

Meal Plan - 2500 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

2371 cals ● 162g protein (27%) ● 115g fat (44%) ● 143g carbs (24%) ● 30g fiber (5%)

Breakfast

365 cals, 15g protein, 4g net carbs, 29g fat



[Kale & eggs](#)
189 cals



[Avocado](#)
176 cals

Snacks

325 cals, 26g protein, 21g net carbs, 14g fat



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



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



[Lowfat Greek yogurt](#)
1 container(s)- 155 cals

Lunch

780 cals, 63g protein, 65g net carbs, 26g fat



[Simple kale & avocado salad](#)
173 cals



[Brown rice](#)
1 cup brown rice, cooked- 229 cals



[Teriyaki chicken](#)
8 oz- 380 cals

Dinner

900 cals, 58g protein, 53g net carbs, 46g fat



[Salmon & veggie one pot](#)
8 oz salmon- 748 cals



[Couscous](#)
151 cals

Day 2

2397 cals ● 178g protein (30%) ● 126g fat (47%) ● 102g carbs (17%) ● 35g fiber (6%)

Breakfast

365 cals, 15g protein, 4g net carbs, 29g fat



Kale & eggs
189 cals



Avocado
176 cals

Snacks

325 cals, 26g protein, 21g net carbs, 14g fat



Cherry tomatoes
9 cherry tomatoes- 32 cals



Boiled eggs
2 egg(s)- 139 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Lunch

780 cals, 63g protein, 65g net carbs, 26g fat



Simple kale & avocado salad
173 cals



Brown rice
1 cup brown rice, cooked- 229 cals



Teriyaki chicken
8 oz- 380 cals

Dinner

925 cals, 74g protein, 12g net carbs, 57g fat



Avocado tuna salad
654 cals



Sunflower seeds
271 cals

Day 3

2473 cals ● 159g protein (26%) ● 138g fat (50%) ● 109g carbs (18%) ● 40g fiber (6%)

Breakfast

365 cals, 15g protein, 4g net carbs, 29g fat



Kale & eggs
189 cals



Avocado
176 cals

Snacks

320 cals, 8g protein, 37g net carbs, 14g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Roasted cashews
1/6 cup(s)- 156 cals

Lunch

860 cals, 63g protein, 56g net carbs, 37g fat



Roast beef wrap
1 1/2 wrap(s)- 605 cals



Edamame & beet salad
257 cals

Dinner

925 cals, 74g protein, 12g net carbs, 57g fat



Avocado tuna salad
654 cals



Sunflower seeds
271 cals

Day 4

2482 cals ● 160g protein (26%) ● 120g fat (44%) ● 162g carbs (26%) ● 29g fiber (5%)

Breakfast

400 cals, 24g protein, 33g net carbs, 18g fat



High protein scrambled eggs
198 cals



Orange
1 orange(s)- 85 cals



Small granola bar
1 bar(s)- 119 cals

Snacks

320 cals, 8g protein, 37g net carbs, 14g fat



Instant oatmeal with water
1 packet(s)- 165 cals



Roasted cashews
1/6 cup(s)- 156 cals

Lunch

860 cals, 63g protein, 56g net carbs, 37g fat



Roast beef wrap
1 1/2 wrap(s)- 605 cals



Edamame & beet salad
257 cals

Dinner

895 cals, 66g protein, 36g net carbs, 51g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Sautéed Kale
151 cals



Lentils
174 cals

Day 5

2524 cals ● 168g protein (27%) ● 115g fat (41%) ● 170g carbs (27%) ● 35g fiber (5%)

Breakfast

400 cals, 24g protein, 33g net carbs, 18g fat



High protein scrambled eggs
198 cals



Orange
1 orange(s)- 85 cals



Small granola bar
1 bar(s)- 119 cals

Snacks

380 cals, 23g protein, 27g net carbs, 17g fat



Roasted chickpeas
1/4 cup- 138 cals



Cottage cheese & fruit cup
1 container- 131 cals



Roasted almonds
1/8 cup(s)- 111 cals

Lunch

845 cals, 56g protein, 75g net carbs, 28g fat



Roasted cashews
1/8 cup(s)- 104 cals



Chunky canned soup (non-creamy)
3 can(s)- 741 cals

Dinner

895 cals, 66g protein, 36g net carbs, 51g fat



Roasted pepper stuffed chicken
8 oz- 572 cals



Sautéed Kale
151 cals



Lentils
174 cals

Day 6

2537 cals ● 164g protein (26%) ● 129g fat (46%) ● 149g carbs (23%) ● 31g fiber (5%)

