

# Meal Plan - 1600 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

1617 cals ● 145g protein (36%) ● 54g fat (30%) ● 114g carbs (28%) ● 24g fiber (6%)

### Breakfast

340 cals, 23g protein, 32g net carbs, 12g fat



[Simple cinnamon oatmeal with water](#)  
108 cals



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



[Pesto scrambled eggs](#)  
1 eggs- 99 cals

### Snacks

230 cals, 15g protein, 35g net carbs, 1g fat



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



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

### Lunch

470 cals, 44g protein, 33g net carbs, 13g fat



[Mixed vegetables](#)  
1 3/4 cup(s)- 170 cals



[Milk](#)  
3/4 cup(s)- 112 cals



[Cajun cod](#)  
6 oz- 187 cals

### Dinner

580 cals, 63g protein, 13g net carbs, 28g fat



[Broccoli](#)  
2 1/2 cup(s)- 73 cals



[Chicken sausage](#)  
4 link- 508 cals

## Day 2

1631 cals ● 159g protein (39%) ● 41g fat (23%) ● 131g carbs (32%) ● 26g fiber (6%)

### Breakfast

340 cals, 23g protein, 32g net carbs, 12g fat



[Simple cinnamon oatmeal with water](#)  
108 cals



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



[Pesto scrambled eggs](#)  
1 eggs- 99 cals

### Snacks

230 cals, 15g protein, 35g net carbs, 1g fat



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



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

### Lunch

485 cals, 74g protein, 9g net carbs, 12g fat



[Broccoli](#)  
4 cup(s)- 116 cals



[Lemon pepper chicken breast](#)  
10 oz- 370 cals

### Dinner

575 cals, 46g protein, 54g net carbs, 16g fat



[Simple mixed greens salad](#)  
136 cals



[Shrimp-broccoli-rice bowl](#)  
441 cals

## Day 3

1604 cals ● 145g protein (36%) ● 51g fat (28%) ● 120g carbs (30%) ● 20g fiber (5%)

### Breakfast

300 cals, 21g protein, 31g net carbs, 8g fat



Cottage cheese & honey  
1/4 cup(s)- 62 cals



Blueberry vanilla oatmeal  
139 cals



Chicken breakfast sausage patty  
1 patties- 99 cals

### Snacks

200 cals, 14g protein, 6g net carbs, 11g fat



Blackberries  
1/2 cup(s)- 35 cals



String cheese  
2 stick(s)- 165 cals

### Lunch

525 cals, 64g protein, 29g net carbs, 15g fat



Balsamic chicken breast  
8 oz- 316 cals



Lentils  
174 cals



Simple mixed greens and tomato salad  
38 cals

### Dinner

575 cals, 46g protein, 54g net carbs, 16g fat



Simple mixed greens salad  
136 cals



Shrimp-broccoli-rice bowl  
441 cals

## Day 4

1560 cals ● 145g protein (37%) ● 43g fat (25%) ● 127g carbs (32%) ● 19g fiber (5%)

### Breakfast

300 cals, 21g protein, 31g net carbs, 8g fat



Cottage cheese & honey  
1/4 cup(s)- 62 cals



Blueberry vanilla oatmeal  
139 cals



Chicken breakfast sausage patty  
1 patties- 99 cals

### Snacks

200 cals, 14g protein, 6g net carbs, 11g fat



Blackberries  
1/2 cup(s)- 35 cals



String cheese  
2 stick(s)- 165 cals

### Lunch

525 cals, 64g protein, 29g net carbs, 15g fat



Balsamic chicken breast  
8 oz- 316 cals



Lentils  
174 cals



Simple mixed greens and tomato salad  
38 cals

### Dinner

535 cals, 46g protein, 61g net carbs, 9g fat



Chicken stir fry with rice  
533 cals

## Day 5

1624 cals ● 150g protein (37%) ● 82g fat (45%) ● 55g carbs (14%) ● 16g fiber (4%)

