

Meal Plan - 1200 calorie meal plan to lose fat/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

1240 cals ● 106g protein (34%) ● 37g fat (27%) ● 108g carbs (35%) ● 13g fiber (4%)

Breakfast

280 cals, 16g protein, 42g net carbs, 3g fat



[Raspberries](#)

1/2 cup(s)- 36 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals



[Lowfat yogurt](#)

1 container(s)- 181 cals

Dinner

530 cals, 51g protein, 49g net carbs, 12g fat



[Spiced chicken with couscous](#)

374 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

Lunch

430 cals, 39g protein, 16g net carbs, 21g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Basic chicken thighs](#)

6 oz- 255 cals



[Lentils](#)

87 cals

Day 2

1228 cals ● 114g protein (37%) ● 36g fat (26%) ● 98g carbs (32%) ● 14g fiber (5%)

Breakfast

280 cals, 16g protein, 42g net carbs, 3g fat



[Raspberries](#)

1/2 cup(s)- 36 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals



[Lowfat yogurt](#)

1 container(s)- 181 cals

Dinner

520 cals, 58g protein, 40g net carbs, 11g fat



[Grapes](#)

58 cals



[Grilled chicken sandwich](#)

1 sandwich(es)- 460 cals

Lunch

430 cals, 39g protein, 16g net carbs, 21g fat



[Roasted tomatoes](#)

1 1/2 tomato(es)- 89 cals



[Basic chicken thighs](#)

6 oz- 255 cals



[Lentils](#)

87 cals

Day 3

1253 cals ● 116g protein (37%) ● 38g fat (27%) ● 98g carbs (31%) ● 15g fiber (5%)

Breakfast

260 cals, 15g protein, 16g net carbs, 15g fat



[Small granola bar](#)

1 bar(s)- 119 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Dinner

505 cals, 39g protein, 57g net carbs, 10g fat



[Quinoa](#)

1 cup quinoa, cooked- 208 cals



[Honey mustard chicken](#)

4 oz- 219 cals



[Lima beans](#)

77 cals

Lunch

490 cals, 62g protein, 25g net carbs, 13g fat



[Lentils](#)

174 cals



[Basic chicken breast](#)

8 oz- 317 cals

Day 4

1253 cals ● 116g protein (37%) ● 38g fat (27%) ● 98g carbs (31%) ● 15g fiber (5%)

Breakfast

260 cals, 15g protein, 16g net carbs, 15g fat



[Small granola bar](#)

1 bar(s)- 119 cals



[Boiled eggs](#)

2 egg(s)- 139 cals

Dinner

505 cals, 39g protein, 57g net carbs, 10g fat



[Quinoa](#)

1 cup quinoa, cooked- 208 cals



[Honey mustard chicken](#)

4 oz- 219 cals



[Lima beans](#)

77 cals

Lunch

490 cals, 62g protein, 25g net carbs, 13g fat



[Lentils](#)

174 cals



[Basic chicken breast](#)

8 oz- 317 cals

Day 5

1250 cals ● 106g protein (34%) ● 45g fat (33%) ● 89g carbs (28%) ● 17g fiber (5%)

Breakfast

260 cals, 15g protein, 16g net carbs, 15g fat



[Small granola bar](#)
1 bar(s)- 119 cals



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

Dinner

470 cals, 49g protein, 17g net carbs, 19g fat



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cals



[Edamame & beet salad](#)
171 cals

Lunch

520 cals, 42g protein, 57g net carbs, 11g fat



[Bbq glazed meatloaf](#)
1 meatloaves- 280 cals



[Sugar snap peas](#)
41 cals



[Couscous](#)
201 cals

Day 6

1243 cals ● 115g protein (37%) ● 40g fat (29%) ● 90g carbs (29%) ● 17g fiber (5%)

Breakfast

250 cals, 25g protein, 17g net carbs, 9g fat



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



[Cherry tomatoes](#)
6 cherry tomatoes- 21 cals



[High protein scrambled eggs](#)
99 cals

Dinner

470 cals, 49g protein, 17g net carbs, 19g fat



[Baked chicken with tomatoes & olives](#)
6 oz- 300 cals



[Edamame & beet salad](#)
171 cals

Lunch

520 cals, 42g protein, 57g net carbs, 11g fat



[Bbq glazed meatloaf](#)
1 meatloaves- 280 cals



[Sugar snap peas](#)
41 cals



[Couscous](#)
201 cals

Day 7

1274 cals ● 117g protein (37%) ● 57g fat (40%) ● 62g carbs (19%) ● 12g fiber (4%)

Breakfast

250 cals, 25g protein, 17g net carbs, 9g fat



Cottage cheese & fruit cup
1 container- 131 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals



High protein scrambled eggs
99 cals

Dinner

545 cals, 47g protein, 1g net carbs, 39g fat



Simple salmon
8 oz- 513 cals



Roasted tomatoes
1/2 tomato(es)- 30 cals

Lunch

480 cals, 45g protein, 43g net carbs, 9g fat



Lentils
174 cals



Easy chickpea salad
117 cals



Teriyaki chicken
4 oz- 190 cals



Vegetables and Vegetable Products

- ☐ tomatoes
6 1/2 medium whole (2-3/5" dia) (809g)
- ☐ zucchini
1/2 medium (98g)
- ☐ lima beans, frozen
1/2 package (10 oz) (142g)
- ☐ beets, precooked (canned or refrigerated)
4 beets (2" dia, sphere) (200g)
- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ frozen sugar snap peas
1 1/3 cup (192g)
- ☐ fresh parsley
3/4 sprigs (1g)
- ☐ onion
1/8 small (9g)

Fats and Oils

- ☐ oil
2 oz (64mL)
- ☐ olive oil
2 tsp (10mL)
- ☐ balsamic vinaigrette
2 tbsp (30mL)

Poultry Products

- ☐ boneless skinless chicken thighs
3/4 lbs (340g)
- ☐ boneless skinless chicken breast, raw
3 1/3 lbs (1494g)

Spices and Herbs

- ☐ salt
1 tsp (6g)
- ☐ ground cumin
1/2 tbsp (3g)
- ☐ dijon mustard
1 oz (32g)
- ☐ black pepper
1/2 g (1g)
- ☐ chili powder
2 tsp (5g)
- ☐ fresh basil
12 leaves (6g)
- ☐ garlic powder
2 dash (1g)

Legumes and Legume Products

- ☐ lentils, raw
1 cup (192g)
- ☐ chickpeas, canned
1/4 can (112g)

Cereal Grains and Pasta

- ☐ instant couscous, flavored
1 box (5.8 oz) (151g)
- ☐ quinoa, uncooked
2/3 cup (113g)

Dairy and Egg Products

- ☐ lowfat flavored greek yogurt
1 (5.3 oz ea) container(s) (150g)
- ☐ low fat cottage cheese (1% milkfat)
3/4 cup (170g)
- ☐ lowfat flavored yogurt
2 container (6 oz) (340g)
- ☐ eggs
8 large (400g)

Fruits and Fruit Juices

- ☐ raspberries
1 cup (123g)
- ☐ grapes
1 cup (92g)
- ☐ green olives
12 large (53g)

Sweets

- ☐ honey
1 2/3 oz (48g)

Baked Products

- ☐ kaiser rolls
1 roll (3-1/2" dia) (57g)
- ☐ bread
1 slice (32g)

Other

- ☐ mixed greens
2 1/4 cup (68g)
- ☐ cottage cheese & fruit cup
2 container (340g)

☐ chipotle seasoning
2 dash (1g)

☐ balsamic vinegar
1/4 tbsp (4mL)

Beverages

☐ water
5 3/4 cup (1382mL)

☐ teriyaki sauce
2 tbsp (31mL)

Snacks

☐ small granola bar
3 bar (75g)

Soups, Sauces, and Gravies

☐ barbecue sauce
2 tbsp (34g)

☐ apple cider vinegar
1/4 tbsp (0mL)

Beef Products

☐ ground beef (93% lean)
10 oz (284g)

Finfish and Shellfish Products

☐ salmon
1/2 lbs (227g)

Breakfast 1 [↗](#)

Eat on day 1, day 2

Raspberries

1/2 cup(s) - 36 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

raspberries
1/2 cup (62g)

For all 2 meals:

raspberries
1 cup (123g)

1. Rinse raspberries and serve.

Cottage cheese & honey

1/4 cup(s) - 62 cals ● 7g protein ● 1g fat ● 7g carbs ● 0g fiber



For single meal:

honey
1 tsp (7g)
low fat cottage cheese (1% milkfat)
4 tbsp (57g)

For all 2 meals:

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

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

Lowfat yogurt

1 container(s) - 181 cals ● 8g protein ● 2g fat ● 32g carbs ● 0g fiber



For single meal:

lowfat flavored yogurt
1 container (6 oz) (170g)

For all 2 meals:

lowfat flavored yogurt
2 container (6 oz) (340g)

1. This recipe has no instructions.

Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

Small granola bar

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



For single meal:

small granola bar

1 bar (25g)

For all 3 meals:

small granola bar

3 bar (75g)

1. This recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cals ● 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.
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Breakfast 3 [↗](#)

Eat on day 6, day 7

Cottage cheese & fruit cup

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



For single meal:

cottage cheese & fruit cup
1 container (170g)

For all 2 meals:

cottage cheese & fruit cup
2 container (340g)

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

Cherry tomatoes

6 cherry tomatoes - 21 cal ● 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.

