

Meal Plan - 3400 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

3382 cals ● 259g protein (31%) ● 145g fat (39%) ● 221g carbs (26%) ● 40g fiber (5%)

Breakfast

615 cals, 39g protein, 33g net carbs, 34g fat



[High-protein granola bar](#)
1 bar(s)- 204 cals



[Scrambled eggs with veggies and bacon](#)
256 cals



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

Snacks

445 cals, 24g protein, 40g net carbs, 17g fat



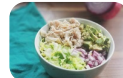
[Protein bar](#)
1 bar- 245 cals



[Blueberry nut apple slices](#)
1/2 apple(s)- 198 cals

Lunch

1175 cals, 90g protein, 18g net carbs, 73g fat



[Chicken avocado salad](#)
1001 cals



[Walnuts](#)
1/4 cup(s)- 175 cals

Dinner

1150 cals, 106g protein, 130g net carbs, 21g fat



[Hot honey chicken sandwich](#)
2 sandwich(es)- 948 cals



[Fruit juice](#)
1 3/4 cup(s)- 201 cals

Day 2

3403 cals ● 251g protein (30%) ● 136g fat (36%) ● 262g carbs (31%) ● 32g fiber (4%)

Breakfast

615 cals, 39g protein, 33g net carbs, 34g fat



[High-protein granola bar](#)
1 bar(s)- 204 cals



[Scrambled eggs with veggies and bacon](#)
256 cals



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

Snacks

445 cals, 24g protein, 40g net carbs, 17g fat



[Protein bar](#)
1 bar- 245 cals



[Blueberry nut apple slices](#)
1/2 apple(s)- 198 cals

Lunch

1195 cals, 82g protein, 60g net carbs, 64g fat



[Lentils](#)
260 cals



[Steak and beet salad](#)
937 cals

Dinner

1150 cals, 106g protein, 130g net carbs, 21g fat



[Hot honey chicken sandwich](#)
2 sandwich(es)- 948 cals



[Fruit juice](#)
1 3/4 cup(s)- 201 cals

Day 3

3384 cals ● 250g protein (30%) ● 142g fat (38%) ● 239g carbs (28%) ● 38g fiber (4%)

Breakfast

615 cals, 39g protein, 33g net carbs, 34g fat



High-protein granola bar
1 bar(s)- 204 cals



Scrambled eggs with veggies and bacon
256 cals



Lowfat Greek yogurt
1 container(s)- 155 cals

Snacks

445 cals, 24g protein, 40g net carbs, 17g fat



Protein bar
1 bar- 245 cals



Blueberry nut apple slices
1/2 apple(s)- 198 cals

Lunch

1195 cals, 82g protein, 60g net carbs, 64g fat



Lentils
260 cals



Steak and beet salad
937 cals

Dinner

1130 cals, 104g protein, 106g net carbs, 27g fat



Chicken-broccoli-rice bowl
943 cals



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

Day 4

3433 cals ● 247g protein (29%) ● 168g fat (44%) ● 197g carbs (23%) ● 35g fiber (4%)

Breakfast

640 cals, 31g protein, 51g net carbs, 31g fat



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



Kale & eggs
378 cals



Blueberries
1 cup(s)- 95 cals

Snacks

450 cals, 21g protein, 32g net carbs, 24g fat



Nectarine
2 nectarine(s)- 140 cals



String cheese
2 stick(s)- 165 cals



Mixed nuts
1/6 cup(s)- 145 cals

Lunch

1215 cals, 91g protein, 8g net carbs, 86g fat



Olive oil drizzled broccoli
4 cup(s)- 279 cals



Low carb fried chicken
16 oz- 936 cals

Dinner

1130 cals, 104g protein, 106g net carbs, 27g fat



Chicken-broccoli-rice bowl
943 cals



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

Day 5

3366 cals ● 239g protein (28%) ● 136g fat (36%) ● 240g carbs (28%) ● 57g fiber (7%)

