

Meal Plan - 3200 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

3241 cals ● 231g protein (29%) ● 95g fat (26%) ● 317g carbs (39%) ● 47g fiber (6%)

Breakfast

535 cals, 29g protein, 29g net carbs, 31g fat



[Bacon omelet](#)
280 cals



[Strawberries](#)
2 cup(s)- 104 cals



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

Snacks

430 cals, 25g protein, 49g net carbs, 13g fat



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



[Apple](#)
1 apple(s)- 105 cals



[Roasted cashews](#)
1/6 cup(s)- 139 cals

Lunch

1130 cals, 60g protein, 135g net carbs, 30g fat



[Pasta with meat sauce](#)
562 cals



[Quinoa](#)
1 1/2 cup quinoa, cooked- 313 cals



[Edamame & beet salad](#)
257 cals

Dinner

1145 cals, 116g protein, 104g net carbs, 22g fat



[Pear](#)
2 pear(s)- 226 cals



[Grilled chicken sandwich](#)
2 sandwich(es)- 919 cals

Day 2

3159 cals ● 262g protein (33%) ● 95g fat (27%) ● 271g carbs (34%) ● 43g fiber (5%)

Breakfast

535 cals, 29g protein, 29g net carbs, 31g fat



Bacon omelet
280 cals



Strawberries
2 cup(s)- 104 cals



Milk
1 cup(s)- 149 cals

Snacks

430 cals, 25g protein, 49g net carbs, 13g fat



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



Apple
1 apple(s)- 105 cals



Roasted cashews
1/6 cup(s)- 139 cals

Lunch

1130 cals, 60g protein, 135g net carbs, 30g fat



Pasta with meat sauce
562 cals



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



Edamame & beet salad
257 cals

Dinner

1065 cals, 147g protein, 57g net carbs, 22g fat



Beets
4 beets- 96 cals



Marinated chicken breast
20 oz- 707 cals



Lentils
260 cals

Day 3

3196 cals ● 241g protein (30%) ● 138g fat (39%) ● 208g carbs (26%) ● 39g fiber (5%)

Breakfast

640 cals, 31g protein, 33g net carbs, 40g fat



Basic scrambled eggs
4 egg(s)- 318 cals



Pear
1 pear(s)- 113 cals



Roasted cashews
1/4 cup(s)- 209 cals

Snacks

360 cals, 27g protein, 24g net carbs, 16g fat



Pumpkin seeds
183 cals



Sugar snap peas
2 cup- 54 cals



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

Lunch

1035 cals, 96g protein, 59g net carbs, 41g fat



Protein bar
2 bar- 490 cals



Roasted almonds
1/6 cup(s)- 166 cals



Basic chicken & spinach salad
380 cals

Dinner

1160 cals, 87g protein, 93g net carbs, 42g fat



Quinoa
2 cup quinoa, cooked- 417 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Day 4

3196 cals ● 241g protein (30%) ● 138g fat (39%) ● 208g carbs (26%) ● 39g fiber (5%)

Breakfast

640 cals, 31g protein, 33g net carbs, 40g fat



Basic scrambled eggs
4 egg(s)- 318 cals



Pear
1 pear(s)- 113 cals



Roasted cashews
1/4 cup(s)- 209 cals

Snacks

360 cals, 27g protein, 24g net carbs, 16g fat



Pumpkin seeds
183 cals



Sugar snap peas
2 cup- 54 cals



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

Lunch

1035 cals, 96g protein, 59g net carbs, 41g fat



Protein bar
2 bar- 490 cals



Roasted almonds
1/6 cup(s)- 166 cals



Basic chicken & spinach salad
380 cals

Dinner

1160 cals, 87g protein, 93g net carbs, 42g fat



Quinoa
2 cup quinoa, cooked- 417 cals



Almond crusted tilapia
10 1/2 oz- 741 cals

Day 5

3241 cals ● 222g protein (27%) ● 171g fat (47%) ● 162g carbs (20%) ● 42g fiber (5%)

