

Meal Plan - 1900 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

1932 cals ● 175g protein (36%) ● 71g fat (33%) ● 125g carbs (26%) ● 23g fiber (5%)

Breakfast

340 cals, 21g protein, 19g net carbs, 20g fat



[Waffles & peanut butter](#)
1 waffle(s)- 201 cals



[Chicken sausage links](#)
3 link(s)- 140 cals

Snacks

305 cals, 17g protein, 25g net carbs, 14g fat



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



[Dark chocolate](#)
3 square(s)- 180 cals

Lunch

665 cals, 62g protein, 53g net carbs, 18g fat



[Sunflower seeds](#)
90 cals



[Grilled chicken sandwich](#)
1 sandwich(es)- 460 cals



[Pear](#)
1 pear(s)- 113 cals

Dinner

625 cals, 75g protein, 28g net carbs, 20g fat



[Simple kale & avocado salad](#)
173 cals



[Chicken fajita soup](#)
452 cals

Day 2

1950 cals ● 172g protein (35%) ● 64g fat (30%) ● 150g carbs (31%) ● 21g fiber (4%)

Breakfast

340 cals, 21g protein, 19g net carbs, 20g fat



[Waffles & peanut butter](#)
1 waffle(s)- 201 cals



[Chicken sausage links](#)
3 link(s)- 140 cals

Snacks

305 cals, 17g protein, 25g net carbs, 14g fat



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



[Dark chocolate](#)
3 square(s)- 180 cals

Lunch

665 cals, 62g protein, 53g net carbs, 18g fat



[Sunflower seeds](#)
90 cals



[Grilled chicken sandwich](#)
1 sandwich(es)- 460 cals



[Pear](#)
1 pear(s)- 113 cals

Dinner

645 cals, 72g protein, 53g net carbs, 13g fat



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



[Green beans](#)
32 cals



[Instant mashed potatoes](#)
241 cals

Day 3

1885 cals ● 172g protein (36%) ● 68g fat (32%) ● 128g carbs (27%) ● 20g fiber (4%)

Breakfast

340 cals, 21g protein, 19g net carbs, 20g fat



Waffles & peanut butter
1 waffle(s)- 201 cals



Chicken sausage links
3 link(s)- 140 cals

Snacks

305 cals, 17g protein, 25g net carbs, 14g fat



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



Dark chocolate
3 square(s)- 180 cals

Lunch

600 cals, 62g protein, 31g net carbs, 22g fat



Cajun cod
10 1/2 oz- 327 cals



Sauteed corn & lima beans w/ shallot
271 cals

Dinner

645 cals, 72g protein, 53g net carbs, 13g fat



Lemon pepper chicken breast
10 oz- 370 cals



Green beans
32 cals



Instant mashed potatoes
241 cals

Day 4

1853 cals ● 166g protein (36%) ● 61g fat (29%) ● 141g carbs (30%) ● 20g fiber (4%)

Breakfast

405 cals, 30g protein, 13g net carbs, 25g fat



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



Scrambled eggs with veggies and bacon
341 cals

Snacks

250 cals, 21g protein, 30g net carbs, 3g fat



Protein greek yogurt
1 container- 139 cals



Pear
1 pear(s)- 113 cals

Lunch

600 cals, 62g protein, 31g net carbs, 22g fat



Cajun cod
10 1/2 oz- 327 cals



Sauteed corn & lima beans w/ shallot
271 cals

Dinner

600 cals, 54g protein, 66g net carbs, 11g fat



Shrimp-snap pea-lemon rice bowl
544 cals



White rice
1/4 cup rice, cooked- 55 cals

Day 5

1905 cals ● 177g protein (37%) ● 70g fat (33%) ● 120g carbs (25%) ● 21g fiber (4%)

