

Meal Plan - 1300 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

1303 cals ● 115g protein (35%) ● 47g fat (32%) ● 82g carbs (25%) ● 24g fiber (7%)

Breakfast

275 cals, 17g protein, 28g net carbs, 10g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Chicken breakfast sausage patty](#)

1 patties- 99 cals



[Waffles & Greek yogurt](#)

1 waffle(s)- 119 cals

Snacks

200 cals, 12g protein, 19g net carbs, 7g fat



[Roasted chickpeas](#)

1/4 cup- 138 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals

Lunch

375 cals, 38g protein, 12g net carbs, 15g fat



[Sugar snap peas](#)

123 cals



[Basic ground turkey](#)

5 1/3 oz- 250 cals

Dinner

455 cals, 48g protein, 23g net carbs, 15g fat



[Simple kale & avocado salad](#)

115 cals



[Lemon pepper chicken breast](#)

6 oz- 222 cals



[Lentils](#)

116 cals

Day 2

1334 cals ● 117g protein (35%) ● 44g fat (30%) ● 97g carbs (29%) ● 20g fiber (6%)

Breakfast

275 cals, 17g protein, 28g net carbs, 10g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Chicken breakfast sausage patty](#)

1 patties- 99 cals



[Waffles & Greek yogurt](#)

1 waffle(s)- 119 cals

Snacks

200 cals, 12g protein, 19g net carbs, 7g fat



[Roasted chickpeas](#)

1/4 cup- 138 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals

Lunch

405 cals, 42g protein, 10g net carbs, 19g fat



[Simple kale & avocado salad](#)

173 cals



[Cajun cod](#)

7 1/2 oz- 234 cals

Dinner

450 cals, 47g protein, 40g net carbs, 9g fat



[Chicken and vegetable stir fry](#)

358 cals



[Bone both rice](#)

92 cals

Day 3

1286 cals ● 128g protein (40%) ● 48g fat (33%) ● 70g carbs (22%) ● 16g fiber (5%)

Breakfast

275 cals, 17g protein, 28g net carbs, 10g fat



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Chicken breakfast sausage patty](#)

1 patties- 99 cals



[Waffles & Greek yogurt](#)

1 waffle(s)- 119 cals

Snacks

200 cals, 12g protein, 19g net carbs, 7g fat



[Roasted chickpeas](#)

1/4 cup- 138 cals



[Cottage cheese & honey](#)

1/4 cup(s)- 62 cals

Lunch

405 cals, 42g protein, 10g net carbs, 19g fat



[Simple kale & avocado salad](#)

173 cals



[Cajun cod](#)

7 1/2 oz- 234 cals

Dinner

400 cals, 57g protein, 13g net carbs, 12g fat



[Balsamic chicken breast](#)

8 oz- 316 cals



[Lentils](#)

87 cals

Day 4

1325 cals ● 119g protein (36%) ● 46g fat (32%) ● 95g carbs (29%) ● 13g fiber (4%)

Breakfast

285 cals, 12g protein, 29g net carbs, 12g fat



[Toast with butter and jelly](#)

1 slice(s)- 133 cals



[Grapefruit](#)

1/2 grapefruit- 59 cals



[Kale & eggs](#)

95 cals

Snacks

175 cals, 13g protein, 19g net carbs, 4g fat



[Cherry tomatoes](#)

6 cherry tomatoes- 21 cals



[Lowfat Greek yogurt](#)

1 container(s)- 155 cals

Lunch

460 cals, 37g protein, 33g net carbs, 18g fat



[Pan seared breaded tilapia](#)

6 oz- 301 cals



[Baked cinnamon sweet potato](#)

1/2 sweet potato(es)- 158 cals

Dinner

400 cals, 57g protein, 13g net carbs, 12g fat



[Balsamic chicken breast](#)

8 oz- 316 cals



[Lentils](#)

87 cals

Day 5

1317 cals ● 121g protein (37%) ● 34g fat (23%) ● 104g carbs (31%) ● 28g fiber (9%)

