Meal Plan - 3300 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

3284 cals 244g protein (30%) 182g fat (50%) 107g carbs (13%) 60g fiber (7%)

Lunch

1640 cals, 109g protein, 74g net carbs, 94g fat

Carrot fries
323 cals

Pan-fried pork chops
4 breakfast chop(s)- 1316 cals

Dinner

1645 cals, 135g protein, 33g net carbs, 88g fat

Avocado tuna salad stuffed pepper
6 half pepper(s)- 1367 cals

Garlic collard greens
279 cals

Day 2

3258 cals 231g protein (28%) 172g fat (47%) 157g carbs (19%) 40g fiber (5%)

Lunch

1640 cals, 109g protein, 74g net carbs, 94g fat

Carrot fries
323 cals

Pan-fried pork chops
4 breakfast chop(s)- 1316 cals

Dinner

1620 cals, 122g protein, 83g net carbs, 77g fat

Cottage pie
1228 cals

Tomato and avocado salad
391 cals

Day 3

3292 cals 236g protein (29%) 172g fat (47%) 147g carbs (18%) 54g fiber (7%)

Lunch

1675 cals, 114g protein, 64g net carbs, 94g fat

Easy chickpea salad
584 cals

Buffalo drumsticks
18 2/3 oz- 1089 cals

Dinner

1620 cals, 122g protein, 83g net carbs, 77g fat

Cottage pie
1228 cals

Tomato and avocado salad
391 cals

Day 4

3306 cals 257g protein (31%) 146g fat (40%) 202g carbs (24%) 39g fiber (5%)

Lunch

1675 cals, 114g protein, 64g net carbs, 94g fat

Easy chickpea salad
584 cals

Buffalo drumsticks
18 2/3 oz- 1089 cals

Dinner

1635 cals, 143g protein, 139g net carbs, 51g fat

Chunky canned soup (non-creamy)
1 1/2 can(s)- 371 cals

Chinese chicken-fried rice
1113 cals

Milk
1 cup(s)- 149 cals

Day 5

3316 cals 285g protein (34%) 168g fat (46%) 114g carbs (14%) 52g fiber (6%)

Lunch

1650 cals, 177g protein, 77g net carbs, 59g fat

Apricot glazed pork chops
4 chop(s)- 1212 cals

Garlic collard greens
438 cals

Dinner

1665 cals, 108g protein, 36g net carbs, 109g fat

Walnuts
3/8 cup(s)- 291 cals

Avocado, apple, chicken salad
1375 cals

Day 6

3313 cals 254g protein (31%) 167g fat (45%) 151g carbs (18%) 48g fiber (6%)

Lunch

1645 cals, 146g protein, 115g net carbs, 58g fat

White rice
1 1/2 cup rice, cooked- 328 cals

Simple salad with tomatoes and carrots
196 cals

Chicken beet & carrot salad bowl
1124 cals

Dinner

1665 cals, 108g protein, 36g net carbs, 109g fat

Walnuts
3/8 cup(s)- 291 cals

Avocado, apple, chicken salad
1375 cals

Day 7

3247 cals 359g protein (44%) 113g fat (31%) 164g carbs (20%) 36g fiber (4%)

Lunch

1645 cals, 146g protein, 115g net carbs, 58g fat

White rice
1 1/2 cup rice, cooked- 328 cals

Simple salad with tomatoes and carrots
196 cals

Chicken beet & carrot salad bowl
1124 cals

Dinner

1600 cals, 213g protein, 49g net carbs, 55g fat

Tossed salad
242 cals

Marinaded chicken breast
30 oz- 1060 cals

Milk
2 cup(s)- 298 cals

Grocery List

Fats and Oils

- [ ] olive oil
  1/4 lbs (133mL)
- [ ] oil
  1/2 lbs (261mL)
- [ ] salad dressing
  2 1/2 oz (75mL)
- [ ] marinade sauce
  1 cup (226mL)