Breakfast

645 cals, 43g protein, 31g net carbs, 35g fat



Eggs with tomato and avocado
163 cals



Cottage cheese & fruit cup
2 container- 261 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

335 cals, 14g protein, 17g net carbs, 22g fat



Pistachios
188 cals



Milk
1 cup(s)- 149 cals

Lunch

1100 cals, 82g protein, 27g net carbs, 66g fat



Avocado, apple, chicken salad
1100 cals

Dinner

1160 cals, 83g protein, 87g net carbs, 48g fat



Turkey-green beans-rice bowl
839 cals



Caprese salad
320 cals

Day 6

3232 cals ● 246g protein (30%) ● 134g fat (37%) ● 224g carbs (28%) ● 37g fiber (5%)

Breakfast

645 cals, 43g protein, 31g net carbs, 35g fat



Eggs with tomato and avocado
163 cals



Cottage cheese & fruit cup
2 container- 261 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

335 cals, 14g protein, 17g net carbs, 22g fat



Pistachios
188 cals



Milk
1 cup(s)- 149 cals

Lunch

1090 cals, 105g protein, 89g net carbs, 29g fat



Basic chicken breast
13 1/3 oz- 529 cals



Quinoa
2 cup quinoa, cooked- 417 cals



Beets
6 beets- 145 cals

Dinner

1160 cals, 83g protein, 87g net carbs, 48g fat



Turkey-green beans-rice bowl
839 cals



Caprese salad
320 cals

Day 7

3204 cals ● 273g protein (34%) ● 119g fat (33%) ● 225g carbs (28%) ● 36g fiber (5%)

Breakfast

645 cals, 43g protein, 31g net carbs, 35g fat



Eggs with tomato and avocado
163 cals



Cottage cheese & fruit cup
2 container- 261 cals



Roasted almonds
1/4 cup(s)- 222 cals

Snacks

335 cals, 14g protein, 17g net carbs, 22g fat



Pistachios
188 cals



Milk
1 cup(s)- 149 cals

Lunch

1090 cals, 105g protein, 89g net carbs, 29g fat



Basic chicken breast
13 1/3 oz- 529 cals



Quinoa
2 cup quinoa, cooked- 417 cals



Beets
6 beets- 145 cals

Dinner

1130 cals, 111g protein, 88g net carbs, 33g fat



Baked chicken with tomatoes & olives
15 oz- 749 cals



Flavored rice mix
382 cals

Dairy and Egg Products

- ☐ eggs
15 large (750g)
- ☐ whole milk
5 cup (1200mL)
- ☐ low fat cottage cheese (1% milkfat)
2 1/2 cup (565g)
- ☐ fresh mozzarella cheese
1/4 lbs (128g)

Fats and Oils

- ☐ olive oil
3 oz (90mL)
- ☐ oil
2 oz (56mL)
- ☐ balsamic vinaigrette
6 tbsp (90mL)
- ☐ marinade sauce
10 tbsp (151mL)
- ☐ salad dressing
1/4 cup (56mL)

Pork Products

- ☐ bacon
4 slice(s) (40g)

Fruits and Fruit Juices

- ☐ strawberries
4 cup, whole (576g)
- ☐ apples
3 medium (3" dia) (546g)
- ☐ pears
4 medium (712g)
- ☐ avocados
1 3/4 avocado(s) (352g)
- ☐ lime juice
2 tsp (10mL)
- ☐ green olives
15 large (66g)

Sweets

- ☐ honey
1/4 cup (70g)

Nut and Seed Products

Other

- ☐ mixed greens
2 package (5.5 oz) (338g)
- ☐ protein bar (20g protein)
4 bar (200g)
- ☐ cottage cheese & fruit cup
6 container (1020g)

