# Meal Plan - 1500 calorie meal plan to lose fat/weight



Don't forget to generate your plan for next week on https://www.strongrfastr.com

## Day 1

1465 cals 140g protein (38%) 52g fat (32%) 90g carbs (25%) 20g fiber (5%)

### Breakfast

300 cals, 21g protein, 17g net carbs, 15g fat

Boiled eggs
3 egg(s)- 208 cals

Kiwi
2 kiwi- 94 cals

### Lunch

465 cals, 44g protein, 37g net carbs, 14g fat

Pork-broccoli-rice bowl
363 cals

Simple mixed greens salad
102 cals

### Snacks

150 cals, 18g protein, 6g net carbs, 4g fat

Raspberries
1/2 cup(s)- 36 cals

Tuna cucumber bites
115 cals

### Dinner

550 cals, 58g protein, 30g net carbs, 19g fat

Pan seared breaded tilapia
9 oz- 451 cals

Mixed vegetables
1 cup(s)- 97 cals

## Day 2

1486 cals 138g protein (37%) 62g fat (37%) 75g carbs (20%) 21g fiber (6%)

### Breakfast

300 cals, 21g protein, 17g net carbs, 15g fat

Boiled eggs
3 egg(s)- 208 cals

Kiwi
2 kiwi- 94 cals

### Lunch

465 cals, 44g protein, 37g net carbs, 14g fat

Pork-broccoli-rice bowl
363 cals

Simple mixed greens salad
102 cals

### Snacks

150 cals, 18g protein, 6g net carbs, 4g fat

Raspberries
1/2 cup(s)- 36 cals

Tuna cucumber bites
115 cals

### Dinner

570 cals, 56g protein, 15g net carbs, 28g fat

Olive oil drizzled green beans
253 cals

Balsamic chicken breast
8 oz- 316 cals

## Day 3

1560 cals 136g protein (35%) 71g fat (41%) 70g carbs (18%) 23g fiber (6%)

### Breakfast

305 cals, 18g protein, 13g net carbs, 19g fat

Scrambled eggs with veggies and bacon
256 cals

Kiwi
1 kiwi- 47 cals

### Lunch

540 cals, 45g protein, 37g net carbs, 20g fat

Lowfat Greek yogurt
2 container(s)- 310 cals

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

### Snacks

150 cals, 18g protein, 6g net carbs, 4g fat

Raspberries
1/2 cup(s)- 36 cals

Tuna cucumber bites
115 cals

### Dinner

570 cals, 56g protein, 15g net carbs, 28g fat

Olive oil drizzled green beans
253 cals

Balsamic chicken breast
8 oz- 316 cals

## Day 4

1529 cals 137g protein (36%) 68g fat (40%) 77g carbs (20%) 16g fiber (4%)

### Breakfast

305 cals, 18g protein, 13g net carbs, 19g fat

Scrambled eggs with veggies and bacon
256 cals

Kiwi
1 kiwi- 47 cals

### Lunch

540 cals, 45g protein, 37g net carbs, 20g fat

Lowfat Greek yogurt
2 container(s)- 310 cals

Avocado tuna salad stuffed pepper
1 half pepper(s)- 228 cals

### Snacks

260 cals, 10g protein, 23g net carbs, 13g fat

Large granola bar
1 bar(s)- 176 cals

String cheese
1 stick(s)- 83 cals

### Dinner

430 cals, 64g protein, 4g net carbs, 16g fat

Lemon pepper chicken breast
10 oz- 370 cals

Cooked peppers
1/2 bell pepper(s)- 60 cals

## Day 5

1488 cals 132g protein (35%) 63g fat (38%) 80g carbs (21%) 18g fiber (5%)

