

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

### Lunch

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



[Sweet potato medallions](#)

1 1/2 sweet potato- 464 cal



[Bbq chicken stuffed sweet potatoes](#)

2 potato(es)- 1039 cal



[Simple mixed greens and tomato salad](#)

76 cal

### Dinner

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



[Simple mozzarella and tomato salad](#)

484 cal



[Fish pie](#)

1102 cal

## Day 5

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

### Lunch

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



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cal



[Mashed sweet potatoes with butter](#)

498 cal



[Milk](#)

3 1/4 cup(s)- 484 cal

### Dinner

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



[Simple mozzarella and tomato salad](#)

484 cal



[Fish pie](#)

1102 cal

## Day 6

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

### Lunch

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



[Baked chicken with tomatoes & olives](#)

12 oz- 599 cal



[Mashed sweet potatoes with butter](#)

498 cal



[Milk](#)

3 1/4 cup(s)- 484 cal

### Dinner

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



[Buttered broccoli](#)

1 3/4 cup(s)- 234 cal



[Lentils](#)

636 cal



[Ranch chicken](#)

12 oz- 691 cal

# 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  
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 , about 1/3 second (1 NLEA serving) (2g)
- balsamic vinaigrette  
4 tbsp (60mL)
- olive oil  
3 1/3 tbsp (50mL)
- ranch dressing  
4 serving (120mL)

## Other

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

## Poultry Products

- ground turkey, raw  
2 lbs (907g)
- boneless skinless chicken breast, raw  
5 lbs (2311g)

## Soups, Sauces, and Gravies

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

## Baked Products

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

- hamburger buns  
11 bun (561g)

### **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**

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

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### 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.
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### 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.
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## Lunch 3 [↗](#)

Eat on day 4

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### Sweet potato medallions

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



Makes 1 1/2 sweet potato

**oil**

1 1/2 tbsp (23mL)

**sweet potatoes, sliced**

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

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.

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### Bbq chicken stuffed sweet potatoes

2 potato(es) - 1039 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 cal ● 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 (153g)

**olive oil**

1 tbsp (15mL)

**boneless skinless chicken breast, raw**

1 lbs (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 cal ● 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

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### Steak & cauliflower skillet

1222 cal ● 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**

1 lbs (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.

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### Lentils

405 cal ● 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.
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## Dinner 2 [↗](#)

Eat on day 2, day 3

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### 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.
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### Peas

176 cal ● 12g protein ● 1g fat ● 20g 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.
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### Turkey burgers

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



For single meal:

**onion**  
1/2 medium (2-1/2" dia) (55g)  
**ground turkey, raw**  
1 lbs (454g)  
**worcestershire sauce**  
2 tbsp (30mL)  
**ketchup**  
2 tbsp (34g)  
**salt**  
1/4 tbsp (5g)  
**black pepper**  
1 tsp, ground (2g)  
**cooking spray**  
4 spray , about 1/3 second (1 NLEA serving) (1g)  
**hamburger buns**  
4 bun (204g)

For all 2 meals:

**onion**  
1 medium (2-1/2" dia) (110g)  
**ground turkey, raw**  
2 lbs (907g)  
**worcestershire sauce**  
4 tbsp (60mL)  
**ketchup**  
4 tbsp (68g)  
**salt**  
1/2 tbsp (9g)  
**black pepper**  
2 tsp, ground (5g)  
**cooking spray**  
8 spray , about 1/3 second (1 NLEA serving) (2g)  
**hamburger buns**  
8 bun (408g)

1. Grate the onion on the fine holes of a grater. You should have about two tablespoons of grated onion (and some juice, which you can discard).
2. In a bowl, add the ground turkey, Worcestershire sauce, ketchup, salt and pepper; mix thoroughly.
3. Shape into four patties and press the patties into 1/2-inch thick rounds.
4. Grease the frying pan and place over medium-high heat. Once the pan is hot, cook the patties for five minutes on each side.
5. Serve on buns, with the condiments of your choice.

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## Dinner 3 [↗](#)

Eat on day 4, day 5

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### Simple mozzarella and tomato salad

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



For single meal:

**tomatoes, sliced**  
1 1/2 large whole (3" dia) (273g)  
**fresh mozzarella cheese, sliced**  
4 oz (113g)  
**balsamic vinaigrette**  
2 tbsp (30mL)  
**fresh basil**  
2 tbsp, chopped (5g)

For all 2 meals:

**tomatoes, sliced**  
3 large whole (3" dia) (546g)  
**fresh mozzarella cheese, sliced**  
1/2 lbs (227g)  
**balsamic vinaigrette**  
4 tbsp (60mL)  
**fresh basil**  
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.

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## Fish pie

1102 cal ● 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.

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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Buttered broccoli

1 3/4 cup(s) - 234 cal ● 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.

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## Lentils

636 cal ● 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 cal ● 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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