Vegetables and Vegetable Products

- ☐ tomatoes
5 1/4 medium whole (2-3/5" dia) (650g)
- ☐ beets, precooked (canned or refrigerated)
22 beets (2" dia, sphere) (1100g)
- ☐ edamame, frozen, shelled
1 1/2 cup (177g)
- ☐ Sugar snap peas
4 cup, whole (252g)
- ☐ fresh spinach
5 cup(s) (150g)
- ☐ raw celery
4 tbsp chopped (25g)
- ☐ frozen green beans
1 1/6 package (10 oz) (331g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 1/2 lbs (2951g)
- ☐ ground turkey, raw
1 2/3 lbs (756g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/3 lbs (152g)
- ☐ quinoa, uncooked
3 2/3 cup (623g)
- ☐ all-purpose flour
5/8 cup(s) (73g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
1/2 jar (24 oz) (336g)

Beverages

- ☐ water
9 cup(s) (2093mL)

- ☐ roasted cashews
13 1/4 tbsp, halves and whole (114g)
- ☐ almonds
9 oz (255g)
- ☐ roasted pumpkin seeds, unsalted
1/2 cup (59g)
- ☐ pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

Baked Products

- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)

Spices and Herbs

- ☐ dijon mustard
1 tbsp (15g)
- ☐ salt
1/2 oz (14g)
- ☐ black pepper
3 1/2 g (3g)
- ☐ fresh basil
1 oz (27g)
- ☐ garlic powder
4 dash (2g)
- ☐ chili powder
2 1/2 tsp (7g)

Legumes and Legume Products

- ☐ lentils, raw
6 tbsp (72g)

Finfish and Shellfish Products

- ☐ tilapia, raw
1 1/3 lbs (588g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
2 pouch (~5.6 oz) (290g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Bacon omelet

280 cals ● 20g protein ● 22g fat ● 1g carbs ● 0g fiber



For single meal:

eggs

2 large (100g)

olive oil

1 tsp (5mL)

bacon, cooked and chopped

2 slice(s) (20g)

For all 2 meals:

eggs

4 large (200g)

olive oil

2 tsp (10mL)

bacon, cooked and chopped

4 slice(s) (40g)

1. Beat eggs with some salt and pepper in small bowl until blended.
2. Heat oil in 6 to 8-inch nonstick omelet pan or skillet over medium-high heat until hot. Tilt the pan to coat bottom.
3. Pour in egg mixture.
4. Gently push cooked portions from edges toward the center so that uncooked eggs can reach the hot pan surface.
5. Continue cooking, tilting pan and gently moving cooked portions as needed.
6. After a couple minutes add the chopped bacon to one half of the omelet.
7. Continue cooking until no raw egg remains, then fold omelet in half and slide onto a plate.

Strawberries

2 cup(s) - 104 cals ● 2g protein ● 1g fat ● 16g carbs ● 6g fiber



For single meal:

strawberries

2 cup, whole (288g)

For all 2 meals:

strawberries

4 cup, whole (576g)

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Basic scrambled eggs

4 egg(s) - 318 cal ● 25g protein ● 24g fat ● 1g carbs ● 0g fiber



For single meal:

eggs
4 large (200g)
oil
1 tsp (5mL)

For all 2 meals:

eggs
8 large (400g)
oil
2 tsp (10mL)

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.

Pear

1 pear(s) - 113 cal ● 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.

Roasted cashews

1/4 cup(s) - 209 cals ● 5g protein ● 16g fat ● 10g carbs ● 1g fiber



For single meal:

roasted cashews

4 tbsp, halves and whole (34g)

For all 2 meals:

roasted cashews

1/2 cup, halves and whole (69g)

1. This recipe has no instructions.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Eggs with tomato and avocado

163 cals ● 8g protein ● 12g fat ● 2g carbs ● 4g fiber



For single meal:

tomatoes

1 slice(s), thick/large (1/2" thick)
(27g)

eggs

1 large (50g)

avocados, sliced

1/4 avocado(s) (50g)

salt

1 dash (0g)

black pepper

1 dash (0g)

fresh basil, chopped

1 leaves (1g)

For all 3 meals:

tomatoes

3 slice(s), thick/large (1/2" thick)
(81g)

eggs

3 large (150g)

avocados, sliced

3/4 avocado(s) (151g)

salt

3 dash (1g)

black pepper

3 dash (0g)

fresh basil, chopped

3 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.