### Breakfast

305 cals, 18g protein, 13g net carbs, 19g fat

Scrambled eggs with veggies and bacon
256 cals

Kiwi
1 kiwi- 47 cals

### Lunch

475 cals, 47g protein, 37g net carbs, 12g fat

Chicken-broccoli-quinoa bowl
439 cals

Simple mixed greens and tomato salad
38 cals

### Snacks

260 cals, 10g protein, 23g net carbs, 13g fat

Large granola bar
1 bar(s)- 176 cals

String cheese
1 stick(s)- 83 cals

### Dinner

450 cals, 56g protein, 6g net carbs, 19g fat

Spicy garlic lime chicken breast
8 oz- 310 cals

Olive oil drizzled broccoli
2 cup(s)- 140 cals

## Day 6

1528 cals 132g protein (35%) 42g fat (25%) 129g carbs (34%) 27g fiber (7%)

### Breakfast

255 cals, 29g protein, 22g net carbs, 2g fat

Overnight mixed berry protein oats w/ water
256 cals

### Lunch

495 cals, 35g protein, 33g net carbs, 21g fat

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

Turkey & hummus deli sandwich
1 sandwich(es)- 349 cals

### Snacks

260 cals, 16g protein, 25g net carbs, 8g fat

Cottage cheese & fruit cup
1 container- 107 cals

Bell pepper strips and hummus
114 cals

Clementine
1 clementine(s)- 39 cals

### Dinner

515 cals, 53g protein, 48g net carbs, 11g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Hot honey chicken sandwich
1 sandwich(es)- 474 cals

# Day 7

1528 cals 132g protein (35%) 42g fat (25%) 129g carbs (34%) 27g fiber (7%)

## Breakfast

255 cals, 29g protein, 22g net carbs, 2g fat

Overnight mixed berry protein oats w/ water
256 cals

## Lunch

495 cals, 35g protein, 33g net carbs, 21g fat

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

Turkey & hummus deli sandwich
1 sandwich(es)- 349 cals

## Snacks

260 cals, 16g protein, 25g net carbs, 8g fat

Cottage cheese & fruit cup
1 container- 107 cals

Bell pepper strips and hummus
114 cals

Clementine
1 clementine(s)- 39 cals

## Dinner

515 cals, 53g protein, 48g net carbs, 11g fat

Cherry tomatoes
12 cherry tomatoes- 42 cals

Hot honey chicken sandwich
1 sandwich(es)- 474 cals

# Grocery List

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## Dairy and Egg Products

- [ ] eggs
  12 large (600g)
- [ ] butter
  3/4 tbsp (11g)
- [ ] lowfat flavored greek yogurt
  4 (5.3 oz) container(s) (600g)
- [ ] string cheese
  2 stick (56g)

## Fruits and Fruit Juices

- [ ] kiwi
  7 fruit (483g)
- [ ] raspberries
  1 1/2 cup (185g)
- [ ] avocados
  1/2 avocado(s) (101g)
- [ ] lime juice
  2/3 fl oz (20mL)
- [ ] clementines
  2 fruit (148g)

## Vegetables and Vegetable Products

- [ ] cucumber
  3/4 cucumber (8-1/4") (226g)
- [ ] frozen mixed veggies
  1 cup (135g)
- [ ] frozen broccoli
  1 lbs (431g)
- [ ] frozen green beans
  4 2/3 cup (565g)
- [ ] bell pepper
  4 large (628g)
- [ ] onion
  2/3 medium (2-1/2" dia) (78g)
- [ ] tomatoes
  4 1/3 medium whole (2-3/5" dia) (535g)

## Finfish and Shellfish Products

- [ ] canned tuna
  2 1/4 can (394g)
- [ ] tilapia, raw
  1/2 lbs (252g)

## Cereal Grains and Pasta

- [ ] all-purpose flour
  3 tbsp (23g)

## Fats and Oils

- [ ] olive oil
  2 2/3 oz (84mL)
- [ ] salad dressing
  1/3 cup (79mL)
- [ ] oil
  1 1/2 tbsp (23mL)
- [ ] balsamic vinaigrette
  4 tbsp (60mL)