Breakfast

285 cals, 12g protein, 29g net carbs, 12g fat



[Toast with butter and jelly](#)
1 slice(s)- 133 cals



[Grapefruit](#)
1/2 grapefruit- 59 cals



[Kale & eggs](#)
95 cals

Snacks

175 cals, 13g protein, 19g net carbs, 4g fat



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



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

Lunch

485 cals, 40g protein, 48g net carbs, 7g fat



[Easy chickpea salad](#)
117 cals



[Southwest shrimp & black bean bowl](#)
369 cals

Dinner

370 cals, 56g protein, 8g net carbs, 11g fat



[Buttered lima beans](#)
55 cals



[Hummus crusted chicken](#)
8 oz- 313 cals

Day 6

1334 cals ● 121g protein (36%) ● 43g fat (29%) ● 89g carbs (27%) ● 26g fiber (8%)

Breakfast

215 cals, 15g protein, 5g net carbs, 14g fat



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



[Broccoli & cheddar egg muffins](#)
2 muffins- 193 cals

Snacks

155 cals, 18g protein, 11g net carbs, 4g fat



[Watermelon](#)
4 oz- 41 cals



[Tuna cucumber bites](#)
115 cals

Lunch

485 cals, 40g protein, 48g net carbs, 7g fat



[Easy chickpea salad](#)
117 cals



[Southwest shrimp & black bean bowl](#)
369 cals

Dinner

480 cals, 48g protein, 26g net carbs, 18g fat



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



[Avocado tuna salad](#)
291 cals

Day 7

1305 cals ● 121g protein (37%) ● 50g fat (35%) ● 76g carbs (23%) ● 17g fiber (5%)

Breakfast

215 cals, 15g protein, 5g net carbs, 14g fat



Cherry tomatoes

6 cherry tomatoes- 21 cals



Broccoli & cheddar egg muffins

2 muffins- 193 cals

Snacks

155 cals, 18g protein, 11g net carbs, 4g fat



Watermelon

4 oz- 41 cals



Tuna cucumber bites

115 cals

Lunch

455 cals, 40g protein, 34g net carbs, 14g fat



Shrimp and vegetable stir fry

264 cals



Tomato and avocado salad

117 cals



Brown rice

1/3 cup brown rice, cooked- 76 cals

Dinner

480 cals, 48g protein, 26g net carbs, 18g fat



Cottage cheese & honey

3/4 cup(s)- 187 cals



Avocado tuna salad

291 cals

Fruits and Fruit Juices

- ☐ Grapefruit
2 1/2 large (approx 4-1/2" dia) (830g)
- ☐ lemon
1 small (58g)
- ☐ avocados
2 avocado(s) (385g)
- ☐ lime juice
3/4 fl oz (24mL)
- ☐ Watermelon
8 oz (227g)

Poultry Products

- ☐ ground chicken, raw
6 oz (170g)
- ☐ boneless skinless chicken breast, raw
2 1/4 lbs (1016g)
- ☐ ground turkey, raw
1/3 lbs (151g)

Sweets

- ☐ maple syrup
1 tsp (6mL)
- ☐ honey
3 tbsp (63g)
- ☐ jelly
2 tsp (14g)
- ☐ sugar
1/4 tbsp (3g)

Other

- ☐ italian seasoning
1/4 tbsp (2g)
- ☐ Roasted chickpeas
3/4 cup (85g)
- ☐ stir-fry sauce
1/4 cup (79g)
- ☐ chicken bone broth
1/4 cup(s) (mL)
- ☐ mixed greens
1 1/3 cup (40g)

Fats and Oils

- ☐ oil
1 1/2 oz (47mL)
- ☐ olive oil
10 1/2 g (12mL)

Baked Products

- ☐ frozen waffles
3 waffles (105g)
- ☐ bread
2 slice (64g)

Vegetables and Vegetable Products

- ☐ kale leaves
6 3/4 oz (190g)
- ☐ frozen sugar snap peas
2 cup (288g)
- ☐ frozen mixed veggies
1/2 10oz package (142g)
- ☐ tomatoes
5 medium whole (2-3/5" dia) (627g)
- ☐ sweet potatoes
1/2 sweetpotato, 5" long (105g)
- ☐ fresh parsley
1 1/2 sprigs (2g)
- ☐ onion
1/2 medium (2-1/2" dia) (48g)
- ☐ frozen corn kernels
1/3 cup (45g)
- ☐ lima beans, frozen
1/8 package (10 oz) (36g)
- ☐ cucumber
1/2 cucumber (8-1/4") (151g)
- ☐ frozen broccoli
1/4 lbs (132g)
- ☐ carrots
3/4 medium (46g)