High protein scrambled eggs

99 cal ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/4 tsp (1mL)
low fat cottage cheese (1% milkfat)
2 tbsp (28g)
eggs
1 large (50g)

For all 2 meals:

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

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Roasted tomatoes

1 1/2 tomato(es) - 89 cals ● 1g protein ● 7g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes

1 1/2 small whole (2-2 5/8" dia) (137g)

oil

1/2 tbsp (8mL)

For all 2 meals:

tomatoes

3 small whole (2-2 5/8" dia) (273g)

oil

1 tbsp (15mL)

1. Preheat oven to 450°F (230°C).
2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
3. Bake for 30-35 minutes until soft. Serve.

Basic chicken thighs

6 oz - 255 cals ● 32g protein ● 14g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

boneless skinless chicken thighs

6 oz (170g)

For all 2 meals:

oil

1/2 tbsp (8mL)

boneless skinless chicken thighs

3/4 lbs (340g)

1. Rub chicken thighs with oil, salt, pepper, and seasonings of choice.
2. Either fry the chicken thighs in a skillet or grill pan for 4-5 min each side until no longer pink inside, or bake by preheating the oven to 400°F (200°C) and bake for about 20 minutes or until the internal temperature reaches 165°F (74°C).
3. Serve.

Lentils

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



For single meal:

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

For all 2 meals:

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

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.

Lunch 2 [↗](#)

Eat on day 3, day 4

Lentils

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



For single meal:

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

For all 2 meals:

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

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

Basic chicken breast

8 oz - 317 cals ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



For single meal:

oil
1/2 tbsp (8mL)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

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.

Lunch 3 [↗](#)

Eat on day 5, day 6

Bbq glazed meatloaf

1 meatloaves - 280 cals ● 32g protein ● 11g fat ● 13g carbs ● 1g fiber



For single meal:

garlic powder
1 dash (0g)
water
1 tbsp (15mL)
barbecue sauce
1 tbsp (17g)
chipotle seasoning
1 dash (0g)
bread
1/2 slice (16g)
ground beef (93% lean)
5 oz (142g)

For all 2 meals:

garlic powder
2 dash (1g)
water
2 tbsp (30mL)
barbecue sauce
2 tbsp (34g)
chipotle seasoning
2 dash (1g)
bread
1 slice (32g)
ground beef (93% lean)
10 oz (284g)

1. Preheat oven to 425°F (220°C).
2. In a medium bowl, soak the bread in the water. Break it up with your hands until it becomes pasty.
3. Add beef, garlic powder, chipotle seasoning and some salt and pepper to the bowl. Mix gently until combined.
4. Form beef mixture into small loaves (use number of loaves listed in the recipe details).
5. Place meat loaves on a baking sheet and brush with the barbeque sauce. Bake until meat loaves are browned and cooked through, 15-18 minutes. Serve.

Sugar snap peas

41 cals ● 3g protein ● 0g fat ● 4g carbs ● 3g fiber



For single meal:

frozen sugar snap peas
2/3 cup (96g)

For all 2 meals:

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

1. Prepare according to instructions on package.

Couscous

201 cals ● 7g protein ● 0g fat ● 40g carbs ● 3g fiber



For single meal:

instant couscous, flavored
1/3 box (5.8 oz) (55g)

For all 2 meals:

instant couscous, flavored
2/3 box (5.8 oz) (110g)

1. Follow instructions on package.

Lunch 4 [↗](#)

Eat on day 7

Lentils

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



salt

1/2 dash (0g)

water

1 cup(s) (237mL)

lentils, raw, rinsed

4 tbsp (48g)

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

117 cals ● 6g protein ● 2g fat ● 13g carbs ● 6g fiber



fresh parsley, chopped
3/4 sprigs (1g)
apple cider vinegar
1/4 tbsp (0mL)
balsamic vinegar
1/4 tbsp (4mL)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
onion, thinly sliced
1/8 small (9g)
chickpeas, canned, drained and rinsed
1/4 can (112g)

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

Teriyaki chicken

4 oz - 190 cal ● 27g protein ● 6g fat ● 6g carbs ● 0g fiber



Makes 4 oz

oil
1/4 tbsp (4mL)
teriyaki sauce
2 tbsp (30mL)
boneless skinless chicken breast, raw, cubed
4 oz (112g)

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.
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Dinner 1 [↗](#)

Eat on day 1

Spiced chicken with couscous

374 cals ● 39g protein ● 8g fat ● 33g carbs ● 3g fiber



ground cumin

1/2 tbsp (3g)

water

3/8 cup(s) (89mL)

oil

1/4 tbsp (4mL)

instant couscous, flavored

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

zucchini, sliced

1/2 medium (98g)

boneless skinless chicken breast, raw, cubed

5 oz (140g)

1. Heat oil in a skillet over medium heat. Add chicken and stir occasionally until it's mostly cooked through.
2. Add cumin and a pinch of salt and stir to coat the chicken and cook for another minute or two. Transfer chicken to a plate and set aside.
3. Add zucchini to the skillet and saute for about 8 minutes until zucchini has softened and is lightly browned.
4. Add the water to the skillet to deglaze and once it starts to boil, turn off the heat and stir in the couscous (and flavoring packet if it came with one). Let it sit for 3-5 minutes to allow the couscous to rehydrate.
5. Add the chicken back and serve.

