

Meal Plan - 1700 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

1765 cals ● 153g protein (35%) ● 91g fat (46%) ● 58g carbs (13%) ● 25g fiber (6%)

Breakfast

315 cals, 25g protein, 5g net carbs, 20g fat



[Chicken sausage & egg white breakfast bowl](#)
234 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

240 cals, 17g protein, 33g net carbs, 3g fat



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



[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Baked chips](#)
8 crisps- 81 cals

Lunch

610 cals, 47g protein, 10g net carbs, 37g fat



[Chicken avocado salad](#)
500 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Dinner

600 cals, 65g protein, 11g net carbs, 30g fat



[Ranch pork chops](#)
1 1/2 chop(s)- 518 cals



[Sugar snap peas](#)
82 cals

Day 2

1727 cals ● 154g protein (36%) ● 86g fat (45%) ● 62g carbs (14%) ● 23g fiber (5%)

Breakfast

315 cals, 25g protein, 5g net carbs, 20g fat



[Chicken sausage & egg white breakfast bowl](#)
234 cals



[String cheese](#)
1 stick(s)- 83 cals

Snacks

240 cals, 17g protein, 33g net carbs, 3g fat



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



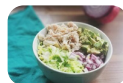
[Cherry tomatoes](#)
9 cherry tomatoes- 32 cals



[Baked chips](#)
8 crisps- 81 cals

Lunch

610 cals, 47g protein, 10g net carbs, 37g fat



[Chicken avocado salad](#)
500 cals



[Roasted almonds](#)
1/8 cup(s)- 111 cals

Dinner

560 cals, 66g protein, 14g net carbs, 25g fat



[Chicken beet & carrot salad bowl](#)
562 cals

Day 3

1687 cals ● 170g protein (40%) ● 63g fat (33%) ● 94g carbs (22%) ● 17g fiber (4%)

Breakfast

255 cals, 18g protein, 7g net carbs, 16g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Basic scrambled eggs

3 egg(s)- 213 cals

Snacks

290 cals, 18g protein, 35g net carbs, 8g fat



Cottage cheese with almonds and cinnamon

155 cals



Raisins

1/4 cup- 137 cals

Lunch

580 cals, 68g protein, 38g net carbs, 14g fat



Basic chicken breast

8 oz- 317 cals



Lentils

260 cals

Dinner

560 cals, 66g protein, 14g net carbs, 25g fat



Chicken beet & carrot salad bowl

562 cals

Day 4

1597 cals ● 153g protein (38%) ● 76g fat (43%) ● 58g carbs (15%) ● 18g fiber (4%)

Breakfast

255 cals, 18g protein, 7g net carbs, 16g fat



Cherry tomatoes

12 cherry tomatoes- 42 cals



Basic scrambled eggs

3 egg(s)- 213 cals

Snacks

290 cals, 18g protein, 35g net carbs, 8g fat



Cottage cheese with almonds and cinnamon

155 cals



Raisins

1/4 cup- 137 cals

Lunch

450 cals, 44g protein, 11g net carbs, 24g fat



Easy garlic chicken

6 oz- 274 cals



Buttered broccoli

1 1/3 cup(s)- 178 cals

Dinner

600 cals, 73g protein, 6g net carbs, 28g fat



Broccoli

3 cup(s)- 87 cals



Basic chicken thighs

12 oz- 510 cals

Day 5

1522 cals ● 155g protein (41%) ● 69g fat (41%) ● 51g carbs (13%) ● 20g fiber (5%)

Breakfast

220 cals, 21g protein, 5g net carbs, 13g fat



High protein scrambled eggs
198 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

255 cals, 18g protein, 29g net carbs, 5g fat



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



Carrots and hummus
82 cals



Kiwi
1 kiwi- 47 cals

Lunch

450 cals, 44g protein, 11g net carbs, 24g fat



Easy garlic chicken
6 oz- 274 cals



Buttered broccoli
1 1/3 cup(s)- 178 cals

Dinner

600 cals, 73g protein, 6g net carbs, 28g fat



Broccoli
3 cup(s)- 87 cals



Basic chicken thighs
12 oz- 510 cals

Day 6

1741 cals ● 150g protein (34%) ● 78g fat (40%) ● 93g carbs (21%) ● 17g fiber (4%)

Breakfast

220 cals, 21g protein, 5g net carbs, 13g fat



High protein scrambled eggs
198 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

