

# Meal Plan - 2900 calorie meal plan to gain muscle/weight



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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

2838 cals ● 234g protein (33%) ● 123g fat (39%) ● 168g carbs (24%) ● 30g fiber (4%)

### Breakfast

505 cals, 30g protein, 23g net carbs, 32g fat



[Breakfast cereal](#)  
129 cals



[Kale & eggs](#)  
378 cals

### Snacks

425 cals, 20g protein, 38g net carbs, 17g fat



[Grapes](#)  
116 cals



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



[Roasted peanuts](#)  
1/6 cup(s)- 153 cals

### Lunch

875 cals, 107g protein, 44g net carbs, 27g fat



[Lemon pepper chicken breast](#)  
16 oz- 592 cals



[White rice](#)  
3/4 cup rice, cooked- 165 cals



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

### Dinner

1035 cals, 77g protein, 63g net carbs, 48g fat



[Teriyaki burgers](#)  
2 burger(s)- 799 cals



[Tomato and avocado salad](#)  
235 cals

## Day 2

2910 cals ● 184g protein (25%) ● 117g fat (36%) ● 235g carbs (32%) ● 44g fiber (6%)

### Breakfast

505 cals, 30g protein, 23g net carbs, 32g fat



Breakfast cereal  
129 cals



Kale & eggs  
378 cals

### Snacks

425 cals, 20g protein, 38g net carbs, 17g fat



Grapes  
116 cals



Lowfat Greek yogurt  
1 container(s)- 155 cals



Roasted peanuts  
1/6 cup(s)- 153 cals

### Lunch

995 cals, 44g protein, 126g net carbs, 26g fat



Spinach soup with yogurt  
473 cals



Naan bread  
2 piece(s)- 524 cals

### Dinner

980 cals, 90g protein, 48g net carbs, 43g fat



Quinoa  
1 cup quinoa, cooked- 208 cals



Ranch chicken  
12 oz- 691 cals



Sugar snap peas  
82 cals

## Day 3

2934 cals ● 194g protein (26%) ● 159g fat (49%) ● 140g carbs (19%) ● 43g fiber (6%)

### Breakfast

545 cals, 23g protein, 7g net carbs, 43g fat



Avocado  
176 cals



Boiled eggs  
2 egg(s)- 139 cals



Roasted peanuts  
1/4 cup(s)- 230 cals

### Snacks

390 cals, 10g protein, 66g net carbs, 5g fat



Peach  
3 peach(es)- 198 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Small toasted bagel with butter and jelly  
1/2 bagel(s)- 150 cals

### Lunch

1020 cals, 71g protein, 18g net carbs, 68g fat



Buttered sugar snap peas  
375 cals



Coriander and cumin rubbed pork chops  
1 1/2 chop(s)- 642 cals

### Dinner

980 cals, 90g protein, 48g net carbs, 43g fat



Quinoa  
1 cup quinoa, cooked- 208 cals



Ranch chicken  
12 oz- 691 cals



Sugar snap peas  
82 cals

## Day 4

2883 cals ● 242g protein (34%) ● 138g fat (43%) ● 124g carbs (17%) ● 45g fiber (6%)

### Breakfast

545 cals, 23g protein, 7g net carbs, 43g fat



Avocado  
176 cals



Boiled eggs  
2 egg(s)- 139 cals



Roasted peanuts  
1/4 cup(s)- 230 cals

### Snacks

390 cals, 10g protein, 66g net carbs, 5g fat



Peach  
3 peach(es)- 198 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Small toasted bagel with butter and jelly  
1/2 bagel(s)- 150 cals

### Lunch

990 cals, 114g protein, 32g net carbs, 41g fat



Teriyaki chicken  
16 oz- 760 cals



Simple kale & avocado salad  
230 cals

### Dinner

960 cals, 95g protein, 19g net carbs, 49g fat



Salsa verde chicken salad  
958 cals

## Day 5

2924 cals ● 194g protein (27%) ● 138g fat (43%) ● 172g carbs (23%) ● 54g fiber (7%)