Beverages

- ☐ water
2 cup(s) (448mL)

Legumes and Legume Products

- ☐ lentils, raw
6 3/4 tbsp (80g)
- ☐ chickpeas, canned
1/2 can (224g)
- ☐ black beans
2/3 can(s) (293g)
- ☐ hummus
2 tbsp (31g)

Finfish and Shellfish Products

- ☐ balsamic vinaigrette
4 tbsp (60mL)

Spices and Herbs

- ☐ black pepper
3 1/2 g (3g)
- ☐ garlic powder
1/3 tsp (1g)
- ☐ lemon pepper
1 tsp (3g)
- ☐ salt
1/4 oz (8g)
- ☐ cajun seasoning
5 tsp (11g)
- ☐ cinnamon
1 1/2 dash (0g)
- ☐ balsamic vinegar
1/2 tbsp (8mL)
- ☐ chili powder
1/4 tbsp (2g)
- ☐ paprika
1 dash (0g)

Dairy and Egg Products

- ☐ nonfat greek yogurt, plain
6 tbsp (105g)
- ☐ low fat cottage cheese (1% milkfat)
2 1/4 cup (509g)
- ☐ butter
1/4 stick (25g)
- ☐ eggs
4 2/3 large (233g)
- ☐ lowfat flavored greek yogurt
2 (5.3 oz ea) container(s) (300g)
- ☐ cheddar cheese
1/3 cup, shredded (38g)

- ☐ cod, raw
15 oz (425g)
- ☐ tilapia, raw
6 oz (168g)
- ☐ shrimp, raw
14 oz (397g)
- ☐ canned tuna
2 can (377g)

Cereal Grains and Pasta

- ☐ long-grain white rice
2 tbsp (23g)
- ☐ all-purpose flour
1/8 cup(s) (16g)
- ☐ brown rice
1/3 cup (63g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
2 tbsp (1mL)



Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Grapefruit

1/2 grapefruit - 59 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

Grapefruit

1/2 large (approx 4-1/2" dia) (166g)

For all 3 meals:

Grapefruit

1 1/2 large (approx 4-1/2" dia)
(498g)

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)

Chicken breakfast sausage patty

1 patties - 99 cal ● 10g protein ● 6g fat ● 2g carbs ● 0g fiber



For single meal:

ground chicken, raw

2 oz (57g)

maple syrup

3/8 tsp (2mL)

italian seasoning

1/2 dash (0g)

oil

1/4 tsp (1mL)

black pepper

1/8 gram (0g)

garlic powder

1/2 dash (0g)

For all 3 meals:

ground chicken, raw

6 oz (170g)

maple syrup

1 tsp (6mL)

italian seasoning

1 1/2 dash (1g)

oil

1/4 tbsp (4mL)

black pepper

1/6 gram (0g)

garlic powder

1 1/2 dash (1g)

1. Mix all of the ingredients besides the oil in a bowl with your hands until well-incorporated.
2. Form into small patties (for serving size accuracy, use the number of patties listed in the recipe details above, about 2 oz per patty).
3. Heat oil in a skillet over medium heat. Add patties and cook for 4-6 minutes on each side or until middle is no longer pink. Serve.
4. Meal Prep Note: Store leftover patties in an airtight container in the fridge. Reheat in the microwave.

Waffles & Greek yogurt

1 waffle(s) - 119 cal ● 6g protein ● 4g fat ● 15g carbs ● 0g fiber



For single meal:

nonfat greek yogurt, plain
2 tbsp (35g)
frozen waffles
1 waffles (35g)

For all 3 meals:

nonfat greek yogurt, plain
6 tbsp (105g)
frozen waffles
3 waffles (105g)

1. Toast waffles according to package instructions.
2. Spread Greek yogurt on top of waffles. Optionally, you can cut the waffle in half and make it into a waffle and Greek yogurt sandwich. Serve.