### Breakfast

300 cals, 21g protein, 31g net carbs, 8g fat



Cottage cheese & honey  
1/4 cup(s)- 62 cals



Blueberry vanilla oatmeal  
139 cals



Chicken breakfast sausage patty  
1 patties- 99 cals

### Snacks

200 cals, 14g protein, 6g net carbs, 11g fat



Blackberries  
1/2 cup(s)- 35 cals



String cheese  
2 stick(s)- 165 cals

### Lunch

530 cals, 46g protein, 5g net carbs, 35g fat



Caprese chicken  
5 1/3 oz- 398 cals



Buttered broccoli  
1 cup(s)- 134 cals

### Dinner

590 cals, 68g protein, 13g net carbs, 27g fat



Greek turkey meatballs  
4 meatballs- 548 cals



Broccoli  
1 1/2 cup(s)- 44 cals

## Day 6

1644 cals ● 153g protein (37%) ● 58g fat (32%) ● 104g carbs (25%) ● 23g fiber (5%)

### Breakfast

320 cals, 25g protein, 26g net carbs, 12g fat



Cottage cheese & fruit cup  
1 container- 131 cals



Egg & guac sandwich  
1/2 sandwich(es)- 191 cals

### Snacks

190 cals, 11g protein, 24g net carbs, 4g fat



Cherry tomatoes  
6 cherry tomatoes- 21 cals



Crunchy garlicky lentil snack  
171 cals

### Lunch

540 cals, 49g protein, 42g net carbs, 15g fat



Basic ground turkey  
5 1/3 oz- 250 cals



Lentils  
289 cals

### Dinner

590 cals, 68g protein, 13g net carbs, 27g fat



Greek turkey meatballs  
4 meatballs- 548 cals



Broccoli  
1 1/2 cup(s)- 44 cals

## Day 7

1630 cals ● 151g protein (37%) ● 64g fat (35%) ● 96g carbs (23%) ● 18g fiber (4%)

### Breakfast

320 cals, 25g protein, 26g net carbs, 12g fat



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



[Egg & guac sandwich](#)  
1/2 sandwich(es)- 191 cals

### Snacks

190 cals, 11g protein, 24g net carbs, 4g fat



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



[Crunchy garlicky lentil snack](#)  
171 cals

### Lunch

540 cals, 49g protein, 42g net carbs, 15g fat



[Basic ground turkey](#)  
5 1/3 oz- 250 cals



[Lentils](#)  
289 cals

### Dinner

580 cals, 66g protein, 4g net carbs, 33g fat



[Simple mixed greens salad](#)  
68 cals



[Basic chicken thighs](#)  
12 oz- 510 cals

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## Beverages

- ☐ water  
9 cup(s) (2105mL)

## Spices and Herbs

- ☐ cinnamon  
1 tsp (3g)
- ☐ cajun seasoning  
2 tsp (5g)
- ☐ lemon pepper  
2 tsp (4g)
- ☐ black pepper  
1/8 oz (2g)
- ☐ salt  
1/6 oz (6g)
- ☐ vanilla extract  
2 tsp (10mL)
- ☐ garlic powder  
1/2 tbsp (5g)
- ☐ fresh basil  
4 tsp, chopped (4g)
- ☐ oregano, dried  
1/8 oz (2g)
- ☐ crushed red pepper  
1/4 tbsp (1g)

## Sweets

- ☐ sugar  
1 tbsp (13g)
- ☐ honey  
2 1/3 tbsp (49g)
- ☐ maple syrup  
3/4 fl oz (16mL)

## Breakfast Cereals

- ☐ quick oats  
1/2 cup (40g)
- ☐ oatmeal, old-fashioned oats, rolled oats  
1 cup(s) (81g)

## Other

- ☐ cottage cheese & fruit cup  
4 container (680g)
- ☐ mixed greens  
9 cup (270g)
- ☐ italian seasoning  
1 tsp (4g)

## Fruits and Fruit Juices

- ☐ apples  
2 medium (3" dia) (364g)
- ☐ blackberries  
1 1/2 cup (216g)
- ☐ blueberries  
1/2 cup (74g)

## Vegetables and Vegetable Products

- ☐ frozen broccoli  
2 1/2 lbs (1169g)
- ☐ frozen mixed veggies  
13 1/3 oz (378g)
- ☐ tomatoes  
2 1/4 medium whole (2-3/5" dia) (275g)
- ☐ fresh parsley  
4 tbsp chopped (15g)
- ☐ red onion  
1/2 small (35g)
- ☐ zucchini  
1/2 medium (98g)