Breakfast

640 cals, 31g protein, 51g net carbs, 31g fat



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



Kale & eggs
378 cals



Blueberries
1 cup(s)- 95 cals

Snacks

450 cals, 21g protein, 32g net carbs, 24g fat



Nectarine
2 nectarine(s)- 140 cals



String cheese
2 stick(s)- 165 cals



Mixed nuts
1/6 cup(s)- 145 cals

Lunch

1125 cals, 78g protein, 68g net carbs, 54g fat



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



Steak & cauliflower skillet
815 cals

Dinner

1150 cals, 109g protein, 88g net carbs, 27g fat



Basic chicken breast
10 2/3 oz- 423 cals



Lentils
260 cals



Easy chickpea salad
467 cals

Day 6

3448 cals ● 251g protein (29%) ● 150g fat (39%) ● 238g carbs (28%) ● 36g fiber (4%)

Breakfast

620 cals, 38g protein, 84g net carbs, 12g fat



Cottage cheese & fruit cup
2 container- 261 cals



Grapefruit
1 grapefruit- 119 cals



Breakfast cereal
241 cals

Snacks

495 cals, 34g protein, 29g net carbs, 25g fat



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



Roasted almonds
1/6 cup(s)- 148 cals



Skillet cauliflower tots
160 cals

Lunch

1125 cals, 78g protein, 68g net carbs, 54g fat



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



Steak & cauliflower skillet
815 cals

Dinner

1205 cals, 100g protein, 56g net carbs, 60g fat



Roasted pepper stuffed chicken
12 oz- 858 cals



Lentils
347 cals

Day 7

3419 cals ● 231g protein (27%) ● 123g fat (32%) ● 312g carbs (37%) ● 34g fiber (4%)

Breakfast

620 cals, 38g protein, 84g net carbs, 12g fat



Cottage cheese & fruit cup
2 container- 261 cals



Grapefruit
1 grapefruit- 119 cals



Breakfast cereal
241 cals

Snacks

495 cals, 34g protein, 29g net carbs, 25g fat



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



Roasted almonds
1/6 cup(s)- 148 cals



Skillet cauliflower tots
160 cals

Lunch

1100 cals, 59g protein, 142g net carbs, 27g fat



Cherry tomatoes
12 cherry tomatoes- 42 cals



Grilled chicken hummus wrap
2 wrap(s)- 683 cals



Fruit juice
3 1/4 cup(s)- 372 cals

Dinner

1205 cals, 100g protein, 56g net carbs, 60g fat



Roasted pepper stuffed chicken
12 oz- 858 cals



Lentils
347 cals

Snacks

- ☐ high-protein granola bar
3 bar (120g)

Vegetables and Vegetable Products

- ☐ bell pepper
1 1/2 cup, chopped (224g)
- ☐ onion
1 2/3 medium (2-1/2" dia) (185g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ broccoli
2 cup chopped (182g)
- ☐ frozen broccoli
1 3/4 lbs (790g)
- ☐ kale leaves
2 cup, chopped (80g)
- ☐ garlic
5 1/2 clove(s) (16g)
- ☐ tomato paste
2 tbsp (32g)
- ☐ cauliflower
1 1/3 head medium (5-6" dia.) (780g)
- ☐ fresh parsley
3 sprigs (3g)
- ☐ tomatoes
3 medium whole (2-3/5" dia) (383g)
- ☐ cucumber
1/2 cup slices (52g)

Dairy and Egg Products

- ☐ eggs
18 medium (784g)
- ☐ lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)
- ☐ whole milk
1/4 gallon (900mL)
- ☐ string cheese
4 stick (112g)
- ☐ butter
2 tbsp (28g)
- ☐ low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
- ☐ feta cheese
4 tbsp (38g)

Pork Products

Nut and Seed Products

- ☐ walnuts
1 1/3 oz (37g)
- ☐ almond butter
3 tbsp (48g)
- ☐ mixed nuts
1/3 cup (45g)
- ☐ almonds
1/3 cup, whole (48g)

Spices and Herbs

- ☐ crushed red pepper
1 1/4 tsp (2g)
- ☐ salt
10 1/4 g (10g)
- ☐ black pepper
2 g (2g)
- ☐ cajun seasoning
1/4 tbsp (1g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ paprika
1 tsp (2g)

Sweets

- ☐ honey
1/4 lbs (126g)