255 cals, 18g protein, 29g net carbs, 5g fat



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



Carrots and hummus
82 cals



Kiwi
1 kiwi- 47 cals

Lunch

685 cals, 56g protein, 4g net carbs, 47g fat



Slow-baked salmon with lemon and thyme
9 oz- 603 cals



Garlic collard greens
80 cals

Dinner

585 cals, 55g protein, 54g net carbs, 15g fat



Pork-snap pea-lemon rice bowl
585 cals

Day 7

1741 cals ● 150g protein (34%) ● 78g fat (40%) ● 93g carbs (21%) ● 17g fiber (4%)

Breakfast

220 cals, 21g protein, 5g net carbs, 13g fat



High protein scrambled eggs
198 cals



Cherry tomatoes
6 cherry tomatoes- 21 cals

Snacks

255 cals, 18g protein, 29g net carbs, 5g fat



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



Carrots and hummus
82 cals



Kiwi
1 kiwi- 47 cals

Lunch

685 cals, 56g protein, 4g net carbs, 47g fat



Slow-baked salmon with lemon and thyme
9 oz- 603 cals



Garlic collard greens
80 cals

Dinner

585 cals, 55g protein, 54g net carbs, 15g fat



Pork-snap pea-lemon rice bowl
585 cals

Fats and Oils

- ☐ oil
1/4 lbs (134mL)
- ☐ olive oil
4 tsp (20mL)

Fruits and Fruit Juices

- ☐ avocados
1 1/2 avocado(s) (302g)
- ☐ lime juice
4 tsp (20mL)
- ☐ raisins
1/2 cup, packed (83g)
- ☐ kiwi
3 fruit (207g)
- ☐ lemon juice
4 tsp (20mL)
- ☐ lemon
3/4 large (63g)

Vegetables and Vegetable Products

- ☐ tomatoes
8 1/2 medium whole (2-3/5" dia) (1057g)
- ☐ frozen sugar snap peas
13 1/2 oz (381g)
- ☐ onion
2 tbsp chopped (20g)
- ☐ brussels sprouts
10 sprouts (190g)
- ☐ carrots
1 1/4 medium (76g)
- ☐ beets, precooked (canned or refrigerated)
10 oz (284g)
- ☐ frozen broccoli
8 2/3 cup (789g)
- ☐ garlic
4 1/2 clove(s) (14g)
- ☐ baby carrots
24 medium (240g)
- ☐ collard greens
1/2 lbs (227g)

Dairy and Egg Products

- ☐ egg whites
1/2 cup (122g)
- ☐ string cheese
2 stick (56g)

Sweets

- ☐ honey
1/4 cup (70g)

Pork Products

- ☐ pork loin chops, boneless, raw
1 1/2 chop (278g)
- ☐ pork tenderloin, raw
1 lbs (453g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
3 1/4 lbs (1464g)
- ☐ boneless skinless chicken thighs
1 1/2 lbs (680g)

Nut and Seed Products

- ☐ almonds
1 1/2 oz (43g)
- ☐ almond butter
1 tbsp (16g)

Soups, Sauces, and Gravies

- ☐ apple cider vinegar
1 1/4 tsp (0mL)
- ☐ chicken broth
2/3 cup(s) (mL)

Spices and Herbs

- ☐ thyme, dried
1/2 tbsp, leaves (1g)
- ☐ cinnamon
2 dash (1g)
- ☐ salt
2 g (2g)
- ☐ black pepper
1 1/3 dash (0g)
- ☐ lemon pepper
1/4 tbsp (2g)

Beverages

- ☐ water
2 cup(s) (514mL)

Legumes and Legume Products

- ☐ low fat cottage cheese (1% milkfat)
4 1/4 cup (961g)
- ☐ eggs
13 medium (564g)
- ☐ butter
1/4 cup (52g)

Other

- ☐ chicken breakfast sausage
4 link(s) (120g)
- ☐ baked chips, any flavor
16 crips (37g)
- ☐ ranch dressing mix
1/6 packet (1 oz) (5g)

- ☐ lentils, raw
6 tbsp (72g)
- ☐ hummus
6 tbsp (90g)

Baked Products

- ☐ bread crumbs
4 tbsp (27g)

Cereal Grains and Pasta

- ☐ long-grain white rice
2/3 cup (123g)

Finfish and Shellfish Products

- ☐ salmon
18 oz (510g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Chicken sausage & egg white breakfast bowl

