

Meal Plan - 3000 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

3009 cals ● 239g protein (32%) ● 142g fat (43%) ● 158g carbs (21%) ● 35g fiber (5%)

Breakfast

475 cals, 25g protein, 25g net carbs, 28g fat



Basic scrambled eggs
2 egg(s)- 159 cals



Avocado toast
1 slice(s)- 168 cals



Milk
1 cup(s)- 149 cals

Snacks

440 cals, 23g protein, 26g net carbs, 24g fat



Boiled eggs
2 egg(s)- 139 cals



Grapefruit
1 grapefruit- 119 cals



Sunflower seeds
180 cals

Lunch

1020 cals, 107g protein, 49g net carbs, 40g fat



Baked fries
386 cals



Basic chicken breast
16 oz- 635 cals

Dinner

1075 cals, 84g protein, 58g net carbs, 50g fat



Steak & cauliflower skillet
815 cals



Lentils
260 cals

Day 2

3057 cals ● 222g protein (29%) ● 129g fat (38%) ● 204g carbs (27%) ● 47g fiber (6%)

Breakfast

475 cals, 25g protein, 25g net carbs, 28g fat



Basic scrambled eggs

2 egg(s)- 159 cals



Avocado toast

1 slice(s)- 168 cals



Milk

1 cup(s)- 149 cals

Snacks

440 cals, 23g protein, 26g net carbs, 24g fat



Boiled eggs

2 egg(s)- 139 cals



Grapefruit

1 grapefruit- 119 cals



Sunflower seeds

180 cals

Lunch

1070 cals, 90g protein, 95g net carbs, 27g fat



Turkey & hummus deli sandwich

3 sandwich(es)- 1047 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Dinner

1075 cals, 84g protein, 58g net carbs, 50g fat



Steak & cauliflower skillet

815 cals



Lentils

260 cals

Day 3

2981 cals ● 254g protein (34%) ● 100g fat (30%) ● 219g carbs (29%) ● 47g fiber (6%)

Breakfast

495 cals, 19g protein, 53g net carbs, 20g fat



Toast with butter

2 1/2 slice(s)- 284 cals



Grapefruit

1/2 grapefruit- 59 cals



Milk

1 cup(s)- 149 cals

Snacks

320 cals, 21g protein, 34g net carbs, 7g fat



Plain yogurt

1 1/2 cup(s)- 232 cals



Raspberries

1 1/4 cup(s)- 90 cals

Lunch

1070 cals, 90g protein, 95g net carbs, 27g fat



Turkey & hummus deli sandwich

3 sandwich(es)- 1047 cals



Cherry tomatoes

6 cherry tomatoes- 21 cals

Dinner

1100 cals, 124g protein, 38g net carbs, 46g fat



Chicken beet & carrot salad bowl

1011 cals



Lentils

87 cals

Day 4

2950 cals ● 199g protein (27%) ● 129g fat (39%) ● 207g carbs (28%) ● 42g fiber (6%)

Breakfast

495 cals, 19g protein, 53g net carbs, 20g fat



[Toast with butter](#)

2 1/2 slice(s)- 284 cals



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Milk](#)

1 cup(s)- 149 cals

Snacks

320 cals, 21g protein, 34g net carbs, 7g fat



[Plain yogurt](#)

1 1/2 cup(s)- 232 cals



[Raspberries](#)

1 1/4 cup(s)- 90 cals

Lunch

1040 cals, 70g protein, 87g net carbs, 38g fat



[Fruit juice](#)

2 cup(s)- 229 cals



[Pita bread](#)

2 pita bread(s)- 156 cals



[Avocado tuna salad](#)

654 cals

Dinner

1095 cals, 90g protein, 33g net carbs, 64g fat



[Beets](#)

8 beets- 193 cals



[Blue cheese stuffed chicken thighs](#)

2 thigh- 904 cals

Day 5

3065 cals ● 290g protein (38%) ● 91g fat (27%) ● 226g carbs (30%) ● 45g fiber (6%)

Breakfast

565 cals, 65g protein, 33g net carbs, 17g fat



[Tomato mushroom egg white omelet](#)

448 cals



[Grapefruit](#)

1 grapefruit- 119 cals

Snacks

395 cals, 31g protein, 29g net carbs, 14g fat



[Protein greek yogurt](#)

1 container- 139 cals



[Raspberries](#)

1 cup(s)- 72 cals



[Milk](#)

1 1/4 cup(s)- 186 cals

Lunch

1040 cals, 70g protein, 87g net carbs, 38g fat



[Fruit juice](#)

2 cup(s)- 229 cals



[Pita bread](#)

