

# Meal Plan - 3200 calorie intermittent fasting meal plan

[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

3169 cals ● 230g protein (29%) ● 172g fat (49%) ● 140g carbs (18%) ● 35g fiber (4%)

### Lunch

1540 cals, 102g protein, 51g net carbs, 98g fat



[Steak & potato foil packs](#)

2 pack(s)- 1240 cals



[Simple mixed greens and tomato salad](#)

302 cals

### Dinner

1625 cals, 127g protein, 89g net carbs, 75g fat



[Steak & cauliflower skillet](#)

1222 cals



[Lentils](#)

405 cals

## Day 2

3151 cals ● 207g protein (26%) ● 149g fat (43%) ● 211g carbs (27%) ● 34g fiber (4%)

### Lunch

1555 cals, 102g protein, 61g net carbs, 93g fat



[Lentils](#)

289 cals



[Salmon & coconut ginger broccoli](#)

12 oz salmon- 1264 cals

### Dinner

1595 cals, 105g protein, 151g net carbs, 56g fat



[Simple mixed greens salad](#)

170 cals



[Peas](#)

176 cals



[Turkey burgers](#)

4 burger(s)- 1252 cals

## Day 3

3151 cals ● 207g protein (26%) ● 149g fat (43%) ● 211g carbs (27%) ● 34g fiber (4%)

### Lunch

1555 cals, 102g protein, 61g net carbs, 93g fat



[Lentils](#)

289 cals



[Salmon & coconut ginger broccoli](#)

12 oz salmon- 1264 cals

### Dinner

1595 cals, 105g protein, 151g net carbs, 56g fat



[Simple mixed greens salad](#)

170 cals



[Peas](#)

176 cals



[Turkey burgers](#)

4 burger(s)- 1252 cals

## Day 4

3164 cals ● 230g protein (29%) ● 106g fat (30%) ● 280g carbs (35%) ● 43g fiber (5%)

### Lunch

1580 cals, 115g protein, 169g net carbs, 39g fat



[Sweet potato medallions](#)

1 1/2 sweet potato- 464 cals



[Bbq chicken stuffed sweet potatoes](#)

2 potato(es)- 1039 cals



[Simple mixed greens and tomato salad](#)

76 cals

### Dinner

1585 cals, 115g protein, 111g net carbs, 67g fat



[Simple mozzarella and tomato salad](#)

484 cals



[Fish pie](#)

1102 cals

## Day 5

3168 cals ● 227g protein (29%) ● 133g fat (38%) ● 229g carbs (29%) ● 37g fiber (5%)

### Lunch

1580 cals, 112g protein, 118g net carbs, 65g fat



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cals



[Mashed sweet potatoes with butter](#)

498 cals



[Milk](#)

3 1/4 cup(s)- 484 cals

### Dinner

1585 cals, 115g protein, 111g net carbs, 67g fat



[Simple mozzarella and tomato salad](#)

484 cals



[Fish pie](#)

1102 cals

## Day 6

3142 cals ● 236g protein (30%) ● 127g fat (36%) ● 222g carbs (28%) ● 42g fiber (5%)

### Lunch

1580 cals, 112g protein, 118g net carbs, 65g fat



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cals



[Mashed sweet potatoes with butter](#)

498 cals



[Milk](#)

3 1/4 cup(s)- 484 cals

### Dinner

1560 cals, 125g protein, 104g net carbs, 61g fat



[Buttered broccoli](#)

1 3/4 cup(s)- 234 cals



[Lentils](#)

636 cals



[Ranch chicken](#)

12 oz- 691 cals

## Day 7

3172 cals ● 249g protein (31%) ● 122g fat (35%) ● 232g carbs (29%) ● 37g fiber (5%)

### Lunch

1610 cals, 125g protein, 128g net carbs, 61g fat



Shredded bbq & ranch chicken sandwich

3 sandwich(es)- 1367 cals



Olive oil drizzled sugar snap peas

245 cals

### Dinner

1560 cals, 125g protein, 104g net carbs, 61g fat



Buttered broccoli

1 3/4 cup(s)- 234 cals



Lentils

636 cals



Ranch chicken

12 oz- 691 cals

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## Spices and Herbs

- ☐ crushed red pepper  
1 1/2 dash (0g)
- ☐ salt  
3/4 oz (21g)
- ☐ thyme, dried  
4 dash, leaves (1g)
- ☐ rosemary, dried  
4 dash (1g)
- ☐ black pepper  
1/6 oz (6g)
- ☐ fresh basil  
2/3 oz (23g)
- ☐ chili powder  
4 tsp (11g)