Breakfast

420 cals, 22g protein, 33g net carbs, 21g fat



[Egg in an eggplant](#)
241 cals



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

Snacks

380 cals, 23g protein, 27g net carbs, 17g fat



[Roasted chickpeas](#)
1/4 cup- 138 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Lunch

845 cals, 56g protein, 75g net carbs, 28g fat



[Roasted cashews](#)
1/8 cup(s)- 104 cals



[Chunky canned soup \(non-creamy\)](#)
3 can(s)- 741 cals

Dinner

890 cals, 63g protein, 15g net carbs, 62g fat



[Philly cheesesteak lettuce wrap](#)
4 lettuce wrap(s)- 890 cals

Day 7

2534 cals ● 170g protein (27%) ● 141g fat (50%) ● 122g carbs (19%) ● 25g fiber (4%)

Breakfast

420 cals, 22g protein, 33g net carbs, 21g fat



[Egg in an eggplant](#)
241 cals



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

Snacks

380 cals, 23g protein, 27g net carbs, 17g fat



[Roasted chickpeas](#)
1/4 cup- 138 cals



[Cottage cheese & fruit cup](#)
1 container- 131 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Lunch

845 cals, 63g protein, 48g net carbs, 40g fat



[Simple mixed greens salad](#)
203 cals



[Buffalo chicken wrap](#)
1 wrap(s)- 639 cals

Dinner

890 cals, 63g protein, 15g net carbs, 62g fat



[Philly cheesesteak lettuce wrap](#)
4 lettuce wrap(s)- 890 cals

Spices and Herbs

- ☐ salt
1/4 oz (7g)
- ☐ ground cumin
1 tsp (2g)
- ☐ dried dill weed
1 tsp (1g)
- ☐ black pepper
1/8 oz (2g)
- ☐ mustard
1 tbsp (15g)
- ☐ paprika
1/4 tbsp (2g)

Dairy and Egg Products

- ☐ eggs
18 large (900g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ sliced cheese
3 slice (1 oz ea) (84g)
- ☐ low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ provolone cheese
4 slice(s) (112g)

Vegetables and Vegetable Products

- ☐ kale leaves
13 2/3 oz (388g)
- ☐ tomatoes
4 1/2 medium whole (2-3/5" dia) (559g)
- ☐ canned crushed tomatoes
1 cup (242g)
- ☐ onion
3 medium (2-1/2" dia) (343g)
- ☐ bell pepper
2 1/2 large (415g)
- ☐ romaine lettuce
1/4 head (132g)
- ☐ beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)
- ☐ edamame, frozen, shelled
1 1/2 cup (177g)
- ☐ eggplant
4 1 inch (2.5 cm) slice(s) (240g)

Fats and Oils

Beverages

- ☐ water
5 cup(s) (1204mL)

Finfish and Shellfish Products

- ☐ salmon
1/2 lbs (227g)
- ☐ canned tuna
3 can (516g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1/4 box (5.8 oz) (41g)
- ☐ brown rice
2/3 cup (127g)

Other

- ☐ teriyaki sauce
1/2 cup (120mL)
- ☐ mixed greens
10 1/2 cup (315g)
- ☐ roasted red peppers
1 1/3 pepper(s) (93g)
- ☐ Roasted chickpeas
3/4 cup (85g)
- ☐ cottage cheese & fruit cup
3 container (510g)
- ☐ italian seasoning
1 tsp (4g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
1 1/2 lbs (675g)
- ☐ boneless chicken thighs, with skin
1 lbs (454g)

Nut and Seed Products

- ☐ sunflower kernels
3 oz (85g)
- ☐ roasted cashews
10 tbsp, halves and whole (86g)
- ☐ almonds
6 tbsp, whole (54g)

Breakfast Cereals

- ☐ oil
1/4 lbs (141mL)
- ☐ balsamic vinaigrette
3 tbsp (45mL)
- ☐ salad dressing
1/4 cup (68mL)
- ☐ olive oil
1 tsp (5mL)

Fruits and Fruit Juices

- ☐ avocados
4 avocado(s) (821g)
- ☐ lemon juice
1/2 tbsp (8mL)
- ☐ lemon
3/4 small (44g)
- ☐ lime juice
1 tbsp (15mL)
- ☐ orange
2 orange (308g)

