

Meal Plan - 2000 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

2019 cals ● 188g protein (37%) ● 66g fat (29%) ● 141g carbs (28%) ● 28g fiber (6%)

Breakfast

310 cals, 19g protein, 8g net carbs, 21g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Egg-crust breakfast pizza](#)

266 cals

Snacks

300 cals, 25g protein, 29g net carbs, 9g fat



[Beef jerky](#)

73 cals



[Cottage cheese & honey](#)

1/2 cup(s)- 125 cals



[Sweet potato chips](#)

13 1/3 chips- 103 cals

Lunch

730 cals, 72g protein, 51g net carbs, 22g fat



[Basic chicken thighs](#)

9 oz- 383 cals



[Lentils](#)

347 cals

Dinner

680 cals, 72g protein, 53g net carbs, 14g fat



[Mexican posole soup](#)

605 cals



[Simple mixed greens and tomato salad](#)

76 cals

Day 2

2019 cals ● 188g protein (37%) ● 66g fat (29%) ● 141g carbs (28%) ● 28g fiber (6%)

Breakfast

310 cals, 19g protein, 8g net carbs, 21g fat



[Cherry tomatoes](#)

12 cherry tomatoes- 42 cals



[Egg-crust breakfast pizza](#)

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300 cals, 25g protein, 29g net carbs, 9g fat



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680 cals, 72g protein, 53g net carbs, 14g fat



[Mexican posole soup](#)

605 cals



[Simple mixed greens and tomato salad](#)

76 cals

Day 3

1960 cals ● 183g protein (37%) ● 76g fat (35%) ● 112g carbs (23%) ● 25g fiber (5%)

Breakfast

410 cals, 31g protein, 22g net carbs, 19g fat



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



Blackberries
1 cup(s)- 70 cals



Chili and cheese omelet
217 cals

Snacks

230 cals, 18g protein, 21g net carbs, 8g fat



Cottage cheese with almonds and cinnamon
155 cals



Fruit juice
2/3 cup(s)- 76 cals

Lunch

655 cals, 83g protein, 34g net carbs, 18g fat



Basic chicken breast
10 2/3 oz- 423 cals



Lentils
231 cals

Dinner

665 cals, 52g protein, 35g net carbs, 32g fat



Roasted brussels sprouts
58 cals



Garlic parmesan roasted potatoes
230 cals



Simple plain turkey burger
2 burger(s)- 375 cals

Day 4

2016 cals ● 183g protein (36%) ● 85g fat (38%) ● 98g carbs (19%) ● 30g fiber (6%)

Breakfast

410 cals, 31g protein, 22g net carbs, 19g fat



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



Blackberries
1 cup(s)- 70 cals



Chili and cheese omelet
217 cals

Snacks

230 cals, 18g protein, 21g net carbs, 8g fat



Cottage cheese with almonds and cinnamon
155 cals



Fruit juice
2/3 cup(s)- 76 cals

Lunch

655 cals, 83g protein, 34g net carbs, 18g fat



Basic chicken breast
10 2/3 oz- 423 cals



Lentils
231 cals

Dinner

720 cals, 52g protein, 21g net carbs, 41g fat



Avocado, apple, chicken salad
687 cals



Cherry tomatoes
9 cherry tomatoes- 32 cals

Day 5

2015 cals ● 176g protein (35%) ● 81g fat (36%) ● 120g carbs (24%) ● 24g fiber (5%)

Breakfast

405 cals, 20g protein, 23g net carbs, 23g fat



Pesto scrambled eggs
3 eggs- 297 cals



Apple
1 apple(s)- 105 cals

Snacks

230 cals, 18g protein, 21g net carbs, 8g fat



Cottage cheese with almonds and cinnamon
155 cals



Fruit juice
2/3 cup(s)- 76 cals

Lunch

680 cals, 79g protein, 9g net carbs, 32g fat



Tomato and avocado salad
235 cals



Lemon pepper chicken breast
12 oz- 444 cals

Dinner

705 cals, 59g protein, 68g net carbs, 18g fat



Parmesan & pesto roasted potatoes
266 cals



Honey mustard chicken
8 oz- 437 cals

Day 6

2054 cals ● 184g protein (36%) ● 84g fat (37%) ● 113g carbs (22%) ● 28g fiber (5%)