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup

2 container (340g)

For all 3 meals:

cottage cheese & fruit cup

6 container (1020g)

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

Roasted almonds

1/4 cup(s) - 222 cals ● 8g protein ● 18g fat ● 3g carbs ● 5g fiber



For single meal:

almonds

4 tbsp, whole (36g)

For all 3 meals:

almonds

3/4 cup, whole (107g)

1. This recipe has no instructions.

Lunch 1 [🔗](#)

Eat on day 1, day 2

Pasta with meat sauce

562 cals ● 35g protein ● 14g fat ● 67g carbs ● 6g fiber



For single meal:

uncooked dry pasta

2 2/3 oz (76g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

oil

1/2 tsp (3mL)

pasta sauce

1/4 jar (24 oz) (168g)

ground turkey, raw

4 oz (113g)

For all 2 meals:

uncooked dry pasta

1/3 lbs (152g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

oil

1 tsp (5mL)

pasta sauce

1/2 jar (24 oz) (336g)

ground turkey, raw

1/2 lbs (227g)

1. Add the oil to a saucepan and heat to medium. Add the salt, pepper, and turkey and cook until done (it should all be browned and solid). Mix/mash the turkey every so often to achieve desired chunkiness.
2. Stir in the pasta sauce.
3. Cook the pasta as directed on the package.
4. Top the pasta with sauce and enjoy.

Quinoa

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



For single meal:

quinoa, uncooked
1/2 cup (85g)
water
1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked
1 cup (170g)
water
2 cup(s) (474mL)

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.

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 2 [↗](#)

Eat on day 3, day 4

Protein bar

2 bar - 490 cals ● 40g protein ● 10g fat ● 52g carbs ● 8g fiber



For single meal:

protein bar (20g protein)
2 bar (100g)

For all 2 meals:

protein bar (20g protein)
4 bar (200g)

1. This recipe has no instructions.

Roasted almonds

1/6 cup(s) - 166 cals ● 6g protein ● 13g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

3 tbsp, whole (27g)

For all 2 meals:

almonds

6 tbsp, whole (54g)

1. This recipe has no instructions.

Basic chicken & spinach salad

380 cals ● 50g protein ● 17g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing

2 tbsp (28mL)

oil

1 1/4 tsp (6mL)

**boneless skinless chicken breast,
raw, chopped, cooked**

1/2 lbs (213g)

fresh spinach

2 1/2 cup(s) (75g)

For all 2 meals:

salad dressing

1/4 cup (56mL)

oil

2 1/2 tsp (13mL)

**boneless skinless chicken breast,
raw, chopped, cooked**

15 oz (425g)

fresh spinach

5 cup(s) (150g)

1. Season chicken breasts with some salt and pepper.
 2. Heat oil in a skillet or grill pan over medium-high heat. Cook chicken for about 6-7 minutes on each side or until no longer pink in the middle. When done, set aside to rest for a couple minutes, then slice into strips.
 3. Arrange spinach and top with chicken.
 4. Drizzle dressing over top when serving.
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Lunch 3 [🔗](#)

Eat on day 5

Avocado, apple, chicken salad

1100 cals ● 82g protein ● 66g fat ● 27g carbs ● 19g fiber



avocados, chopped

1 avocado(s) (201g)

apples, finely chopped

1 medium (3" dia) (182g)

raw celery

4 tbsp chopped (25g)

olive oil

2 tbsp (30mL)

garlic powder

4 dash (2g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

lime juice

2 tsp (10mL)

**boneless skinless chicken breast,
raw, cubed**

3/4 lbs (340g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Lunch 4 [🔗](#)

Eat on day 6, day 7

Basic chicken breast

13 1/3 oz - 529 cal ● 84g protein ● 22g fat ● 0g carbs ● 0g fiber



For single meal:

oil
2 1/2 tsp (13mL)
boneless skinless chicken breast, raw
13 1/3 oz (373g)

For all 2 meals:

oil
5 tsp (25mL)
boneless skinless chicken breast, raw
1 2/3 lbs (747g)

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.