Baked Products

- ☐ hamburger buns
4 bun(s) (204g)
- ☐ flour tortillas
2 tortilla (approx 7-8" dia) (98g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
5 1/4 lbs (2360g)
- ☐ boneless chicken thighs, with skin
1 1/2 lbs (681g)

Beverages

- ☐ water
12 cup(s) (2844mL)

Legumes and Legume Products

- ☐ bacon
3 slice(s) (30g)

Fats and Oils

- ☐ olive oil
1/4 cup (50mL)
- ☐ oil
4 oz (118mL)
- ☐ salad dressing
1/2 cup (120mL)

Other

- ☐ protein bar (20g protein)
3 bar (150g)
- ☐ coleslaw mix
1 cup (90g)
- ☐ mixed greens
6 1/2 cup (195g)
- ☐ Chicken, drumsticks, with skin
1 lbs (454g)
- ☐ pork rinds
1/2 oz (14g)
- ☐ cottage cheese & fruit cup
4 container (680g)
- ☐ roasted red peppers
2 pepper(s) (140g)

Fruits and Fruit Juices

- ☐ blueberries
2 1/2 cup (352g)
- ☐ apples
1 1/2 medium (3" dia) (273g)
- ☐ fruit juice
54 fl oz (1620mL)
- ☐ lime juice
4 tsp (20mL)
- ☐ avocados
1 avocado(s) (201g)
- ☐ nectarine
4 medium (2-1/2" dia) (568g)
- ☐ Grapefruit
2 large (approx 4-1/2" dia) (664g)

- ☐ lentils, raw
2 cup (408g)
- ☐ chickpeas, canned
1 can (448g)
- ☐ hummus
4 tbsp (60g)

Beef Products

- ☐ sirloin steak, raw
2 1/2 lbs (1134g)

Meals, Entrees, and Side Dishes

- ☐ flavored rice mix
1 1/2 pouch (~5.6 oz) (237g)

Breakfast Cereals

- ☐ flavored instant oatmeal
2 packet (86g)
- ☐ breakfast cereal
2 1/2 serving (75g)

Soups, Sauces, and Gravies

- ☐ hot sauce
1 3/4 tbsp (26mL)
- ☐ apple cider vinegar
1 tbsp (1mL)

Cereal Grains and Pasta

- ☐ quinoa, uncooked
1 cup (170g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

High-protein granola bar

1 bar(s) - 204 cal ● 10g protein ● 12g fat ● 12g carbs ● 2g fiber



For single meal:

high-protein granola bar
1 bar (40g)

For all 3 meals:

high-protein granola bar
3 bar (120g)

1. This recipe has no instructions.

Scrambled eggs with veggies and bacon

256 cal ● 17g protein ● 18g fat ● 5g carbs ● 2g fiber



For single meal:

bell pepper
1/2 cup, chopped (75g)
eggs
2 large (100g)
onion
2 tbsp, chopped (20g)
bacon, cooked and chopped
1 slice(s) (10g)
olive oil
1 tsp (5mL)

For all 3 meals:

bell pepper
1 1/2 cup, chopped (224g)
eggs
6 large (300g)
onion
6 tbsp, chopped (60g)
bacon, cooked and chopped
3 slice(s) (30g)
olive oil
1 tbsp (15mL)

1. Beat eggs with onions, peppers, bacon, and some salt and pepper 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.

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 3 meals:

lowfat flavored greek yogurt
3 (5.3 oz ea) container(s) (450g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 4, day 5

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.

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.

Blueberries

1 cup(s) - 95 cals ● 1g protein ● 0g fat ● 18g carbs ● 4g fiber



For single meal:

blueberries
1 cup (148g)

For all 2 meals:

blueberries
2 cup (296g)

1. Rinse off blueberries and serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

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 2 meals:

cottage cheese & fruit cup
4 container (680g)

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

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)

Breakfast cereal

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



For single meal:

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

For all 2 meals:

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

1. Just find a cereal you like where a serving is in the 100-150 calorie range. Realistically, you could pick any breakfast cereal and just scale the serving size to be in that range since most breakfast cereals are going to have a very similar macronutrient breakdown.