Spices and Herbs

- [ ] rosemary, dried
  3/4 tbsp (3g)
- [ ] salt
  2/3 oz (23g)
- [ ] black pepper
  1/3 oz (10g)
- [ ] cayenne pepper
  1 tsp (2g)
- [ ] seasoning salt
  1 tsp (6g)
- [ ] thyme, dried
  1 tbsp, leaves (3g)
- [ ] garlic powder
  2 tsp (6g)
- [ ] balsamic vinegar
  1/4 cup (53mL)

Vegetables and Vegetable Products

- [ ] carrots
  20 1/3 medium (1240g)
- [ ] bell pepper
  3 large (492g)
- [ ] onion
  4 medium (2-1/2" dia) (419g)
- [ ] collard greens
  2 1/4 lbs (1021g)
- [ ] garlic
  9 3/4 clove(s) (29g)
- [ ] tomato paste
  1 1/2 tbsp (24g)
- [ ] potatoes
  1 1/2 lbs (680g)
- [ ] tomatoes
  7 1/2 medium whole (2-3/5" dia) (915g)
- [ ] fresh parsley
  7 1/2 sprigs (8g)
- [ ] raw celery
  10 tbsp chopped (63g)

Pork Products

- [ ] pork chop, bone-in
  3 1/2 lbs (1608g)

Cereal Grains and Pasta

- [ ] all-purpose flour
  1 cup(s) (125g)
- [ ] cornstarch
  1 1/2 tbsp (12g)
- [ ] long-grain white rice
  1 1/2 cup (293g)

Dairy and Egg Products

- [ ] butter
  2 1/2 tbsp (36g)
- [ ] whole milk
  3 1/2 cup(s) (811mL)
- [ ] eggs
  1 1/6 large (58g)

Fruits and Fruit Juices

- [ ] avocados
  5 2/3 avocado(s) (1139g)
- [ ] lime juice
  3 fl oz (90mL)
- [ ] apples
  2 1/2 medium (3" dia) (455g)

Finfish and Shellfish Products

- [ ] canned tuna
  3 can (516g)

Beef Products

- [ ] ground beef (93% lean)
  2 1/4 lbs (1021g)

Soups, Sauces, and Gravies

- [ ] vegetable broth
  1 1/2 cup(s) (mL)
- [ ] worcestershire sauce
  1 tbsp (15mL)
- [ ] apple cider vinegar
  3 1/3 tbsp (2mL)
- [ ] Frank's Red Hot sauce
  6 1/4 tbsp (94mL)

- [ ] romaine lettuce
  3 hearts (1500g)
- [ ] beets, precooked (canned or refrigerated)
  1 1/4 lbs (567g)
- [ ] cucumber
  1/4 cucumber (8-1/4") (75g)
- [ ] red onion
  1/4 medium (2-1/2" dia) (28g)
- [ ] chunky canned soup (non-creamy varieties)
  1 1/2 can (~19 oz) (789g)

Legumes and Legume Products

- [ ] chickpeas, canned
  2 1/2 can(s) (1120g)
- [ ] soy sauce
  1 3/4 tbsp (26mL)

Other

- [ ] Chicken, drumsticks, with skin
  2 1/3 lbs (1058g)

Poultry Products

- [ ] boneless skinless chicken breast, raw
  7 lbs (3207g)

Sweets

- [ ] jams and preserves, apricot
  1/2 cup (160g)

Nut and Seed Products

- [ ] walnuts
  13 1/4 tbsp, shelled (83g)

Beverages

- [ ] water
  2 cup(s) (474mL)

Recipes

Lunch 1

Eat on day 1 and day 2

Carrot fries

323 cals 4g protein 17g fat 27g carbs 12g fiber

For single meal:

olive oil
3 1/2 tsp (17mL)
rosemary, dried
1 tsp (1g)
salt
1/4 tsp (2g)
carrots, peeled
14 oz (397g)

For all 2 meals:

olive oil
2 1/3 tbsp (35mL)
rosemary, dried
3/4 tbsp (3g)
salt
1/2 tsp (3g)
carrots, peeled
1 3/4 lbs (794g)

1. Preheat oven to 425 F (220 C). Line baking sheet with foil.
2. Cut carrots lengthwise into long, thin strips.
3. In a large bowl, mix the carrots with all other ingredients. Toss to coat.
4. Spread evenly over the baking sheet and bake for 20 minutes, until tender and browned.
5. Serve.