- ☐ flavored instant oatmeal
2 packet (86g)

Baked Products

- ☐ flour tortillas
4 1/2 tortilla (approx 7-8" dia) (219g)

Sausages and Luncheon Meats

- ☐ roast beef cold cuts
3/4 lbs (340g)

Snacks

- ☐ small granola bar
2 bar (50g)

Legumes and Legume Products

- ☐ lentils, raw
1/2 cup (96g)

Soups, Sauces, and Gravies

- ☐ chunky canned soup (non-creamy varieties)
6 can (~19 oz) (3156g)
- ☐ hot sauce
2 3/4 tbsp (41mL)

Beef Products

- ☐ sirloin steak, raw
1 lbs (454g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Kale & eggs

189 cals ● 13g protein ● 14g fat ● 2g carbs ● 0g fiber



For single meal:

salt

1 dash (0g)

eggs

2 large (100g)

kale leaves

1/2 cup, chopped (20g)

oil

1 tsp (5mL)

For all 3 meals:

salt

3 dash (1g)

eggs

6 large (300g)

kale leaves

1 1/2 cup, chopped (60g)

oil

1 tbsp (15mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

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.

Breakfast 2 [↗](#)

Eat on day 4, day 5

High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)
eggs
2 large (100g)

For all 2 meals:

oil
1 tsp (5mL)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)
eggs
4 large (200g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

Orange

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



For single meal:

orange
1 orange (154g)

For all 2 meals:

orange
2 orange (308g)

1. This recipe has no instructions.

Small granola bar

1 bar(s) - 119 cals ● 3g protein ● 5g fat ● 15g carbs ● 1g fiber



For single meal:

small granola bar
1 bar (25g)

For all 2 meals:

small granola bar
2 bar (50g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 6, day 7

Egg in an eggplant

241 cals ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

eggs

2 large (100g)

eggplant

2 1 inch (2.5 cm) slice(s) (120g)

oil

2 tsp (10mL)

For all 2 meals:

eggs

4 large (200g)

eggplant

4 1 inch (2.5 cm) slice(s) (240g)

oil

4 tsp (20mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

For all 2 meals:

kale leaves, chopped

3/4 bunch (128g)

lemon, juiced

3/4 small (44g)

avocados, chopped

3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Brown rice

1 cup brown rice, cooked - 229 cals ● 5g protein ● 2g fat ● 46g carbs ● 2g fiber



For single meal:

brown rice

1/3 cup (63g)

salt

2 dash (1g)

water

2/3 cup(s) (158mL)

black pepper

2 dash, ground (1g)

For all 2 meals:

brown rice

2/3 cup (127g)

salt

4 dash (3g)

water

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

black pepper

4 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.

Teriyaki chicken

8 oz - 380 cals ● 55g protein ● 13g fat ● 11g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
teriyaki sauce
4 tbsp (60mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (224g)

For all 2 meals:

oil
1 tbsp (15mL)
teriyaki sauce
1/2 cup (120mL)
boneless skinless chicken breast, raw, cubed
1 lbs (448g)

1. Heat oil in a skillet over medium heat. Add cubed chicken and stir occasionally until fully cooked, about 8-10 minutes.
2. Pour in teriyaki sauce and stir until heated through, 1-2 minutes. Serve.

Lunch 2 [↗](#)

Eat on day 3, day 4

Roast beef wrap

1 1/2 wrap(s) - 605 cals ● 49g protein ● 27g fat ● 38g carbs ● 4g fiber



For single meal:

sliced cheese
1 1/2 slice (1 oz ea) (42g)
flour tortillas
1 1/2 tortilla (approx 7-8" dia) (74g)
roast beef cold cuts
6 oz (170g)
mustard
1/2 tbsp (8g)
romaine lettuce
1 1/2 leaf outer (42g)
tomatoes, diced
3/4 plum tomato (47g)

For all 2 meals:

sliced cheese
3 slice (1 oz ea) (84g)
flour tortillas
3 tortilla (approx 7-8" dia) (147g)
roast beef cold cuts
3/4 lbs (340g)
mustard
1 tbsp (15g)
romaine lettuce
3 leaf outer (84g)
tomatoes, diced
1 1/2 plum tomato (93g)