234 cals ● 18g protein ● 15g fat ● 4g carbs ● 4g fiber



For single meal:

oil
1/2 tsp (3mL)
avocados, chopped
1/4 avocado(s) (50g)
tomatoes, halved
2 tbsp cherry tomatoes (19g)
egg whites
4 tbsp (61g)
chicken breakfast sausage
2 link(s) (60g)

For all 2 meals:

oil
1 tsp (5mL)
avocados, chopped
1/2 avocado(s) (101g)
tomatoes, halved
4 tbsp cherry tomatoes (37g)
egg whites
1/2 cup (122g)
chicken breakfast sausage
4 link(s) (120g)

1. Cook chicken sausage according to package instructions. Slice into bite-sized pieces and set aside.
2. Add oil to a skillet over low heat. Pour in egg whites and scramble until they turn opaque and firm.
3. Transfer egg whites to a bowl and add the chicken sausage, tomatoes, and avocado. Season with a pinch of salt/pepper and serve.

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.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Cherry tomatoes

12 cherry tomatoes - 42 cal ● 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.

Basic scrambled eggs

3 egg(s) - 213 cal ● 17g protein ● 16g fat ● 1g carbs ● 0g fiber



For single meal:

oil

1/4 tbsp (4mL)

eggs

3 medium (132g)

For all 2 meals:

oil

1/2 tbsp (8mL)

eggs

6 medium (264g)

1. Beat eggs 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. Season with salt/pepper.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

High protein scrambled eggs

198 cals ● 20g protein ● 12g fat ● 2g carbs ● 0g fiber



For single meal:

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

For all 3 meals:

oil
1/2 tbsp (8mL)
low fat cottage cheese (1% milkfat)
3/4 cup (170g)
eggs
6 large (300g)

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.

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 3 meals:

tomatoes
18 cherry tomatoes (306g)

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

Lunch 1 [↗](#)

Eat on day 1, day 2

Chicken avocado salad

500 cals ● 43g protein ● 28g fat ● 8g carbs ● 10g fiber



For single meal:

lime juice

2 tsp (10mL)

oil

2 tsp (10mL)

onion

1 tbsp chopped (10g)

avocados, chopped

1/2 avocado(s) (101g)

boneless skinless chicken breast, raw

6 oz (170g)

brussels sprouts

5 sprouts (95g)

For all 2 meals:

lime juice

4 tsp (20mL)

oil

4 tsp (20mL)

onion

2 tbsp chopped (20g)

avocados, chopped

1 avocado(s) (201g)

boneless skinless chicken breast, raw

3/4 lbs (340g)

brussels sprouts

10 sprouts (190g)

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

Roasted almonds

1/8 cup(s) - 111 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



For single meal:

almonds

2 tbsp, whole (18g)

For all 2 meals:

almonds

4 tbsp, whole (36g)

1. This recipe has no instructions.

Lunch 2 [↗](#)

Eat on day 3

Basic chicken breast

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



Makes 8 oz

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

1. First, rub the chicken with oil, salt and pepper, and any other preferred seasonings. If cooking on stovetop, save some oil for the pan.
2. **STOVETOP:** Heat the rest of oil in a medium skillet over medium heat, place chicken breasts in and cook until edges are opaque, about 10 minutes. Flip to the other side, then cover the pan, lower the heat and cook for another 10 minutes.
3. **BAKED:** Preheat oven to 400°F (200°C). Place chicken on a baking sheet. Bake for 10 minutes, flip and bake 15 more minutes or until internal temperature reaches 165°F (75°C).
4. **BROILED/GRILLED:** Set oven to broil and preheat on high. Broil chicken 3-8 minutes on each side. Actual time will vary based on thickness of breasts and proximity to the heating element.
5. **ALL:** Finally, let the chicken rest for at least 5 minutes before you cut it. Serve.

Lentils

260 cals ● 18g protein ● 1g fat ● 38g carbs ● 8g fiber



salt
3/4 dash (1g)
water
1 1/2 cup(s) (356mL)
lentils, raw, rinsed
6 tbsp (72g)

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

Lunch 3 [🔗](#)

Eat on day 4, day 5

Easy garlic chicken

6 oz - 274 cals ● 40g protein ● 9g fat ● 8g carbs ● 1g fiber



For single meal:

boneless skinless chicken breast, raw
6 oz (170g)
butter
1/2 tbsp (7g)
bread crumbs
2 tbsp (14g)
garlic, minced
1 1/2 clove(s) (5g)

For all 2 meals:

boneless skinless chicken breast, raw
3/4 lbs (340g)
butter
1 tbsp (14g)
bread crumbs
4 tbsp (27g)
garlic, minced
3 clove(s) (9g)

1. Preheat oven to 375°F (190°C).
2. In a small saucepan melt butter/margarine with garlic. Dip chicken pieces in butter/garlic sauce, letting extra drip off, then coat completely with bread crumbs.
3. Place coated chicken in a baking dish. Combine any leftover butter/garlic sauce with bread crumbs and spoon mixture over chicken pieces. Bake in the preheated oven for 20 to 30 minutes or until no longer pink inside. Time may vary depending on thickness of the chicken breast.
4. Serve.