### Breakfast

545 cals, 23g protein, 7g net carbs, 43g fat



Avocado  
176 cals



Boiled eggs  
2 egg(s)- 139 cals



Roasted peanuts  
1/4 cup(s)- 230 cals

### Snacks

335 cals, 23g protein, 48g net carbs, 2g fat



Cottage cheese & honey  
3/4 cup(s)- 187 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Apple  
1 apple(s)- 105 cals

### Lunch

1085 cals, 53g protein, 98g net carbs, 45g fat



Quinoa  
2 cup quinoa, cooked- 417 cals



Olive oil drizzled sugar snap peas  
326 cals



Spicy orange meatballs  
3 meatballs- 344 cals

### Dinner

960 cals, 95g protein, 19g net carbs, 49g fat



Salsa verde chicken salad  
958 cals

## Day 6

2928 cals ● 222g protein (30%) ● 122g fat (38%) ● 189g carbs (26%) ● 46g fiber (6%)

### Breakfast

540 cals, 24g protein, 28g net carbs, 33g fat



Eggs with tomato and avocado  
326 cals



Peach  
1 peach(es)- 66 cals



Milk  
1 cup(s)- 149 cals

### Snacks

335 cals, 23g protein, 48g net carbs, 2g fat



Cottage cheese & honey  
3/4 cup(s)- 187 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Apple  
1 apple(s)- 105 cals

### Lunch

1085 cals, 53g protein, 98g net carbs, 45g fat



Quinoa  
2 cup quinoa, cooked- 417 cals



Olive oil drizzled sugar snap peas  
326 cals



Spicy orange meatballs  
3 meatballs- 344 cals

### Dinner

965 cals, 122g protein, 16g net carbs, 42g fat



Spicy garlic lime chicken breast  
18 oz- 697 cals



Buttered sugar snap peas  
268 cals

## Day 7

2876 cals ● 219g protein (30%) ● 97g fat (30%) ● 243g carbs (34%) ● 39g fiber (5%)

### Breakfast

540 cals, 24g protein, 28g net carbs, 33g fat



Eggs with tomato and avocado  
326 cals



Peach  
1 peach(es)- 66 cals



Milk  
1 cup(s)- 149 cals

### Snacks

335 cals, 23g protein, 48g net carbs, 2g fat



Cottage cheese & honey  
3/4 cup(s)- 187 cals



Cherry tomatoes  
12 cherry tomatoes- 42 cals



Apple  
1 apple(s)- 105 cals

### Lunch

1035 cals, 50g protein, 152g net carbs, 19g fat



Quinoa  
1 1/2 cup quinoa, cooked- 313 cals



Dried cranberries  
1/4 cup- 136 cals



Spicy salmon wrap  
2 wrap(s)- 586 cals

### Dinner

965 cals, 122g protein, 16g net carbs, 42g fat



Spicy garlic lime chicken breast  
18 oz- 697 cals



Buttered sugar snap peas  
268 cals

## Breakfast Cereals

- ☐ breakfast cereal  
1 1/3 serving (40g)

## Dairy and Egg Products

- ☐ whole milk  
2 2/3 cup (641mL)
- ☐ eggs  
18 large (900g)
- ☐ lowfat flavored greek yogurt  
2 (5.3 oz ea) container(s) (300g)
- ☐ nonfat greek yogurt, plain  
5/8 container (105g)
- ☐ butter  
3/4 stick (84g)
- ☐ low fat cottage cheese (1% milkfat)  
2 1/4 cup (509g)

## Spices and Herbs

- ☐ salt  
2/3 oz (19g)
- ☐ garlic powder  
1 tbsp (10g)
- ☐ black pepper  
3 g (3g)
- ☐ lemon pepper  
1 tbsp (7g)
- ☐ ground cumin  
1/2 oz (15g)
- ☐ ground coriander  
3/4 tbsp (4g)
- ☐ crushed red pepper  
4 dash (1g)
- ☐ fresh basil  
4 leaves (2g)
- ☐ cayenne pepper  
3 dash (1g)
- ☐ paprika  
1 1/2 dash (0g)
- ☐ thyme, dried  
3 dash, ground (1g)

## Vegetables and Vegetable Products

- ☐ kale leaves  
1/2 lbs (208g)
- ☐ cucumber  
12 slices (84g)

## Legumes and Legume Products

- ☐ roasted peanuts  
1 cup (158g)
- ☐ chickpeas, canned  
1/2 can (224g)
- ☐ black beans  
1/2 cup (120g)