2 pita bread(s)- 156 cals



[Avocado tuna salad](#)

654 cals

Dinner

1060 cals, 124g protein, 77g net carbs, 22g fat



[Lemon pepper chicken breast](#)

18 oz- 666 cals



[Basic baked potato](#)

1 1/2 potato(es)- 396 cals

Day 6

3062 cals ● 227g protein (30%) ● 135g fat (40%) ● 191g carbs (25%) ● 43g fiber (6%)

Breakfast

565 cals, 65g protein, 33g net carbs, 17g fat



Tomato mushroom egg white omelet
448 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

395 cals, 31g protein, 29g net carbs, 14g fat



Protein greek yogurt
1 container- 139 cals



Raspberries
1 cup(s)- 72 cals



Milk
1 1/4 cup(s)- 186 cals

Lunch

990 cals, 64g protein, 74g net carbs, 43g fat



Thyme & lime chicken thighs
490 cals



Mashed sweet potatoes with butter
498 cals

Dinner

1110 cals, 66g protein, 55g net carbs, 62g fat



Steak and beet salad
703 cals



Lentils
231 cals



Tomato and avocado salad
176 cals

Day 7

3062 cals ● 227g protein (30%) ● 135g fat (40%) ● 191g carbs (25%) ● 43g fiber (6%)

Breakfast

565 cals, 65g protein, 33g net carbs, 17g fat



Tomato mushroom egg white omelet
448 cals



Grapefruit
1 grapefruit- 119 cals

Snacks

395 cals, 31g protein, 29g net carbs, 14g fat



Protein greek yogurt
1 container- 139 cals



Raspberries
1 cup(s)- 72 cals



Milk
1 1/4 cup(s)- 186 cals

Lunch

990 cals, 64g protein, 74g net carbs, 43g fat



Thyme & lime chicken thighs
490 cals



Mashed sweet potatoes with butter
498 cals

Dinner

1110 cals, 66g protein, 55g net carbs, 62g fat



Steak and beet salad
703 cals



Lentils
231 cals



Tomato and avocado salad
176 cals

Dairy and Egg Products

- ☐ eggs
17 large (850g)
- ☐ whole milk
1/2 gallon (1860mL)
- ☐ butter
3/4 stick (87g)
- ☐ plain lowfat yogurt
3 cup (735g)
- ☐ blue cheese
1 oz (28g)
- ☐ egg whites
18 large (594g)
- ☐ low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)

Fats and Oils

- ☐ oil
4 oz (122mL)
- ☐ olive oil
1 1/3 tbsp (18mL)
- ☐ salad dressing
6 tbsp (90mL)

Baked Products

- ☐ bread
1 1/3 lbs (608g)
- ☐ pita bread
4 pita, small (4" dia) (112g)

Fruits and Fruit Juices

- ☐ avocados
2 3/4 avocado(s) (553g)
- ☐ Grapefruit
6 large (approx 4-1/2" dia) (1992g)
- ☐ raspberries
5 1/2 cup (677g)
- ☐ fruit juice
32 fl oz (960mL)
- ☐ lime juice
2 1/2 fl oz (78mL)

Nut and Seed Products

- ☐ sunflower kernels
2 oz (57g)

Spices and Herbs

Vegetables and Vegetable Products

- ☐ garlic
4 clove(s) (12g)
- ☐ onion
1 1/3 medium (2-1/2" dia) (145g)
- ☐ tomato paste
2 tbsp (32g)
- ☐ cauliflower
1 head medium (5-6" dia.) (588g)
- ☐ potatoes
2 1/2 large (3" to 4-1/4" dia.) (923g)
- ☐ tomatoes
8 medium whole (2-3/5" dia) (960g)
- ☐ carrots
1 medium (69g)
- ☐ beets, precooked (canned or refrigerated)
1 3/4 lbs (805g)
- ☐ mushrooms
1 1/2 cup, pieces or slices (105g)
- ☐ broccoli
1 1/2 cup chopped (137g)
- ☐ sweet potatoes
4 sweetpotato, 5" long (840g)

Beef Products

- ☐ sirloin steak, raw
35 oz (992g)

Beverages

- ☐ water
6 cup(s) (1462mL)

Legumes and Legume Products

- ☐ lentils, raw
1 1/2 cup (296g)
- ☐ hummus
3/4 cup (180g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/4 lbs (1456g)
- ☐ chicken thighs, with bone and skin, raw
2 thigh (6 oz ea) (340g)
- ☐ boneless skinless chicken thighs
1 1/3 lb (605g)