Quinoa

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



For single meal:

quinoa, uncooked
2/3 cup (113g)
water
1 1/3 cup(s) (316mL)

For all 2 meals:

quinoa, uncooked
1 1/3 cup (227g)
water
2 2/3 cup(s) (632mL)

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.

Beets

6 beets - 145 cal ● 5g protein ● 1g fat ● 24g carbs ● 6g fiber



For single meal:
beets, precooked (canned or refrigerated)
6 beets (2" dia, sphere) (300g)

For all 2 meals:
beets, precooked (canned or refrigerated)
12 beets (2" dia, sphere) (600g)

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

Snacks 1 [↗](#)

Eat on day 1, day 2

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 2 meals:
honey
2 tbsp (42g)
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)

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

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 2 meals:
apples
2 medium (3" dia) (364g)

1. This recipe has no instructions.

Roasted cashews

1/6 cup(s) - 139 cals ● 3g protein ● 11g fat ● 7g carbs ● 1g fiber



For single meal:

roasted cashews

2 2/3 tbsp, halves and whole (23g)

For all 2 meals:

roasted cashews

1/3 cup, halves and whole (46g)

1. This recipe has no instructions.

Snacks 2 [🔗](#)

Eat on day 3, day 4

Pumpkin seeds

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



For single meal:

roasted pumpkin seeds, unsalted

4 tbsp (30g)

For all 2 meals:

roasted pumpkin seeds, unsalted

1/2 cup (59g)

1. This recipe has no instructions.

Sugar snap peas

2 cup - 54 cals ● 4g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

Sugar snap peas

2 cup, whole (126g)

For all 2 meals:

Sugar snap peas

4 cup, whole (252g)

1. Season with salt if desired and serve raw.

Cottage cheese & honey

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



For single meal:
honey
2 tsp (14g)
low fat cottage cheese (1% milkfat)
1/2 cup (113g)

For all 2 meals:
honey
4 tsp (28g)
low fat cottage cheese (1% milkfat)
1 cup (226g)

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

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Pistachios

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



For single meal:
pistachios, dry roasted, without shells or salt added
4 tbsp (31g)

For all 3 meals:
pistachios, dry roasted, without shells or salt added
3/4 cup (92g)

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 3 meals:
whole milk
3 cup (720mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Pear

2 pear(s) - 226 cals ● 1g protein ● 0g fat ● 43g carbs ● 11g fiber



Makes 2 pear(s)

pears

2 medium (356g)

1. This recipe has no instructions.

Grilled chicken sandwich

2 sandwich(es) - 919 cals ● 115g protein ● 22g fat ● 61g carbs ● 5g fiber



Makes 2 sandwich(es)

oil

1 tsp (5mL)

kaiser rolls

2 roll (3-1/2" dia) (114g)

dijon mustard

1 tbsp (15g)

mixed greens

1/2 cup (15g)

tomatoes

6 slice(s), thin/small (90g)

boneless skinless chicken breast, raw

1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Dinner 2 [↗](#)

Eat on day 2

Beets

4 beets - 96 cals ● 3g protein ● 0g fat ● 16g carbs ● 4g fiber



Makes 4 beets

beets, precooked (canned or refrigerated)

4 beets (2" dia, sphere) (200g)

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

Marinated chicken breast

20 oz - 707 cals ● 126g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 20 oz

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

marinade sauce

10 tbsp (150mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Lentils

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



salt

3/4 dash (1g)

water

1 1/2 cup(s) (356mL)

lentils, raw, rinsed

6 tbsp (72g)

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 3, day 4

Quinoa

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



For single meal:

quinoa, uncooked

2/3 cup (113g)

water

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

For all 2 meals:

quinoa, uncooked

1 1/3 cup (227g)

water

2 2/3 cup(s) (632mL)

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.

