

Meal Plan - 2600 calorie intermittent fasting meal plan

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

Day 1

2637 cals ● 189g protein (29%) ● 124g fat (42%) ● 161g carbs (24%) ● 30g fiber (5%)

Lunch

1275 cals, 77g protein, 49g net carbs, 79g fat



Pistachios
375 cals



Boiled eggs
2 egg(s)- 139 cals



Ham, bacon, avocado wrap
1 1/2 wrap(s)- 760 cals

Dinner

1360 cals, 112g protein, 113g net carbs, 45g fat



Simple mixed greens salad
170 cals



Shrimp-snap peas-quinoa bowl
932 cals



Milk
1 3/4 cup(s)- 261 cals

Day 2

2545 cals ● 272g protein (43%) ● 99g fat (35%) ● 113g carbs (18%) ● 29g fiber (5%)

Lunch

1225 cals, 179g protein, 8g net carbs, 52g fat



Basic chicken breast
28 oz- 1111 cals



Simple mixed greens and tomato salad
113 cals

Dinner

1320 cals, 93g protein, 106g net carbs, 47g fat



Turkey-mixed veggies-quinoa bowl
979 cals



Edamame & beet salad
342 cals

Day 3

2579 cals ● 163g protein (25%) ● 140g fat (49%) ● 135g carbs (21%) ● 32g fiber (5%)

Lunch

1265 cals, 97g protein, 110g net carbs, 39g fat



Simple kale & avocado salad
288 cals



Milk
1 1/3 cup(s)- 199 cals



Bbq chicken stuffed sweet potatoes
1 1/2 potato(es)- 779 cals

Dinner

1315 cals, 65g protein, 26g net carbs, 101g fat



Olive oil drizzled sugar snap peas
286 cals



Italian sausage
4 link- 1028 cals

Day 4

2595 cals ● 231g protein (36%) ● 100g fat (35%) ● 145g carbs (22%) ● 47g fiber (7%)

Lunch

1255 cals, 92g protein, 92g net carbs, 44g fat



Simple kale & avocado salad
288 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals



Mashed sweet potatoes
366 cals

Dinner

1340 cals, 139g protein, 53g net carbs, 56g fat



Buttered sugar snap peas
375 cals



Marinated chicken breast
20 oz- 707 cals



Sweet potato wedges
261 cals

Day 5

2337 cals ● 180g protein (31%) ● 77g fat (30%) ● 197g carbs (34%) ● 35g fiber (6%)

Lunch

1255 cals, 92g protein, 92g net carbs, 44g fat



Simple kale & avocado salad
288 cals



Baked chicken with tomatoes & olives
12 oz- 599 cals



Mashed sweet potatoes
366 cals

Dinner

1085 cals, 87g protein, 105g net carbs, 33g fat



Sauteed garlic & herb tomatoes
170 cals



Balsamic chicken breast
12 oz- 473 cals



White rice
2 cup rice, cooked- 441 cals

Day 6

2467 cals ● 281g protein (46%) ● 99g fat (36%) ● 87g carbs (14%) ● 27g fiber (4%)

Lunch

1320 cals, 187g protein, 18g net carbs, 50g fat



Lemon pepper chicken breast
28 oz- 1036 cals



Olive oil drizzled sugar snap peas
286 cals

Dinner

1145 cals, 94g protein, 69g net carbs, 49g fat



White rice
1 cup rice, cooked- 220 cals



Chicken beet & carrot salad bowl
749 cals



Avocado
176 cals

Day 7

2467 cals ● 281g protein (46%) ● 99g fat (36%) ● 87g carbs (14%) ● 27g fiber (4%)

Lunch

1320 cals, 187g protein, 18g net carbs, 50g fat



Lemon pepper chicken breast
28 oz- 1036 cals



Olive oil drizzled sugar snap peas
286 cals

Dinner

1145 cals, 94g protein, 69g net carbs, 49g fat



White rice
1 cup rice, cooked- 220 cals



Chicken beet & carrot salad bowl
749 cals



Avocado
176 cals

Other

- ☐ mixed greens
8 cup (240g)
- ☐ flavored quinoa mix
1 1/2 package (4.9 oz) (203g)
- ☐ Italian pork sausage, raw
4 link (430g)
- ☐ italian seasoning
1/4 container (.75 oz) (5g)