Breakfast

405 cals, 20g protein, 23g net carbs, 23g fat



Pesto scrambled eggs
3 eggs- 297 cals



Apple
1 apple(s)- 105 cals

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



Roasted chickpeas
1/4 cup- 138 cals



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

Lunch

680 cals, 79g protein, 9g net carbs, 32g fat



Tomato and avocado salad
235 cals



Lemon pepper chicken breast
12 oz- 444 cals

Dinner

710 cals, 66g protein, 55g net carbs, 21g fat



Quinoa
1 1/2 cup quinoa, cooked- 313 cals



One pan roasted chicken & veggies
398 cals

Day 7

1996 cals ● 177g protein (36%) ● 84g fat (38%) ● 109g carbs (22%) ● 24g fiber (5%)

Breakfast

405 cals, 20g protein, 23g net carbs, 23g fat



[Pesto scrambled eggs](#)
3 eggs- 297 cals



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

Snacks

265 cals, 19g protein, 27g net carbs, 7g fat



[Roasted chickpeas](#)
1/4 cup- 138 cals



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

Lunch

620 cals, 72g protein, 4g net carbs, 33g fat



[Basic ground turkey](#)
12 oz- 563 cals



[Broccoli](#)
2 cup(s)- 58 cals

Dinner

710 cals, 66g protein, 55g net carbs, 21g fat



[Quinoa](#)
1 1/2 cup quinoa, cooked- 313 cals



[One pan roasted chicken & veggies](#)
398 cals

Vegetables and Vegetable Products

- ☐ tomatoes
7 1/3 medium whole (2-3/5" dia) (898g)
- ☐ brussels sprouts
2 oz (57g)
- ☐ potatoes
18 oz (511g)
- ☐ garlic
5/6 clove(s) (3g)
- ☐ raw celery
2 1/2 tbsp chopped (16g)
- ☐ onion
5/8 medium (2-1/2" dia) (67g)
- ☐ red bell pepper
2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)
- ☐ zucchini
2/3 medium (131g)
- ☐ broccoli
2/3 cup chopped (61g)
- ☐ frozen broccoli
2 cup (182g)

Dairy and Egg Products

- ☐ eggs
20 medium (874g)
- ☐ low fat cottage cheese (1% milkfat)
4 1/2 cup (1017g)
- ☐ parmesan cheese
1/2 oz (12g)
- ☐ cheddar cheese
2 tbsp, shredded (14g)

Sausages and Luncheon Meats

- ☐ pepperoni
12 slices (24g)

Fats and Oils

- ☐ oil
2 1/2 oz (79mL)
- ☐ salad dressing
3 tbsp (45mL)
- ☐ olive oil
1 3/4 oz (56mL)

Other

- ☐ italian seasoning
1/4 tbsp (3g)

Cereal Grains and Pasta

- ☐ white hominy
1 1/3 can (15.5 oz) (586g)
- ☐ quinoa, uncooked
1 cup (170g)

Pork Products

- ☐ pork tenderloin, raw
1 1/3 lbs (605g)

Spices and Herbs

- ☐ chipotle seasoning
1 tbsp (6g)
- ☐ salt
2 tsp (13g)
- ☐ black pepper
1/2 tbsp, ground (4g)
- ☐ cinnamon
3 dash (1g)
- ☐ chili powder
1 tsp (3g)
- ☐ ground coriander
1 tsp (2g)
- ☐ garlic powder
1/4 tbsp (3g)
- ☐ lemon pepper
1 1/2 tbsp (10g)
- ☐ dijon mustard
5 tsp (25g)
- ☐ oregano, dried
1 tsp, ground (2g)

Poultry Products

- ☐ boneless skinless chicken thighs
18 oz (510g)
- ☐ ground turkey, raw
1 1/4 lbs (567g)
- ☐ boneless skinless chicken breast, raw
5 lbs (2162g)

Legumes and Legume Products

- ☐ lentils, raw
1 2/3 cup (320g)

Nut and Seed Products

- ☐ sweet potato chips
26 2/3 chips (38g)
- ☐ stewed tomatoes with peppers and spices
1 1/3 can (~15 oz) (560g)
- ☐ mixed greens
3 cup (90g)
- ☐ Roasted chickpeas
1/2 cup (57g)