## Meals, Entrees, and Side Dishes

- [ ] flavored rice mix
  1/2 pouch (~5.6 oz) (79g)

## Pork Products

- [ ] pork tenderloin, raw
  3/4 lbs (340g)
- [ ] bacon
  3 slice(s) (30g)

## Other

- [ ] mixed greens
  6 1/4 cup (188g)
- [ ] italian seasoning
  4 dash (2g)
- [ ] flavored quinoa mix
  3/8 package (4.9 oz) (52g)
- [ ] cottage cheese & fruit cup
  2 container (266g)
- [ ] frozen mixed berries
  1 cup (136g)
- [ ] coleslaw mix
  1/2 cup (45g)

## Poultry Products

- [ ] boneless skinless chicken breast, raw
  3 1/2 lbs (1579g)

## Snacks

- [ ] large granola bar
  2 bar (74g)

## Legumes and Legume Products

- [ ] hummus
  6 oz (168g)

## Spices and Herbs

- [ ] salt
  1/3 oz (9g)
- [ ] black pepper
  2 1/2 g (3g)
- [ ] lemon pepper
  2 tsp (4g)
- [ ] garlic powder
  1/4 tbsp (2g)
- [ ] cayenne pepper
  3/4 dash (0g)
- [ ] paprika
  1/3 dash (0g)
- [ ] thyme, dried
  3/4 dash, ground (0g)
- [ ] crushed red pepper
  4 dash (1g)

## Breakfast Cereals

- [ ] oatmeal, old-fashioned oats, rolled oats
  2/3 cup(s) (54g)

## Beverages

- [ ] protein powder, vanilla
  2 scoop (1/3 cup ea) (62g)
- [ ] water
  1 1/2 cup(s) (356mL)

## Sweets

- [ ] honey
  2 tbsp (42g)

## Baked Products

- [ ] hamburger buns
  2 bun(s) (102g)
- [ ] bread
  4 slice(s) (128g)

## Nut and Seed Products

- [ ] almonds
  1/3 cup, whole (48g)

## Sausages and Luncheon Meats

- [ ] turkey cold cuts
  1/2 lbs (227g)

# Recipes

## Breakfast 1

Eat on day 1, day 2

### Boiled eggs

3 egg(s) - 208 cals 19g protein 14g fat 1g carbs 0g fiber

For single meal:

**eggs**
3 large (150g)

For all 2 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.

### Kiwi

2 kiwi - 94 cals 2g protein 1g fat 16g carbs 4g fiber

For single meal:

**kiwi**
2 fruit (138g)

For all 2 meals:

**kiwi**
4 fruit (276g)

1. Slice the kiwi and serve.

## Breakfast 2

Eat on day 3, day 4, day 5

### Scrambled eggs with veggies and bacon

256 cals 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.

### Kiwi

1 kiwi - 47 cals 1g protein 0g fat 8g carbs 2g fiber

For single meal:

**kiwi**
1 fruit (69g)

For all 3 meals:

**kiwi**
3 fruit (207g)

1. Slice the kiwi and serve.

## Breakfast 3

Eat on day 6, day 7

### Overnight mixed berry protein oats w/ water

256 cals 29g protein 2g fat 22g carbs 8g fiber

For single meal:

**frozen mixed berries**
1/2 cup (68g)
**oatmeal, old-fashioned oats, rolled oats**
1/3 cup(s) (27g)
**protein powder, vanilla**
1 scoop (1/3 cup ea) (31g)
**water**
3/4 cup(s) (178mL)

For all 2 meals:

**frozen mixed berries**
1 cup (136g)
**oatmeal, old-fashioned oats, rolled oats**
2/3 cup(s) (54g)
**protein powder, vanilla**
2 scoop (1/3 cup ea) (62g)
**water**
1 1/2 cup(s) (356mL)