Lowfat Greek yogurt

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



Makes 1 container(s)

lowfat flavored greek yogurt

1 (5.3 oz ea) container(s) (150g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Grapes

58 cals ● 1g protein ● 0g fat ● 9g carbs ● 4g fiber



grapes
1 cup (92g)

1. This recipe has no instructions.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



Makes 1 sandwich(es)

oil
1/2 tsp (3mL)
kaiser rolls
1 roll (3-1/2" dia) (57g)
dijon mustard
1/2 tbsp (8g)
mixed greens
4 tbsp (8g)
tomatoes
3 slice(s), thin/small (45g)
boneless skinless chicken breast, raw
1/2 lbs (227g)

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.
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Dinner 3 [↗](#)

Eat on day 3, day 4

Quinoa

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



For single meal:

quinoa, uncooked

1/3 cup (57g)

water

2/3 cup(s) (158mL)

For all 2 meals:

quinoa, uncooked

2/3 cup (113g)

water

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

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.

Honey mustard chicken

4 oz - 219 cal ● 26g protein ● 6g fat ● 14g carbs ● 1g fiber



For single meal:

dijon mustard

2 1/2 tsp (12g)

honey

2 1/2 tsp (17g)

oil

1/2 tsp (3mL)

boneless skinless chicken breast, raw

4 oz (113g)

For all 2 meals:

dijon mustard

5 tsp (25g)

honey

5 tsp (34g)

oil

1 tsp (6mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

1. Whisk honey and mustard together in a small bowl. Set aside.
2. Season chicken with some salt/pepper.
3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
5. Remove from skillet and serve.

Lima beans

77 cal ● 5g protein ● 0g fat ● 10g carbs ● 4g fiber



For single meal:

lima beans, frozen
1/4 package (10 oz) (71g)
salt
1 dash (1g)
black pepper
1/2 dash, ground (0g)

For all 2 meals:

lima beans, frozen
1/2 package (10 oz) (142g)
salt
2 dash (2g)
black pepper
1 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 4 [🔗](#)

Eat on day 5, day 6

Baked chicken with tomatoes & olives

6 oz - 300 cals ● 40g protein ● 12g fat ● 4g carbs ● 3g fiber



For single meal:

tomatoes
6 cherry tomatoes (102g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
green olives
6 large (26g)
black pepper
2 dash (0g)
chili powder
1 tsp (3g)
boneless skinless chicken breast, raw
6 oz (170g)
fresh basil, shredded
6 leaves (3g)

For all 2 meals:

tomatoes
12 cherry tomatoes (204g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
green olives
12 large (53g)
black pepper
4 dash (0g)
chili powder
2 tsp (5g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
fresh basil, shredded
12 leaves (6g)

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.

Edamame & beet salad

171 cals ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



For single meal:

balsamic vinaigrette

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

2 beets (2" dia, sphere) (100g)

edamame, frozen, shelled

1/2 cup (59g)

mixed greens

1 cup (30g)

For all 2 meals:

balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

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

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

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

Dinner 5 [🔗](#)

Eat on day 7

Simple salmon

8 oz - 513 cals ● 46g protein ● 36g fat ● 0g carbs ● 0g fiber



Makes 8 oz

salmon

1/2 lbs (227g)

oil

1/2 tbsp (7mL)

1. Rub salmon in oil and season with some salt and pepper.
2. Cook by either pan frying or baking: PAN FRY: Heat a skillet over medium heat. Place the salmon in the pan, skin-side down if it has skin. Cook for about 3-4 minutes on each side, or until the salmon is golden brown and cooked through. BAKING: Preheat oven to 400°F (200°C). Place the seasoned salmon fillets on a baking sheet lined with parchment paper. Bake in the oven for 12-15 minutes, or until the salmon easily flakes with a fork.
3. Serve.

Roasted tomatoes

1/2 tomato(es) - 30 cals ● 0g protein ● 2g fat ● 1g carbs ● 1g fiber



Makes 1/2 tomato(es)

tomatoes

1/2 small whole (2-2/5" dia) (46g)

oil

1/2 tsp (3mL)

1. Preheat oven to 450°F (230°C).
 2. Slice tomatoes in half down through the stem and rub them with oil. Season them with a pinch of salt and pepper.
 3. Bake for 30-35 minutes until soft. Serve.
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