## Vegetables and Vegetable Products

- ☐ garlic  
3 clove(s) (9g)
- ☐ onion  
1 1/2 medium (2-1/2" dia) (163g)
- ☐ tomato paste  
1 1/2 tbsp (24g)
- ☐ cauliflower  
3/4 head medium (5-6" dia.) (441g)
- ☐ potatoes  
2 1/2 lbs (1186g)
- ☐ tomatoes  
9 1/4 medium whole (2-3/5" dia) (1140g)
- ☐ frozen peas  
4 1/2 cup (597g)
- ☐ ketchup  
4 tbsp (68g)
- ☐ fresh ginger  
2 slices (1" dia) (4g)
- ☐ broccoli  
4 stalk (604g)
- ☐ sweet potatoes  
7 1/2 sweetpotato, 5" long (1575g)
- ☐ frozen broccoli  
3 1/2 cup (319g)
- ☐ romaine lettuce  
3 leaf inner (18g)
- ☐ frozen sugar snap peas  
2 cup (288g)

## Dairy and Egg Products

- ☐ butter  
1 1/4 stick (139g)

## Beef Products

- ☐ sirloin steak, raw  
2 lbs (879g)

## Beverages

- ☐ water  
13 cup(s) (3081mL)

## Legumes and Legume Products

- ☐ lentils, raw  
3 1/4 cup (624g)

## Fats and Oils

- ☐ oil  
1/4 cup (68mL)
- ☐ salad dressing  
1 cup (225mL)
- ☐ cooking spray  
8 spray(s) , about 1/3 second each (2g)
- ☐ balsamic vinaigrette  
4 tbsp (60mL)
- ☐ olive oil  
1/4 cup (50mL)
- ☐ ranch dressing  
4 serving (120mL)

## Other

- ☐ mixed greens  
15 cup (450g)
- ☐ ranch dressing mix  
3/4 packet (1 oz) (21g)

## Baked Products

- ☐ hamburger buns  
11 bun(s) (561g)

## Soups, Sauces, and Gravies

- ☐ worcestershire sauce  
4 tbsp (60mL)
- ☐ barbecue sauce  
5 1/2 fl oz (197g)

## Poultry Products

- ☐ ground turkey, raw  
2 lbs (907g)

- ☐ fresh mozzarella cheese  
1/2 lbs (227g)
- ☐ cheddar cheese  
6 tbsp, shredded (42g)
- ☐ whole milk  
9 cup (2191mL)

- ☐ boneless skinless chicken breast, raw  
5 lbs (2311g)

### **Nut and Seed Products**

- ☐ coconut milk, canned  
1 can (451mL)

### **Finfish and Shellfish Products**

- ☐ salmon  
1 1/2 lbs (680g)
- ☐ cod, raw  
1 1/2 lbs (680g)

### **Cereal Grains and Pasta**

- ☐ cornstarch  
3 tbsp (24g)

### **Fruits and Fruit Juices**

- ☐ green olives  
24 large (106g)
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## Lunch 1 [↗](#)

Eat on day 1

### Steak & potato foil packs

2 pack(s) - 1240 cal ● 96g protein ● 79g fat ● 31g carbs ● 6g fiber



Makes 2 pack(s)

**thyme, dried**

4 dash, leaves (1g)

**rosemary, dried**

4 dash (1g)

**oil**

1 1/2 tbsp (23mL)

**sirloin steak, raw, cut into 2 inch cubes**

1 lbs (453g)

**potatoes, cut into 1 inch cubes**

1/2 lbs (227g)

1. Preheat oven to 450F (230C).
2. In a large bowl, toss together all ingredients plus some salt/pepper to taste.
3. Cut sheets of foil (number of sheets should match serving size listed above) and stuff them evenly with the steak mixture. Wrap tightly.
4. Cook in oven for about 20 minutes or until potatoes are tender and steak is cooked to your liking. Serve.