1. Build the wrap to your liking. Serve.

Edamame & beet salad

257 cals ● 14g protein ● 11g fat ● 19g carbs ● 8g fiber



For single meal:

balsamic vinaigrette
1 1/2 tbsp (23mL)
beets, precooked (canned or refrigerated), chopped
3 beets (2" dia, sphere) (150g)
edamame, frozen, shelled
3/4 cup (89g)
mixed greens
1 1/2 cup (45g)

For all 2 meals:

balsamic vinaigrette
3 tbsp (45mL)
beets, precooked (canned or refrigerated), chopped
6 beets (2" dia, sphere) (300g)
edamame, frozen, shelled
1 1/2 cup (177g)
mixed greens
3 cup (90g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Lunch 3 [↗](#)

Eat on day 5, day 6

Roasted cashews

1/8 cup(s) - 104 cals ● 3g protein ● 8g fat ● 5g carbs ● 1g fiber



For single meal:

roasted cashews

2 tbsp, halves and whole (17g)

For all 2 meals:

roasted cashews

4 tbsp, halves and whole (34g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

3 can(s) - 741 cals ● 54g protein ● 20g fat ● 70g carbs ● 16g fiber



For single meal:

chunky canned soup (non-creamy varieties)

3 can (~19 oz) (1578g)

For all 2 meals:

chunky canned soup (non-creamy varieties)

6 can (~19 oz) (3156g)

1. Prepare according to instructions on package.

Lunch 4 [↗](#)

Eat on day 7

Simple mixed greens salad

203 cals ● 4g protein ● 14g fat ● 13g carbs ● 3g fiber



mixed greens

4 1/2 cup (135g)

salad dressing

1/4 cup (68mL)

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

Buffalo chicken wrap

1 wrap(s) - 639 cals ● 59g protein ● 26g fat ● 35g carbs ● 8g fiber



Makes 1 wrap(s)

black pepper

1 1/3 dash, ground (0g)

salt

1 1/3 dash (1g)

avocados, chopped

1/3 avocado(s) (67g)

tomatoes, halved

2 2/3 tbsp cherry tomatoes (25g)

boneless skinless chicken breast, raw, cubed

1/2 lbs (227g)

hot sauce

2 2/3 tbsp (40mL)

olive oil

1 tsp (5mL)

flour tortillas

1 tortilla (approx 10" dia) (72g)

1. Cube chicken and put in a bowl with the hot sauce, salt, and pepper. Toss to coat.
2. Heat the olive oil in a skillet over medium heat.
3. Add chicken to skillet and cook 7-10 minutes until cooked through.
4. Assemble wrap by taking a tortilla, topping with chicken, tomatoes and avocado, and wrapping.
5. Serve.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

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

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.

Lowfat Greek yogurt

1 container(s) - 155 cal● 12g protein ● 4g fat ● 16g carbs ● 2g fiber



For single meal:

lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)

For all 2 meals:

lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)

1. This recipe has no instructions.

Snacks 2

Eat on day 3, day 4

Instant oatmeal with water

1 packet(s) - 165 cal● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal
1 packet (43g)
water
3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal
2 packet (86g)
water
1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
2. Microwave for 90 seconds - 2 minutes.

Roasted cashews

1/6 cup(s) - 156 cals ● 4g protein ● 12g fat ● 8g carbs ● 1g fiber



For single meal:

roasted cashews

3 tbsp, halves and whole (26g)

For all 2 meals:

roasted cashews

6 tbsp, halves and whole (51g)

1. This recipe has no instructions.

Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

Roasted chickpeas

1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas

4 tbsp (28g)

For all 3 meals:

Roasted chickpeas

3/4 cup (85g)

1. This recipe has no instructions.

Cottage cheese & fruit cup

1 container - 131 cals ● 14g protein ● 3g fat ● 13g carbs ● 0g fiber



For single meal:

cottage cheese & fruit cup

1 container (170g)

For all 3 meals:

cottage cheese & fruit cup

3 container (510g)

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

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

Salmon & veggie one pot

8 oz salmon - 748 cal ● 53g protein ● 46g fat ● 23g carbs ● 8g fiber



Makes 8 oz salmon

ground cumin

1 tsp (2g)

water

1/4 cup(s) (59mL)

oil

1 tbsp (15mL)

dried dill weed

1 tsp (1g)

canned crushed tomatoes

1 cup (242g)

onion, sliced

1 small (70g)

bell pepper, sliced into strips

1 medium (119g)

salmon

1/2 lbs (227g)

1. Heat oil, bell pepper, and onion in a skillet over medium heat. Fry for about 6-8 minutes until soft.
2. Add water, cumin, and salt/pepper to taste. Simmer for 5 minutes.
3. Place salmon on top of vegetables. Cover with a lid and let cook for another 8-10 minutes, or until the salmon is done.
4. Top with dill and serve.