Breakfast 2 [↗](#)

Eat on day 4, day 5

Toast with butter and jelly

1 slice(s) - 133 cals ● 4g protein ● 5g fat ● 17g carbs ● 2g fiber



For single meal:

bread
1 slice (32g)
butter
1 tsp (5g)
jelly
1 tsp (7g)

For all 2 meals:

bread
2 slice (64g)
butter
2 tsp (9g)
jelly
2 tsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter and jelly 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)

Kale & eggs

95 cals ● 7g protein ● 7g fat ● 1g carbs ● 0g fiber



For single meal:

salt
1/2 dash (0g)
eggs
1 large (50g)
kale leaves
4 tbsp, chopped (10g)
oil
1/2 tsp (3mL)

For all 2 meals:

salt
1 dash (0g)
eggs
2 large (100g)
kale leaves
1/2 cup, chopped (20g)
oil
1 tsp (5mL)

1. Crack the eggs in a small bowl and whisk together.
2. Season the eggs with salt and tear up the greens and mix them with the eggs (for proper green eggs, put the mixture into a blender and blend until smooth).
3. Heat your oil of choice in a frying pan over medium heat.
4. Add egg mixture and cook to your preferred consistency.
5. Serve.

Breakfast 3 [↗](#)

Eat on day 6, day 7

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.

Broccoli & cheddar egg muffins

2 muffins - 193 cals ● 14g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

eggs
1 1/3 large (67g)
cheddar cheese
2 2/3 tbsp, shredded (19g)
salt
1 1/3 dash (1g)
black pepper
1 1/3 dash, ground (0g)
olive oil
1/3 tsp (2mL)
frozen broccoli, steamed
1/3 cup (30g)

For all 2 meals:

eggs
2 2/3 large (133g)
cheddar cheese
1/3 cup, shredded (38g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
olive oil
1/4 tbsp (3mL)
frozen broccoli, steamed
2/3 cup (61g)

1. Preheat oven to 375 F (190 C).
2. Coat muffin tins with the olive oil, or use liners.
3. Steam the chopped broccoli by placing it mostly covered in a container in the microwave with a few teaspoons of water for a couple minutes.
4. In a bowl, whisk together the eggs, salt, pepper, and broccoli.
5. Pour mixture into muffin tins and top evenly with the cheese.
6. Bake for about 12-15 minutes until done.

Lunch 1 [↗](#)

Eat on day 1

Sugar snap peas

123 cal ● 8g protein ● 1g fat ● 12g carbs ● 9g fiber



frozen sugar snap peas
2 cup (288g)

1. Prepare according to instructions on package.

Basic ground turkey

5 1/3 oz - 250 cal ● 30g protein ● 15g fat ● 0g carbs ● 0g fiber



Makes 5 1/3 oz

oil
1/4 tbsp (3mL)
ground turkey, raw
1/3 lbs (151g)

1. Heat oil in a skillet over medium-high heat. Add turkey and break part into crumbles. Season with salt, pepper, and any seasonings of choice. Cook until browned, 7-10 minutes.
 2. Serve.
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Lunch 2 [↗](#)

Eat on day 2, day 3

Simple kale & avocado salad

173 cals ● 4g protein ● 11g fat ● 7g carbs ● 7g fiber



For single meal:

kale leaves, chopped

3/8 bunch (64g)

lemon, juiced

3/8 small (22g)

avocados, chopped

3/8 avocado(s) (75g)

For all 2 meals:

kale leaves, chopped

3/4 bunch (128g)

lemon, juiced

3/4 small (44g)

avocados, chopped

3/4 avocado(s) (151g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Cajun cod

7 1/2 oz - 234 cals ● 39g protein ● 8g fat ● 3g carbs ● 1g fiber



For single meal:

cod, raw

1/2 lbs (213g)

cajun seasoning

2 1/2 tsp (6g)

oil

1 1/4 tsp (6mL)

