

# Meal Plan - 1800 calorie meal plan to lose fat/weight



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

## Day 1

1773 cals ● 163g protein (37%) ● 79g fat (40%) ● 77g carbs (17%) ● 25g fiber (6%)

### Breakfast

345 cals, 23g protein, 12g net carbs, 21g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cals



[Egg in an eggplant](#)  
241 cals

### Snacks

175 cals, 29g protein, 6g net carbs, 1g fat



[Raspberries](#)  
1/2 cup(s)- 36 cals



[Double chocolate protein shake](#)  
137 cals

### Lunch

660 cals, 62g protein, 33g net carbs, 28g fat



[Pork and vegetable stir fry](#)  
660 cals

### Dinner

595 cals, 49g protein, 26g net carbs, 29g fat



[Sweet potato medallions](#)  
1/2 sweet potato- 155 cals



[Green beans](#)  
63 cals



[Simple plain turkey burger](#)  
2 burger(s)- 375 cals

## Day 2

1760 cals ● 162g protein (37%) ● 95g fat (48%) ● 46g carbs (10%) ● 19g fiber (4%)

### Breakfast

345 cals, 23g protein, 12g net carbs, 21g fat



[Cottage cheese & fruit cup](#)  
1 container- 107 cals



[Egg in an eggplant](#)  
241 cals

### Snacks

175 cals, 29g protein, 6g net carbs, 1g fat



[Raspberries](#)  
1/2 cup(s)- 36 cals



[Double chocolate protein shake](#)  
137 cals

### Lunch

655 cals, 56g protein, 21g net carbs, 35g fat



[Honey mustard chicken thighs w/ skin](#)  
8 oz- 558 cals



[Green beans](#)  
95 cals

### Dinner

585 cals, 54g protein, 6g net carbs, 37g fat



[Roasted tomatoes](#)  
2 1/2 tomato(es)- 149 cals



[Basic ground turkey](#)  
9 1/3 oz- 438 cals

## Day 3

1758 cal ● 173g protein (39%) ● 74g fat (38%) ● 78g carbs (18%) ● 23g fiber (5%)

### Breakfast

280 cal, 12g protein, 13g net carbs, 17g fat



Avocado  
176 cal



Cottage cheese & fruit cup  
1 container- 107 cal

### Snacks

280 cal, 19g protein, 35g net carbs, 5g fat



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



Small toasted bagel with butter  
1/2 bagel(s)- 120 cal



Raspberries  
1/2 cup(s)- 36 cal

### Lunch

655 cal, 56g protein, 21g net carbs, 35g fat



Honey mustard chicken thighs w/ skin  
8 oz- 558 cal



Green beans  
95 cal

### Dinner

540 cal, 87g protein, 9g net carbs, 16g fat



Lemon pepper chicken breast  
13 1/3 oz- 494 cal



Mixed vegetables  
1/2 cup(s)- 49 cal

## Day 4

1821 cal ● 158g protein (35%) ● 55g fat (27%) ● 151g carbs (33%) ● 23g fiber (5%)

### Breakfast

280 cal, 12g protein, 13g net carbs, 17g fat



Avocado  
176 cal



Cottage cheese & fruit cup  
1 container- 107 cal

### Snacks

280 cal, 19g protein, 35g net carbs, 5g fat



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



Small toasted bagel with butter  
1/2 bagel(s)- 120 cal



Raspberries  
1/2 cup(s)- 36 cal

### Lunch

715 cal, 40g protein, 94g net carbs, 17g fat



Pasta with meat sauce  
562 cal



Dinner roll  
2 roll- 154 cal

### Dinner

540 cal, 87g protein, 9g net carbs, 16g fat



Lemon pepper chicken breast  
13 1/3 oz- 494 cal



Mixed vegetables  
1/2 cup(s)- 49 cal

## Day 5

1748 cal ● 167g protein (38%) ● 74g fat (38%) ● 81g carbs (18%) ● 22g fiber (5%)