1. Mix all ingredients in an airtight container.
2. Let chill overnight in the fridge or for at least 4 hours. Serve.

## Lunch 1

Eat on day 1, day 2

### Pork-broccoli-rice bowl

363 cals 42g protein 7g fat 31g carbs 3g fiber

For single meal:

**flavored rice mix**
1/4 pouch (~5.6 oz) (40g)
**salt**
1 dash (1g)
**black pepper**
1 dash, ground (0g)
**olive oil**
1/2 tsp (3mL)
**frozen broccoli**
1/4 package (71g)
**pork tenderloin, raw, cut into bite-sized cubes**
6 oz (170g)

For all 2 meals:

**flavored rice mix**
1/2 pouch (~5.6 oz) (79g)
**salt**
2 dash (2g)
**black pepper**
2 dash, ground (1g)
**olive oil**
1 tsp (5mL)
**frozen broccoli**
1/2 package (142g)
**pork tenderloin, raw, cut into bite-sized cubes**
3/4 lbs (340g)

1. Season the pork with salt and pepper.
2. Take the olive oil and heat it up in a large skillet over medium-high heat. Add the pork. Cook for 6-10 minutes or until done; stirring occasionally. Set aside.
3. Meanwhile, prepare the rice and broccoli according to the instructions on their packaging.
4. Once all items are prepared, bring the pork, broccoli, and rice together; stir (or keep it all separate-whichever you prefer!). Serve.

### Simple mixed greens salad

102 cals 2g protein 7g fat 6g carbs 2g fiber

For single meal:

**mixed greens**
2 1/4 cup (68g)
**salad dressing**
2 1/4 tbsp (34mL)

For all 2 meals:

**mixed greens**
4 1/2 cup (135g)
**salad dressing**
1/4 cup (68mL)

1. Mix greens and dressing in a small bowl. Serve.

## Lunch 2

Eat on day 3, day 4

### Lowfat Greek yogurt

2 container(s) - 310 cals 25g protein 8g fat 33g carbs 3g fiber

For single meal:

**lowfat flavored greek yogurt**
2 (5.3 oz) container(s) (300g)

For all 2 meals:

**lowfat flavored greek yogurt**
4 (5.3 oz) container(s) (600g)

1. This recipe has no instructions.

### Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals 20g protein 12g fat 4g carbs 5g fiber

For single meal:

**canned tuna, drained**
1/2 can (86g)
**avocados**
1/4 avocado(s) (50g)
**lime juice**
1/2 tsp (3mL)
**salt**
1/2 dash (0g)
**black pepper**
1/2 dash (0g)
**bell pepper**
1/2 large (82g)
**onion**
1/8 small (9g)

For all 2 meals:

**canned tuna, drained**
1 can (172g)
**avocados**
1/2 avocado(s) (101g)
**lime juice**
1 tsp (5mL)
**salt**
1 dash (0g)
**black pepper**
1 dash (0g)
**bell pepper**
1 large (164g)
**onion**
1/4 small (18g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

## Lunch 3

Eat on day 5

### Chicken-broccoli-quinoa bowl

439 cals 47g protein 10g fat 35g carbs 6g fiber

**boneless skinless chicken breast, raw, cubed**
6 oz (168g)
**frozen broccoli**
3/8 package (107g)
**flavored quinoa mix**
3/8 package (4.9 oz) (52g)
**salt**
1 1/2 dash (1g)
**black pepper**
1 1/2 dash, ground (0g)
**olive oil**
1/4 tbsp (4mL)

1. Prepare the quinoa and broccoli according to the instructions on their packaging.
2. Meanwhile, heat a skillet with the olive oil over medium heat and season the cubed chicken with salt and pepper.
3. Add the chicken to the skillet and cook 7-10 minutes until cooked through.
4. Bring the chicken, broccoli, and quinoa together; stir (or keep it all separate- whichever you prefer!) Serve.