Breakfast

405 cals, 30g protein, 13g net carbs, 25g fat



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



Scrambled eggs with veggies and bacon
341 cals

Snacks

250 cals, 21g protein, 30g net carbs, 3g fat



Protein greek yogurt
1 container- 139 cals



Pear
1 pear(s)- 113 cals

Lunch

580 cals, 63g protein, 24g net carbs, 23g fat



Chicken marsala
8 oz chicken- 466 cals



Lima beans
116 cals

Dinner

670 cals, 64g protein, 53g net carbs, 19g fat



Caprese salad
107 cals



Spiced chicken with couscous
561 cals

Day 6

1843 cals ● 184g protein (40%) ● 72g fat (35%) ● 92g carbs (20%) ● 24g fiber (5%)

Breakfast

370 cals, 27g protein, 14g net carbs, 21g fat



Cottage cheese & fruit cup
1 container- 131 cals



Egg in an eggplant
241 cals

Snacks

305 cals, 30g protein, 20g net carbs, 9g fat



Power jello snack cups
1 snack cup(s)- 107 cals



Raspberries
2/3 cup(s)- 48 cals



Milk
1 cup(s)- 149 cals

Lunch

580 cals, 63g protein, 24g net carbs, 23g fat



Chicken marsala
8 oz chicken- 466 cals



Lima beans
116 cals

Dinner

585 cals, 64g protein, 33g net carbs, 19g fat



Instant mashed potatoes
138 cals



Baked chicken with tomatoes & olives
9 oz- 449 cals

Day 7

1858 cals ● 183g protein (39%) ● 68g fat (33%) ● 105g carbs (23%) ● 23g fiber (5%)

Breakfast

370 cals, 27g protein, 14g net carbs, 21g fat



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



[Egg in an eggplant](#)
241 cals

Snacks

305 cals, 30g protein, 20g net carbs, 9g fat



[Power jello snack cups](#)
1 snack cup(s)- 107 cals



[Raspberries](#)
2/3 cup(s)- 48 cals



[Milk](#)
1 cup(s)- 149 cals

Lunch

595 cals, 62g protein, 37g net carbs, 19g fat



[Balsamic chicken breast](#)
8 oz- 316 cals



[White rice](#)
1/2 cup rice, cooked- 110 cals



[Edamame & beet salad](#)
171 cals

Dinner

585 cals, 64g protein, 33g net carbs, 19g fat



[Instant mashed potatoes](#)
138 cals



[Baked chicken with tomatoes & olives](#)
9 oz- 449 cals

Legumes and Legume Products

- ☐ peanut butter
3 tbsp (48g)

Baked Products

- ☐ frozen waffles
3 waffles (105g)
- ☐ kaiser rolls
2 roll (3-1/2" dia) (114g)

Other

- ☐ chicken breakfast sausage
9 link(s) (270g)
- ☐ diced tomatoes
2/3 can(s) (280g)
- ☐ mixed greens
1/2 package (5.5 oz) (84g)
- ☐ protein greek yogurt, flavored
2 container (300g)
- ☐ sugar-free gelatin mix, flavored
1/2 package (5g)
- ☐ cottage cheese & fruit cup
2 container (340g)
- ☐ italian seasoning
2 dash (1g)

Sweets

- ☐ honey
2 2/3 tbsp (56g)
- ☐ Chocolate, dark, 70-85%
9 square(s) (90g)

Dairy and Egg Products

- ☐ low fat cottage cheese (1% milkfat)
2 cup (452g)
- ☐ eggs
9 1/3 large (467g)
- ☐ whole milk
2 1/2 cup (600mL)
- ☐ fresh mozzarella cheese
3/4 oz (21g)
- ☐ nonfat greek yogurt, plain
3/4 cup (210g)

Vegetables and Vegetable Products

Fruits and Fruit Juices

- ☐ lemon
3/8 small (22g)
- ☐ avocados
3/8 avocado(s) (75g)
- ☐ pears
4 medium (712g)
- ☐ lemon juice
5 tsp (25mL)
- ☐ raspberries
1 1/3 cup (164g)
- ☐ green olives
18 large (79g)

Poultry Products

- ☐ boneless skinless chicken breast, raw
6 lbs (2707g)

Soups, Sauces, and Gravies

- ☐ vegetable broth
1/2 carton (mL)