### Breakfast

280 cal, 12g protein, 13g net carbs, 17g fat



**Avocado**  
176 cal



**Cottage cheese & fruit cup**  
1 container- 107 cal

### Snacks

280 cal, 19g protein, 35g net carbs, 5g fat



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



**Small toasted bagel with butter**  
1/2 bagel(s)- 120 cal



**Raspberries**  
1/2 cup(s)- 36 cal

### Lunch

615 cal, 57g protein, 20g net carbs, 32g fat



**Chipotle honey pork chops**  
541 cal



**Mixed vegetables**  
3/4 cup(s)- 73 cal

### Dinner

570 cal, 80g protein, 12g net carbs, 20g fat



**Basic chicken breast**  
12 oz- 476 cal



**Green beans**  
95 cal

## Day 6

1849 cal ● 158g protein (34%) ● 60g fat (29%) ● 147g carbs (32%) ● 22g fiber (5%)

### Breakfast

360 cal, 23g protein, 19g net carbs, 20g fat



**Basic fried eggs**  
1 egg(s)- 80 cal



**Grapefruit**  
1/2 grapefruit- 59 cal



**Scrambled eggs with kale, tomatoes, rosemary**  
219 cal

### Snacks

205 cal, 26g protein, 12g net carbs, 5g fat



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Chocolate protein mug cake**  
1/2 mug cake(s)- 97 cal

### Lunch

720 cal, 42g protein, 67g net carbs, 28g fat



**Simple salad with celery, cucumber & tomato**  
171 cal



**Bone both rice**  
184 cal



**Bbq chicken wings**  
8 oz- 363 cal

### Dinner

570 cal, 67g protein, 48g net carbs, 7g fat



**Shrimp and vegetable stir fry**  
395 cal



**Lentils**  
174 cal

# Day 7

1849 cal ● 158g protein (34%) ● 60g fat (29%) ● 147g carbs (32%) ● 22g fiber (5%)

## Breakfast

360 cal, 23g protein, 19g net carbs, 20g fat



**Basic fried eggs**  
1 egg(s)- 80 cal



**Grapefruit**  
1/2 grapefruit- 59 cal



**Scrambled eggs with kale, tomatoes, rosemary**  
219 cal

## Snacks

205 cal, 26g protein, 12g net carbs, 5g fat



**Cottage cheese & fruit cup**  
1 container- 107 cal



**Chocolate protein mug cake**  
1/2 mug cake(s)- 97 cal

## Lunch

720 cal, 42g protein, 67g net carbs, 28g fat



**Simple salad with celery, cucumber & tomato**  
171 cal



**Bone both rice**  
184 cal



**Bbq chicken wings**  
8 oz- 363 cal

## Dinner

570 cal, 67g protein, 48g net carbs, 7g fat



**Shrimp and vegetable stir fry**  
395 cal



**Lentils**  
174 cal

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## Other

- cottage cheese & fruit cup  
7 container (931g)
- protein powder, chocolate  
3 scoop (1/3 cup ea) (93g)
- stir-fry sauce  
2/3 cup (187g)
- calorie-free sweetener  
2 tsp (7g)
- mixed greens  
1 1/3 package (5.5 oz) (207g)
- chicken bone broth  
1 cup(s) (mL)

## Dairy and Egg Products

- eggs  
13 medium (574g)
- nonfat greek yogurt, plain  
4 tbsp (70g)
- low fat cottage cheese (1% milkfat)  
1 1/2 cup (339g)
- butter  
3/4 tbsp (11g)
- ghee  
1 3/4 tsp (8g)