## Baked Products

- ☐ hamburger buns  
2 bun(s) (102g)
- ☐ naan bread  
2 piece (180g)
- ☐ bagel  
1 small bagel (3" dia) (69g)
- ☐ flour tortillas  
2 tortilla (approx 10" dia) (144g)

## Other

- ☐ teriyaki sauce  
1/2 lbs (180mL)
- ☐ ranch dressing mix  
3/4 packet (1 oz) (21g)
- ☐ mixed greens  
1 1/6 package (5.5 oz) (180g)
- ☐ orange marmalade  
1 1/2 tbsp (30g)
- ☐ sriracha chili sauce  
2 tsp (10g)

## Beef Products

- ☐ ground beef (93% lean)  
1 1/4 lbs (567g)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
7 1/4 lbs (3256g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
4 tbsp (46g)
- ☐ quinoa, uncooked  
2 1/2 cup (425g)

## Beverages

- ☐ onion  
1 medium (2-1/2" dia) (125g)
- ☐ tomatoes  
11 medium whole (2-3/5" dia) (1350g)
- ☐ fresh ginger  
3 inch (2.5cm) cube (15g)
- ☐ fresh spinach  
1/2 lbs (227g)
- ☐ frozen sugar snap peas  
13 2/3 cup (1968g)
- ☐ garlic  
2 3/4 clove(s) (8g)
- ☐ shallots  
1/2 shallot (57g)
- ☐ carrots  
1/2 small (5-1/2" long) (25g)

## Fats and Oils

- ☐ oil  
1/4 lbs (111mL)
- ☐ olive oil  
3 oz (96mL)
- ☐ ranch dressing  
6 tbsp (90mL)

## Fruits and Fruit Juices

- ☐ grapes  
4 cup (368g)
- ☐ lime juice  
1/3 cup (83mL)
- ☐ avocados  
4 3/4 avocado(s) (954g)
- ☐ lemon  
3/4 small (44g)
- ☐ peach  
8 medium (2-2/3" dia) (1200g)
- ☐ lemon juice  
1/2 tbsp (8mL)
- ☐ apples  
3 medium (3" dia) (546g)
- ☐ dried cranberries  
4 tbsp (40g)

- ☐ water  
5 1/2 cup(s) (1317mL)

## Soups, Sauces, and Gravies

- ☐ vegetable broth  
1 1/4 cup(s) (mL)
- ☐ salsa verde  
4 tbsp (64g)

## Sweets

- ☐ jelly  
1 serving 1 tbsp (21g)
- ☐ honey  
3 tbsp (63g)

## Pork Products

- ☐ pork loin chops, boneless, raw  
1 1/2 chop (278g)

## Nut and Seed Products

- ☐ roasted pumpkin seeds, unsalted  
1/2 cup (59g)

## Finfish and Shellfish Products

- ☐ canned salmon  
1 5oz can(s) (undrained) (142g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Breakfast cereal

129 cal ● 4g protein ● 3g fat ● 19g carbs ● 2g fiber



For single meal:

**breakfast cereal**  
2/3 serving (20g)  
**whole milk**  
1/3 cup (80mL)

For all 2 meals:

**breakfast cereal**  
1 1/3 serving (40g)  
**whole milk**  
2/3 cup (160mL)

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.

### Kale & eggs

378 cal ● 26g protein ● 28g fat ● 4g carbs ● 1g fiber



For single meal:

**salt**  
2 dash (1g)  
**eggs**  
4 large (200g)  
**kale leaves**  
1 cup, chopped (40g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**salt**  
4 dash (2g)  
**eggs**  
8 large (400g)  
**kale leaves**  
2 cup, chopped (80g)  
**oil**  
4 tsp (20mL)

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.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### 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 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.

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### Boiled eggs

2 egg(s) - 139 cal ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



For single meal:

#### **eggs**

2 large (100g)

For all 3 meals:

#### **eggs**

6 large (300g)

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.