Spices and Herbs

- ☐ taco seasoning mix
2 tsp (6g)
- ☐ dijon mustard
1 tbsp (15g)
- ☐ lemon pepper
1/3 oz (10g)
- ☐ cajun seasoning
2 1/3 tbsp (16g)
- ☐ salt
2 tsp (11g)
- ☐ black pepper
3 g (3g)
- ☐ balsamic vinegar
1 tbsp (15mL)
- ☐ fresh basil
1/2 oz (12g)
- ☐ ground cumin
3/4 tbsp (5g)
- ☐ chili powder
1 tbsp (8g)

Nut and Seed Products

- ☐ sunflower kernels
1 oz (28g)

- ☐ kale leaves
3/8 bunch (64g)
- ☐ bell pepper
1 2/3 large (278g)
- ☐ onion
2/3 medium (2-1/2" dia) (72g)
- ☐ tomatoes
3 1/2 medium whole (2-3/5" dia) (433g)
- ☐ frozen green beans
1 1/3 cup (161g)
- ☐ mashed potato mix
1/2 lbs (208g)
- ☐ frozen corn kernels
1 cup (153g)
- ☐ lima beans, frozen
1 1/2 package (10 oz) (393g)
- ☐ shallots
3/4 tbsp chopped (8g)
- ☐ frozen sugar snap peas
1/3 package (10 oz) (95g)
- ☐ garlic
2 clove(s) (6g)
- ☐ mushrooms
1/2 lbs (227g)
- ☐ zucchini
3/4 medium (147g)
- ☐ eggplant
4 1 inch (2.5 cm) slice(s) (240g)
- ☐ beets, precooked (canned or refrigerated)
2 beets (2" dia, sphere) (100g)
- ☐ edamame, frozen, shelled
1/2 cup (59g)

Fats and Oils

- ☐ oil
2 2/3 oz (81mL)
- ☐ olive oil
2 1/4 oz (70mL)
- ☐ balsamic vinaigrette
2 oz (52mL)

Finfish and Shellfish Products

- ☐ cod, raw
1 1/3 lbs (595g)
- ☐ shrimp, raw
1/2 lbs (227g)

Pork Products

- ☐ bacon
2 2/3 slice(s) (27g)

Beverages

- ☐ water
1 2/3 cup(s) (391mL)
- ☐ protein powder
4 tbsp (23g)

Cereal Grains and Pasta

- ☐ long-grain white rice
9 1/4 tbsp (108g)
 - ☐ instant couscous, flavored
3/8 box (5.8 oz) (62g)
-

Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

Waffles & peanut butter

1 waffle(s) - 201 cals ● 6g protein ● 12g fat ● 16g carbs ● 1g fiber



For single meal:

peanut butter

1 tbsp (16g)

frozen waffles

1 waffles (35g)

For all 3 meals:

peanut butter

3 tbsp (48g)

frozen waffles

3 waffles (105g)

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

Chicken sausage links

3 link(s) - 140 cals ● 15g protein ● 8g fat ● 3g carbs ● 0g fiber



For single meal:

chicken breakfast sausage

3 link(s) (90g)

For all 3 meals:

chicken breakfast sausage

9 link(s) (270g)

1. Cook links according to package instructions and serve.

Breakfast 2 [↗](#)

Eat on 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 2 meals:

honey

2 tsp (14g)

low fat cottage cheese (1% milkfat)

1/2 cup (113g)

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

Scrambled eggs with veggies and bacon

341 cals ● 23g protein ● 24g fat ● 6g carbs ● 2g fiber



For single meal:

bell pepper

2/3 cup, chopped (99g)

eggs

2 2/3 large (133g)

onion

2 2/3 tbsp, chopped (27g)

bacon, cooked and chopped

1 1/3 slice(s) (13g)

olive oil

1/2 tbsp (7mL)

For all 2 meals:

bell pepper

1 1/3 cup, chopped (199g)

eggs

5 1/3 large (267g)

onion

1/3 cup, chopped (53g)

bacon, cooked and chopped

2 2/3 slice(s) (27g)

olive oil

1 tbsp (13mL)

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.