Other

- ☐ crushed red pepper
2 dash (0g)
- ☐ salt
1/4 oz (6g)
- ☐ thyme, dried
1/8 oz (2g)
- ☐ paprika
2 dash (1g)
- ☐ black pepper
1/8 oz (4g)
- ☐ lemon pepper
1 tbsp (8g)
- ☐ garlic powder
3 dash (1g)

- ☐ mixed greens
10 1/2 cup (315g)
- ☐ protein greek yogurt, flavored
3 container (450g)

Sausages and Luncheon Meats

- ☐ turkey cold cuts
1 1/2 lbs (680g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 tsp (0mL)

Finfish and Shellfish Products

- ☐ canned tuna
3 can (516g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Basic scrambled eggs

2 egg(s) - 159 cals ● 13g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

oil

1/2 tsp (3mL)

For all 2 meals:

eggs

4 large (200g)

oil

1 tsp (5mL)

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.

Avocado toast

1 slice(s) - 168 cals ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

bread

1 slice (32g)

avocados, ripe, sliced

1/4 avocado(s) (50g)

For all 2 meals:

bread

2 slice (64g)

avocados, ripe, sliced

1/2 avocado(s) (101g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

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 2 [↗](#)

Eat on day 3, day 4

Toast with butter

2 1/2 slice(s) - 284 cals ● 10g protein ● 12g fat ● 30g carbs ● 5g fiber



For single meal:

butter
2 1/2 tsp (11g)
bread
2 1/2 slice (80g)

For all 2 meals:

butter
5 tsp (23g)
bread
5 slice (160g)

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)

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 5, day 6, day 7

Tomato mushroom egg white omelet

448 cal ● 63g protein ● 17g fat ● 10g carbs ● 1g fiber



For single meal:

mushrooms, chopped
1/2 cup, pieces or slices (35g)
tomatoes, chopped
3/4 small whole (2-2/5" dia) (68g)
eggs
3 large (150g)
egg whites
6 large (198g)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)
black pepper
3 dash, ground (1g)

For all 3 meals:

mushrooms, chopped
1 1/2 cup, pieces or slices (105g)
tomatoes, chopped
2 1/4 small whole (2-2/5" dia) (205g)
eggs
9 large (450g)
egg whites
18 large (594g)
low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)
black pepper
1 tsp, ground (3g)

1. Combine all of the eggs, cottage cheese, and pepper and beat with a fork.
2. Spray a skillet with non-stick spray and place over medium heat.
3. Pour egg mixture into skillet, being sure it spreads evenly over the pan, and sprinkle mushroom and tomato over top.
4. Cook until eggs are opaque and set. Fold one-half of the omelet over the other.
5. Serve.

Grapefruit

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



For single meal:

Grapefruit

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

For all 3 meals:

Grapefruit

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

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

Lunch 1 [🔗](#)

Eat on day 1

Baked fries

386 cals ● 6g protein ● 14g fat ● 49g carbs ● 9g fiber



oil

1 tbsp (15mL)

potatoes

1 large (3" to 4-1/4" dia.) (369g)

1. Preheat oven to 450°F (230°C) and line a baking sheet with foil.
2. Slice the potato into thin sticks and place them on the baking sheet. Drizzle some oil over the potatoes and season liberally with some salt and pepper. Toss potatoes to coat them evenly.
3. Roast potatoes for about 15 minutes, flip them using a spatula, and continue roasting another 10-15 minutes until soft and golden. Serve.

Basic chicken breast

16 oz - 635 cals ● 101g protein ● 26g fat ● 0g carbs ● 0g fiber



Makes 16 oz

oil

1 tbsp (15mL)

**boneless skinless chicken breast,
raw**

1 lbs (448g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
 2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
 3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
 4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
 5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.
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Lunch 2 [🔗](#)

Eat on day 2, day 3

Turkey & hummus deli sandwich

3 sandwich(es) - 1047 cals ● 89g protein ● 27g fat ● 92g carbs ● 20g fiber



For single meal:

oil

1/4 tbsp (4mL)

mixed greens

1 1/2 cup (45g)

tomatoes

6 slice(s), thick/large (1/2" thick)
(162g)

hummus

6 tbsp (90g)

bread

6 slice(s) (192g)

turkey cold cuts

3/4 lbs (340g)

For all 2 meals:

oil

1/2 tbsp (8mL)

mixed greens

3 cup (90g)

tomatoes

12 slice(s), thick/large (1/2" thick)
(324g)

hummus

3/4 cup (180g)

bread

12 slice(s) (384g)

turkey cold cuts

1 1/2 lbs (680g)

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.