Pan-fried pork chops

4 breakfast chop(s) - 1316 cals 105g protein 78g fat 47g carbs 2g fiber

For single meal:

black pepper
4 dash, ground (1g)
pork chop, bone-in
4 breakfast chop (448g)
all-purpose flour
1/2 cup(s) (63g)
cayenne pepper
4 dash (1g)
oil
4 tbsp (60mL)
butter
1/2 tbsp (7g)
seasoning salt
4 dash (3g)

For all 2 meals:

black pepper
1 tsp, ground (2g)
pork chop, bone-in
8 breakfast chop (896g)
all-purpose flour
1 cup(s) (125g)
cayenne pepper
1 tsp (2g)
oil
1/2 cup (120mL)
butter
1 tbsp (14g)
seasoning salt
1 tsp (6g)

1. Salt and pepper both sides of the pork chops.
2. Combine the flour and some cayenne, salt and black pepper. Dredge each side of the pork chops in the flour mixture, and then set aside on a plate.
3. Heat the canola oil over medium to medium-high heat. Add the butter. When the butter is melted and the butter/oil mixture is hot, cook 3 pork chops at a time, 2 to 3 minutes on the first side. Flip and cook until the chops are golden brown on the other side, 1 to 2 minutes (make sure no pink juices remain). Remove to a plate and repeat with the remaining pork chops.

Lunch 2

Eat on day 3 and day 4

Easy chickpea salad

584 cals 30g protein 11g fat 63g carbs 28g fiber

For single meal:

balsamic vinegar
1 1/4 tbsp (19mL)
apple cider vinegar
1 1/4 tbsp (1mL)
chickpeas, canned, drained and rinsed
1 1/4 can(s) (560g)
onion, thinly sliced
5/8 small (44g)
tomatoes, halved
1 1/4 cup cherry tomatoes (186g)
fresh parsley, chopped
3 3/4 sprigs (4g)

For all 2 meals:

balsamic vinegar
2 1/2 tbsp (38mL)
apple cider vinegar
2 1/2 tbsp (2mL)
chickpeas, canned, drained and rinsed
2 1/2 can(s) (1120g)
onion, thinly sliced
1 1/4 small (88g)
tomatoes, halved
2 1/2 cup cherry tomatoes (373g)
fresh parsley, chopped
7 1/2 sprigs (8g)

1. Add all ingredients to a bowl and toss. Serve!

Buffalo drumsticks

18 2/3 oz - 1089 cals 84g protein 83g fat 1g carbs 0g fiber

For single meal:

Frank's Red Hot sauce
3 tbsp (47mL)
oil
1 3/4 tsp (9mL)
salt
1/4 tsp (2g)
black pepper
1/4 tsp, ground (1g)
Chicken, drumsticks, with skin
18 2/3 oz (529g)

For all 2 meals:

Frank's Red Hot sauce
6 1/4 tbsp (93mL)
oil
3 1/2 tsp (17mL)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
Chicken, drumsticks, with skin
2 1/3 lbs (1058g)

1. (Note: We only recommend using Frank's Original Red Hot sauce for paleo eaters since it is made out of all natural ingredients, but any hot sauce will work)
2. Preheat oven to 400 F (200 C).
3. Place wings on large baking sheet, and season with salt and pepper.
4. Cook in oven for about 1 hour, or until the internal temperature reaches 165 F (75 C).
5. When the chicken is getting close to being done, add the hot sauce and the oil of your choice to a saucepan. Heat and mix together.
6. Take wings out of the oven when done and toss with the hot sauce to coat.
7. Serve.