Fats and Oils

- ☐ salad dressing
6 tbsp (90mL)
- ☐ olive oil
1/4 lbs (133mL)
- ☐ balsamic vinaigrette
2 1/2 oz (75mL)
- ☐ oil
3 oz (95mL)
- ☐ marinade sauce
10 tbsp (151mL)

Spices and Herbs

- ☐ black pepper
1/4 oz (6g)
- ☐ salt
1 oz (26g)
- ☐ chili powder
4 tsp (11g)
- ☐ fresh basil
24 leaves (12g)
- ☐ thyme, dried
1/4 tbsp, leaves (1g)
- ☐ lemon pepper
1/4 cup (24g)

Finfish and Shellfish Products

- ☐ shrimp, raw
13 1/4 oz (378g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
3 1/2 lbs (1580g)
- ☐ frozen mixed veggies
5/8 package (16 oz ea) (284g)
- ☐ beets, precooked (canned or refrigerated)
1 1/4 lbs (578g)

Dairy and Egg Products

- ☐ whole milk
3 cup (739mL)
- ☐ eggs
2 large (100g)
- ☐ cheese
3 tbsp, shredded (21g)
- ☐ butter
2 1/3 tbsp (32g)

Nut and Seed Products

- ☐ pistachios, dry roasted, without shells or salt added
1/2 cup (62g)

Fruits and Fruit Juices

- ☐ avocados
3 1/4 avocado(s) (653g)
- ☐ lemon
2 small (109g)
- ☐ green olives
24 large (106g)
- ☐ lemon juice
1 tsp (5mL)

Pork Products

- ☐ bacon
3 slice(s) (30g)

Sausages and Luncheon Meats

- ☐ ham cold cuts
6 oz (170g)

Baked Products

- ☐ flour tortillas
1 1/2 tortilla (approx 7-8" dia) (74g)

Poultry Products

- ☐ ground turkey, raw
10 oz (284g)
- ☐ boneless skinless chicken breast, raw
11 lbs (5015g)

Soups, Sauces, and Gravies

- ☐ barbecue sauce
4 tbsp (71g)

- ☐ edamame, frozen, shelled
1 cup (118g)
- ☐ tomatoes
5 1/2 medium whole (2-3/5" dia) (662g)
- ☐ kale leaves
2 bunch (319g)
- ☐ sweet potatoes
6 1/2 sweetpotato, 5" long (1365g)
- ☐ garlic
2/3 clove(s) (2g)
- ☐ carrots
1 2/3 medium (102g)

- ☐ apple cider vinegar
1 2/3 tsp (0mL)

Cereal Grains and Pasta

- ☐ long-grain white rice
1 1/3 cup (247g)

Beverages

- ☐ water
2 2/3 cup(s) (639mL)
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Lunch 1 [↗](#)

Eat on day 1

Pistachios

375 cals ● 13g protein ● 28g fat ● 11g carbs ● 6g fiber



pistachios, dry roasted, without shells or salt added

1/2 cup (62g)

1. This recipe has no instructions.

Boiled eggs

2 egg(s) - 139 cals ● 13g protein ● 10g fat ● 1g carbs ● 0g fiber



Makes 2 egg(s)

eggs

2 large (100g)

1. Note: Pre-cooked eggs are available in many grocery chains, but you can make them yourself from raw eggs as described below.
2. Place the eggs in a small sauce pan and cover with water.
3. Bring water to boil and continue boiling until eggs reach desired doneness. Typically, 6-7 mins from point of boiling for soft boiled eggs and 8-10 mins for hard boiled eggs.
4. Peel the eggs, season to taste (salt, pepper, sriracha are all good) and eat.

Ham, bacon, avocado wrap

1 1/2 wrap(s) - 760 cals ● 52g protein ● 42g fat ● 37g carbs ● 8g fiber



Makes 1 1/2 wrap(s)

avocados, sliced

3/8 avocado(s) (75g)

bacon

3 slice(s) (30g)

ham cold cuts

6 oz (170g)

flour tortillas

1 1/2 tortilla (approx 7-8" dia) (74g)

cheese

3 tbsp, shredded (21g)

1. Cook the bacon according to the directions on its packaging.
2. Place the ham, bacon, avocado, and cheese in the middle of the tortilla and wrap it up. Serve.