Couscous

151 cal ● 5g protein ● 0g fat ● 30g carbs ● 2g fiber



instant couscous, flavored

1/4 box (5.8 oz) (41g)

1. Follow instructions on package.
-

Dinner 2 [↗](#)

Eat on day 2, day 3

Avocado tuna salad

654 cals ● 61g protein ● 36g fat ● 9g carbs ● 12g fiber



For single meal:

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)
mixed greens
1 1/2 cup (45g)
onion, minced
3/8 small (26g)
canned tuna
1 1/2 can (258g)
tomatoes
6 tbsp, chopped (68g)

For all 2 meals:

avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
mixed greens
3 cup (90g)
onion, minced
3/4 small (53g)
canned tuna
3 can (516g)
tomatoes
3/4 cup, chopped (135g)

1. In a small bowl, mix the tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Place the tuna mixture on a bed of mixed greens and top with chopped tomatoes.
3. Serve.

Sunflower seeds

271 cals ● 13g protein ● 21g fat ● 3g carbs ● 4g fiber



For single meal:

sunflower kernels
1 1/2 oz (43g)

For all 2 meals:

sunflower kernels
3 oz (85g)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 4, day 5

Roasted pepper stuffed chicken

8 oz - 572 cals ● 51g protein ● 39g fat ● 4g carbs ● 0g fiber



For single meal:

oil
1 tsp (5mL)
paprika
1/3 tsp (1g)
boneless chicken thighs, with skin
1/2 lbs (227g)
roasted red peppers, cut into thick strips
2/3 pepper(s) (47g)

For all 2 meals:

oil
2 tsp (10mL)
paprika
1/4 tbsp (2g)
boneless chicken thighs, with skin
16 oz (454g)
roasted red peppers, cut into thick strips
1 1/3 pepper(s) (93g)

1. Using fingers, loosen the skin of the chicken thighs from the meat and stuff the roasted peppers underneath the skin.
2. Season chicken with paprika and salt/pepper (to taste).
3. Heat oil in a skillet over medium heat. Place chicken skin side down into pan and cook for 6 minutes. Flip and cook for an additional 5-7 minutes until chicken is fully cooked. Serve.

Sauteed Kale

151 cals ● 3g protein ● 12g fat ● 7g carbs ● 2g fiber



For single meal:

oil
2 1/2 tsp (13mL)
kale leaves
2 1/2 cup, chopped (100g)

For all 2 meals:

oil
5 tsp (25mL)
kale leaves
5 cup, chopped (200g)

1. Heat oil in a skillet over medium-low heat. Add kale and saute for a 3-5 minutes until kale has softened and become a little shiny. Serve with a pinch of salt and pepper.

Lentils

174 cals ● 12g protein ● 1g fat ● 25g carbs ● 5g fiber



For single meal:

salt
1/2 dash (0g)
water
1 cup(s) (237mL)
lentils, raw, rinsed
4 tbsp (48g)

For all 2 meals:

salt
1 dash (1g)
water
2 cup(s) (474mL)
lentils, raw, rinsed
1/2 cup (96g)

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.

Dinner 4 [🔗](#)

Eat on day 6, day 7

Philly cheesesteak lettuce wrap

4 lettuce wrap(s) - 890 cals ● 63g protein ● 62g fat ● 15g carbs ● 5g fiber



For single meal:

oil
4 tsp (20mL)
italian seasoning
4 dash (2g)
provolone cheese
2 slice(s) (56g)
onion, sliced
1 medium (2-1/2" dia) (110g)
bell pepper, cut into strips
2 small (148g)
sirloin steak, raw, cut into strips
1/2 lbs (227g)
romaine lettuce
4 leaf inner (24g)

For all 2 meals:

oil
2 2/3 tbsp (40mL)
italian seasoning
1 tsp (4g)
provolone cheese
4 slice(s) (112g)
onion, sliced
2 medium (2-1/2" dia) (220g)
bell pepper, cut into strips
4 small (296g)
sirloin steak, raw, cut into strips
1 lbs (454g)
romaine lettuce
8 leaf inner (48g)

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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