### Simple mixed greens and tomato salad

302 cal ● 6g protein ● 19g fat ● 21g carbs ● 6g fiber



**salad dressing**

6 tbsp (90mL)

**mixed greens**

6 cup (180g)

**tomatoes**

1 cup cherry tomatoes (149g)

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

## Lunch 2 [↗](#)

Eat on day 2, day 3

### Lentils

289 cals ● 20g protein ● 1g fat ● 42g carbs ● 9g fiber



For single meal:

**salt**  
1 dash (1g)  
**water**  
1 2/3 cup(s) (395mL)  
**lentils, raw, rinsed**  
6 2/3 tbsp (80g)

For all 2 meals:

**salt**  
1/4 tsp (1g)  
**water**  
3 1/3 cup(s) (790mL)  
**lentils, raw, rinsed**  
13 1/3 tbsp (160g)

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.

### Salmon & coconut ginger broccoli

12 oz salmon - 1264 cals ● 82g protein ● 92g fat ● 19g carbs ● 8g fiber



For single meal:

**fresh ginger, peeled and thinly sliced**  
1 slices (1" dia) (2g)  
**coconut milk, canned**  
1/2 can (226mL)  
**broccoli, cut into florets**  
2 stalk (302g)  
**salmon**  
3/4 lbs (340g)

For all 2 meals:

**fresh ginger, peeled and thinly sliced**  
2 slices (1" dia) (4g)  
**coconut milk, canned**  
1 can (451mL)  
**broccoli, cut into florets**  
4 stalk (604g)  
**salmon**  
1 1/2 lbs (680g)

1. Preheat oven to 350°F (180°C). Grease a baking sheet and place the salmon on it, skin-side down. Season salmon with a dash of salt/pepper. Bake for 12-18 minutes or until salmon is fully cooked. Set aside.
2. Meanwhile, heat a skillet over medium heat. Add the coconut milk, ginger slices, and broccoli florets and simmer uncovered for about 7 minutes.
3. Plate salmon and broccoli. Serve.



## Lunch 3 [↗](#)

Eat on day 4

### Sweet potato medallions

1 1/2 sweet potato - 464 cals ● 5g protein ● 21g fat ● 54g carbs ● 10g fiber



Makes 1 1/2 sweet potato

#### **sweet potatoes, sliced**

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

#### **oil**

1 1/2 tbsp (23mL)

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.

### Bbq chicken stuffed sweet potatoes

2 potato(es) - 1039 cals ● 108g protein ● 13g fat ● 110g carbs ● 13g fiber



Makes 2 potato(es)

#### **sweet potatoes, halved**

2 sweetpotato, 5" long (420g)

#### **barbecue sauce**

1/3 cup (95g)

#### **boneless skinless chicken breast, raw**

1 lbs (448g)

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.



## Simple mixed greens and tomato salad

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



### salad dressing

1 1/2 tbsp (23mL)

### mixed greens

1 1/2 cup (45g)

### tomatoes

4 tbsp cherry tomatoes (37g)

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

## Lunch 4 [🔗](#)

Eat on day 5, day 6

### 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 with butter

498 cals ● 7g protein ● 15g fat ● 72g carbs ● 13g fiber



For single meal:

**butter**

4 tsp (18g)

**sweet potatoes**

2 sweetpotato, 5" long (420g)

For all 2 meals:

**butter**

2 2/3 tbsp (36g)

**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, top with butter, and serve.

**Milk**

3 1/4 cup(s) - 484 cals ● 25g protein ● 26g fat ● 38g carbs ● 0g fiber



For single meal:

**whole milk**

3 1/4 cup (780mL)

For all 2 meals:

**whole milk**

6 1/2 cup (1560mL)

1. This recipe has no instructions.
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## Lunch 5 [🔗](#)

Eat on day 7

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### Shredded bbq & ranch chicken sandwich

3 sandwich(es) - 1367 cals ● 116g protein ● 47g fat ● 116g carbs ● 4g fiber



Makes 3 sandwich(es)

**barbecue sauce**

6 tbsp (102g)

**ranch dressing**

2 tbsp (30mL)

**romaine lettuce**

3 leaf inner (18g)

**hamburger buns**

3 bun(s) (153g)

**olive oil**

1 tbsp (15mL)

**boneless skinless chicken breast, raw**

18 oz (510g)

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.
3. Combine chicken and barbecue sauce in a bowl. Spread ranch dressing on the bun. Top with the chicken mixture and lettuce.
4. Serve.