Lunch 2 [↗](#)

Eat on day 2

Basic chicken breast

28 oz - 1111 cals ● 176g protein ● 45g fat ● 0g carbs ● 0g fiber



Makes 28 oz

oil

1 3/4 tbsp (26mL)

boneless skinless chicken breast, raw

1 3/4 lbs (784g)

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.

Simple mixed greens and tomato salad

113 cals ● 2g protein ● 7g fat ● 8g carbs ● 2g fiber



salad dressing
2 1/4 tbsp (34mL)
mixed greens
2 1/4 cup (68g)
tomatoes
6 tbsp cherry tomatoes (56g)

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

Lunch 3 [↗](#)

Eat on day 3

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



kale leaves, chopped
5/8 bunch (106g)
lemon, juiced
5/8 small (36g)
avocados, chopped
5/8 avocado(s) (126g)

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.

Milk

1 1/3 cup(s) - 199 cals ● 10g protein ● 11g fat ● 16g carbs ● 0g fiber

Makes 1 1/3 cup(s)

whole milk
1 1/3 cup (320mL)



1. This recipe has no instructions.

Bbq chicken stuffed sweet potatoes

1 1/2 potato(es) - 779 cals ● 81g protein ● 9g fat ● 83g carbs ● 10g fiber



Makes 1 1/2 potato(es)

sweet potatoes, halved

1 1/2 sweetpotato, 5" long (315g)

barbecue sauce

4 tbsp (71g)

boneless skinless chicken breast, raw

3/4 lbs (336g)

1. Place raw chicken breasts into pot and cover with an inch of water. Bring to a boil and cook for 10-15 minutes until chicken is fully cooked.
2. Transfer chicken to bowl and allow to cool. Once cool, use two forks to shred chicken. Set aside.
3. Meanwhile, preheat oven to 425 F (220 C) and lay sweet potatoes cut side up on a baking sheet.
4. Bake until soft, about 35 minutes.
5. In a pot over medium-low heat, combine the shredded chicken and the bbq sauce until warmed through, 5-10 minutes.
6. Top each potato with equal spoonfuls of chicken.
7. Serve.

Lunch 4 [↗](#)

Eat on day 4, day 5

Simple kale & avocado salad

288 cals ● 6g protein ● 19g fat ● 12g carbs ● 11g fiber



For single meal:

kale leaves, chopped

5/8 bunch (106g)

lemon, juiced

5/8 small (36g)

avocados, chopped

5/8 avocado(s) (126g)

For all 2 meals:

kale leaves, chopped

1 1/4 bunch (213g)

lemon, juiced

1 1/4 small (73g)

avocados, chopped

1 1/4 avocado(s) (251g)

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.

Baked chicken with tomatoes & olives

12 oz - 599 cals ● 80g protein ● 25g fat ● 8g carbs ● 6g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
green olives
12 large (53g)
black pepper
4 dash (0g)
chili powder
2 tsp (5g)
boneless skinless chicken breast, raw
3/4 lbs (340g)
fresh basil, shredded
12 leaves (6g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)
olive oil
4 tsp (20mL)
salt
1 tsp (6g)
green olives
24 large (106g)
black pepper
1 tsp (1g)
chili powder
4 tsp (11g)
boneless skinless chicken breast, raw
1 1/2 lbs (680g)
fresh basil, shredded
24 leaves (12g)

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.

Mashed sweet potatoes

366 cal ● 7g protein ● 0g fat ● 72g carbs ● 13g fiber



For single meal:

sweet potatoes
2 sweetpotato, 5" long (420g)

For all 2 meals:

sweet potatoes
4 sweetpotato, 5" long (840g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
 2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Lemon pepper chicken breast

28 oz - 1036 cals ● 178g protein ● 33g fat ● 5g carbs ● 3g fiber



For single meal:

lemon pepper

1 3/4 tbsp (12g)

olive oil

2 1/2 tsp (13mL)

boneless skinless chicken breast, raw

1 3/4 lbs (784g)

For all 2 meals:

lemon pepper

1/4 cup (24g)

olive oil

1 3/4 tbsp (26mL)

boneless skinless chicken breast, raw

3 1/2 lbs (1568g)

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.

Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



For single meal:

black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen sugar snap peas

2 1/3 cup (336g)

olive oil

3 1/2 tsp (18mL)

For all 2 meals:

black pepper

1/2 tsp (0g)

salt

1/2 tsp (1g)

frozen sugar snap peas

4 2/3 cup (672g)

olive oil

2 1/3 tbsp (35mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Dinner 1 [🔗](#)

Eat on day 1

Simple mixed greens salad

170 cals ● 3g protein ● 12g fat ● 11g carbs ● 3g fiber



mixed greens

3 3/4 cup (113g)

salad dressing

1/4 cup (56mL)

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

Shrimp-snap peas-quinoa bowl

932 cals ● 95g protein ● 19g fat ● 82g carbs ● 14g fiber



black pepper

3 1/3 dash, ground (1g)

salt

3 1/3 dash (2g)

shrimp, raw, peeled and deveined

13 1/3 oz (378g)

olive oil

2 1/2 tsp (12mL)

flavored quinoa mix

5/6 package (4.9 oz) (116g)

frozen sugar snap peas

5/6 package (10 oz) (237g)

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

Milk

1 3/4 cup(s) - 261 cals ● 13g protein ● 14g fat ● 20g carbs ● 0g fiber



Makes 1 3/4 cup(s)

whole milk

1 3/4 cup (420mL)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Turkey-mixed veggies-quinoa bowl

979 cals ● 75g protein ● 33g fat ● 81g carbs ● 16g fiber



olive oil

1 1/4 tsp (6mL)

ground turkey, raw

10 oz (284g)

salt

1/3 tsp (2g)

black pepper

1/3 tsp, ground (1g)

flavored quinoa mix

5/8 package (4.9 oz) (87g)

frozen mixed veggies

5/8 package (16 oz ea) (284g)

1. Heat the oil in a skillet over medium heat. Add the turkey, break it up and brown it, stirring occasionally, until it's fully cooked. Season with salt and pepper to taste.
2. Meanwhile, prepare the quinoa mix and mixed veggies according to the instructions on the package.
3. When everything is ready mix it all together (or keep separate) and serve.

Edamame & beet salad

342 cals ● 18g protein ● 14g fat ● 25g carbs ● 11g fiber



balsamic vinaigrette

2 tbsp (30mL)

beets, precooked (canned or refrigerated), chopped

4 beets (2" dia, sphere) (200g)

edamame, frozen, shelled

1 cup (118g)

mixed greens

2 cup (60g)

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

Dinner 3 [↗](#)

Eat on day 3

Olive oil drizzled sugar snap peas

286 cals ● 9g protein ● 17g fat ● 14g carbs ● 11g fiber



black pepper

1/4 tsp (0g)

salt

1/4 tsp (1g)

frozen sugar snap peas

2 1/3 cup (336g)

olive oil

3 1/2 tsp (18mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

Italian sausage

4 link - 1028 cals ● 56g protein ● 84g fat ● 12g carbs ● 0g fiber



Makes 4 link

Italian pork sausage, raw
4 link (430g)

1. Cook sausage via skillet or oven. Skillet: Place sausage in a skillet add water to 1/2" depth. Bring to a simmer and cover. Simmer for 12 minutes. Remove lid and continue to simmer until water evaporates and sausage browns. Oven: Place sausage on a foil-lined baking sheet. Place in cold oven and turn heat to 350°F (180°C). Cook for 25-35 minutes or until no longer pink inside.