Cherry tomatoes

6 cherry tomatoes - 21 cals ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

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

Lunch 3 [🔗](#)

Eat on day 4, day 5

Fruit juice

2 cup(s) - 229 cals ● 3g protein ● 1g fat ● 51g carbs ● 1g fiber



For single meal:

fruit juice

16 fl oz (480mL)

For all 2 meals:

fruit juice

32 fl oz (960mL)

1. This recipe has no instructions.

Pita bread

2 pita bread(s) - 156 cals ● 6g protein ● 1g fat ● 28g carbs ● 4g fiber



For single meal:

pita bread

2 pita, small (4" dia) (56g)

For all 2 meals:

pita bread

4 pita, small (4" dia) (112g)

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.

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.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Thyme & lime chicken thighs

490 cals ● 58g protein ● 28g fat ● 2g carbs ● 0g fiber



For single meal:

oil
2 tsp (10mL)
lime juice
4 tsp (20mL)
thyme, dried
1/3 tsp, leaves (0g)
boneless skinless chicken thighs
2/3 lb (302g)

For all 2 meals:

oil
4 tsp (20mL)
lime juice
2 2/3 tbsp (40mL)
thyme, dried
1/4 tbsp, leaves (1g)
boneless skinless chicken thighs
1 1/3 lb (605g)

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.

Mashed sweet potatoes with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

butter

4 tsp (18g)

sweet potatoes

2 sweetpotato, 5" long (420g)

For all 2 meals:

butter

2 2/3 tbsp (36g)

sweet potatoes

4 sweetpotato, 5" long (840g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, 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.

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)

Sunflower seeds

180 cals ● 9g protein ● 14g fat ● 2g carbs ● 2g fiber



For single meal:

sunflower kernels

1 oz (28g)

For all 2 meals:

sunflower kernels

2 oz (57g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 3, day 4

Plain yogurt

1 1/2 cup(s) - 232 cals ● 19g protein ● 6g fat ● 26g carbs ● 0g fiber



For single meal:

plain lowfat yogurt

1 1/2 cup (368g)

For all 2 meals:

plain lowfat yogurt

3 cup (735g)

1. This recipe has no instructions.

Raspberries

1 1/4 cup(s) - 90 cals ● 2g protein ● 1g fat ● 8g carbs ● 10g fiber



For single meal:

raspberries
1 1/4 cup (154g)

For all 2 meals:

raspberries
2 1/2 cup (308g)

1. Rinse raspberries and serve.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Protein greek yogurt

1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored
1 container (150g)

For all 3 meals:

protein greek yogurt, flavored
3 container (450g)

1. Enjoy.

Raspberries

1 cup(s) - 72 cals ● 2g protein ● 1g fat ● 7g carbs ● 8g fiber



For single meal:

raspberries
1 cup (123g)

For all 3 meals:

raspberries
3 cup (369g)

1. Rinse raspberries and serve.

Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

whole milk

1 1/4 cup (300mL)

For all 3 meals:

whole milk

1/4 gallon (900mL)

1. This recipe has no instructions.

Dinner 1 [🔗](#)

Eat on day 1, day 2

Steak & cauliflower skillet

815 cals ● 66g protein ● 49g fat ● 20g carbs ● 7g fiber



For single meal:

crushed red pepper

1 dash (0g)

garlic, diced

2 clove(s) (6g)

onion, diced

1/2 small (35g)

tomato paste

1 tbsp (16g)

butter

1 tbsp (14g)

sirloin steak, raw, sliced into strips

10 oz (284g)

cauliflower, cut into florets

1/2 head medium (5-6" dia.) (294g)

For all 2 meals:

crushed red pepper

2 dash (0g)

garlic, diced

4 clove(s) (12g)

onion, diced

1 small (70g)

tomato paste

2 tbsp (32g)

butter

2 tbsp (28g)

sirloin steak, raw, sliced into strips

1 1/4 lbs (567g)

cauliflower, cut into florets

1 head medium (5-6" dia.) (588g)

1. Melt butter in a skillet over medium heat and add garlic. Cook about 1 minute until fragrant.
2. Turn the heat to high and add beef. Once beef is almost done, remove meat from the pan and set aside.
3. Reduce the heat back to medium and add in the diced onion. Cook for about 10 minutes until softened and browned.
4. Add in the cauliflower florets and cook for another 5-10 minutes until the cauliflower is slightly browned.
5. Add the tomato paste and cooked beef and stir, cooking for another couple of minutes.
6. Season to taste with a pinch of salt/pepper and the crushed red pepper flakes. Serve.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



For single meal:

salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

For all 2 meals:

salt
1 1/2 dash (1g)
water
3 cup(s) (711mL)
lentils, raw, rinsed
3/4 cup (144g)

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 2 [↗](#)

Eat on day 3

Chicken beet & carrot salad bowl

1011 cals ● 118g protein ● 45g fat ● 25g carbs ● 7g fiber



boneless skinless chicken breast, raw, cubed
18 oz (504g)
apple cider vinegar
1 tsp (0mL)
thyme, dried
1/2 tsp, leaves (1g)
oil
2 1/4 tbsp (34mL)
carrots, thinly sliced
1 medium (69g)
beets, precooked (canned or refrigerated), cubed
1/2 lbs (255g)

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.