Lunch 3

Eat on day 5

Apricot glazed pork chops

4 chop(s) - 1212 cals 158g protein 36g fat 65g carbs 0g fiber

Makes 4 chop(s)

balsamic vinegar
1 tbsp (15mL)
jams and preserves, apricot
1/2 cup (160g)
olive oil
2 tsp (10mL)
salt
4 dash (3g)
black pepper
4 dash, ground (1g)
pork chop, bone-in
4 chop (712g)

1. Rub the pork chops with the salt and pepper on both sides.
2. Heat the olive oil in a large skillet over medium-high heat and add the chops until browned, about 6-8 minutes on each side.
3. Add the apricot preserves and the balsamic vinegar to the skillet and turn the pork until it is fully coated. Cook each side 1-2 minutes.
4. Serve.

Garlic collard greens

438 cals 20g protein 23g fat 13g carbs 25g fiber

collard greens
22 oz (624g)
oil
4 tsp (21mL)
salt
1/3 tsp (2g)
garlic, minced
4 clove(s) (12g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Lunch 4

Eat on day 6 and day 7

White rice

1 1/2 cup rice, cooked - 328 cals 7g protein 1g fat 73g carbs 1g fiber

For single meal:

water
1 cup(s) (237mL)
long-grain white rice
1/2 cup (93g)

For all 2 meals:

water
2 cup(s) (474mL)
long-grain white rice
1 cup (185g)

1. (Note: Follow rice package instructions if they differ from below)
2. Add the rice, water, and a pinch of salt to a pot and stir.
3. Bring to a boil over high heat. Once boiling, reduce the heat to low, cover, and simmer for 15-18 minutes, or until the water is absorbed and the rice is tender.
4. Remove from the heat and let sit, covered, for 5 minutes.
5. Fluff with a fork and serve.

Simple salad with tomatoes and carrots

196 cals 8g protein 6g fat 14g carbs 13g fiber

For single meal:

salad dressing
1 1/2 tbsp (23mL)
romaine lettuce, roughly chopped
1 hearts (500g)
tomatoes, diced
1 medium whole (2-3/5" dia) (123g)
carrots, sliced
1/2 medium (31g)

For all 2 meals:

salad dressing
3 tbsp (45mL)
romaine lettuce, roughly chopped
2 hearts (1000g)
tomatoes, diced
2 medium whole (2-3/5" dia) (246g)
carrots, sliced
1 medium (61g)

1. In a large bowl, add the lettuce, tomato, and carrots; mix.
2. Pour dressing over when serving.

Chicken beet & carrot salad bowl

1124 cals 132g protein 51g fat 28g carbs 8g fiber

For single meal:

oil
2 1/2 tbsp (38mL)
thyme, dried
5 dash, leaves (1g)
apple cider vinegar
1 1/4 tsp (0mL)
beets, precooked (canned or refrigerated), cubed
10 oz (284g)
boneless skinless chicken breast, raw, cubed
1 1/4 lbs (560g)
carrots, thinly sliced
1 1/4 medium (76g)

For all 2 meals:

oil
5 tbsp (75mL)
thyme, dried
1 1/4 tsp, leaves (1g)
apple cider vinegar
2 1/2 tsp (1mL)
beets, precooked (canned or refrigerated), cubed
1 1/4 lbs (567g)
boneless skinless chicken breast, raw, cubed
2 1/2 lbs (1120g)
carrots, thinly sliced
2 1/2 medium (153g)

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.

Dinner 1

Eat on day 1

Avocado tuna salad stuffed pepper

6 half pepper(s) - 1367 cals 122g protein 73g fat 25g carbs 30g fiber

Makes 6 half pepper(s)

avocados
1 1/2 avocado(s) (302g)
lime juice
1 tbsp (15mL)
salt
3 dash (1g)
black pepper
3 dash (0g)
bell pepper
3 large (492g)
onion
3/4 small (53g)
canned tuna, drained
3 can (516g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Garlic collard greens

279 cals 12g protein 15g fat 8g carbs 16g fiber

collard greens
14 oz (397g)
oil
2 1/2 tsp (13mL)
salt
1/4 tsp (1g)
garlic, minced
2 1/2 clove(s) (8g)

1. Rinse the collards, pat them dry, remove their stems, and chop up the leaves.
2. Add the oil of your choice to a pan on medium-low heat. Once the oil is heated (about 1 minute), add the garlic and saute until garlic is fragrant, about 1-2 minutes.
3. Add the collards and stir frequently for about 4-6 minutes until they are softened and bright (do not let them turn dark as this will affect the flavor).
4. Season with salt and serve.