For all 2 meals:

cod, raw

15 oz (425g)

cajun seasoning

5 tsp (11g)

oil

2 1/2 tsp (13mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
 2. In a non-stick skillet, add the oil and heat the pan.
 3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
 4. Let sit a couple minutes and serve.
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Lunch 3 [↗](#)

Eat on day 4

Pan seared breaded tilapia

6 oz - 301 cals ● 36g protein ● 12g fat ● 12g carbs ● 1g fiber



Makes 6 oz

butter, melted

1/2 tbsp (7g)

all-purpose flour

1/8 cup(s) (16g)

tilapia, raw

6 oz (168g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

olive oil

1/4 tbsp (4mL)

1. Rinse tilapia fillets in cold water and pat dry with paper towels. Season both sides of each fillet with salt and pepper. Place the flour in a shallow dish; gently press each fillet into the flour to coat and shake off the excess flour.
2. Heat the olive oil in a skillet over medium-high heat; cook the tilapia in the hot oil until the fish flakes easily with a fork, about 4 minutes per side. Brush the melted butter onto the tilapia in the last minute before removing from the skillet. Serve immediately.

Baked cinnamon sweet potato

1/2 sweet potato(es) - 158 cals ● 2g protein ● 6g fat ● 21g carbs ● 3g fiber



Makes 1/2 sweet potato(es)

butter

1/2 tbsp (7g)

cinnamon

1 1/2 dash (0g)

sugar

1/4 tbsp (3g)

sweet potatoes

1/2 sweet potato, 5" long (105g)

1. OVEN:
 2. Preheat oven to 400°F (200°C).
 3. Bake sweet potatoes for 45 to 75 minutes (bigger ones take longer to cook).
 4. When they are done, the outside will have darkened and the inside will be soft.
 5. MICROWAVE:
 6. Pierce the sweet potato skins 5-6 times.
 7. Place on a microwaveable plate and microwave for 5-8 minutes, rotating halfway through. The potato is ready when the skin puffs to a crisp finish and the inside is soft. Cooking time will be longer if microwaving multiple potatoes at once.
 8. Mix the sugar and cinnamon together and set aside.
 9. To serve, slice a potato down the center. Add butter, then sprinkle some cinnamon/sugar over the top.
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Lunch 4 [🔗](#)

Eat on day 5, day 6

Easy chickpea salad

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



For single meal:

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)

For all 2 meals:

fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

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

Southwest shrimp & black bean bowl

369 cals ● 34g protein ● 5g fat ● 35g carbs ● 12g fiber



For single meal:

tomatoes, chopped

1/3 roma tomato (27g)

shrimp, raw, peeled and deveined

4 oz (113g)

black beans, rinsed and drained

1/3 can(s) (146g)

frozen corn kernels

2 2/3 tbsp (23g)

brown rice

1 3/4 tbsp (21g)

chili powder

1/3 tsp (1g)

oil

1/4 tbsp (3mL)

lime juice

1 tsp (5mL)

apple cider vinegar

2/3 tbsp (0mL)

For all 2 meals:

tomatoes, chopped

2/3 roma tomato (53g)

shrimp, raw, peeled and deveined

1/2 lbs (227g)

black beans, rinsed and drained

2/3 can(s) (293g)

frozen corn kernels

1/3 cup (45g)

brown rice

1/4 cup (42g)

chili powder

1/4 tbsp (2g)

oil

1/2 tbsp (7mL)

lime juice

2 tsp (10mL)

apple cider vinegar

1 1/3 tbsp (1mL)

1. Cook the rice according its package. Add in corn and black beans while the rice is still hot and set aside. Let cool.
2. Heat a skillet over medium heat with half of the oil (reserving the rest for later). Add the shrimp and cook a couple minutes on each side until shrimp is opaque and fully cooked. Set aside.
3. In a small bowl, mix together the apple cider vinegar, lime juice, remaining oil, chili powder, and a dash of salt.
4. Mix together the rice mixture, shrimp, and tomatoes. Pour the sauce on top and serve.