Breakfast 3 [↗](#)

Eat on day 6, day 7

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.

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.

Lunch 1 [↗](#)

Eat on day 1, day 2

Sunflower seeds

90 cals ● 4g protein ● 7g fat ● 1g carbs ● 1g fiber



For single meal:

sunflower kernels

1/2 oz (14g)

For all 2 meals:

sunflower kernels

1 oz (28g)

1. This recipe has no instructions.

Grilled chicken sandwich

1 sandwich(es) - 460 cals ● 58g protein ● 11g fat ● 30g carbs ● 2g fiber



For single meal:

oil

1/2 tsp (3mL)

kaiser rolls

1 roll (3-1/2" dia) (57g)

dijon mustard

1/2 tbsp (8g)

mixed greens

4 tbsp (8g)

tomatoes

3 slice(s), thin/small (45g)

boneless skinless chicken breast, raw

1/2 lbs (227g)

For all 2 meals:

oil

1 tsp (5mL)

kaiser rolls

2 roll (3-1/2" dia) (114g)

dijon mustard

1 tbsp (15g)

mixed greens

1/2 cup (15g)

tomatoes

6 slice(s), thin/small (90g)

boneless skinless chicken breast, raw

1 lbs (454g)

1. Season chicken with some salt and pepper.
2. Heat oil in a skillet or grill pan over medium heat. Add chicken, flipping once, and cook until no longer pink inside. Set aside.
3. Slice kaiser roll in half lengthwise and spread mustard on the cut side of the bun.
4. On the bottom bun, layer greens, tomato, and the cooked chicken breast. Place the top bun on top. Serve.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears

1 medium (178g)

For all 2 meals:

pears

2 medium (356g)

1. This recipe has no instructions.

Lunch 2 [🔗](#)

Eat on day 3, day 4

Cajun cod

10 1/2 oz - 327 cals ● 54g protein ● 11g fat ● 4g carbs ● 1g fiber



For single meal:

cod, raw

2/3 lbs (298g)

cajun seasoning

3 1/2 tsp (8g)

oil

1 3/4 tsp (9mL)

For all 2 meals:

cod, raw

1 1/3 lbs (595g)

cajun seasoning

2 1/3 tbsp (16g)

oil

3 1/2 tsp (18mL)

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.

Sauteed corn & lima beans w/ shallot

271 cals ● 8g protein ● 11g fat ● 28g carbs ● 7g fiber



For single meal:

olive oil
3/4 tbsp (11mL)
frozen corn kernels
1/2 cup (77g)
lima beans, frozen
1/2 cup (90g)
salt
1 1/2 dash (1g)
black pepper
1 1/2 dash, ground (0g)
shallots
1 tsp chopped (4g)

For all 2 meals:

olive oil
1 1/2 tbsp (23mL)
frozen corn kernels
1 cup (153g)
lima beans, frozen
1 cup (180g)
salt
3 dash (2g)
black pepper
3 dash, ground (1g)
shallots
3/4 tbsp chopped (8g)

1. Add the oil to a large skillet over medium-high heat.
2. Add the shallot and cook for about 1-2 minutes, until soft.
3. Add the lima beans, corn, and seasoning and cook, stirring occasionally, until heated through and tender, about 3-4 minutes.
4. Serve.

Lunch 3 [🔗](#)

Eat on day 5, day 6

Chicken marsala

8 oz chicken - 466 cals ● 56g protein ● 22g fat ● 9g carbs ● 1g fiber



For single meal:

oil, divided
1 tbsp (15mL)
balsamic vinegar
1/2 tbsp (8mL)
lemon juice
1/2 tbsp (8mL)
whole milk
4 tbsp (60mL)
vegetable broth
1/4 cup(s) (mL)
garlic, diced
1 clove(s) (3g)
mushrooms, sliced
4 oz (113g)
boneless skinless chicken breast, raw
1/2 lbs (224g)