Dinner 2

Eat on day 2 and day 3

Cottage pie

1228 cals 117g protein 47g fat 72g carbs 13g fiber

For single meal:

whole milk
1/6 cup(s) (45mL)
butter
3/4 tbsp (11g)
ground beef (93% lean)
18 oz (510g)
tomato paste
3/4 tbsp (12g)
vegetable broth
3/4 cup(s) (mL)
worcestershire sauce
1/2 tbsp (8mL)
thyme, dried
1/4 tbsp, leaves (1g)
cornstarch
3/4 tbsp (6g)
carrots, diced
1 1/2 medium (92g)
garlic, minced
1 1/2 clove(s) (5g)
potatoes, peeled & quartered
3/4 lbs (340g)
onion, diced
3/4 medium (2-1/2" dia) (83g)

For all 2 meals:

whole milk
3/8 cup(s) (90mL)
butter
1 1/2 tbsp (21g)
ground beef (93% lean)
2 1/4 lbs (1021g)
tomato paste
1 1/2 tbsp (24g)
vegetable broth
1 1/2 cup(s) (mL)
worcestershire sauce
1 tbsp (15mL)
thyme, dried
1/2 tbsp, leaves (2g)
cornstarch
1 1/2 tbsp (12g)
carrots, diced
3 medium (183g)
garlic, minced
3 clove(s) (9g)
potatoes, peeled & quartered
1 1/2 lbs (680g)
onion, diced
1 1/2 medium (2-1/2" dia) (165g)

1. Submerge the potatoes with water and boil until fork-tender, 10-20 minutes. Drain and mash with milk, butter, and some salt and pepper. Set aside.
2. Preheat oven to 400°F (200°C).
3. Whisk cornstarch with broth in a small bowl. Set aside.
4. Saute beef in a skillet over medium-high heat until browned. Transfer to a plate.
5. Add onions, garlic, and carrots to the skillet. Cook 7-10 minutes until soft.
6. Reduce heat to medium and add tomato paste. Stir and cook 1-2 minutes.
7. Return beef to skillet and add broth mixture, worcestershire, thyme, and some salt and pepper. Simmer 5-10 minutes until sauce thickens.
8. Transfer meat mixture to a small baking dish. Spoon potatoes over the meat.
9. Bake for 20-30 until top is golden and filling is bubbling. Let stand for 5-10 minutes before serving.

Tomato and avocado salad

391 cals 5g protein 31g fat 11g carbs 13g fiber

For single meal:

onion
5 tsp minced (25g)
lime juice
5 tsp (25mL)
olive oil
1 1/4 tsp (6mL)
garlic powder
1/2 tsp (1g)
salt
1/2 tsp (3g)
black pepper
1/2 tsp, ground (1g)
avocados, cubed
5/6 avocado(s) (168g)
tomatoes, diced
5/6 medium whole (2-3/5" dia) (103g)

For all 2 meals:

onion
1/4 cup minced (50g)
lime juice
1/4 cup (50mL)
olive oil
2 1/2 tsp (13mL)
garlic powder
1 tsp (3g)
salt
1 tsp (5g)
black pepper
1 tsp, ground (2g)
avocados, cubed
1 2/3 avocado(s) (335g)
tomatoes, diced
1 2/3 medium whole (2-3/5" dia) (205g)

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.