## Vegetables and Vegetable Products

- eggplant  
4 1 inch (2.5 cm) slice(s) (240g)
- sweet potatoes  
1/2 sweetpotato, 5" long (105g)
- frozen green beans  
7 1/3 cup (887g)
- frozen mixed veggies  
1 lbs (449g)
- tomatoes  
4 2/3 medium whole (2-3/5" dia) (571g)
- kale leaves  
2 cup, chopped (80g)
- carrots  
2 1/4 medium (137g)
- frozen broccoli  
3/4 package (213g)
- cucumber  
1 1/3 cucumber (8-1/4") (401g)
- raw celery  
2 2/3 stalk, medium (7-1/2" - 8" long) (107g)

## Fats and Oils

## Beverages

- water  
1/4 gallon (1075mL)

## Sweets

- cocoa powder  
4 tsp (7g)
- honey  
2 2/3 oz (75g)

## Poultry Products

- ground turkey, raw  
1 1/3 lbs (605g)
- chicken thighs, with bone and skin, raw  
1 lbs (454g)
- boneless skinless chicken breast, raw  
2 1/2 lbs (1083g)
- chicken wings, with skin, raw  
1 lbs (454g)

## Spices and Herbs

- black pepper  
1 1/4 tsp, ground (3g)
- salt  
1 tsp (7g)
- brown deli mustard  
1 1/2 tbsp (23g)
- thyme, dried  
1 tsp, ground (1g)
- lemon pepper  
5 tsp (12g)
- chipotle seasoning  
1/2 tsp (1g)
- rosemary  
4 dash (1g)
- balsamic vinegar  
2 tsp (10mL)

## Pork Products

- boneless pork loin  
1/2 lbs (255g)
- pork loin chops, boneless, raw  
1/2 lbs (248g)

## Baked Products

- oil  
3 oz (96mL)
- olive oil  
2 1/2 tsp (12mL)
- salad dressing  
4 tbsp (60mL)

### **Fruits and Fruit Juices**

- raspberries  
2 1/2 cup (308g)
- avocados  
1 1/2 avocado(s) (302g)
- lemon juice  
1/2 tbsp (8mL)
- Grapefruit  
1 large (approx 4-1/2" dia) (332g)

- bagel  
1 1/2 small bagel (3" dia) (104g)
- Roll  
2 pan, dinner, or small roll (2" square, 2" high) (56g)
- baking powder  
4 dash (3g)

### **Cereal Grains and Pasta**

- uncooked dry pasta  
2 2/3 oz (76g)
- long-grain white rice  
1/2 cup (93g)

### **Soups, Sauces, and Gravies**

- pasta sauce  
1/4 jar (24 oz) (168g)
- barbecue sauce  
4 tbsp (70g)

### **Finfish and Shellfish Products**

- shrimp, raw  
1 lbs (511g)

### **Legumes and Legume Products**

- lentils, raw  
1/2 cup (96g)
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## Breakfast 1 [↗](#)

Eat on day 1, day 2

### Cottage cheese & fruit cup

1 container - 107 cal ● 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.

### Egg in an eggplant

241 cal ● 13g protein ● 19g fat ● 1g carbs ● 4g fiber



For single meal:

**eggs**  
2 large (100g)  
**eggplant**  
2 1 inch (2.5 cm) slice(s) (120g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**eggs**  
4 large (200g)  
**eggplant**  
4 1 inch (2.5 cm) slice(s) (240g)  
**oil**  
4 tsp (20mL)

1. Coat the eggplant in oil and put in a skillet over medium heat, cooking for about 4 minutes on each side until soft and lightly browned.
2. Remove eggplant from skillet and when cool enough to touch, cut a small hole in the center and set the small circle to the side.
3. Place the eggplant back in the skillet and crack an egg in the middle of the hole. Cook for 4 minutes, then flip and cook for another 2-3 minutes.
4. Add salt and pepper to taste and serve with eggplant circle that had been set aside.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, day 5

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### Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



For single meal:

**avocados**  
1/2 avocado(s) (101g)  
**lemon juice**  
1/2 tsp (3mL)

For all 3 meals:

**avocados**  
1 1/2 avocado(s) (302g)  
**lemon juice**  
1/2 tbsp (8mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

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### Cottage cheese & fruit cup

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



For single meal:

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

For all 3 meals:

**cottage cheese & fruit cup**  
3 container (399g)

1. Mix cottage cheese and fruit portions of the container together and serve.
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## Breakfast 3 [↗](#)

Eat on day 6, day 7

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### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

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### 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 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)

### Scrambled eggs with kale, tomatoes, rosemary

219 cal ● 16g protein ● 13g fat ● 7g carbs ● 2g fiber



For single meal:

**eggs**  
2 extra large (112g)  
**kale leaves**  
1 cup, chopped (40g)  
**tomatoes**  
1/2 cup, chopped (90g)  
**rosemary**  
2 dash (0g)  
**oil**  
1/2 tsp (3mL)  
**balsamic vinegar**  
1 tsp (5mL)  
**water**  
3 tbsp (45mL)

For all 2 meals:

**eggs**  
4 extra large (224g)  
**kale leaves**  
2 cup, chopped (80g)  
**tomatoes**  
1 cup, chopped (180g)  
**rosemary**  
4 dash (1g)  
**oil**  
1 tsp (5mL)  
**balsamic vinegar**  
2 tsp (10mL)  
**water**  
6 tbsp (90mL)

1. In a small skillet, add your oil of choice over medium-high heat.
2. Add in kale, tomatoes, rosemary, and the water. Cover and cook for about 4 minutes, stirring occasionally, until veggies have softened.
3. Add eggs, and stir to scramble them with the veggies.
4. When eggs are cooked, remove from heat and plate, topping with balsamic vinaigrette (optional). Serve.

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## Lunch 1 [↗](#)

Eat on day 1

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### Pork and vegetable stir fry

660 cal ● 62g protein ● 28g fat ● 33g carbs ● 9g fiber



**stir-fry sauce**  
3 tbsp (51g)  
**frozen mixed veggies**  
3/4 10oz package (213g)  
**oil, divided**  
1 tsp (6mL)  
**black pepper**  
3 dash, ground (1g)  
**salt**  
1 1/2 dash (1g)  
**boneless pork loin, cubed**  
1/2 lbs (255g)

1. Heat half of the oil in a skillet over medium-high heat. When hot, add the cubed pork and the salt and pepper. Stir fry for 5-6 min until almost fully cooked. Remove pork 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 pork to skillet, stir.
  4. Pour in stir-fry sauce and mix until it is well distributed.
  5. Reduce heat to low and simmer until pork is fully cooked.
  6. Serve.
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## Lunch 2 [↗](#)

Eat on day 2, day 3

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### Honey mustard chicken thighs w/ skin

8 oz - 558 cal ● 52g protein ● 35g fat ● 9g carbs ● 1g fiber



For single meal:

**brown deli mustard**  
3/4 tbsp (11g)  
**honey**  
1/2 tbsp (11g)  
**thyme, dried**  
4 dash, ground (1g)  
**salt**  
1 dash (1g)  
**chicken thighs, with bone and skin, raw**  
1/2 lbs (227g)

For all 2 meals:

**brown deli mustard**  
1 1/2 tbsp (23g)  
**honey**  
1 tbsp (21g)  
**thyme, dried**  
1 tsp, ground (1g)  
**salt**  
2 dash (2g)  
**chicken thighs, with bone and skin, raw**  
1 lbs (454g)

1. Preheat oven to 375 F (190 C).
2. Whisk honey, mustard, thyme and salt in a medium bowl. Add chicken thighs and coat.
3. Arrange chicken on a parchment-lined baking sheet.
4. Roast chicken until cooked through, 40 to 45 minutes. Let rest 4 to 6 minutes before serving.