Snacks

- ☐ beef jerky
2 oz (57g)

Sweets

- ☐ honey
4 oz (118g)

Beverages

- ☐ water
10 cup(s) (2370mL)

- ☐ almond butter
1 1/2 tbsp (24g)
- ☐ almonds
9 almond (11g)

Fruits and Fruit Juices

- ☐ fruit juice
16 fl oz (480mL)
- ☐ blackberries
2 cup (288g)
- ☐ avocados
1 1/2 avocado(s) (327g)
- ☐ apples
3 1/2 medium (3" dia) (660g)
- ☐ lime juice
1 1/6 fl oz (36mL)

Soups, Sauces, and Gravies

- ☐ pesto sauce
5 tbsp (82g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

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.

Egg-crust breakfast pizza

266 cal ● 17g protein ● 21g fat ● 2g carbs ● 1g fiber



For single meal:

eggs

2 extra large (112g)

tomatoes

4 tbsp, chopped (45g)

pepperoni, cut in half

6 slices (12g)

oil

1 tsp (5mL)

italian seasoning

2 dash (1g)

For all 2 meals:

eggs

4 extra large (224g)

tomatoes

1/2 cup, chopped (90g)

pepperoni, cut in half

12 slices (24g)

oil

2 tsp (10mL)

italian seasoning

4 dash (2g)

1. Beat eggs and seasonings in a small bowl.
2. Heat oil of choice in a skillet (make sure the size of your skillet will fit the amount of eggs nicely) over medium-high heat.
3. Pour eggs into skillet and spread them in an even layer on the bottom of the skillet.
4. Cook eggs a couple minutes, just until the bottom starts to set.
5. Put toppings (tomato, pepperoni, any other vegetables you have on hand) onto egg mixture and continue cooking until eggs are done and toppings are warmed.
6. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

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 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.

Blackberries

1 cup(s) - 70 cal ● 2g protein ● 1g fat ● 6g carbs ● 8g fiber



For single meal:

blackberries
1 cup (144g)

For all 2 meals:

blackberries
2 cup (288g)

1. Rinse blackberries and serve.

Chili and cheese omelet

217 cal ● 15g protein ● 17g fat ● 1g carbs ● 1g fiber



For single meal:

chili powder
4 dash (1g)
ground coriander
4 dash (1g)
eggs, beaten
2 large (100g)
olive oil
1 tsp (5mL)
cheddar cheese
1 tbsp, shredded (7g)

For all 2 meals:

chili powder
1 tsp (3g)
ground coriander
1 tsp (2g)
eggs, beaten
4 large (200g)
olive oil
2 tsp (10mL)
cheddar cheese
2 tbsp, shredded (14g)

1. Beat the eggs with the coriander, chili powder, and some salt and pepper.
2. Heat the oil in a small frying pan and add the eggs to the pan in an even layer.
3. Once cooked, sprinkle the cheese on top and cook for another minute.
4. Fold omelet and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Pesto scrambled eggs

3 eggs - 297 cals ● 20g protein ● 23g fat ● 2g carbs ● 0g fiber



For single meal:

pesto sauce
1 1/2 tbsp (24g)
eggs
3 large (150g)

For all 3 meals:

pesto sauce
1/4 cup (72g)
eggs
9 large (450g)

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.
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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 3 meals:

apples
3 medium (3" dia) (546g)

1. This recipe has no instructions.
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Lunch 1 [↗](#)

Eat on day 1, day 2

Basic chicken thighs

9 oz - 383 cal ● 48g protein ● 21g fat ● 0g carbs ● 0g fiber



For single meal:

oil

1 tsp (6mL)

boneless skinless chicken thighs

1/2 lbs (255g)

For all 2 meals:

oil

3/4 tbsp (11mL)

boneless skinless chicken thighs

18 oz (510g)

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.