Lentils

87 cals ● 6g protein ● 0g fat ● 13g carbs ● 3g fiber



salt
1/4 dash (0g)
water
1/2 cup(s) (119mL)
lentils, raw, rinsed
2 tbsp (24g)

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 3 [↗](#)

Eat on day 4

Beets

8 beets - 193 cals ● 7g protein ● 1g fat ● 32g carbs ● 8g fiber



Makes 8 beets

beets, precooked (canned or refrigerated)

8 beets (2" dia, sphere) (400g)

1. Slice beets. Season with salt/pepper (optional: also season with rosemary or a dash of balsamic vinegar) and serve.

Blue cheese stuffed chicken thighs

2 thigh - 904 cals ● 83g protein ● 63g fat ● 1g carbs ● 0g fiber



Makes 2 thigh

paprika

2 dash (1g)

olive oil

1/4 tbsp (4mL)

thyme, dried

3 dash, ground (1g)

blue cheese

1 oz (28g)

chicken thighs, with bone and skin, raw

2 thigh (6 oz ea) (340g)

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.
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Dinner 4 [↗](#)

Eat on day 5

Lemon pepper chicken breast

18 oz - 666 cals ● 114g protein ● 21g fat ● 3g carbs ● 2g fiber



Makes 18 oz

lemon pepper

1 tbsp (8g)

olive oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

18 oz (504g)

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.

Basic baked potato

1 1/2 potato(es) - 396 cals ● 9g protein ● 1g fat ● 74g carbs ● 13g fiber



Makes 1 1/2 potato(es)

potatoes

1 1/2 large (3" to 4-1/4" dia.) (554g)

salt

1 1/2 dash (1g)

oil

1/4 tbsp (4mL)

1. OVEN:
 2. Heat oven to 350°F (180°C) and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.
 3. Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam.
 4. MICROWAVE:
 5. Scrub the potato, and prick several times with the tines of a fork. Place on a plate.
 6. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise.
 7. Top as desired, keeping in mind that some toppings (e.g. butter) will significantly increase the calories of this dish, while others (e.g. salt, pepper, other seasonings) have little to no calories.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Steak and beet salad

703 cals ● 48g protein ● 47g fat ● 16g carbs ● 5g fiber



For single meal:

oil
3/4 tbsp (11mL)
beets, precooked (canned or refrigerated), chopped
1 1/2 beets (2" dia, sphere) (75g)
salad dressing
3 tbsp (45mL)
broccoli
3/4 cup chopped (68g)
mixed greens
2 1/4 cup (68g)
sirloin steak, raw
1/2 lbs (213g)

For all 2 meals:

oil
1 1/2 tbsp (23mL)
beets, precooked (canned or refrigerated), chopped
3 beets (2" dia, sphere) (150g)
salad dressing
6 tbsp (90mL)
broccoli
1 1/2 cup chopped (137g)
mixed greens
4 1/2 cup (135g)
sirloin steak, raw
15 oz (425g)

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.

Lentils

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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.

Tomato and avocado salad

176 cals ● 2g protein ● 14g fat ● 5g carbs ● 6g fiber



For single meal:

onion

3/4 tbsp minced (11g)

lime juice

3/4 tbsp (11mL)

avocados, cubed

3/8 avocado(s) (75g)

tomatoes, diced

3/8 medium whole (2-3/5" dia) (46g)

olive oil

1/2 tsp (3mL)

garlic powder

1 1/2 dash (1g)

salt

1 1/2 dash (1g)

black pepper

1 1/2 dash, ground (0g)

For all 2 meals:

onion

1 1/2 tbsp minced (23g)

lime juice

1 1/2 tbsp (23mL)

avocados, cubed

3/4 avocado(s) (151g)

tomatoes, diced

3/4 medium whole (2-3/5" dia) (92g)

olive oil

1 tsp (6mL)

garlic powder

3 dash (1g)

salt

3 dash (2g)

black pepper

3 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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