### Roasted peanuts

1/4 cup(s) - 230 cal ● 9g protein ● 18g fat ● 5g carbs ● 3g fiber



For single meal:

**roasted peanuts**  
4 tbsp (37g)

For all 3 meals:

**roasted peanuts**  
3/4 cup (110g)

1. This recipe has no instructions.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Eggs with tomato and avocado

326 cal ● 15g protein ● 24g fat ● 4g carbs ● 7g fiber



For single meal:

**tomatoes**  
2 slice(s), thick/large (1/2" thick)  
(54g)  
**eggs**  
2 large (100g)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**salt**  
2 dash (1g)  
**black pepper**  
2 dash (0g)  
**fresh basil, chopped**  
2 leaves (1g)

For all 2 meals:

**tomatoes**  
4 slice(s), thick/large (1/2" thick)  
(108g)  
**eggs**  
4 large (200g)  
**avocados, sliced**  
1 avocado(s) (201g)  
**salt**  
4 dash (2g)  
**black pepper**  
4 dash (0g)  
**fresh basil, chopped**  
4 leaves (2g)

1. Cook eggs according to your desired preference, seasoning with salt and pepper.
2. Lay tomato slices down on a plate and top with avocado, basil, then eggs.
3. Serve.

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### Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. This recipe has no instructions.

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.

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Lunch 1 [↗](#)

Eat on day 1

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Lemon pepper chicken breast

16 oz - 592 cals ● 102g protein ● 19g fat ● 3g carbs ● 2g fiber



Makes 16 oz

**lemon pepper**

1 tbsp (7g)

**olive oil**

1/2 tbsp (8mL)

**boneless skinless chicken breast,  
raw**

1 lbs (448g)

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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**White rice**

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

Makes 3/4 cup rice, cooked



**long-grain white rice**

4 tbsp (46g)

**water**

1/2 cup(s) (120mL)

**salt**

2 dash (2g)

**black pepper**

1 1/2 dash, ground (0g)

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

**Simple kale & avocado salad**

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



**kale leaves, chopped**

1/4 bunch (43g)

**lemon, juiced**

1/4 small (15g)

**avocados, chopped**

1/4 avocado(s) (50g)

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.

## Lunch 2 [↗](#)

Eat on day 2

### Spinach soup with yogurt

473 cals ● 27g protein ● 15g fat ● 39g carbs ● 17g fiber



#### nonfat greek yogurt, plain

4 tbsp (70g)

#### chickpeas, canned, drained & rinsed

1/2 can (224g)

#### oil

2 tsp (10mL)

#### onion, chopped

1 medium (2-1/2" dia) (110g)

#### fresh ginger, minced

2 inch (2.5cm) cube (10g)

#### fresh spinach

1/2 lbs (227g)

#### vegetable broth

1 1/4 cup(s) (mL)

#### ground cumin

1 tsp (2g)

1. Heat oil in a large pot over medium-high heat. Fry onion and ginger until soft, about 3-5 minutes. Stir in chickpeas, spinach, broth, cumin, and some salt.
2. Bring to a boil, reduce heat to low, and cook until greens are wilted, about 4-5 minutes.
3. Carefully transfer soup to a blender. Blend until smooth. Season to taste with salt and pepper. Stir in greek yogurt and serve.

### Naan bread

2 piece(s) - 524 cals ● 17g protein ● 10g fat ● 87g carbs ● 4g fiber

Makes 2 piece(s)



#### naan bread

2 piece (180g)

1. This recipe has no instructions.

## Lunch 3 [↗](#)

Eat on day 3

### Buttered sugar snap peas

375 cals ● 10g protein ● 27g fat ● 14g carbs ● 11g fiber



#### black pepper

1/4 tsp (0g)

#### salt

1/4 tsp (1g)

#### butter

2 1/3 tbsp (32g)

#### frozen sugar snap peas

2 1/3 cup (336g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

### Coriander and cumin rubbed pork chops

1 1/2 chop(s) - 642 cals ● 62g protein ● 41g fat ● 4g carbs ● 2g fiber



Makes 1 1/2 chop(s)

**black pepper**

1 1/2 dash (0g)

**pork loin chops, boneless, raw**

1 1/2 chop (278g)

**olive oil, divided**

1 1/2 tbsp (23mL)

**ground coriander**

3/4 tbsp (4g)

**ground cumin**

3/4 tbsp (5g)

**salt**

3 dash (2g)

**garlic, minced**

2 1/4 clove(s) (7g)

1. Mix the salt, cumin, coriander, garlic, and half of the olive oil to form a paste.
2. Season the pork chops with salt and pepper, rub with the paste.
3. Heat the remaining olive oil in a skillet over medium heat, and cook the pork chops about 5 minutes on each side, to an internal temperature of 145°F (63°C). Serve.