## Sausages and Luncheon Meats

- ☐ chicken sausage, cooked  
4 link (336g)

## Finfish and Shellfish Products

- ☐ cod, raw  
6 oz (170g)
- ☐ shrimp, raw  
3/4 lbs (341g)

## Fats and Oils

- ☐ oil  
1 1/2 oz (47mL)
- ☐ olive oil  
1 tbsp (16mL)
- ☐ salad dressing  
1/2 cup (135mL)
- ☐ balsamic vinaigrette  
4 tbsp (60mL)

## Poultry Products

- ☐ boneless skinless chicken breast, raw  
2 1/3 lbs (1051g)

- ☐ stir-fry sauce  
2 3/4 tbsp (45g)
- ☐ tzatziki  
1/2 cup(s) (112g)
- ☐ guacamole, store-bought  
2 tbsp (31g)

## Soups, Sauces, and Gravies

- ☐ pesto sauce  
2 1/3 tbsp (37g)

## Dairy and Egg Products

- ☐ eggs  
5 large (250g)
- ☐ low fat cottage cheese (1% milkfat)  
1 3/4 cup (396g)
- ☐ whole milk  
3/4 cup (180mL)
- ☐ string cheese  
6 stick (168g)
- ☐ fresh mozzarella cheese  
1 1/3 oz (38g)
- ☐ butter  
1 tbsp (14g)

- ☐ ground chicken, raw  
6 oz (170g)
- ☐ ground turkey, raw  
2 lbs (869g)
- ☐ boneless skinless chicken thighs  
3/4 lbs (340g)

## Meals, Entrees, and Side Dishes

- ☐ flavored rice mix  
3/4 pouch (~5.6 oz) (119g)

## Legumes and Legume Products

- ☐ lentils, raw  
1 3/4 cup (333g)

## Cereal Grains and Pasta

- ☐ long-grain white rice  
4 tbsp (46g)

## Baked Products

- ☐ bread  
2 slice(s) (64g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Simple cinnamon oatmeal with water

108 cal ● 3g protein ● 1g fat ● 19g carbs ● 3g fiber



For single meal:

**water**  
3/8 cup(s) (89mL)  
**cinnamon**  
4 dash (1g)  
**sugar**  
1/2 tbsp (7g)  
**quick oats**  
4 tbsp (20g)

For all 2 meals:

**water**  
3/4 cup(s) (178mL)  
**cinnamon**  
1 tsp (3g)  
**sugar**  
1 tbsp (13g)  
**quick oats**  
1/2 cup (40g)

1. Put the oatmeal, cinnamon, and sugar in a bowl and mix it together.
2. Pour the water over it and microwave for 90 seconds - 2 minutes.

### 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.

### Pesto scrambled eggs

1 eggs - 99 cal ● 7g protein ● 8g fat ● 1g carbs ● 0g fiber



For single meal:

**pesto sauce**  
1/2 tbsp (8g)  
**eggs**  
1 large (50g)

For all 2 meals:

**pesto sauce**  
1 tbsp (16g)  
**eggs**  
2 large (100g)

1. In a small bowl, whisk together the eggs and pesto until well blended.
2. Cook in a skillet over medium heat, stirring until eggs are completely cooked. Serve.



## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

### 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.

### Blueberry vanilla oatmeal

139 cals ● 4g protein ● 2g fat ● 22g carbs ● 3g fiber



For single meal:

**oatmeal, old-fashioned oats, rolled oats**  
1/3 cup(s) (27g)  
**blueberries**  
2 2/3 tbsp (25g)  
**vanilla extract**  
1/4 tbsp (3mL)  
**maple syrup**  
1/4 tbsp (3mL)  
**water**  
1/2 cup(s) (119mL)

For all 3 meals:

**oatmeal, old-fashioned oats, rolled oats**  
1 cup(s) (81g)  
**blueberries**  
1/2 cup (74g)  
**vanilla extract**  
2 tsp (10mL)  
**maple syrup**  
2 tsp (10mL)  
**water**  
1 1/2 cup(s) (356mL)

1. Add all ingredients and microwave for about 2-3 minutes.
2. Note: You can mix the oatmeal, blueberries, vanilla and maple syrup and store in your refrigerator for up to 5 days (depending on freshness of fruit). When ready to eat, add water and microwave.