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### Green beans

95 cal ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



For single meal:

**frozen green beans**  
2 cup (242g)

For all 2 meals:

**frozen green beans**  
4 cup (484g)

1. Prepare according to instructions on package.
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## Lunch 3 [↗](#)

Eat on day 4

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### Pasta with meat sauce

562 cal ● 35g protein ● 14g fat ● 67g carbs ● 6g fiber



#### uncooked dry pasta

2 2/3 oz (76g)

#### salt

1 1/3 dash (1g)

#### black pepper

1 1/3 dash, ground (0g)

#### oil

1/2 tsp (3mL)

#### pasta sauce

1/4 jar (24 oz) (168g)

#### ground turkey, raw

4 oz (113g)

1. Add the oil to a saucepan and heat to medium. Add the salt, pepper, and turkey and cook until done (it should all be browned and solid). Mix/mash the turkey every so often to achieve desired chunkiness.
2. Stir in the pasta sauce.
3. Cook the pasta as directed on the package.
4. Top the pasta with sauce and enjoy.

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### Dinner roll

2 roll - 154 cal ● 5g protein ● 2g fat ● 26g carbs ● 1g fiber



Makes 2 roll

#### Roll

2 pan, dinner, or small roll (2" square, 2" high) (56g)

1. Enjoy.
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## Lunch 4 [↗](#)

Eat on day 5

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### Chipotle honey pork chops

541 cal ● 54g protein ● 32g fat ● 11g carbs ● 0g fiber



**ghee**

1 3/4 tsp (8g)

**water**

2 1/2 tsp (13mL)

**oil**

1 3/4 tsp (9mL)

**chipotle seasoning**

1/2 tsp (1g)

**honey**

1 3/4 tsp (12g)

**pork loin chops, boneless, raw**

1/2 lbs (248g)

1. Pat pork dry and season with some salt and pepper.
2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
4. Slice pork and top with chipotle honey sauce. Serve.

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### Mixed vegetables

3/4 cup(s) - 73 cal ● 3g protein ● 1g fat ● 10g carbs ● 4g fiber



Makes 3/4 cup(s)

**frozen mixed veggies**

3/4 cup (101g)

1. Prepare according to instructions on package.
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## Lunch 5 [↗](#)

Eat on day 6, day 7

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### Simple salad with celery, cucumber & tomato

171 cals ● 6g protein ● 6g fat ● 17g carbs ● 5g fiber



For single meal:

**mixed greens**

2/3 package (5.5 oz) (103g)

**salad dressing**

2 tbsp (30mL)

**tomatoes, diced**

2/3 medium whole (2-3/5" dia) (82g)

**cucumber, sliced**

2/3 cucumber (8-1/4") (201g)

**raw celery, chopped**

1 1/3 stalk, medium (7-1/2" - 8" long)  
(53g)

For all 2 meals:

**mixed greens**

1 1/3 package (5.5 oz) (207g)

**salad dressing**

4 tbsp (60mL)

**tomatoes, diced**

1 1/3 medium whole (2-3/5" dia)  
(164g)

**cucumber, sliced**

1 1/3 cucumber (8-1/4") (401g)

**raw celery, chopped**

2 2/3 stalk, medium (7-1/2" - 8" long)  
(107g)

1. Mix all vegetables in a large bowl.
2. Drizzle salad dressing over when serving.

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### Bone both rice

184 cals ● 8g protein ● 1g fat ● 36g carbs ● 1g fiber



For single meal:

**chicken bone broth**

1/2 cup(s) (mL)

**long-grain white rice**

4 tbsp (46g)

For all 2 meals:

**chicken bone broth**

1 cup(s) (mL)

**long-grain white rice**

1/2 cup (93g)

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.