For all 2 meals:

oil, divided
2 tbsp (30mL)
balsamic vinegar
1 tbsp (15mL)
lemon juice
1 tbsp (15mL)
whole milk
1/2 cup (120mL)
vegetable broth
1/2 cup(s) (mL)
garlic, diced
2 clove(s) (6g)
mushrooms, sliced
1/2 lbs (227g)
boneless skinless chicken breast, raw
1 lbs (448g)

1. Heat half of the oil in a large skillet over medium heat. Sear chicken, about 3-4 minutes on each side. Remove chicken from skillet and set aside.
2. Add in the rest of the oil, garlic and mushrooms. Season with salt/pepper to taste. Cook for about 5 minutes until mushrooms have softened.
3. Add the broth, milk, balsamic vinegar, and lemon juice. Reduce heat, add chicken back into the skillet, and simmer for 8-10 minutes until sauce has thickened and chicken is fully cooked. Serve.

Lima beans

116 cals ● 7g protein ● 0g fat ● 15g carbs ● 6g fiber



For single meal:

lima beans, frozen
3/8 package (10 oz) (107g)
salt
1 1/2 dash (1g)
black pepper
3/4 dash, ground (0g)

For all 2 meals:

lima beans, frozen
3/4 package (10 oz) (213g)
salt
3 dash (2g)
black pepper
1 1/2 dash, ground (0g)

1. Cook lima beans according to package.
2. Season to taste with salt and pepper.
3. Serve.

Lunch 4 [↗](#)

Eat on day 7

Balsamic chicken breast

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



Makes 8 oz

italian seasoning
2 dash (1g)
oil
1 tsp (5mL)
balsamic vinaigrette
2 tbsp (30mL)
boneless skinless chicken breast, raw
1/2 lbs (227g)

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.

White rice

1/2 cup rice, cooked - 110 cals ● 2g protein ● 0g fat ● 24g carbs ● 1g fiber

Makes 1/2 cup rice, cooked



long-grain white rice

2 2/3 tbsp (31g)

water

1/3 cup(s) (79mL)

salt

1 1/3 dash (1g)

black pepper

1 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Edamame & beet salad

171 cal ● 9g protein ● 7g fat ● 12g carbs ● 6g fiber



balsamic vinaigrette

1 tbsp (15mL)

beets, precooked (canned or refrigerated), chopped

2 beets (2" dia, sphere) (100g)

edamame, frozen, shelled

1/2 cup (59g)

mixed greens

1 cup (30g)

1. Cook edamame according to package instructions.
2. Arrange greens, edamame, and beets in a bowl. Drizzle with dressing and serve.

Snacks 1 [↗](#)

Eat on day 1, day 2, day 3

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.

Dark chocolate

3 square(s) - 180 cal ● 2g protein ● 13g fat ● 11g carbs ● 3g fiber



For single meal:

Chocolate, dark, 70-85%

3 square(s) (30g)

For all 3 meals:

Chocolate, dark, 70-85%

9 square(s) (90g)

1. This recipe has no instructions.

Snacks 2 [↗](#)

Eat on day 4, day 5

Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

protein greek yogurt, flavored

1 container (150g)

For all 2 meals:

protein greek yogurt, flavored

2 container (300g)

1. Enjoy.

Pear

1 pear(s) - 113 cals ● 1g protein ● 0g fat ● 22g carbs ● 6g fiber



For single meal:

pears
1 medium (178g)

For all 2 meals:

pears
2 medium (356g)

1. This recipe has no instructions.

Snacks 3 [↗](#)

Eat on day 6, day 7

Power jello snack cups

1 snack cup(s) - 107 cals ● 21g protein ● 1g fat ● 4g carbs ● 0g fiber



For single meal:

water
1/8 cup(s) (30mL)
nonfat greek yogurt, plain
6 tbsp (105g)
protein powder
2 tbsp (12g)
sugar-free gelatin mix, flavored
1/4 package (2g)

For all 2 meals:

water
1/4 cup(s) (59mL)
nonfat greek yogurt, plain
3/4 cup (210g)
protein powder
4 tbsp (23g)
sugar-free gelatin mix, flavored
1/2 package (5g)

1. Mix water and gelatin together in a microwave-safe bowl and microwave for about 2 minutes until dissolved.
2. Whisk in protein powder and greek yogurt and mix until smooth.
3. Distribute evenly to snack cups (small bowls, containers, or cups); use amount of snack cups listed in the serving size of the recipe details. Cover with plastic wrap or lids and refrigerate until set, 1 hour. Serve.