### Chicken breakfast sausage patty

1 patties - 99 cals ● 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.

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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### 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.

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### Egg & guac sandwich

1/2 sandwich(es) - 191 cal ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**guacamole, store-bought**  
1 tbsp (15g)  
**eggs**  
1 large (50g)  
**bread**  
1 slice(s) (32g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**guacamole, store-bought**  
2 tbsp (31g)  
**eggs**  
2 large (100g)  
**bread**  
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

## Lunch 1 [↗](#)

Eat on day 1

### Mixed vegetables

1 3/4 cup(s) - 170 cals ● 8g protein ● 1g fat ● 22g carbs ● 9g fiber



Makes 1 3/4 cup(s)

**frozen mixed veggies**  
1 3/4 cup (236g)

1. Prepare according to instructions on package.

### Milk

3/4 cup(s) - 112 cals ● 6g protein ● 6g fat ● 9g carbs ● 0g fiber



Makes 3/4 cup(s)

**whole milk**  
3/4 cup (180mL)

1. This recipe has no instructions.

### Cajun cod

6 oz - 187 cals ● 31g protein ● 6g fat ● 2g carbs ● 1g fiber



Makes 6 oz

**cod, raw**  
6 oz (170g)  
**cajun seasoning**  
2 tsp (5g)  
**oil**  
1 tsp (5mL)

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 2 [↗](#)

Eat on day 2

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### Broccoli

4 cup(s) - 116 cals ● 11g protein ● 0g fat ● 8g carbs ● 11g fiber



Makes 4 cup(s)

**frozen broccoli**  
4 cup (364g)

1. Prepare according to instructions on package.

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### 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.
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## Lunch 3 [↗](#)

Eat on day 3, day 4

### 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.

### 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.

### Simple mixed greens and tomato salad

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



For single meal:

**salad dressing**

3/4 tbsp (11mL)

**mixed greens**

3/4 cup (23g)

**tomatoes**

2 tbsp cherry tomatoes (19g)

For all 2 meals:

**salad dressing**

1 1/2 tbsp (23mL)

**mixed greens**

1 1/2 cup (45g)

**tomatoes**

4 tbsp cherry tomatoes (37g)

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



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## Lunch 4 [🔗](#)

Eat on day 5

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### Caprese chicken

5 1/3 oz - 398 cals ● 43g protein ● 23g fat ● 3g carbs ● 1g fiber



Makes 5 1/3 oz

**italian seasoning**

1/3 tsp (1g)

**pesto sauce**

4 tsp (21g)

**oil**

1/4 tbsp (3mL)

**tomatoes, quartered**

2 cherry tomatoes (34g)

**fresh basil**

4 tsp, chopped (4g)

**fresh mozzarella cheese, sliced**

1 1/3 oz (38g)

**boneless skinless chicken breast, raw**

1/3 lbs (149g)

1. Spread oil over breasts and season with salt/pepper and italian seasoning to taste.
2. Heat a skillet over medium heat and add the chicken.
3. Cook for about 6-10 minutes on each side until fully cooked.
4. Meanwhile, prepare the topping by mixing the tomatoes and basil together.
5. When chicken is done, place sliced mozzarella on top of each breast and continue cooking for another minute or two until it has softened.
6. Remove and top with tomato mixture and a drizzle of pesto.
7. Serve.

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### Buttered broccoli

1 cup(s) - 134 cals ● 3g protein ● 12g fat ● 2g carbs ● 3g fiber



Makes 1 cup(s)

**black pepper**

1/2 dash (0g)

**salt**

1/2 dash (0g)

**frozen broccoli**

1 cup (91g)

**butter**

1 tbsp (14g)

1. Prepare broccoli according to instructions on package.
  2. Mix in butter until melted and season with salt and pepper to taste.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Basic ground turkey

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



For single meal:

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

For all 2 meals:

**oil**  
1/2 tbsp (7mL)  
**ground turkey, raw**  
2/3 lbs (302g)

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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### Lentils

289 cal● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**water**  
3 1/3 cup(s) (790mL)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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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## Snacks 1 [↗](#)

Eat on day 1, day 2

### Cottage cheese & honey

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



For single meal:

#### **honey**

2 tsp (14g)

#### **low fat cottage cheese (1% milkfat)**

1/2 cup (113g)

For all 2 meals:

#### **honey**

4 tsp (28g)

#### **low fat cottage cheese (1% milkfat)**

1 cup (226g)

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

## Apple

1 apple(s) - 105 cals ● 1g protein ● 0g fat ● 21g carbs ● 4g fiber



For single meal:

#### **apples**

1 medium (3" dia) (182g)

For all 2 meals:

#### **apples**

2 medium (3" dia) (364g)

1. This recipe has no instructions.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### Blackberries

1/2 cup(s) - 35 cals ● 1g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

#### **blackberries**

1/2 cup (72g)

For all 3 meals:

#### **blackberries**

1 1/2 cup (216g)

1. Rinse blackberries and serve.

## String cheese

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



For single meal:

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

For all 3 meals:

**string cheese**  
6 stick (168g)

1. This recipe has no instructions.

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## Snacks 3 [🔗](#)

Eat on day 6, day 7

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### 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.

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### Crunchy garlicky lentil snack

171 cals ● 10g protein ● 3g fat ● 21g carbs ● 5g fiber



For single meal:

**lentils, raw, rinsed**  
3 tbsp (38g)  
**oil**  
1/2 tsp (3mL)  
**garlic powder**  
1 1/2 dash (1g)  
**crushed red pepper**  
3 dash (1g)  
**oregano, dried**  
1 1/2 dash, ground (0g)  
**salt**  
3/8 dash (0g)  
**water**  
3/8 cup(s) (95mL)

For all 2 meals:

**lentils, raw, rinsed**  
6 1/2 tbsp (77g)  
**oil**  
1 tsp (6mL)  
**garlic powder**  
3 dash (1g)  
**crushed red pepper**  
1/4 tbsp (1g)  
**oregano, dried**  
3 dash, ground (1g)  
**salt**  
2/3 dash (1g)  
**water**  
5/6 cup(s) (190mL)

1. Place rinsed lentils in a pot and add water. Cover and bring to a boil. Reduce heat to low and cook for 20 minutes, stirring occasionally.
2. Meanwhile, preheat the oven to 425 F (220 C).
3. Drain the lentils, put them back in the pot and mix in all remaining ingredients.
4. Line a baking sheet (or two) with parchment paper (or foil). Spread lentils over in an even layer. Bake for 12 minutes, stir lentils around, and then bake for another 12 minutes or so. Keep an eye on them towards the end to make sure they don't burn, but make sure they are completely crunchy and have no moisture before removing.
5. Serve.
6. To store: Let lentils cool completely and then store in an airtight container. Can last up to 2 weeks.

## Dinner 1 [🔗](#)

Eat on day 1

### Broccoli

2 1/2 cup(s) - 73 cals ● 7g protein ● 0g fat ● 5g carbs ● 7g fiber



Makes 2 1/2 cup(s)

**frozen broccoli**  
2 1/2 cup (228g)

1. Prepare according to instructions on package.

### Chicken sausage

4 link - 508 cals ● 56g protein ● 28g fat ● 8g carbs ● 0g fiber



Makes 4 link

**chicken sausage, cooked**  
4 link (336g)

1. Quickly heat on stove top, grill, or microwave and enjoy.

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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### Simple mixed greens salad

136 cals ● 3g protein ● 9g fat ● 8g carbs ● 2g fiber



For single meal:

**mixed greens**  
3 cup (90g)  
**salad dressing**  
3 tbsp (45mL)

For all 2 meals:

**mixed greens**  
6 cup (180g)  
**salad dressing**  
6 tbsp (90mL)

1. Mix greens and dressing in a small bowl. Serve.
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### Shrimp-broccoli-rice bowl

441 cals ● 44g protein ● 7g fat ● 46g carbs ● 5g fiber



For single meal:

**black pepper**  
1 1/2 dash, ground (0g)  
**salt**  
1 1/2 dash (1g)  
**shrimp, raw, peeled and deveined**  
6 oz (170g)  
**frozen broccoli**  
3/8 package (107g)  
**flavored rice mix**  
3/8 pouch (~5.6 oz) (59g)  
**olive oil**  
1 tsp (6mL)

For all 2 meals:

**black pepper**  
3 dash, ground (1g)  
**salt**  
3 dash (2g)  
**shrimp, raw, peeled and deveined**  
3/4 lbs (341g)  
**frozen broccoli**  
3/4 package (213g)  
**flavored rice mix**  
3/4 pouch (~5.6 oz) (119g)  
**olive oil**  
3/4 tbsp (11mL)

1. Prepare the rice mix and broccoli according to the instructions on the package.
  2. Meanwhile, heat the oil in a skillet over medium-high heat.
  3. Add the shrimp to the skillet and season with salt and pepper. Cook for 5-6 minutes, or until the flesh is completely pink and opaque.
  4. When everything is ready mix it all together and serve.
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## Dinner 3 [🔗](#)

Eat on day 4

### Chicken stir fry with rice

533 cals ● 46g protein ● 9g fat ● 61g carbs ● 6g fiber



#### **long-grain white rice**

4 tbsp (46g)

#### **water**

1/2 cup(s) (119mL)

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

6 oz (168g)

#### **salt**

1 dash (1g)

#### **black pepper**

2 dash, ground (1g)

#### **oil, divided**

1/4 tbsp (4mL)

#### **frozen mixed veggies**

1/2 10oz package (142g)

#### **stir-fry sauce**

2 2/3 tbsp (45g)

1. In a pot with a lid, add the water and bring to a boil. Add the rice, stir, reduce heat to medium-low, and cover with the lid. The temperature will be correct when a little steam is visibly leaking from the lid. Keep the lid on for 20 minutes without removing. When done, fluff with a fork and set aside.
2. Meanwhile, 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.
3. Put remaining oil into the skillet and add the frozen vegetables. Stir fry 4-5 minutes or until crisp but warmed through.
4. Return chicken to skillet, stir.
5. Pour in stir-fry sauce and mix until it is well distributed.
6. Reduce heat to low and simmer until chicken is fully cooked.
7. Serve over rice.



## Dinner 4 [🔗](#)

Eat on day 5, day 6

### Greek turkey meatballs

4 meatballs - 548 cals ● 64g protein ● 27g fat ● 10g carbs ● 1g fiber



For single meal:

#### **tzatziki**

1/4 cup(s) (56g)

#### **garlic powder**

4 dash (2g)

#### **fresh parsley, chopped**

2 tbsp chopped (8g)

#### **oregano, dried**

4 dash, leaves (1g)

#### **red onion, diced**

1/4 small (18g)

#### **eggs**

1/2 large (25g)

#### **zucchini, grated or finely chopped**

1/4 medium (49g)

#### **ground turkey, raw**

10 oz (284g)

For all 2 meals:

#### **tzatziki**

1/2 cup(s) (112g)

#### **garlic powder**

1 tsp (3g)

#### **fresh parsley, chopped**

4 tbsp chopped (15g)

#### **oregano, dried**

1 tsp, leaves (1g)

#### **red onion, diced**

1/2 small (35g)

#### **eggs**

1 large (50g)

#### **zucchini, grated or finely chopped**

1/2 medium (98g)

#### **ground turkey, raw**

1 1/4 lbs (567g)

1. Preheat oven to 350°F (180°C) and grease a baking sheet. Set the baking sheet aside.
2. In a large bowl, mix all ingredients together except for the tzatziki.
3. Form into meatballs (use the number of meatballs listed in the recipes serving details).
4. Add meatballs to the baking sheet and bake for 20-30 minutes, until fully cooked and no longer pink inside.
5. Serve with tzatziki as a dipping sauce.

### Broccoli

1 1/2 cup(s) - 44 cals ● 4g protein ● 0g fat ● 3g carbs ● 4g fiber



For single meal:

#### **frozen broccoli**

1 1/2 cup (137g)

For all 2 meals:

#### **frozen broccoli**

3 cup (273g)

1. Prepare according to instructions on package.

## Dinner 5 [🔗](#)

Eat on day 7

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### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



#### **mixed greens**

1 1/2 cup (45g)

#### **salad dressing**

1 1/2 tbsp (23mL)

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

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### Basic chicken thighs

12 oz - 510 cals ● 65g protein ● 28g fat ● 0g carbs ● 0g fiber



Makes 12 oz

#### **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.
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