## Lunch 4 [↗](#)

Eat on day 4

### Teriyaki chicken

16 oz - 760 cals ● 110g protein ● 26g fat ● 22g carbs ● 0g fiber



Makes 16 oz

**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.

### Simple kale & avocado salad

230 cals ● 5g protein ● 15g fat ● 9g carbs ● 9g fiber



**kale leaves, chopped**

1/2 bunch (85g)

**lemon, juiced**

1/2 small (29g)

**avocados, chopped**

1/2 avocado(s) (101g)

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.

## Lunch 5 [↗](#)

Eat on day 5, day 6

### Quinoa

2 cup quinoa, cooked - 417 cals ● 16g protein ● 7g fat ● 65g carbs ● 8g fiber



For single meal:

**quinoa, uncooked**

2/3 cup (113g)

**water**

1 1/3 cup(s) (319mL)

For all 2 meals:

**quinoa, uncooked**

1 1/3 cup (227g)

**water**

2 2/3 cup(s) (639mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

### Olive oil drizzled sugar snap peas

326 cals ● 11g protein ● 19g fat ● 16g carbs ● 12g fiber



For single meal:

**black pepper**

2 dash (0g)

**salt**

2 dash (1g)

**frozen sugar snap peas**

2 2/3 cup (384g)

**olive oil**

4 tsp (20mL)

For all 2 meals:

**black pepper**

4 dash (0g)

**salt**

4 dash (2g)

**frozen sugar snap peas**

5 1/3 cup (768g)

**olive oil**

2 2/3 tbsp (40mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

### Spicy orange meatballs

3 meatballs - 344 cals ● 26g protein ● 19g fat ● 17g carbs ● 1g fiber



For single meal:

**oil**  
3/4 tbsp (11mL)  
**teriyaki sauce**  
1 tbsp (15mL)  
**shallots, chopped**  
1/4 shallot (28g)  
**crushed red pepper**  
2 dash (0g)  
**orange marmalade**  
3/4 tbsp (15g)  
**fresh ginger, minced**  
1/2 inch (2.5cm) cube (3g)  
**garlic, minced**  
1/4 clove (1g)  
**ground beef (93% lean)**  
4 oz (114g)

For all 2 meals:

**oil**  
1 1/2 tbsp (23mL)  
**teriyaki sauce**  
2 tbsp (30mL)  
**shallots, chopped**  
1/2 shallot (57g)  
**crushed red pepper**  
4 dash (1g)  
**orange marmalade**  
1 1/2 tbsp (30g)  
**fresh ginger, minced**  
1 inch (2.5cm) cube (5g)  
**garlic, minced**  
1/2 clove (2g)  
**ground beef (93% lean)**  
1/2 lbs (227g)

1. Preheat oven to 400°F (200°C).
  2. In a large bowl mix together the ground beef, shallot, and a pinch of salt/pepper. Form into meatballs (into the number of meatballs listed in the recipes serving details). Place on a baking sheet and bake in the oven for about 15-20 minutes until fully cooked. Set aside.
  3. In a large skillet over medium-low heat, add the oil, ginger, and garlic. Cook for 2 minutes until fragrant and softened.
  4. Add the marmalade, teriyaki, and the crushed red pepper. Stir and cook for about 3 minutes until the sauce is warmed.
  5. Add meatballs into the sauce and stir until fully coated. Serve.
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## Lunch 6 [↗](#)

Eat on day 7

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### Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



Makes 1 1/2 cup quinoa, cooked

#### **quinoa, uncooked**

1/2 cup (85g)

#### **water**

1 cup(s) (239mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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### Dried cranberries

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



Makes 1/4 cup

#### **dried cranberries**

4 tbsp (40g)

1. This recipe has no instructions.

### Spicy salmon wrap

2 wrap(s) - 586 cals ● 38g protein ● 14g fat ● 72g carbs ● 6g fiber



Makes 2 wrap(s)

**sriracha chili sauce**

2 tsp (10g)