Almond crusted tilapia

10 1/2 oz - 741 cal ● 71g protein ● 35g fat ● 28g carbs ● 6g fiber



For single meal:

tilapia, raw

2/3 lbs (294g)

almonds

1/2 cup, slivered (47g)

all-purpose flour

1/4 cup(s) (36g)

salt

1/4 tsp (1g)

olive oil

2 1/2 tsp (13mL)

For all 2 meals:

tilapia, raw

1 1/3 lbs (588g)

almonds

14 tbsp, slivered (95g)

all-purpose flour

5/8 cup(s) (73g)

salt

1/2 tsp (1g)

olive oil

1 3/4 tbsp (26mL)

1. Take half of the almonds and combine them with the flour in a shallow bowl.
2. Season fish with salt and dredge in flour mixture.
3. Add the oil to a skillet over medium heat and add fish and cook about 4 minutes on each side, until golden. Transfer to a plate.
4. Take the remaining almonds and put them in the pan, stirring occasionally for about a minute until toasted.
5. Sprinkle almonds over fish.
6. Serve.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Turkey-green beans-rice bowl

839 cals ● 65g protein ● 27g fat ● 76g carbs ● 7g fiber



For single meal:

black pepper
1/4 tsp, ground (1g)
salt
1/4 tsp (2g)
flavored rice mix
5/8 pouch (~5.6 oz) (92g)
ground turkey, raw
9 1/3 oz (265g)
frozen green beans
5/8 package (10 oz) (166g)
olive oil
1 tsp (6mL)

For all 2 meals:

black pepper
1/2 tsp, ground (1g)
salt
1/2 tsp (3g)
flavored rice mix
1 1/6 pouch (~5.6 oz) (184g)
ground turkey, raw
18 2/3 oz (529g)
frozen green beans
1 1/6 package (10 oz) (331g)
olive oil
3/4 tbsp (12mL)

1. Heat the oil in a skillet over medium heat. Add the turkey break it up and brown it until cooked through, stirring occasionally. Season with salt and pepper to taste.
2. Meanwhile, prepare the rice mix and green beans according to the instructions on the packages.
3. When everything is ready mix it all together (or keep separate) and serve.

Caprese salad

320 cals ● 18g protein ● 20g fat ● 11g carbs ● 4g fiber



For single meal:

balsamic vinaigrette
1 1/2 tbsp (23mL)
fresh basil
6 tbsp leaves, whole (9g)
tomatoes, halved
3/4 cup cherry tomatoes (112g)
mixed greens
3/4 package (5.5 oz) (116g)
fresh mozzarella cheese
2 1/4 oz (64g)

For all 2 meals:

balsamic vinaigrette
3 tbsp (45mL)
fresh basil
3/4 cup leaves, whole (18g)
tomatoes, halved
1 1/2 cup cherry tomatoes (224g)
mixed greens
1 1/2 package (5.5 oz) (233g)
fresh mozzarella cheese
1/4 lbs (128g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Dinner 5 [↗](#)

Eat on day 7

Baked chicken with tomatoes & olives

15 oz - 749 cal ● 100g protein ● 31g fat ● 10g carbs ● 8g fiber



Makes 15 oz

tomatoes

15 cherry tomatoes (255g)

olive oil

2 1/2 tsp (13mL)

salt

5 dash (4g)

green olives

15 large (66g)

black pepper

5 dash (1g)

chili powder

2 1/2 tsp (7g)

**boneless skinless chicken breast,
raw**

15 oz (425g)

fresh basil, shredded

15 leaves (8g)

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.

Flavored rice mix

382 cal ● 11g protein ● 2g fat ● 77g carbs ● 3g fiber



flavored rice mix

2/3 pouch (~5.6 oz) (105g)

1. Prepare according to instructions on package.
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