Lunch 1 [↗](#)

Eat on day 1

Chicken avocado salad

1001 cals ● 86g protein ● 56g fat ● 16g carbs ● 21g fiber



lime juice
4 tsp (20mL)
oil
4 tsp (20mL)
onion
2 tbsp chopped (20g)
avocados, chopped
1 avocado(s) (201g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
brussels sprouts
10 sprouts (190g)

1. Bring a pot of water to boil. Add the chicken and boil for about 10 minutes or until fully cooked.
2. Meanwhile, thinly slice the brussel sprouts, discarding the bases, and separating out the leaf layers with your fingers.
3. When done, remove chicken, let cool then shred.
4. In a bowl, combine all of the ingredients. Serve.

Walnuts

1/4 cup(s) - 175 cals ● 4g protein ● 16g fat ● 2g carbs ● 2g fiber

Makes 1/4 cup(s)

walnuts
4 tbsp, shelled (25g)



1. This recipe has no instructions.
-

Lunch 2 [↗](#)

Eat on day 2, day 3

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.

Steak and beet salad

937 cals ● 64g protein ● 63g fat ● 22g carbs ● 6g fiber



For single meal:

oil
1 tbsp (15mL)
beets, precooked (canned or refrigerated), chopped
2 beets (2" dia, sphere) (100g)
salad dressing
4 tbsp (60mL)
broccoli
1 cup chopped (91g)
mixed greens
3 cup (90g)
sirloin steak, raw
10 oz (284g)

For all 2 meals:

oil
2 tbsp (30mL)
beets, precooked (canned or refrigerated), chopped
4 beets (2" dia, sphere) (200g)
salad dressing
1/2 cup (120mL)
broccoli
2 cup chopped (182g)
mixed greens
6 cup (180g)
sirloin steak, raw
1 1/4 lbs (567g)

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.
-

Lunch 3 [↗](#)

Eat on day 4

Olive oil drizzled broccoli

4 cup(s) - 279 cal ● 11g protein ● 18g fat ● 8g carbs ● 11g fiber



Makes 4 cup(s)

black pepper

2 dash (0g)

salt

2 dash (1g)

frozen broccoli

4 cup (364g)

olive oil

4 tsp (20mL)

1. Prepare broccoli according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper to taste.

Low carb fried chicken

16 oz - 936 cal ● 80g protein ● 68g fat ● 1g carbs ● 0g fiber



Makes 16 oz

Chicken, drumsticks, with skin

16 oz (454g)

pork rinds, crushed

1/2 oz (14g)

cajun seasoning

1/4 tbsp (1g)

hot sauce

3 tsp (15mL)

1. Preheat oven to 400 F (200 C).
 2. Mix crushed pork rinds in a bowl with the cajun seasoning.
 3. Coat each piece chicken with hot sauce on all sides.
 4. Sprinkle and lightly pat the pork rind mixture on all sides of the chicken.
 5. Place the chicken on a wire rack in a sheet pan.
 6. Cook for 40 minutes or until done. Briefly broil the thighs to crisp up the skin.
-

Lunch 4 [↗](#)

Eat on day 5, day 6

Quinoa

1 1/2 cup quinoa, cooked - 313 cal ● 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.

Steak & cauliflower skillet

815 cal ● 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.

Lunch 5 [↗](#)

Eat on day 7

Cherry tomatoes

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



Makes 12 cherry tomatoes

tomatoes

12 cherry tomatoes (204g)

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

Grilled chicken hummus wrap

2 wrap(s) - 683 cals ● 51g protein ● 25g fat ● 55g carbs ● 8g fiber



Makes 2 wrap(s)

tomatoes, chopped

2 slice(s), thin/small (30g)

feta cheese

4 tbsp (38g)

cucumber, chopped

1/2 cup slices (52g)

hummus

4 tbsp (60g)

mixed greens

1/2 cup (15g)

flour tortillas

2 tortilla (approx 7-8" dia) (98g)

boneless skinless chicken breast, raw

5 oz (142g)

1. Season chicken with a pinch of salt/pepper. Grill or pan fry chicken in a non-stick skillet until fully cooked. Once cool enough to touch, chop the chicken.
2. Spread hummus on the tortilla and add in all remaining ingredients including the chicken. Wrap tortilla up and serve.