Lentils

347 cal ● 24g protein ● 1g fat ● 51g carbs ● 10g fiber



For single meal:

salt

1 dash (1g)

water

2 cup(s) (474mL)

lentils, raw, rinsed

1/2 cup (96g)

For all 2 meals:

salt

2 dash (2g)

water

4 cup(s) (948mL)

lentils, raw, rinsed

1 cup (192g)

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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Lunch 2 [↗](#)

Eat on day 3, day 4

Basic chicken breast

10 2/3 oz - 423 cals ● 67g protein ● 17g fat ● 0g carbs ● 0g fiber



For single meal:

oil
2 tsp (10mL)
boneless skinless chicken breast, raw
2/3 lbs (299g)

For all 2 meals:

oil
4 tsp (20mL)
boneless skinless chicken breast, raw
1 1/3 lbs (597g)

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

231 cals ● 16g protein ● 1g fat ● 34g carbs ● 7g fiber



For single meal:

salt
2/3 dash (0g)
water
1 1/3 cup(s) (316mL)
lentils, raw, rinsed
1/3 cup (64g)

For all 2 meals:

salt
1 1/3 dash (1g)
water
2 2/3 cup(s) (632mL)
lentils, raw, rinsed
2/3 cup (128g)

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 5, day 6

Tomato and avocado salad

235 cals ● 3g protein ● 18g fat ● 7g carbs ● 8g fiber



For single meal:

onion

1 tbsp minced (15g)

lime juice

1 tbsp (15mL)

avocados, cubed

1/2 avocado(s) (101g)

tomatoes, diced

1/2 medium whole (2-3/5" dia) (62g)

olive oil

1/4 tbsp (4mL)

garlic powder

2 dash (1g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

For all 2 meals:

onion

2 tbsp minced (30g)

lime juice

2 tbsp (30mL)

avocados, cubed

1 avocado(s) (201g)

tomatoes, diced

1 medium whole (2-3/5" dia) (123g)

olive oil

1/2 tbsp (8mL)

garlic powder

4 dash (2g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

1. Add minced onions and lime juice to a bowl. Allow to sit for a few minutes to help break down the strong flavors of the onion.
2. Meanwhile, prepare the avocado and tomato.
3. Add the cubed avocado, diced tomato, oil, and all seasonings to the onion and lime; mix until coated.
4. Serve chilled.

Lemon pepper chicken breast

12 oz - 444 cals ● 76g protein ● 14g fat ● 2g carbs ● 1g fiber



For single meal:

lemon pepper

3/4 tbsp (5g)

olive oil

1 tsp (6mL)

boneless skinless chicken breast, raw

3/4 lbs (336g)

For all 2 meals:

lemon pepper

1 1/2 tbsp (10g)

olive oil

3/4 tbsp (11mL)

boneless skinless chicken breast, raw

1 1/2 lbs (672g)

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.

Lunch 4 [↗](#)

Eat on day 7

Basic ground turkey

12 oz - 563 cals ● 67g protein ● 33g fat ● 0g carbs ● 0g fiber



Makes 12 oz

oil

1/2 tbsp (8mL)

ground turkey, raw

3/4 lbs (340g)

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.

Broccoli

2 cup(s) - 58 cals ● 5g protein ● 0g fat ● 4g carbs ● 5g fiber



Makes 2 cup(s)
frozen broccoli
2 cup (182g)

1. Prepare according to instructions on package.

Snacks 1 [🔗](#)

Eat on day 1, day 2

Beef jerky

73 cal ● 11g protein ● 1g fat ● 6g carbs ● 0g fiber



For single meal:
beef jerky
1 oz (28g)

For all 2 meals:
beef jerky
2 oz (57g)

1. This recipe has no instructions.

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 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.

Sweet potato chips

13 1/3 chips - 103 cal ● 1g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:
sweet potato chips
13 1/3 chips (19g)

For all 2 meals:
sweet potato chips
26 2/3 chips (38g)

1. Serve chips in a bowl and enjoy.

Snacks 2 [↗](#)

Eat on day 3, day 4, day 5

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 3 meals:
low fat cottage cheese (1% milkfat)
1 1/2 cup (339g)
almond butter
1 1/2 tbsp (24g)
almonds
9 almond (11g)
cinnamon
3 dash (1g)

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

Fruit juice
2/3 cup(s) - 76 cals ● 1g protein ● 0g fat ● 17g carbs ● 0g fiber



For single meal:
fruit juice
5 1/3 fl oz (160mL)

For all 3 meals:
fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.
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Snacks 3 [🔗](#)