Dinner 4 [↗](#)

Eat on day 4

Buttered sugar snap peas

375 cal ● 10g protein ● 27g fat ● 14g carbs ● 11g fiber



black pepper
1/4 tsp (0g)
salt
1/4 tsp (1g)
butter
2 1/3 tbsp (32g)
frozen sugar snap peas
2 1/3 cup (336g)

1. Prepare sugar snap peas according to instructions on package.
2. Top with butter and season with salt and pepper.

Marinated chicken breast

20 oz - 707 cal ● 126g protein ● 21g fat ● 4g carbs ● 0g fiber



Makes 20 oz

boneless skinless chicken breast, raw

1 1/4 lbs (560g)

marinade sauce

10 tbsp (150mL)

1. Place the chicken in a ziploc bag with the marinade and mush it around to ensure the chicken is fully coated.
2. Refrigerate and marinate for at least 1 hour, but preferably overnight.
3. BAKE
4. Preheat the oven to 400 degrees F.
5. Remove the chicken from the bag, discarding excess marinade, and bake for 10 minutes in preheated oven.
6. After the 10 minutes, turn the chicken and bake until no longer pink in the center and juices run clear, about 15 more minutes.
7. BROIL/GRILL
8. Preheat the oven to broil/grill.
9. Remove the chicken from the bag, discarding excess marinade, and broil until no longer pink inside, usually 4-8 minutes per side.

Sweet potato wedges

261 cals ● 3g protein ● 9g fat ● 36g carbs ● 6g fiber



oil

3/4 tbsp (11mL)

sweet potatoes, cut into wedges

1 sweetpotato, 5" long (210g)

salt

4 dash (3g)

black pepper

2 dash, ground (1g)

1. Preheat oven to 400 F (200 C) and grease a baking sheet.
2. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets).
3. Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking.

Dinner 5 [↗](#)

Eat on day 5

Sauteed garlic & herb tomatoes

170 cals ● 2g protein ● 14g fat ● 7g carbs ● 3g fiber



black pepper

2/3 dash, ground (0g)

olive oil

1 tbsp (15mL)

garlic, minced

2/3 clove(s) (2g)

tomatoes

2/3 pint, cherry tomatoes (199g)

italian seasoning

1 tsp (4g)

salt

1/3 tsp (2g)

1. Heat oil in a large saute pan. Add garlic and cook for under a minute, until fragrant.
2. Add tomatoes and all seasonings to pan and cook on low for 5-7 minutes, stirring occasionally, until tomatoes soften and lose their firm round shape.
3. Serve.

Balsamic chicken breast

12 oz - 473 cals ● 77g protein ● 18g fat ● 1g carbs ● 0g fiber



Makes 12 oz

italian seasoning

3 dash (1g)

oil

1/2 tbsp (8mL)

balsamic vinaigrette

3 tbsp (45mL)

boneless skinless chicken breast, raw

3/4 lbs (340g)

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

2 cup rice, cooked - 441 cals ● 9g protein ● 1g fat ● 97g carbs ● 2g fiber

Makes 2 cup rice, cooked



long-grain white rice

2/3 cup (123g)

water

1 1/3 cup(s) (319mL)

salt

1/4 tbsp (4g)

black pepper

4 dash, ground (1g)

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 6 [🔗](#)

Eat on day 6, day 7

White rice

1 cup rice, cooked - 220 cals ● 4g protein ● 0g fat ● 49g carbs ● 1g fiber



For single meal:

long-grain white rice

1/3 cup (62g)

water

2/3 cup(s) (160mL)

salt

1/3 tsp (2g)

black pepper

2 dash, ground (1g)

For all 2 meals:

long-grain white rice

2/3 cup (123g)

water

1 1/3 cup(s) (319mL)

salt

1/4 tbsp (4g)

black pepper

4 dash, ground (1g)

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.

Chicken beet & carrot salad bowl

749 cals ● 88g protein ● 34g fat ● 19g carbs ● 5g fiber



For single meal:

boneless skinless chicken breast, raw, cubed
13 1/3 oz (373g)
apple cider vinegar
5/6 tsp (0mL)
thyme, dried
1/2 tsp, leaves (0g)
oil
5 tsp (25mL)
carrots, thinly sliced
5/6 medium (51g)
beets, precooked (canned or refrigerated), cubed
6 2/3 oz (189g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed
1 2/3 lbs (747g)
apple cider vinegar
1 2/3 tsp (0mL)
thyme, dried
1 tsp, leaves (1g)
oil
1/4 cup (50mL)
carrots, thinly sliced
1 2/3 medium (102g)
beets, precooked (canned or refrigerated), cubed
13 1/3 oz (378g)

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.

Avocado

176 cals ● 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 2 meals:

avocados
1 avocado(s) (201g)
lemon juice
1 tsp (5mL)

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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