Fruit juice

3 1/4 cup(s) - 372 cals ● 6g protein ● 2g fat ● 82g carbs ● 2g fiber



Makes 3 1/4 cup(s)

fruit juice

26 fl oz (780mL)

1. This recipe has no instructions.
-

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Protein bar

1 bar - 245 cal● 20g protein ● 5g fat ● 26g carbs ● 4g fiber



For single meal:

protein bar (20g protein)
1 bar (50g)

For all 3 meals:

protein bar (20g protein)
3 bar (150g)

1. This recipe has no instructions.

Blueberry nut apple slices

1/2 apple(s) - 198 cal● 4g protein ● 12g fat ● 14g carbs ● 5g fiber



For single meal:

blueberries
2 tbsp (19g)
walnuts, chopped
2 walnuts (4g)
almond butter
1 tbsp (16g)
apples
1/2 medium (3" dia) (91g)

For all 3 meals:

blueberries
6 tbsp (56g)
walnuts, chopped
6 walnuts (12g)
almond butter
3 tbsp (48g)
apples
1 1/2 medium (3" dia) (273g)

1. Cut apple into slices (approx. 6 slices per apple). Cut out the core and seeds at the center of the slices with a knife.
2. Spread almond butter on slices and top with blueberries and chopped walnuts. Serve.

Snacks 2 [↗](#)

Eat on day 4, day 5

Nectarine

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



For single meal:

nectarine, pitted

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

For all 2 meals:

nectarine, pitted

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

1. Remove nectarine pit, slice, and serve.

String cheese

2 stick(s) - 165 cal● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



For single meal:

string cheese

2 stick (56g)

For all 2 meals:

string cheese

4 stick (112g)

1. This recipe has no instructions.

Mixed nuts

1/6 cup(s) - 145 cal● 4g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

mixed nuts

2 2/3 tbsp (22g)

For all 2 meals:

mixed nuts

1/3 cup (45g)

1. This recipe has no instructions.
-

Snacks 3 [🔗](#)

Eat on day 6, day 7

Cottage cheese & honey

3/4 cup(s) - 187 cal ● 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.

Roasted almonds

1/6 cup(s) - 148 cal ● 5g protein ● 12g fat ● 2g carbs ● 3g fiber



For single meal:

almonds

2 2/3 tbsp, whole (24g)

For all 2 meals:

almonds

1/3 cup, whole (48g)

1. This recipe has no instructions.

Skillet cauliflower tots

160 cal ● 8g protein ● 11g fat ● 5g carbs ● 2g fiber



For single meal:

hot sauce
1 tsp (6mL)
oil
1/2 tbsp (8mL)
garlic, diced
1/4 tbsp (2g)
eggs
3/4 extra large (42g)
cauliflower
3/4 cup(s), riced (96g)

For all 2 meals:

hot sauce
3/4 tbsp (11mL)
oil
1 tbsp (15mL)
garlic, diced
1/2 tbsp (4g)
eggs
1 1/2 extra large (84g)
cauliflower
1 1/2 cup(s), riced (192g)

1. In a skillet, heat some of the oil and cook the garlic until soft and fragrant.
2. Meanwhile, in a bowl, combine the riced cauliflower, the egg, and some salt and pepper to taste. Once the garlic is done, add it to the bowl and mix well.
3. Add the remaining oil to the skillet. Using your hands, mold the cauliflower mixture into nugget-size shapes. The mixture may not stick together well at this point, but once it starts cooking it will solidify more.
4. Place the nuggets into the oil and cook for a couple minutes until golden. Flip and cook another couple minutes.
5. Serve with some hot sauce.
6. To store: keep in airtight container in fridge for a day or two. Reheat gently in microwave before serving.