Dinner 3

Eat on day 4

Chunky canned soup (non-creamy)

1 1/2 can(s) - 371 cals 27g protein 10g fat 35g carbs 8g fiber

Makes 1 1/2 can(s)

chunky canned soup (non-creamy varieties)
1 1/2 can (~19 oz) (789g)

1. Prepare according to instructions on package.

Chinese chicken-fried rice

1113 cals 108g protein 33g fat 92g carbs 3g fiber

eggs
1 1/6 large (58g)
oil
3 1/2 tsp (17mL)
soy sauce
1 3/4 tbsp (26mL)
black pepper
1/2 tsp, ground (1g)
long-grain white rice
9 1/3 tbsp (108g)
boneless skinless chicken breast, raw, chopped
14 oz (397g)
onion, chopped
5/8 medium (2-1/2" dia) (64g)

1. Cook rice according to package instructions. Set aside.
2. Heat half of the oil in a large skillet over medium heat. Add the onions and saute for about 10 minutes until soft.
3. Add in the chopped chicken to the skillet and continue cooking until chicken is fully cooked and no longer pink inside. Transfer chicken and onion mixture to a plate and set aside.
4. Wipe out the skillet and heat up the remaining half of the oil. Scramble the egg in a small bowl and then pour it in the skillet. Once the egg starts to solidify, stir to break it up into small pieces.
5. Add in the chicken and onions, rice, black pepper, soy sauce, and some salt to taste. Stir until well-incorporated and heated through. Serve.
6. Meal prep note: leftover, refrigerated, cooked rice works great in fried rice. If you can, try meal prepping the rice ahead of time.

Milk

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

Makes 1 cup(s)

whole milk
1 cup(s) (240mL)

1. The recipe has no instructions.

Dinner 4

Eat on day 5 and day 6

Walnuts

3/8 cup(s) - 291 cals 6g protein 27g fat 3g carbs 3g fiber

For single meal:

walnuts
6 2/3 tbsp, shelled (42g)

For all 2 meals:

walnuts
13 1/3 tbsp, shelled (83g)

1. The recipe has no instructions.

Avocado, apple, chicken salad

1375 cals 102g protein 82g fat 34g carbs 23g fiber

For single meal:

raw celery
5 tbsp chopped (32g)
olive oil
2 1/2 tbsp (38mL)
garlic powder
5 dash (2g)
salt
1/3 tsp (2g)
black pepper
1/3 tsp, ground (1g)
lime juice
2 1/2 tsp (13mL)
boneless skinless chicken breast, raw, cubed
15 oz (425g)
avocados, chopped
1 1/4 avocado(s) (251g)
apples, finely chopped
1 1/4 medium (3" dia) (228g)

For all 2 meals:

raw celery
10 tbsp chopped (63g)
olive oil
5 tbsp (75mL)
garlic powder
1 1/4 tsp (4g)
salt
5 dash (4g)
black pepper
5 dash, ground (1g)
lime juice
5 tsp (25mL)
boneless skinless chicken breast, raw, cubed
30 oz (851g)
avocados, chopped
2 1/2 avocado(s) (503g)
apples, finely chopped
2 1/2 medium (3" dia) (455g)

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.

Dinner 5

Eat on day 7

Tossed salad

242 cals 9g protein 8g fat 20g carbs 14g fiber

salad dressing
2 tbsp (30mL)
cucumber, sliced or diced
1/4 cucumber (8-1/4") (75g)
carrots, peeled and shredded or sliced
1 small (5-1/2" long) (50g)
romaine lettuce, shredded
1 hearts (500g)
tomatoes, diced
1 small whole (2-2/5" dia) (91g)
red onion, sliced
1/4 medium (2-1/2" dia) (28g)

1. Mix ingredients together in a bowl and serve.
2. If you want to prepare multiple servings in advance, you can shred the carrots and lettuce and slice the onion in advance and store them in the fridge in a ziploc bag or tupperware container so you just have to dice a little cucumber and tomato and add a little dressing the next time.

Marinaded chicken breast

30 oz - 1060 cals 189g protein 32g fat 5g carbs 0g fiber

Makes 30 oz

boneless skinless chicken breast, raw
30 oz (840g)
marinade sauce
1 cup (225mL)

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 marinade 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.

Milk

2 cup(s) - 298 cals 15g protein 16g fat 23g carbs 0g fiber

Makes 2 cup(s)

whole milk
2 cup(s) (480mL)

1. The recipe has no instructions.