### Bbq chicken wings

8 oz - 363 cals ● 29g protein ● 21g fat ● 14g carbs ● 0g fiber



For single meal:

**barbecue sauce**  
2 tbsp (35g)  
**chicken wings, with skin, raw**  
1/2 lbs (227g)

For all 2 meals:

**barbecue sauce**  
4 tbsp (70g)  
**chicken wings, with skin, raw**  
1 lbs (454g)

1. Preheat oven to 400 F (200 C).
2. Place wings on large baking sheet, and season with salt and pepper to taste.
3. Cook in oven for about 45 minutes, or until the internal temperature reaches 165 F (75 C). Drain the pan of it's juices a couple times while it cooks in order to get crispier wings.
4. Optional: When the chicken is getting close to being done, add the barbeque sauce to a saucepan and heat until warmed through.
5. Take wings out of the oven when done and toss with the barbeque sauce to coat.
6. Serve.

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## Snacks 1 [↗](#)

Eat on day 1, day 2

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### Raspberries

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



For single meal:

**raspberries**  
1/2 cup (62g)

For all 2 meals:

**raspberries**  
1 cup (123g)

1. Rinse raspberries and serve.

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### Double chocolate protein shake

137 cal ● 28g protein ● 1g fat ● 3g carbs ● 2g fiber



For single meal:

**water**  
1 cup(s) (237mL)  
**cocoa powder**  
1 tsp (2g)  
**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

For all 2 meals:

**water**  
2 cup(s) (474mL)  
**cocoa powder**  
2 tsp (4g)  
**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**protein powder, chocolate**  
2 scoop (1/3 cup ea) (62g)

1. Put all ingredients in a blender.
2. Mix until well-blended. Add more water depending on your preferred consistency.
3. Serve immediately.

## Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

### 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.

### Small toasted bagel with butter

1/2 bagel(s) - 120 cal ● 4g protein ● 4g fat ● 18g carbs ● 1g fiber



For single meal:

**butter**  
1/4 tbsp (4g)  
**bagel**  
1/2 small bagel (3" dia) (35g)

For all 3 meals:

**butter**  
3/4 tbsp (11g)  
**bagel**  
1 1/2 small bagel (3" dia) (104g)

1. Toast the bagel to desired toastiness.
2. Spread the butter.
3. Enjoy.

### Raspberries

1/2 cup(s) - 36 cal ● 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.

## Snacks 3 [↗](#)

Eat on day 6, day 7

### Cottage cheese & fruit cup

1 container - 107 cal ● 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.

### Chocolate protein mug cake

1/2 mug cake(s) - 97 cal ● 16g protein ● 3g fat ● 1g carbs ● 1g fiber



For single meal:

**calorie-free sweetener**  
1 tsp (4g)  
**water**  
1 tsp (5mL)  
**eggs**  
1/2 large (25g)  
**cocoa powder**  
1 tsp (2g)  
**baking powder**  
2 dash (1g)  
**protein powder, chocolate**  
1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

**calorie-free sweetener**  
2 tsp (7g)  
**water**  
2 tsp (10mL)  
**eggs**  
1 large (50g)  
**cocoa powder**  
2 tsp (4g)  
**baking powder**  
4 dash (3g)  
**protein powder, chocolate**  
1 scoop (1/3 cup ea) (31g)

1. Mix all ingredients together in a large mug. Make sure to leave space at the top of the mug as the cake will rise during cooking.
2. Microwave on high for about 45-80 seconds, checking every few seconds as cake gets closer to being done. Time may vary depending on your microwave. Be sure to not overcook the cake as the texture will become spongy. Serve.

## Dinner 1 [↗](#)

Eat on day 1

### Sweet potato medallions

1/2 sweet potato - 155 cals ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

#### oil

1/2 tbsp (8mL)

#### sweet potatoes, sliced

1/2 sweetpotato, 5" long (105g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Slice sweet potato into thin medallions, about 1/4 inch thick. Coat thoroughly with oil and season with salt/pepper to taste.
3. Spread sweet potatoes evenly over the baking sheet.
4. Cook in the oven for about 30 minutes until golden.
5. Remove from oven and serve.