Eat on day 6, day 7

Roasted chickpeas

1/4 cup - 138 cal ● 5g protein ● 6g fat ● 12g carbs ● 4g fiber



For single meal:

Roasted chickpeas

4 tbsp (28g)

For all 2 meals:

Roasted chickpeas

1/2 cup (57g)

1. This recipe has no instructions.

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 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.
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Dinner 1 [🔗](#)

Eat on day 1, day 2

Mexican posole soup

605 cals ● 70g protein ● 9g fat ● 47g carbs ● 12g fiber



For single meal:

water
2/3 cup(s) (158mL)
white hominy, undrained
2/3 can (15.5 oz) (293g)
pork tenderloin, raw, trimmed, cut into bite-sized pieces
2/3 lbs (302g)
chipotle seasoning
1/2 tbsp (3g)
stewed tomatoes with peppers and spices, undrained
2/3 can (~15 oz) (280g)

For all 2 meals:

water
1 1/3 cup(s) (316mL)
white hominy, undrained
1 1/3 can (15.5 oz) (586g)
pork tenderloin, raw, trimmed, cut into bite-sized pieces
1 1/3 lbs (605g)
chipotle seasoning
1 tbsp (6g)
stewed tomatoes with peppers and spices, undrained
1 1/3 can (~15 oz) (560g)

1. Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
2. Sprinkle pork evenly with chipotle seasoning blend.
3. Add pork to pan; cook 4 minutes or until browned.
4. Stir in hominy, tomatoes, and 1 cup water. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until pork is tender. Stir in cilantro (optional).
5. Serve.

Simple mixed greens and tomato salad

76 cals ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

salad dressing
1 1/2 tbsp (23mL)
mixed greens
1 1/2 cup (45g)
tomatoes
4 tbsp cherry tomatoes (37g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
mixed greens
3 cup (90g)
tomatoes
1/2 cup cherry tomatoes (75g)

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

Dinner 2 [↗](#)

Eat on day 3

Roasted brussels sprouts

58 cals ● 2g protein ● 3g fat ● 3g carbs ● 2g fiber



brussels sprouts

2 oz (57g)

olive oil

1/4 tbsp (4mL)

salt

1/2 dash (0g)

black pepper

1/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C).
2. To prepare the brussels sprouts, cut off the brown ends and remove any yellow outer leaves.
3. In a medium bowl, mix them with the oil, salt, and pepper until evenly coated.
4. Spread them out evenly on a sheet pan and roast for about 30-35 minutes until tender on the inside. Keep an eye on them while cooking and shake the pan every so often so that they brown evenly.
5. Remove from oven and serve.

Garlic parmesan roasted potatoes

230 cals ● 6g protein ● 6g fat ● 32g carbs ● 6g fiber



potatoes, cut into large bite-sized pieces

1/2 lbs (227g)

olive oil

1 tsp (5mL)

garlic, minced

5/6 clove(s) (3g)

italian seasoning

1/3 tsp (1g)

parmesan cheese

2 2/3 tsp (6g)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Spread potatoes in one layer on the sheet.
3. Add olive oil, garlic, parmesan, and all seasonings to the potatoes. Toss to coat.
4. Bake 25-30 minutes until brown and crispy.
5. Serve.

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 3 [🔗](#)

Eat on day 4

Avocado, apple, chicken salad

687 cals ● 51g protein ● 41g fat ● 17g carbs ● 12g fiber



avocados, chopped
5/8 avocado(s) (126g)
apples, finely chopped
5/8 medium (3" dia) (114g)
raw celery
2 1/2 tbsp chopped (16g)
olive oil
1 1/4 tbsp (19mL)
garlic powder
1/3 tsp (1g)
salt
1 1/4 dash (1g)
black pepper
1 1/4 dash, ground (0g)
lime juice
1 1/4 tsp (6mL)
boneless skinless chicken breast, raw, cubed
1/2 lbs (213g)

1. Cube the chicken and season with salt and pepper.
2. Heat a skillet with some cooking oil over medium heat and add the chicken cubes. Cook until the chicken is cooked through, about 6-8 minutes.
3. While chicken is cooking, prepare the dressing by mixing the olive oil, lime juice, and garlic powder in a small bowl. Whisk to combine. Add salt and pepper to taste.
4. Combine all ingredients in a large bowl and toss to coat.
5. Serve.