Buttered broccoli

1 1/3 cup(s) - 178 cals ● 4g protein ● 15g fat ● 3g carbs ● 4g fiber



For single meal:

black pepper
2/3 dash (0g)
salt
2/3 dash (0g)
frozen broccoli
1 1/3 cup (121g)
butter
4 tsp (19g)

For all 2 meals:

black pepper
1 1/3 dash (0g)
salt
1 1/3 dash (1g)
frozen broccoli
2 2/3 cup (243g)
butter
2 2/3 tbsp (38g)

1. Prepare broccoli according to instructions on package.
2. Mix in butter until melted and season with salt and pepper to taste.

Lunch 4 [↗](#)

Eat on day 6, day 7

Slow-baked salmon with lemon and thyme

9 oz - 603 cals ● 53g protein ● 42g fat ● 2g carbs ● 1g fiber



For single meal:

salmon, skin on
1/2 lbs (255g)
oil
1/2 tbsp (8mL)
thyme, dried
3 dash, leaves (0g)
lemon, cut into wedges
3/8 large (32g)

For all 2 meals:

salmon, skin on
18 oz (510g)
oil
1 tbsp (17mL)
thyme, dried
1/4 tbsp, leaves (1g)
lemon, cut into wedges
3/4 large (63g)

1. Preheat oven to 275 F (135 C).
2. Line a rimmed baking sheet with greased aluminum foil.
3. Mix oil, thyme, and juice from 1/4 lemon in a small bowl. Spread thyme mixture evenly over the salmon. Season with salt and pepper to taste.
4. Place salmon fillets, skin side down, on the baking sheet.
5. Bake salmon until just opaque in center, about 15-18 minutes. Serve with lemon wedges.

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



For single meal:

collard greens
4 oz (113g)
oil
1/4 tbsp (4mL)
garlic, minced
3/4 clove(s) (2g)
salt
1/2 dash (0g)

For all 2 meals:

collard greens
1/2 lbs (227g)
oil
1/2 tbsp (8mL)
garlic, minced
1 1/2 clove(s) (5g)
salt
1 dash (1g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
 2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
 3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
 4. Season with salt and 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.

Cherry tomatoes

9 cherry tomatoes - 32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

tomatoes
9 cherry tomatoes (153g)

For all 2 meals:

tomatoes
18 cherry tomatoes (306g)

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

Baked chips

8 crisps - 81 cals ● 1g protein ● 2g fat ● 14g carbs ● 1g fiber



For single meal:

baked chips, any flavor
8 crisps (19g)

For all 2 meals:

baked chips, any flavor
16 crisps (37g)

1. Enjoy.

Snacks 2 [↗](#)

Eat on day 3, day 4

Cottage cheese with almonds and cinnamon

155 cals ● 16g protein ● 7g fat ● 4g carbs ● 1g fiber



For single meal:

- low fat cottage cheese (1% milkfat)
1/2 cup (113g)
- almond butter
1/2 tbsp (8g)
- almonds
3 almond (4g)
- cinnamon
1 dash (0g)

For all 2 meals:

- low fat cottage cheese (1% milkfat)
1 cup (226g)
- almond butter
1 tbsp (16g)
- almonds
6 almond (7g)
- cinnamon
2 dash (1g)

1. Mix all ingredients together in a small bowl.
2. Serve.

Raisins

1/4 cup - 137 cals ● 1g protein ● 0g fat ● 31g carbs ● 2g fiber



For single meal:

- raisins
4 tbsp, packed (41g)

For all 2 meals:

- raisins
1/2 cup, packed (83g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 5, day 6, day 7

Cottage cheese & honey

1/2 cup(s) - 125 cal ● 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 3 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.