Lunch 5 [🔗](#)

Eat on day 7

Shrimp and vegetable stir fry

264 cals ● 37g protein ● 5g fat ● 15g carbs ● 4g fiber



carrots, sliced

3/4 medium (46g)

frozen broccoli

1/4 package (71g)

shrimp, raw, peeled and deveined

6 oz (170g)

salt

1 dash (1g)

black pepper

2 dash, ground (1g)

oil, divided

1/4 tbsp (4mL)

stir-fry sauce

2 2/3 tbsp (45g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the shrimp and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove shrimp and set aside.
2. Put remaining oil into the skillet and add the frozen broccoli and sliced carrot. Stir-fry 4-5 minutes or until crisp but warmed through.
3. Return shrimp to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until shrimp is fully cooked.
6. Serve.

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion

1/2 tbsp minced (8g)

lime juice

1/2 tbsp (8mL)

avocados, cubed

1/4 avocado(s) (50g)

tomatoes, diced

1/4 medium whole (2-3/5" dia) (31g)

olive oil

3/8 tsp (2mL)

garlic powder

1 dash (0g)

salt

1 dash (1g)

black pepper

1 dash, ground (0g)

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.

Brown rice

1/3 cup brown rice, cooked - 76 cals ● 2g protein ● 1g fat ● 15g carbs ● 1g fiber



Makes 1/3 cup brown rice, cooked

- brown rice**
1 3/4 tbsp (21g)
- salt**
2/3 dash (1g)
- water**
1/4 cup(s) (53mL)
- black pepper**
2/3 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. Rinse the starch off the rice in a strainer under cold water for 30 seconds.
3. Bring the water to a boil over high heat in a large pot that has a tight fitting lid.
4. Add the rice, stir it just once, and simmer, covered, for 30-45 minutes or until water is absorbed.
5. Remove from the heat and let it sit, covered for 10 more minutes. Fluff with a fork.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

Roasted chickpeas

1/4 cup - 138 cals ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



- For single meal:
Roasted chickpeas
4 tbsp (28g)
- For all 3 meals:
Roasted chickpeas
3/4 cup (85g)

1. This recipe has no instructions.

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

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

Snacks 2 [↗](#)

Eat on day 4, day 5

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.
-

Lowfat Greek yogurt

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



For single meal:

lowfat flavored greek yogurt

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

For all 2 meals:

lowfat flavored greek yogurt

2 (5.3 oz ea) container(s) (300g)

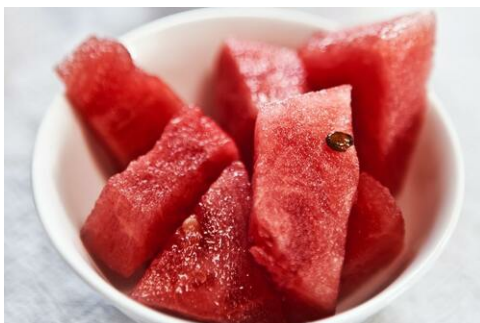
1. This recipe has no instructions.
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Snacks 3 [↗](#)

Eat on day 6, day 7

Watermelon

4 oz - 41 cals ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon

4 oz (113g)

For all 2 meals:

Watermelon

8 oz (227g)

1. Slice watermelon and serve.
-

Tuna cucumber bites

115 cals ● 17g protein ● 4g fat ● 3g carbs ● 0g fiber



For single meal:

cucumber, sliced

1/4 cucumber (8-1/4") (75g)

canned tuna

1 packet (74g)

For all 2 meals:

cucumber, sliced

1/2 cucumber (8-1/4") (151g)

canned tuna

2 packet (148g)

1. Slice the cucumber and top slices with tuna.
2. Season to taste with salt and pepper.
3. Serve.

Dinner 1 [🔗](#)

Eat on day 1

Simple kale & avocado salad

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



kale leaves, chopped

1/4 bunch (43g)

lemon, juiced

1/4 small (15g)

avocados, chopped

1/4 avocado(s) (50g)

1. Add all ingredients into a bowl.
2. Using your fingers, massage the avocado and lemon into the kale until the avocado becomes creamy and coats the kale.
3. Season with salt and pepper if desired. Serve.

Lemon pepper chicken breast

6 oz - 222 cals ● 38g protein ● 7g fat ● 1g carbs ● 1g fiber



Makes 6 oz

lemon pepper

1 tsp (3g)

olive oil

1/2 tsp (3mL)

boneless skinless chicken breast, raw

6 oz (168g)

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.

Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



salt

1/3 dash (0g)

water

2/3 cup(s) (158mL)

lentils, raw, rinsed

2 2/3 tbsp (32g)

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 2

Chicken and vegetable stir fry

358 cals ● 43g protein ● 9g fat ● 22g carbs ● 6g fiber



stir-fry sauce

2 tbsp (34g)

frozen mixed veggies

1/2 10oz package (142g)

oil, divided

1/4 tbsp (4mL)

black pepper

2 dash, ground (1g)

salt

1 dash (1g)

boneless skinless chicken breast, raw, cubed

6 oz (168g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed chicken and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove chicken and set aside.
2. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
3. Return chicken to skillet, stir.
4. Pour in stir-fry sauce and mix until it is well distributed.
5. Reduce heat to low and simmer until chicken is fully cooked.
6. Serve.

Bone both rice

92 cals ● 4g protein ● 0g fat ● 18g carbs ● 0g fiber



chicken bone broth

1/4 cup(s) (mL)

long-grain white rice

2 tbsp (23g)

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

Dinner 3 [↗](#)

Eat on day 3, day 4

Balsamic chicken breast

8 oz - 316 cal ● 51g protein ● 12g fat ● 1g carbs ● 0g fiber



For single meal:

italian seasoning

2 dash (1g)

oil

1 tsp (5mL)

balsamic vinaigrette

2 tbsp (30mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

italian seasoning

4 dash (2g)

oil

2 tsp (10mL)

balsamic vinaigrette

4 tbsp (60mL)

boneless skinless chicken breast, raw

1 lbs (454g)

1. In a sealable bag, add the chicken, balsamic vinaigrette, and italian seasoning. Let the chicken marinate in the fridge for at least 10 minutes or up to overnight.
2. Heat oil in a grill pan or skillet over medium heat. Remove the chicken from the marinade (discarding extra marinade) and place it in the pan. Cook about 5-10 minutes on each side (depending on thickness) until the center is no longer pink. Serve.

Lentils

87 cal ● 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.
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Dinner 4 [↗](#)

Eat on day 5

Buttered lima beans

55 cals ● 2g protein ● 2g fat ● 5g carbs ● 2g fiber



lima beans, frozen
1/8 package (10 oz) (36g)
salt
1/2 dash (0g)
butter
4 dash (2g)
black pepper
1/4 dash, ground (0g)

1. Cook lima beans according to package.
2. Once drained, add in butter, salt, and pepper; stir until butter is melted.
3. Serve.

Hummus crusted chicken

8 oz - 313 cals ● 53g protein ● 9g fat ● 3g carbs ● 2g fiber



Makes 8 oz

paprika
1 dash (0g)
hummus
2 tbsp (31g)
boneless skinless chicken breast, raw
1/2 lbs (227g)

1. Preheat oven to 450°F (230°C).
 2. Pat chicken dry with paper towels and season with salt and pepper.
 3. Place chicken on a lined baking sheet. Spread hummus over the top of the chicken until evenly coated. Sprinkle paprika over the hummus.
 4. Bake about 15-20 minutes until the chicken is cooked through and no longer pink inside. Serve.
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Dinner 5 [🔗](#)

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.

Avocado tuna salad

291 cal ● 27g protein ● 16g fat ● 4g carbs ● 6g fiber



For single meal:

avocados

1/3 avocado(s) (67g)

lime juice

1/4 tbsp (3mL)

salt

2/3 dash (0g)

black pepper

2/3 dash (0g)

mixed greens

2/3 cup (20g)

onion, minced

1/6 small (12g)

canned tuna

2/3 can (115g)

tomatoes

2 2/3 tbsp, chopped (30g)

For all 2 meals:

avocados

2/3 avocado(s) (134g)

lime juice

1/2 tbsp (7mL)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash (0g)

mixed greens

1 1/3 cup (40g)

onion, minced

1/3 small (23g)

canned tuna

1 1/3 can (229g)

tomatoes

1/3 cup, chopped (60g)

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.