### Simple mixed greens and tomato salad

38 cals 1g protein 2g fat 3g carbs 1g fiber

**salad dressing**
3/4 tbsp (11mL)
**mixed greens**
3/4 cup (23g)
**tomatoes**
2 tbsp cherry tomatoes (19g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

## Lunch 4

Eat on day 6, day 7

### Roasted almonds

1/6 cup(s) - 148 cals 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.

### Turkey & hummus deli sandwich

1 sandwich(es) - 349 cals 30g protein 9g fat 31g carbs 7g fiber

For single meal:

**oil**
1/4 tsp (1mL)
**mixed greens**
1/2 cup (15g)
**tomatoes**
2 slice(s), thick/large (1/2" thick) (54g)
**hummus**
2 tbsp (30g)
**bread**
2 slice(s) (64g)
**turkey cold cuts**
4 oz (113g)

For all 2 meals:

**oil**
1/2 tsp (3mL)
**mixed greens**
1 cup (30g)
**tomatoes**
4 slice(s), thick/large (1/2" thick) (108g)
**hummus**
4 tbsp (60g)
**bread**
4 slice(s) (128g)
**turkey cold cuts**
1/2 lbs (227g)

1. Assemble sandwich by layering the turkey, tomatoes, and mixed greens on top of the bottom slice of bread. Dress the tomatoes and greens by drizzling oil on top and seasoning with some salt/pepper.
2. Spread the hummus on the top slice of bread, top the sandwich, and serve.

## Snacks 1

Eat on day 1, day 2, day 3

### 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 3 meals:

**raspberries**
1 1/2 cup (185g)

1. Rinse raspberries 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 3 meals:

**cucumber, sliced**
3/4 cucumber (8-1/4") (226g)
**canned tuna**
3 packet (222g)

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

## Snacks 2

Eat on day 4, day 5

### Large granola bar

1 bar(s) - 176 cals 4g protein 7g fat 22g carbs 2g fiber

For single meal:

**large granola bar**
1 bar (37g)

For all 2 meals:

**large granola bar**
2 bar (74g)

1. This recipe has no instructions.

### String cheese

1 stick(s) - 83 cals 7g protein 6g fat 2g carbs 0g fiber

For single meal:

**string cheese**
1 stick (28g)

For all 2 meals:

**string cheese**
2 stick (56g)

1. This recipe has no instructions.

## Snacks 3

Eat on day 6, day 7

### Cottage cheese & fruit cup

1 container - 107 cals 10g protein 3g fat 11g carbs 0g fiber

For single meal:

**cottage cheese & fruit cup**
1 container (133g)

For all 2 meals:

**cottage cheese & fruit cup**
2 container (266g)

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

### Bell pepper strips and hummus

114 cals 5g protein 5g fat 7g carbs 5g fiber

For single meal:

**hummus**
1/4 cup (54g)
**bell pepper**
2/3 medium (79g)

For all 2 meals:

**hummus**
1/2 cup (108g)
**bell pepper**
1 1/3 medium (159g)

1. Cut bell pepper into strips.
2. Serve with hummus to dip in.

## Clementine

1 clementine(s) - 39 cals 1g protein 0g fat 8g carbs 1g fiber

For single meal:

**clementines**
1 fruit (74g)

For all 2 meals:

**clementines**
2 fruit (148g)

1. This recipe has no instructions.

# Dinner 1

Eat on day 1

## Pan seared breaded tilapia

9 oz - 451 cals 53g protein 18g fat 18g carbs 1g fiber

Makes 9 oz

**butter, melted**
3/4 tbsp (11g)
**all-purpose flour**
3 tbsp (23g)
**tilapia, raw**
1/2 lbs (252g)
**salt**
3 dash (2g)
**black pepper**
3 dash, ground (1g)
**olive oil**
1 tsp (6mL)

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.

