, ground (1g)

blue cheese

1 1/2 oz (43g)

chicken thighs, with bone and skin, raw

3 thigh (6 oz ea) (510g)

1. Combine blue cheese and thyme in a small bowl.
2. Loosen chicken skin and gently spread cheese mixture beneath the skin, being careful not to tear the skin. Massage skin to spread it around evenly.
3. Sprinkle paprika on all sides of the chicken.
4. Heat the oil in a frying pan over medium heat. Place chicken skin side down into pan and cook for 5 minutes. Flip and cook for an additional 5-7 minutes until internal temperature reaches 165 F (75 C). Serve.

Roasted broccoli

98 cals ● 9g protein ● 0g fat ● 7g carbs ● 9g fiber



For single meal:

frozen broccoli

1 package (284g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

garlic powder

2 dash (1g)

onion powder

2 dash (1g)

For all 2 meals:

frozen broccoli

2 package (568g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

garlic powder

4 dash (2g)

onion powder

4 dash (1g)

1. Preheat oven to 375°F.
2. Arrange frozen broccoli on a lightly greased baking sheet and season with salt, pepper, garlic and onion powder.
3. Bake for 20 minutes and then flip the broccoli. Continue baking until broccoli is slightly crispy and charred, about another 20 minutes.

Dinner 3 [↗](#)

Eat on day 4

Garlic collard greens

119 cals ● 5g protein ● 6g fat ● 3g carbs ● 7g fiber



collard greens

6 oz (170g)

oil

1 tsp (6mL)

garlic, minced

1 clove(s) (3g)

salt

3/4 dash (1g)

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.

Thyme & lime chicken thighs

613 cals ● 72g protein ● 35g fat ● 2g carbs ● 0g fiber



oil

2 1/2 tsp (13mL)

lime juice

5 tsp (25mL)

thyme, dried

1/2 tsp, leaves (0g)

boneless skinless chicken thighs

5/6 lb (378g)

1. Preheat oven to 375°F (190°C). Note: If marinating the chicken (which is an optional step) you can wait to preheat the oven.
2. In a small bowl, mix the oil, lime juice, thyme, and some salt and pepper.
3. Put chicken, smooth side down, in a small baking dish. Spoon thyme and lime mixture evenly over the chicken.
4. Optional: Cover dish with plastic wrap and leave to marinate in the refrigerator for 1 hour to overnight.
5. Remove plastic wrap, if necessary, and bake for 30-40 minutes or until chicken is cooked through.
6. Transfer chicken to a plate, spoon sauce on top, and serve.

Pita bread

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



Makes 1 1/2 pita bread(s)

pita bread

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

1. Cut pita into triangles and serve. If desired, pitas can also be warmed by microwaving or placing them in a warm oven or toaster oven.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

tomatoes

12 cherry tomatoes (204g)

olive oil

2 tsp (10mL)

salt

4 dash (3g)

green olives

12 large (53g)

black pepper

4 dash (0g)

chili powder

2 tsp (5g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

fresh basil, shredded

12 leaves (6g)

For all 2 meals:

tomatoes

24 cherry tomatoes (408g)

olive oil

4 tsp (20mL)

salt

1 tsp (6g)

green olives

24 large (106g)

black pepper

1 tsp (1g)

chili powder

4 tsp (11g)

boneless skinless chicken breast, raw

1 1/2 lbs (680g)

fresh basil, shredded

24 leaves (12g)

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

Tomato and avocado salad

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



For single meal:

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)

For all 2 meals:

onion
2 tbsp minced (30g)
lime juice
2 tbsp (30mL)
avocados, cubed
1 avocado(s) (201g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
olive oil
1/2 tbsp (8mL)
garlic powder
4 dash (2g)
salt
4 dash (3g)
black pepper
4 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.

Dinner 5 [🔗](#)

Eat on day 7

Pistachios

188 cals ● 7g protein ● 14g fat ● 6g carbs ● 3g fiber



pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

1. This recipe has no instructions.

Avocado tuna salad stuffed pepper

3 half pepper(s) - 683 cals ● 61g protein ● 36g fat ● 13g carbs ● 15g fiber



Makes 3 half pepper(s)

canned tuna, drained

1 1/2 can (258g)

avocados

3/4 avocado(s) (151g)

lime juice

1/2 tbsp (8mL)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash (0g)

bell pepper

1 1/2 large (246g)

onion

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. 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.
-