### Green beans

63 cals ● 3g protein ● 0g fat ● 8g carbs ● 4g fiber



#### frozen green beans

1 1/3 cup (161g)

1. Prepare according to instructions on package.

### Simple plain turkey burger

2 burger(s) - 375 cals ● 45g protein ● 22g fat ● 0g carbs ● 0g fiber



Makes 2 burger(s)

#### oil

1 tsp (5mL)

#### ground turkey, raw

1/2 lbs (227g)

1. In a bowl, season the ground turkey with some salt, pepper, and any other preferred seasonings. Shape the ground turkey into a burger shape.
2. Heat oil on a hot grill or stovetop pan. Add burger and cook for about 3-4 minutes per side or until no longer pink inside. Serve.

## Dinner 2 [↗](#)

Eat on day 2

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### Roasted tomatoes

2 1/2 tomato(es) - 149 cals ● 2g protein ● 12g fat ● 6g carbs ● 3g fiber



Makes 2 1/2 tomato(es)

#### **tomatoes**

2 1/2 small whole (2-2/5" dia) (228g)

#### **oil**

2 1/2 tsp (13mL)

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

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### Basic ground turkey

9 1/3 oz - 438 cals ● 52g protein ● 25g fat ● 0g carbs ● 0g fiber



Makes 9 1/3 oz

#### **oil**

1 tsp (6mL)

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

9 1/3 oz (265g)

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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## Dinner 3 [↗](#)

Eat on day 3, day 4

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### Lemon pepper chicken breast

13 1/3 oz - 494 cals ● 85g protein ● 16g fat ● 2g carbs ● 2g fiber



For single meal:

**lemon pepper**

2 1/2 tsp (6g)

**olive oil**

1 1/4 tsp (6mL)

**boneless skinless chicken breast, raw**

13 1/3 oz (373g)

For all 2 meals:

**lemon pepper**

5 tsp (12g)

**olive oil**

2 1/2 tsp (13mL)

**boneless skinless chicken breast, raw**

1 2/3 lbs (747g)

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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### Mixed vegetables

1/2 cup(s) - 49 cals ● 2g protein ● 0g fat ● 6g carbs ● 3g fiber



For single meal:

**frozen mixed veggies**

1/2 cup (68g)

For all 2 meals:

**frozen mixed veggies**

1 cup (135g)

1. Prepare according to instructions on package.
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## Dinner 4 [↗](#)

Eat on day 5

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### Basic chicken breast

12 oz - 476 cal ● 76g protein ● 19g fat ● 0g carbs ● 0g fiber



Makes 12 oz

#### oil

3/4 tbsp (11 mL)

#### boneless skinless chicken breast, raw

3/4 lbs (336g)

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.

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### Green beans

95 cal ● 4g protein ● 1g fat ● 12g carbs ● 6g fiber



**frozen green beans**  
2 cup (242g)

1. Prepare according to instructions on package.

## Dinner 5 [↗](#)

Eat on day 6, day 7

### Shrimp and vegetable stir fry

395 cals ● 55g protein ● 7g fat ● 23g carbs ● 5g fiber



For single meal:

**carrots, sliced**  
1 medium (69g)  
**frozen broccoli**  
3/8 package (107g)  
**shrimp, raw, peeled and deveined**  
1/2 lbs (255g)  
**salt**  
1 1/2 dash (1g)  
**black pepper**  
3 dash, ground (1g)  
**oil, divided**  
1 tsp (6mL)  
**stir-fry sauce**  
4 tbsp (68g)

For all 2 meals:

**carrots, sliced**  
2 1/4 medium (137g)  
**frozen broccoli**  
3/4 package (213g)  
**shrimp, raw, peeled and deveined**  
1 lbs (511g)  
**salt**  
3 dash (2g)  
**black pepper**  
1/4 tbsp, ground (2g)  
**oil, divided**  
3/4 tbsp (11mL)  
**stir-fry sauce**  
1/2 cup (136g)

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.

### 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.
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