Cherry tomatoes

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



Makes 9 cherry tomatoes

tomatoes
9 cherry tomatoes (153g)

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

Dinner 4 [↗](#)

Eat on day 5

Parmesan & pesto roasted potatoes

266 cal ● 7g protein ● 6g fat ● 39g carbs ● 7g fiber



pesto sauce

2 tsp (10g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

parmesan cheese, grated

1 1/4 tbsp (6g)

potatoes, washed, cut into bite-sized pieces

10 oz (284g)

1. Preheat oven to 400 F (200 C).
2. In a large bowl, toss potatoes and pesto together until potatoes are covered.
3. Spread over a baking sheet and season with salt and pepper.
4. Bake for 20 minutes and remove from oven.
5. Sprinkle the potatoes with the grated parmesan and place back in oven for an additional 10-15 minutes- or until potatoes are tender and crispy. Serve.

Honey mustard chicken

8 oz - 437 cal ● 52g protein ● 12g fat ● 28g carbs ● 1g fiber



Makes 8 oz

dijon mustard

5 tsp (25g)

honey

5 tsp (34g)

oil

1 tsp (6mL)

boneless skinless chicken breast, raw

1/2 lbs (227g)

1. Whisk honey and mustard together in a small bowl. Set aside.
 2. Season chicken with some salt/pepper.
 3. Heat oil in a skillet over medium heat. Add chicken to the skillet and cook 3-5 minutes on each side. Time needed can depend on thickness of chicken breasts.
 4. When the chicken is just about done, drizzle honey mustard sauce over the chicken and flip it a few times until chicken is evenly coated.
 5. Remove from skillet and serve.
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Dinner 5 [↗](#)

Eat on day 6, day 7

Quinoa

1 1/2 cup quinoa, cooked - 313 cals ● 12g protein ● 5g fat ● 49g carbs ● 6g fiber



For single meal:

quinoa, uncooked

1/2 cup (85g)

water

1 cup(s) (237mL)

For all 2 meals:

quinoa, uncooked

1 cup (170g)

water

2 cup(s) (474mL)

1. (Note: Follow quinoa package instructions if they differ from below)
2. Rinse quinoa in a fine mesh colander.
3. Add quinoa and water to a pot and heat over high heat until boiling.
4. Turn heat down to low, cover, and simmer for 10-20 minutes or until quinoa is soft.
5. Remove from heat and let quinoa sit covered for about 5 minutes, then fluff with a fork.
6. Feel free to season quinoa with any herbs or spices that would pair well with your main dish.

One pan roasted chicken & veggies

398 cals ● 54g protein ● 16g fat ● 7g carbs ● 3g fiber



For single meal:

boneless skinless chicken breast, raw

1/2 lbs (227g)

oregano, dried

4 dash, ground (1g)

red bell pepper, deseeded and sliced

1/3 medium (approx 2-3/4" long, 2-1/2 dia.) (40g)

tomatoes

2 2/3 tbsp cherry tomatoes (25g)

oil

2 tsp (10mL)

onion, sliced

1/6 medium (2-1/2" dia) (18g)

zucchini, sliced

1/3 medium (65g)

salt

2 dash (2g)

black pepper

2 dash, ground (1g)

broccoli

1/3 cup chopped (30g)

For all 2 meals:

boneless skinless chicken breast, raw

16 oz (454g)

oregano, dried

1 tsp, ground (2g)

red bell pepper, deseeded and sliced

2/3 medium (approx 2-3/4" long, 2-1/2 dia.) (79g)

tomatoes

1/3 cup cherry tomatoes (50g)

oil

4 tsp (20mL)

onion, sliced

1/3 medium (2-1/2" dia) (37g)

zucchini, sliced

2/3 medium (131g)

salt

4 dash (3g)

black pepper

4 dash, ground (1g)

broccoli

2/3 cup chopped (61g)

1. Preheat oven to 500°F (260°C).
2. Chop all veggies into large pieces. Chop chicken into small cubes.
3. In a roasting dish or on a sheet pan, add the veggies, raw chicken, oil and seasonings. Toss to combine.
4. Bake for about 15-20 minutes until chicken is cooked and veggies are lightly charred.