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### Olive oil drizzled sugar snap peas

245 cals ● 8g protein ● 14g fat ● 12g carbs ● 9g fiber



**black pepper**

1 1/2 dash (0g)

**salt**

1 1/2 dash (1g)

**frozen sugar snap peas**

2 cup (288g)

**olive oil**

1 tbsp (15mL)

1. Prepare sugar snap peas according to instructions on package.
  2. Drizzle with olive oil and season with salt and pepper.
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## Dinner 1 [↗](#)

Eat on day 1

### Steak & cauliflower skillet

1222 cals ● 100g protein ● 74g fat ● 30g carbs ● 11g fiber



#### **crushed red pepper**

1 1/2 dash (0g)

#### **garlic, diced**

3 clove(s) (9g)

#### **onion, diced**

3/4 small (53g)

#### **tomato paste**

1 1/2 tbsp (24g)

#### **butter**

1 1/2 tbsp (21g)

#### **sirloin steak, raw, sliced into strips**

15 oz (425g)

#### **cauliflower, cut into florets**

3/4 head medium (5-6" dia.) (441g)

1. Melt butter in a skillet over medium heat and add garlic. Cook about 1 minute until fragrant.
2. Turn the heat to high and add beef. Once beef is almost done, remove meat from the pan and set aside.
3. Reduce the heat back to medium and add in the diced onion. Cook for about 10 minutes until softened and browned.
4. Add in the cauliflower florets and cook for another 5-10 minutes until the cauliflower is slightly browned.
5. Add the tomato paste and cooked beef and stir, cooking for another couple of minutes.
6. Season to taste with a pinch of salt/pepper and the crushed red pepper flakes. Serve.

### Lentils

405 cals ● 28g protein ● 1g fat ● 59g carbs ● 12g fiber



#### **salt**

1 dash (1g)

#### **water**

2 1/3 cup(s) (553mL)

#### **lentils, raw, rinsed**

9 1/3 tbsp (112g)

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.

## Dinner 2 [🔗](#)

Eat on day 2, day 3

### Simple mixed greens salad

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



For single meal:

**mixed greens**  
3 3/4 cup (113g)  
**salad dressing**  
1/4 cup (56mL)

For all 2 meals:

**mixed greens**  
7 1/2 cup (225g)  
**salad dressing**  
1/2 cup (113mL)

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

### Peas

176 cal ● 12g protein ● 1g fat ● 21g carbs ● 10g fiber



For single meal:

**frozen peas**  
1 2/3 cup (223g)

For all 2 meals:

**frozen peas**  
3 1/3 cup (447g)

1. Prepare according to instructions on package.

### Turkey burgers

4 burger(s) - 1252 cal ● 90g protein ● 44g fat ● 120g carbs ● 5g fiber





For single meal:	For all 2 meals:
<b>hamburger buns</b>	<b>hamburger buns</b>
4 bun(s) (204g)	8 bun(s) (408g)
<b>cooking spray</b>	<b>cooking spray</b>
4 spray(s) , about 1/3 second each (1g)	8 spray(s) , about 1/3 second each (2g)
<b>black pepper</b>	<b>black pepper</b>
1 tsp, ground (2g)	2 tsp, ground (5g)
<b>salt</b>	<b>salt</b>
1/4 tbsp (5g)	1/2 tbsp (9g)
<b>ketchup</b>	<b>ketchup</b>
2 tbsp (34g)	4 tbsp (68g)
<b>worcestershire sauce</b>	<b>worcestershire sauce</b>
2 tbsp (30mL)	4 tbsp (60mL)
<b>ground turkey, raw</b>	<b>ground turkey, raw</b>
1 lbs (454g)	2 lbs (907g)
<b>onion, diced</b>	<b>onion, diced</b>
1/2 medium (2-1/2" dia) (55g)	1 medium (2-1/2" dia) (110g)

1. In a bowl, combine the ground turkey, onion, Worcestershire sauce, ketchup, salt, and pepper. Mix thoroughly.
2. Shape the meat mixture into patties, making the number of burgers specified in the recipe servings.
3. Lightly coat a frying pan with cooking spray and heat over medium-high. Once hot, cook the patties for 4-5 minutes on each side until fully cooked.
4. Serve on buns with your choice of condiments.