Raspberries

2/3 cup(s) - 48 cals ● 1g protein ● 1g fat ● 4g carbs ● 5g fiber



For single meal:

raspberries
2/3 cup (82g)

For all 2 meals:

raspberries
1 1/3 cup (164g)

1. Rinse raspberries and serve.

Milk

1 cup(s) - 149 cal ● 8g protein ● 8g fat ● 12g carbs ● 0g fiber



For single meal:

whole milk
1 cup (240mL)

For all 2 meals:

whole milk
2 cup (480mL)

1. This recipe has no instructions.

Dinner 1 [↗](#)

Eat on day 1

Simple kale & avocado salad

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



kale leaves, chopped
3/8 bunch (64g)
lemon, juiced
3/8 small (22g)
avocados, chopped
3/8 avocado(s) (75g)

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

Chicken fajita soup

452 cal ● 71g protein ● 8g fat ● 21g carbs ● 2g fiber



boneless skinless chicken breast, raw
2/3 lbs (299g)
vegetable broth
1/3 carton (mL)
bell pepper, chopped
2/3 medium (79g)
taco seasoning mix
2 tsp (6g)
onion, chopped
1/6 medium (2-1/2" dia) (18g)
diced tomatoes
2/3 can(s) (280g)

1. Add whole chicken breasts and rest of ingredients to a large pot. Add a few dashes of salt/pepper. Bring to a simmer and cook for 15-20 minutes until the chicken is cooked through.
 2. Remove chicken and shred with two forks. Return shredded chicken to the pot and stir. Serve.
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Dinner 2 [↗](#)

Eat on day 2, day 3

Lemon pepper chicken breast

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



For single meal:

lemon pepper

2 tsp (4g)

olive oil

1 tsp (5mL)

boneless skinless chicken breast, raw

10 oz (280g)

For all 2 meals:

lemon pepper

1 1/4 tbsp (9g)

olive oil

2 tsp (9mL)

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

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.

Green beans

32 cals ● 1g protein ● 0g fat ● 4g carbs ● 2g fiber



For single meal:

frozen green beans

2/3 cup (81g)

For all 2 meals:

frozen green beans

1 1/3 cup (161g)

1. Prepare according to instructions on package.

Instant mashed potatoes

241 cals ● 7g protein ● 1g fat ● 47g carbs ● 4g fiber



For single meal:

mashed potato mix

2 1/3 oz (66g)

For all 2 meals:

mashed potato mix

1/4 lbs (132g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Dinner 3 [🔗](#)

Eat on day 4

Shrimp-snap pea-lemon rice bowl

544 cal ● 53g protein ● 11g fat ● 54g carbs ● 4g fiber



lemon pepper

3 1/3 dash (1g)

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)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

vegetable broth

1/3 cup(s) (mL)

frozen sugar snap peas

1/3 package (10 oz) (95g)

shrimp, raw, peeled and deveined

1/2 lbs (227g)

1. Prepare the rice:
2. Combine the rice, lemon juice, water, broth and half of the oil in a saucepan.
3. Bring to a boil, then reduce heat.
4. Cover and simmer for 20 minutes or until tender.
5. Mix in lemon pepper. Set aside.
6. Meanwhile, prepare the shrimp:
7. Heat the second half of the oil in a large skillet over medium-high heat.
8. Add the shrimp and season with salt and pepper. Cook for 5-6 minutes or until shrimp is fully pink and opaque.
9. Prepare the snap peas according to its package.
10. Bring the shrimp, snap peas, and rice together; stir (or keep it all separate- whichever you prefer!) Serve.