Carrots and hummus

82 cal ● 3g protein ● 3g fat ● 7g carbs ● 4g fiber



For single meal:

hummus
2 tbsp (30g)
baby carrots
8 medium (80g)

For all 3 meals:

hummus
6 tbsp (90g)
baby carrots
24 medium (240g)

1. Serve carrots with hummus.

Kiwi

1 kiwi - 47 cal ● 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.

Dinner 1 [🔗](#)

Eat on day 1

Ranch pork chops

1 1/2 chop(s) - 518 cals ● 60g protein ● 30g fat ● 3g carbs ● 0g fiber



Makes 1 1/2 chop(s)

ranch dressing mix

1/6 packet (1 oz) (5g)

oil

3/4 tbsp (11mL)

pork loin chops, boneless, raw

1 1/2 chop (278g)

1. Preheat oven to 400 F (200 C).
2. Spread oil evenly over all pork chops.
3. Sprinkle ranch mix powder over all sides of the pork chops and rub in until chops are fully coated.
4. Place chops in a baking dish and cook for 10-15 minutes or until pork is fully cooked.
5. Serve!

Sugar snap peas

82 cals ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



frozen sugar snap peas

1 1/3 cup (192g)

1. Prepare according to instructions on package.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Chicken beet & carrot salad bowl

562 cals ● 66g protein ● 25g fat ● 14g carbs ● 4g fiber



For single meal:

boneless skinless chicken breast, raw, cubed

10 oz (280g)

apple cider vinegar

5/8 tsp (0mL)

thyme, dried

1/3 tsp, leaves (0g)

oil

1 1/4 tbsp (19mL)

carrots, thinly sliced

5/8 medium (38g)

beets, precooked (canned or refrigerated), cubed

5 oz (142g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed

1 1/4 lbs (560g)

apple cider vinegar

1 1/4 tsp (0mL)

thyme, dried

5 dash, leaves (1g)

oil

2 1/2 tbsp (38mL)

carrots, thinly sliced

1 1/4 medium (76g)

beets, precooked (canned or refrigerated), cubed

10 oz (284g)

1. Heat half of the oil in a skillet over medium heat. Add cubed chicken with a pinch of salt and pepper and cook until fully cooked and golden.
2. Plate chicken with cubed beets and sliced carrots. Top with remaining oil plus vinegar, thyme, and some more salt and pepper. Serve.

Dinner 3 [↗](#)

Eat on day 4, day 5

Broccoli

3 cup(s) - 87 cals ● 8g protein ● 0g fat ● 6g carbs ● 8g fiber



For single meal:

frozen broccoli

3 cup (273g)

For all 2 meals:

frozen broccoli

6 cup (546g)

1. Prepare according to instructions on package.

Basic chicken thighs

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



For single meal:

oil
1/2 tbsp (8mL)
boneless skinless chicken thighs
3/4 lbs (340g)

For all 2 meals:

oil
1 tbsp (15mL)
boneless skinless chicken thighs
1 1/2 lbs (680g)

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.

Dinner 4 [↗](#)

Eat on day 6, day 7

Pork-snap pea-lemon rice bowl

585 cal ● 55g protein ● 15g fat ● 54g carbs ● 4g fiber



For single meal:

lemon pepper
3 1/3 dash (1g)
chicken broth
1/3 cup(s) (mL)
water
1/3 cup(s) (79mL)
lemon juice
2 tsp (10mL)
long-grain white rice
1/3 cup (62g)
olive oil, divided
2 tsp (10mL)
frozen sugar snap peas
1/3 package (10 oz) (95g)
pork tenderloin, raw, cubed
1/2 lbs (227g)

For all 2 meals:

lemon pepper
1/4 tbsp (2g)
chicken broth
2/3 cup(s) (mL)
water
2/3 cup(s) (158mL)
lemon juice
4 tsp (20mL)
long-grain white rice
2/3 cup (123g)
olive oil, divided
4 tsp (20mL)
frozen sugar snap peas
2/3 package (10 oz) (189g)
pork tenderloin, raw, cubed
16 oz (453g)

1. Prepare the rice by combining the rice, lemon juice, water, chicken broth and half of the oil in a saucepan.
2. Bring to a boil, then reduce heat.
3. Cover and simmer for 20 minutes or until tender.
4. Mix in lemon pepper.
5. Meanwhile, prepare the pork: heat the second half of the oil in a large skillet over medium-high heat.
6. Add the pork to the pan and cook for 7-10 minutes, or until done, stirring occasionally.
7. Prepare the snap peas according to its package.
8. Bring the pork, snap peas, and rice together; stir (or keep it all separate- whichever you prefer!) Serve.