### Dinner 3 [🔗](#)

Eat on day 4, day 5

#### Simple mozzarella and tomato salad

484 cals ● 28g protein ● 34g fat ● 13g carbs ● 3g fiber



For single meal:	For all 2 meals:
<b>tomatoes, sliced</b>	<b>tomatoes, sliced</b>
1 1/2 large whole (3" dia) (273g)	3 large whole (3" dia) (546g)
<b>fresh mozzarella cheese, sliced</b>	<b>fresh mozzarella cheese, sliced</b>
4 oz (113g)	1/2 lbs (227g)
<b>balsamic vinaigrette</b>	<b>balsamic vinaigrette</b>
2 tbsp (30mL)	4 tbsp (60mL)
<b>fresh basil</b>	<b>fresh basil</b>
2 tbsp, chopped (5g)	4 tbsp, chopped (11g)

1. Arrange the tomato and mozzarella slices in an alternating fashion.
2. Sprinkle the basil over the slices and drizzle with dressing.

#### Fish pie

1102 cals ● 88g protein ● 34g fat ● 98g carbs ● 15g fiber



For single meal:

**butter**  
1 tbsp (16g)  
**cheddar cheese**  
3 tbsp, shredded (21g)  
**cod, raw, cut into chunks**  
3/4 lbs (340g)  
**frozen peas**  
1/2 cup (75g)  
**cornstarch**  
1 1/2 tbsp (12g)  
**whole milk**  
1 1/3 cup (315mL)  
**potatoes, peeled & cut into chunks**  
2 1/4 medium (2+-1/4" to 3-1/4" dia.) (479g)

For all 2 meals:

**butter**  
2 1/4 tbsp (32g)  
**cheddar cheese**  
6 tbsp, shredded (42g)  
**cod, raw, cut into chunks**  
1 1/2 lbs (680g)  
**frozen peas**  
1 cup (151g)  
**cornstarch**  
3 tbsp (24g)  
**whole milk**  
2 1/2 cup (630mL)  
**potatoes, peeled & cut into chunks**  
4 1/2 medium (2+-1/4" to 3-1/4" dia.) (959g)

1. Boil potatoes for 10-15 minutes until fork-tender. Drain and mash the potatoes and a small splash of the milk with a fork. Season with salt and pepper. Set aside.
2. Preheat the oven to 400°F (200°C).
3. Whisk cornstarch in with the remaining milk until combined. Add milk mixture, and butter into a pan over medium heat. Bring to a boil, stirring continuously until the sauce bubbles and thickens. Add peas and season with salt and pepper. Cook 1 minute longer then turn off heat.
4. Place chunks of fish in a small baking dish. Pour sauce over. Spoon mashed potatoes on top to make an even layer. Sprinkle cheese on top. Bake 25-30 minutes until top is golden. Serve.

## Dinner 4 [🔗](#)

Eat on day 6, day 7

### Buttered broccoli

1 3/4 cup(s) - 234 cals ● 5g protein ● 20g fat ● 3g carbs ● 5g fiber



For single meal:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen broccoli**  
1 3/4 cup (159g)  
**butter**  
1 3/4 tbsp (25g)

For all 2 meals:

**black pepper**  
1/4 tsp (0g)  
**salt**  
1/4 tsp (1g)  
**frozen broccoli**  
3 1/2 cup (319g)  
**butter**  
1/4 cup (50g)

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

### Lentils

636 cals ● 43g protein ● 2g fat ● 93g carbs ● 19g fiber





For single meal:

**salt**  
2 dash (1g)  
**water**  
3 2/3 cup(s) (869mL)  
**lentils, raw, rinsed**  
1 cup (176g)

For all 2 meals:

**salt**  
1/2 tsp (3g)  
**water**  
7 1/3 cup(s) (1738mL)  
**lentils, raw, rinsed**  
2 cup (352g)

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.

Ranch chicken

12 oz - 691 cals ● 76g protein ● 39g fat ● 8g carbs ● 0g fiber



For single meal:

**ranch dressing mix**  
3/8 packet (1 oz) (11g)  
**oil**  
3/4 tbsp (11mL)  
**boneless skinless chicken breast, raw**  
3/4 lbs (336g)  
**ranch dressing**  
3 tbsp (45mL)

For all 2 meals:

**ranch dressing mix**  
3/4 packet (1 oz) (21g)  
**oil**  
1 1/2 tbsp (23mL)  
**boneless skinless chicken breast, raw**  
1 1/2 lbs (672g)  
**ranch dressing**  
6 tbsp (90mL)

1. Preheat oven to 350 F (180 C).
  2. Spread oil evenly over all chicken.
  3. Sprinkle ranch mix powder over all sides of the chicken and pat in until chicken is fully coated.
  4. Place chicken in a baking dish and cook for 35-40 minutes or until chicken is fully cooked.
  5. Serve with a side of ranch dressing.
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