## Mixed vegetables

1 cup(s) - 97 cals 4g protein 1g fat 13g carbs 5g fiber

Makes 1 cup(s)

**frozen mixed veggies**
1 cup (135g)

1. Prepare according to instructions on package.

## Dinner 2

Eat on day 2, day 3

### Olive oil drizzled green beans

253 cals 5g protein 16g fat 14g carbs 7g fiber

For single meal:

**black pepper**
1/4 tsp (0g)
**salt**
1/4 tsp (1g)
**frozen green beans**
2 1/3 cup (282g)
**olive oil**
3 1/2 tsp (18mL)

For all 2 meals:

**black pepper**
1/2 tsp (0g)
**salt**
1/2 tsp (1g)
**frozen green beans**
4 2/3 cup (565g)
**olive oil**
2 1/3 tbsp (35mL)

1. Prepare green beens according to instructions on package.
2. Top with olive oil and season with salt and pepper.

### Balsamic chicken breast

8 oz - 316 cals 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.

## Dinner 3

Eat on day 4

### Lemon pepper chicken breast

10 oz - 370 cals 64g protein 12g fat 2g carbs 1g fiber

Makes 10 oz

**lemon pepper**
2 tsp (4g)
**olive oil**
1 tsp (5mL)
**boneless skinless chicken breast, raw**
10 oz (280g)

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.

### Cooked peppers

1/2 bell pepper(s) - 60 cals 1g protein 5g fat 2g carbs 1g fiber

Makes 1/2 bell pepper(s)

**oil**
1 tsp (5mL)
**bell pepper, seeded & cut into strips**
1/2 large (82g)

1. Stovetop: Heat oil in a skillet over medium heat. Add pepper strips and cook until softened, about 5-10 minutes.
2. Oven: Preheat oven to 425°F (220°C). Toss pepper strips in oil and season with some salt and pepper. Roast for about 20-25 minutes until softened.

## Dinner 4

Eat on day 5

### Spicy garlic lime chicken breast

8 oz - 310 cals 51g protein 10g fat 3g carbs 0g fiber

Makes 8 oz

**olive oil**
1 tsp (5mL)
**garlic powder**
1/4 tbsp (2g)
**lime juice**
1 tbsp (15mL)
**salt**
2 dash (1g)
**black pepper**
2/3 dash, ground (0g)
**cayenne pepper**
2/3 dash (0g)
**paprika**
1/3 dash (0g)
**thyme, dried**
2/3 dash, ground (0g)
**boneless skinless chicken breast, raw**
1/2 lbs (224g)

1. In a small bowl, mix together salt, black pepper, cayenne, paprika, and thyme.
2. Sprinkle spice mixture generously on both sides of chicken breasts.
3. Heat olive oil in a skillet over medium heat. Saute chicken until golden brown, about 6 minutes on each side.
4. Sprinkle with the garlic powder and lime juice. Cook 5 minutes, stirring frequently to coat evenly with sauce.

### Olive oil drizzled broccoli

2 cup(s) - 140 cals 5g protein 9g fat 4g carbs 5g fiber

Makes 2 cup(s)

**black pepper**
1 dash (0g)
**salt**
1 dash (0g)
**frozen broccoli**
2 cup (182g)
**olive oil**
2 tsp (10mL)

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

# Dinner 5

Eat on day 6, day 7

## Cherry tomatoes

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

For single meal:

**tomatoes**
12 cherry tomatoes (204g)

For all 2 meals:

**tomatoes**
24 cherry tomatoes (408g)

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

## Hot honey chicken sandwich

1 sandwich(es) - 474 cals 51g protein 10g fat 43g carbs 2g fiber

For single meal:

**oil**
1/2 tsp (3mL)
**coleslaw mix**
4 tbsp (23g)
**crushed red pepper**
2 dash (0g)
**honey**
1 tbsp (21g)
**hamburger buns**
1 bun(s) (51g)
**boneless skinless chicken breast, raw**
1/2 lbs (227g)

For all 2 meals:

**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)

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.