**mixed greens**

1/4 gram (0g)

**carrots, cut into matchsticks**

1/2 small (5-1/2" long) (25g)

**cucumber**

4 slices (28g)

**nonfat greek yogurt, plain**

2 tbsp (35g)

**canned salmon**

1 5oz can(s) (undrained) (142g)

**flour tortillas**

2 tortilla (approx 10" dia) (144g)

1. Mix salmon with Greek yogurt and some salt/pepper.
2. Top tortilla with greens, cucumber, carrot, and salmon mixture. Drizzle sriracha on top. Wrap and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2

Grapes

116 cal ● 1g protein ● 1g fat ● 18g carbs ● 7g fiber



For single meal:

**grapes**

2 cup (184g)

For all 2 meals:

**grapes**

4 cup (368g)

1. This recipe has no instructions.

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.

Roasted peanuts

1/6 cup(s) - 153 cal ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:  
**roasted peanuts**  
2 2/3 tbsp (24g)

For all 2 meals:  
**roasted peanuts**  
1/3 cup (49g)

1. This recipe has no instructions.

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## Snacks 2 [↗](#)

Eat on day 3, day 4

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### Peach

3 peach(es) - 198 cals ● 4g protein ● 1g fat ● 36g carbs ● 7g fiber



For single meal:  
**peach**  
3 medium (2-2/3" dia) (450g)

For all 2 meals:  
**peach**  
6 medium (2-2/3" dia) (900g)

1. This recipe has no instructions.

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### 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 2 meals:  
**tomatoes**  
24 cherry tomatoes (408g)

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

### Small toasted bagel with butter and jelly

1/2 bagel(s) - 150 cals ● 4g protein ● 4g fat ● 25g carbs ● 1g fiber



For single meal:

**bagel**  
1/2 small bagel (3" dia) (35g)  
**butter**  
1/4 tbsp (4g)  
**jelly**  
1/2 serving 1 tbsp (11g)

For all 2 meals:

**bagel**  
1 small bagel (3" dia) (69g)  
**butter**  
1/2 tbsp (7g)  
**jelly**  
1 serving 1 tbsp (21g)

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

### Snacks 3 [🔗](#)

Eat on day 5, day 6, day 7

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#### Cottage cheese & honey

3/4 cup(s) - 187 cals ● 21g protein ● 2g fat ● 22g carbs ● 0g fiber



For single meal:

**honey**  
1 tbsp (21g)  
**low fat cottage cheese (1% milkfat)**  
3/4 cup (170g)

For all 3 meals:

**honey**  
3 tbsp (63g)  
**low fat cottage cheese (1% milkfat)**  
2 1/4 cup (509g)

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

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#### 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.

#### Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

**apples**

1 medium (3" dia) (182g)

For all 3 meals:

**apples**

3 medium (3" dia) (546g)

1. This recipe has no instructions.

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## Dinner 1 [🔗](#)

Eat on day 1

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### Teriyaki burgers

2 burger(s) - 799 cals ● 74g protein ● 30g fat ● 57g carbs ● 2g fiber



Makes 2 burger(s)

**oil**

1/2 tsp (3mL)

**hamburger buns**

2 bun(s) (102g)

**teriyaki sauce**

2 tbsp (30mL)

**cucumber**

8 slices (56g)

**ground beef (93% lean)**

3/4 lbs (340g)

1. Generously season beef with salt and pepper.
2. Form the beef into a hamburger shape.
3. Heat oil in a skillet over medium-high heat. Add hamburger and cook, turning once, until browned and cooked to desired doneness, about 2-4 minutes per side.
4. Remove hamburger from the skillet and brush with the teriyaki sauce.
5. Place hamburger on the bottom half of the bun and top with sliced cucumber. Close with bun top and serve.

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### Tomato and avocado salad

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



**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)

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.