White rice

1/4 cup rice, cooked - 55 cal ● 1g protein ● 0g fat ● 12g carbs ● 0g fiber

Makes 1/4 cup rice, cooked



long-grain white rice

4 tsp (15g)

water

1/6 cup(s) (39mL)

salt

2/3 dash (0g)

black pepper

1/2 dash, ground (0g)

1. (Note: Follow rice package instructions if they differ from below)
2. In a saucepan with a good fitting lid bring water and salt to a boil.
3. Add rice and stir.
4. 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.
5. Cook for 20 minutes.
6. Do not lift the lid! The steam that is trapped inside the pan is what allows the rice to cook properly.
7. Remove from heat and fluff with fork, season with pepper, and serve.

Dinner 4 [🔗](#)

Eat on day 5

Caprese salad

107 cals ● 6g protein ● 7g fat ● 4g carbs ● 1g fiber



balsamic vinaigrette

1/2 tbsp (8mL)

fresh basil

2 tbsp leaves, whole (3g)

tomatoes, halved

4 tbsp cherry tomatoes (37g)

mixed greens

1/4 package (5.5 oz) (39g)

fresh mozzarella cheese

3/4 oz (21g)

1. In a large bowl, mix together the mixed greens, basil, and tomatoes.
2. When serving, top with mozzarella and balsamic vinaigrette.

Spiced chicken with couscous

561 cals ● 58g protein ● 13g fat ● 49g carbs ● 5g fiber



ground cumin
3/4 tbsp (5g)
water
1/2 cup(s) (133mL)
oil
1 tsp (6mL)
instant couscous, flavored
3/8 box (5.8 oz) (62g)
zucchini, sliced
3/4 medium (147g)
boneless skinless chicken breast, raw, cubed
1/2 lbs (210g)

1. Heat oil in a skillet over medium heat. Add chicken and stir occasionally until it's mostly cooked through.
2. Add cumin and a pinch of salt and stir to coat the chicken and cook for another minute or two. Transfer chicken to a plate and set aside.
3. Add zucchini to the skillet and saute for about 8 minutes until zucchini has softened and is lightly browned.
4. Add the water to the skillet to deglaze and once it starts to boil, turn off the heat and stir in the couscous (and flavoring packet if it came with one). Let it sit for 3-5 minutes to allow the couscous to rehydrate.
5. Add the chicken back and serve.

Dinner 5 [🔗](#)

Eat on day 6, day 7

Instant mashed potatoes

138 cals ● 4g protein ● 0g fat ● 27g carbs ● 3g fiber



For single meal:

mashed potato mix
1 1/3 oz (38g)

For all 2 meals:

mashed potato mix
2 2/3 oz (76g)

1. Prepare potatoes according to instructions on package.
2. Also, try different brands if you don't like what you get, some are much better than others.

Baked chicken with tomatoes & olives

9 oz - 449 cals ● 60g protein ● 19g fat ● 6g carbs ● 5g fiber



For single meal:

tomatoes

9 cherry tomatoes (153g)

olive oil

1/2 tbsp (8mL)

salt

3 dash (2g)

green olives

9 large (40g)

black pepper

3 dash (0g)

chili powder

1/2 tbsp (4g)

**boneless skinless chicken breast,
raw**

1/2 lbs (255g)

fresh basil, shredded

9 leaves (5g)

For all 2 meals:

tomatoes

18 cherry tomatoes (306g)

olive oil

1 tbsp (15mL)

salt

1/4 tbsp (5g)

green olives

18 large (79g)

black pepper

1/4 tbsp (1g)

chili powder

1 tbsp (8g)

**boneless skinless chicken breast,
raw**

18 oz (510g)

fresh basil, shredded

18 leaves (9g)

1. Heat the oven to 425 F (220 C)
 2. Put chicken breast in a small baking dish.
 3. Drizzle the olive oil over the chicken and season with salt, pepper, and chili powder.
 4. On top of the chicken put the tomato, basil, and olives.
 5. Put the baking dish in the oven and cook for about 25 minutes.
 6. Check the chicken is cooked through. If not then add a few minutes of cook time.
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