Dinner 1 [↗](#)

Eat on day 1, day 2

Hot honey chicken sandwich

2 sandwich(es) - 948 cal ● 103g protein ● 20g fat ● 85g carbs ● 3g fiber



For single meal:

oil
1 tsp (5mL)
coleslaw mix
1/2 cup (45g)
crushed red pepper
4 dash (1g)
honey
2 tbsp (42g)
hamburger buns
2 bun(s) (102g)
boneless skinless chicken breast, raw
1 lbs (454g)

For all 2 meals:

oil
2 tsp (10mL)
coleslaw mix
1 cup (90g)
crushed red pepper
1 tsp (2g)
honey
4 tbsp (84g)
hamburger buns
4 bun(s) (204g)
boneless skinless chicken breast, raw
2 lbs (907g)

1. Heat oil in a skillet or grill pan. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
2. In a small bowl, add the honey. Microwave for 5-10 seconds to warm the honey. Add the crushed red pepper and a pinch of salt/pepper. Feel free to adjust crushed pepper amount depending on your preferred spice level. Mix well and pour over the chicken to coat.
3. Add chicken to the bun and top with coleslaw. Serve.

Fruit juice

1 3/4 cup(s) - 201 cal ● 3g protein ● 1g fat ● 44g carbs ● 1g fiber



For single meal:

fruit juice

14 fl oz (420mL)

For all 2 meals:

fruit juice

28 fl oz (840mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 3, day 4

Chicken-broccoli-rice bowl

943 cals ● 95g protein ● 17g fat ● 92g carbs ● 10g fiber



For single meal:

boneless skinless chicken breast, raw

3/4 lbs (336g)

frozen broccoli

3/4 package (213g)

flavored rice mix

3/4 pouch (~5.6 oz) (119g)

salt

3 dash (2g)

black pepper

3 dash, ground (1g)

olive oil

1/2 tbsp (8mL)

For all 2 meals:

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

frozen broccoli

1 1/2 package (426g)

flavored rice mix

1 1/2 pouch (~5.6 oz) (237g)

salt

1/4 tbsp (5g)

black pepper

1/4 tbsp, ground (2g)

olive oil

1 tbsp (15mL)

1. Cut the chicken breast into small cubes (0.5 - 1 inches) and sautee in olive oil over medium heat until cooked through. Season with salt and pepper (or any other seasonings) to taste.
2. Meanwhile, prepare the rice mix and broccoli according to the instructions on the packages.
3. When everything is ready mix it all together 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 2 meals:

whole milk

2 1/2 cup (600mL)

1. This recipe has no instructions.

Dinner 3 [↗](#)

Eat on day 5

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



Makes 10 2/3 oz

oil

2 tsp (10mL)

boneless skinless chicken breast, raw

2/3 lbs (299g)

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.

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.

Easy chickpea salad

467 cals ● 24g protein ● 9g fat ● 50g carbs ● 22g fiber



fresh parsley, chopped
3 sprigs (3g)
apple cider vinegar
1 tbsp (1mL)
balsamic vinegar
1 tbsp (15mL)
tomatoes, halved
1 cup cherry tomatoes (149g)
onion, thinly sliced
1/2 small (35g)
chickpeas, canned, drained and rinsed
1 can (448g)

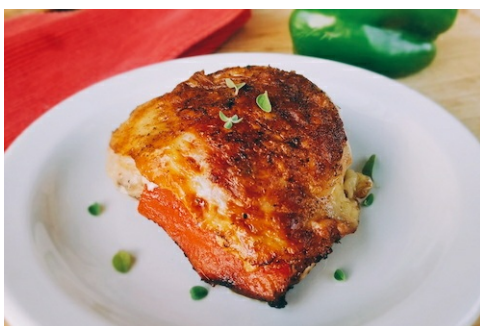
1. Add all ingredients to a bowl and toss. Serve!

Dinner 4 [🔗](#)

Eat on day 6, day 7

Roasted pepper stuffed chicken

12 oz - 858 cals ● 77g protein ● 59g fat ● 6g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
paprika
4 dash (1g)
boneless chicken thighs, with skin
3/4 lbs (341g)
roasted red peppers, cut into thick strips
1 pepper(s) (70g)

For all 2 meals:

oil
1 tbsp (15mL)
paprika
1 tsp (2g)
boneless chicken thighs, with skin
1 1/2 lbs (681g)
roasted red peppers, cut into thick strips
2 pepper(s) (140g)

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.

Lentils

347 cals ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

For all 2 meals:

salt

2 dash (2g)

water

4 cup(s) (948mL)

lentils, raw, rinsed

1 cup (192g)

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.
-