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Quinoa

1 cup quinoa, cooked - 208 cals ● 8g protein ● 3g fat ● 32g carbs ● 4g fiber



For single meal:

**quinoa, uncooked**  
1/3 cup (57g)  
**water**  
2/3 cup(s) (160mL)

For all 2 meals:

**quinoa, uncooked**  
2/3 cup (113g)  
**water**  
1 1/3 cup(s) (319mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

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### Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

**ranch dressing mix**  
3/8 packet (1 oz) (11g)  
**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**ranch dressing**  
3 tbsp (45mL)

For all 2 meals:

**ranch dressing mix**  
3/4 packet (1 oz) (21g)  
**oil**  
1 1/2 tbsp (23mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**ranch dressing**  
6 tbsp (90mL)

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

### Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

**frozen sugar snap peas**  
1 1/3 cup (192g)

For all 2 meals:

**frozen sugar snap peas**  
2 2/3 cup (384g)

1. Prepare according to instructions on package.
-

## Dinner 3 [↗](#)

Eat on day 4, day 5

### Salsa verde chicken salad

958 cals ● 95g protein ● 49g fat ● 19g carbs ● 16g fiber



For single meal:

**boneless skinless chicken breast, raw**  
3/4 lbs (340g)  
**oil**  
2 tsp (10mL)  
**mixed greens**  
3 cup (90g)  
**avocados, sliced**  
4 slices (100g)  
**roasted pumpkin seeds, unsalted**  
4 tbsp (30g)  
**black beans, drained and rinsed**  
4 tbsp (60g)  
**ground cumin**  
2 tsp (4g)  
**salsa verde**  
2 tbsp (32g)  
**tomatoes, chopped**  
1 roma tomato (80g)

For all 2 meals:

**boneless skinless chicken breast, raw**  
1 1/2 lbs (680g)  
**oil**  
4 tsp (20mL)  
**mixed greens**  
6 cup (180g)  
**avocados, sliced**  
8 slices (200g)  
**roasted pumpkin seeds, unsalted**  
1/2 cup (59g)  
**black beans, drained and rinsed**  
1/2 cup (120g)  
**ground cumin**  
4 tsp (8g)  
**salsa verde**  
4 tbsp (64g)  
**tomatoes, chopped**  
2 roma tomato (160g)

1. Rub chicken with oil, cumin, and a pinch of salt. Fry in a skillet or grill pan for about 10 minutes on each side or until chicken is cooked through but still moist. Remove chicken from skillet to cool.
2. Add the black beans into the skillet and cook until they are just warmed through, a couple of minutes. Remove from heat and set aside.
3. When chicken is cool enough to handle, chop it into bite-sized pieces.
4. Add mixed greens to a bowl and arrange the chicken, beans, avocado, and tomatoes on top. Gently toss the salad. Top with pumpkin seeds and salsa verde. Serve.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Spicy garlic lime chicken breast

18 oz - 697 cals ● 115g protein ● 23g fat ● 6g carbs ● 1g fiber



For single meal:

**olive oil**  
3/4 tbsp (11mL)  
**garlic powder**  
1/2 tbsp (5g)  
**lime juice**  
2 1/4 tbsp (34mL)  
**salt**  
1/2 tsp (3g)  
**black pepper**  
1 1/2 dash, ground (0g)  
**cayenne pepper**  
1 1/2 dash (0g)  
**paprika**  
3/4 dash (0g)  
**thyme, dried**  
1 1/2 dash, ground (0g)  
**boneless skinless chicken breast, raw**  
18 oz (504g)

For all 2 meals:

**olive oil**  
1 1/2 tbsp (23mL)  
**garlic powder**  
1 tbsp (9g)  
**lime juice**  
1/4 cup (68mL)  
**salt**  
1 tsp (7g)  
**black pepper**  
3 dash, ground (1g)  
**cayenne pepper**  
3 dash (1g)  
**paprika**  
1 1/2 dash (0g)  
**thyme, dried**  
3 dash, ground (1g)  
**boneless skinless chicken breast, raw**  
2 1/4 lbs (1008g)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

### Buttered sugar snap peas

268 cals ● 7g protein ● 19g fat ● 10g carbs ● 8g fiber



For single meal:

**black pepper**  
1 1/4 dash (0g)  
**salt**  
1 1/4 dash (1g)  
**butter**  
5 tsp (23g)  
**frozen sugar snap peas**  
1 2/3 cup (240g)

For all 2 meals:

**black pepper**  
1/3 tsp (0g)  
**salt**  
1/3 tsp (1g)  
**butter**  
1/4 cup (45g)  
**frozen sugar snap peas**  
3 1/3 cup (480g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.