

Meal Plan - Meal plan with over 10g protein

[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

1049 cals ● 37g protein (14%) ● 57g fat (49%) ● 66g carbs (25%) ● 30g fiber (12%)

Breakfast

180 cals, 12g protein, 7g net carbs, 11g fat



Grapes
39 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Dinner

460 cals, 11g protein, 33g net carbs, 27g fat



Tomato and avocado salad
117 cals



Avocado & greens quesadilla
1/2 quesadilla(s)- 342 cals

Lunch

410 cals, 14g protein, 27g net carbs, 19g fat



Avocado
176 cals



Easy chickpea salad
234 cals

Day 2

1049 cals ● 57g protein (22%) ● 49g fat (42%) ● 79g carbs (30%) ● 16g fiber (6%)

Breakfast

180 cals, 12g protein, 7g net carbs, 11g fat



Grapes
39 cals



Basic scrambled eggs
2 egg(s)- 142 cals

Dinner

460 cals, 11g protein, 33g net carbs, 27g fat



Tomato and avocado salad
117 cals



Avocado & greens quesadilla
1/2 quesadilla(s)- 342 cals

Lunch

410 cals, 35g protein, 39g net carbs, 11g fat



Milk
1 cup(s)- 149 cals



Bbq chicken stuffed sweet potatoes
1/2 potato(es)- 260 cals

Day 3

1029 cal ● 91g protein (35%) ● 35g fat (31%) ● 75g carbs (29%) ● 12g fiber (5%)

Breakfast

185 cal, 5g protein, 32g net carbs, 2g fat



Instant oatmeal with water
1 packet(s)- 165 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Dinner

435 cal, 52g protein, 3g net carbs, 22g fat



Basic chicken breast
8 oz- 317 cal



Tomato and avocado salad
117 cal

Lunch

410 cal, 35g protein, 39g net carbs, 11g fat



Milk
1 cup(s)- 149 cal



Bbq chicken stuffed sweet potatoes
1/2 potato(es)- 260 cal

Day 4

998 cal ● 62g protein (25%) ● 46g fat (41%) ● 69g carbs (28%) ● 16g fiber (6%)

Breakfast

185 cal, 5g protein, 32g net carbs, 2g fat



Instant oatmeal with water
1 packet(s)- 165 cal



Cherry tomatoes
6 cherry tomatoes- 21 cal

Dinner

410 cal, 31g protein, 21g net carbs, 20g fat



Balsamic chicken breast
4 oz- 158 cal



Simple sauteed spinach
100 cal



Sweet potato medallions
1/2 sweet potato- 155 cal

Lunch

400 cal, 26g protein, 16g net carbs, 23g fat



String cheese
2 stick(s)- 165 cal



Roasted almonds
1/8 cup(s)- 111 cal



Chunky canned soup (non-creamy)
1/2 can(s)- 124 cal

Day 5

1044 cals ● 73g protein (28%) ● 55g fat (47%) ● 51g carbs (20%) ● 13g fiber (5%)

Breakfast

210 cals, 17g protein, 27g net carbs, 3g fat



Coffee overnight protein oats
169 cals



Watermelon
4 oz- 41 cals

Dinner

420 cals, 23g protein, 15g net carbs, 27g fat



Buffalo drumsticks
4 oz- 233 cals



Garlic collard greens
80 cals



Roasted rosemary sweet potatoes
105 cals

Lunch

415 cals, 33g protein, 10g net carbs, 26g fat



Buttered sugar snap peas
107 cals



Chipotle honey pork chops
309 cals

Day 6

1013 cals ● 82g protein (33%) ● 32g fat (28%) ● 84g carbs (33%) ● 15g fiber (6%)

Breakfast

210 cals, 17g protein, 27g net carbs, 3g fat



Coffee overnight protein oats
169 cals



Watermelon
4 oz- 41 cals

Dinner

355 cals, 24g protein, 25g net carbs, 14g fat



Mashed sweet potatoes
92 cals



Simple kale & avocado salad
115 cals



Baked chicken with tomatoes & olives
3 oz- 150 cals

Lunch

445 cals, 42g protein, 33g net carbs, 15g fat



Chicken beet & carrot salad bowl
337 cals



White rice
110 cals

Day 7

1013 cals ● 82g protein (33%) ● 32g fat (28%) ● 84g carbs (33%) ● 15g fiber (6%)

Breakfast

210 cals, 17g protein, 27g net carbs, 3g fat



Coffee overnight protein oats
169 cals



Watermelon
4 oz- 41 cals

Dinner

355 cals, 24g protein, 25g net carbs, 14g fat



Mashed sweet potatoes
92 cals



Simple kale & avocado salad
115 cals



Baked chicken with tomatoes & olives
3 oz- 150 cals

Lunch

445 cals, 42g protein, 33g net carbs, 15g fat



Chicken beet & carrot salad bowl
337 cals



White rice
110 cals

Fruits and Fruit Juices

- avocados
2 1/4 avocado(s) (452g)
- lemon juice
1/2 tsp (3mL)
- lime juice
1 1/2 tbsp (23mL)
- grapes
1 1/3 cup (123g)
- Watermelon
12 oz (340g)
- lemon
1/2 small (29g)
- green olives
6 large (26g)

Vegetables and Vegetable Products

- fresh parsley
1 1/2 sprigs (2g)
- tomatoes
4 medium whole (2-3/5" dia) (473g)
- onion
3/8 medium (2-1/2" dia) (40g)
- fresh spinach
1/2 10oz package (148g)
- sweet potatoes
3 sweetpotato, 5" long (595g)
- garlic
1 1/4 clove(s) (4g)
- collard greens
4 oz (113g)
- frozen sugar snap peas
2/3 cup (96g)
- carrots
3/4 medium (46g)
- beets, precooked (canned or refrigerated)
6 oz (170g)
- kale leaves
1/2 bunch (85g)

Soups, Sauces, and Gravies

- apple cider vinegar
3/4 tbsp (1mL)
- salsa
2 tbsp (36g)
- barbecue sauce
2 3/4 tbsp (48g)
- chunky canned soup (non-creamy varieties)
1/2 can (~19 oz) (263g)

Legumes and Legume Products

- chickpeas, canned
1/2 can (224g)

Fats and Oils

- olive oil
3/4 oz (23mL)
- oil
2 oz (58mL)
- balsamic vinaigrette
1 tbsp (14mL)

Dairy and Egg Products

- cheddar cheese
4 tbsp, shredded (28g)
- eggs
4 medium (176g)
- whole milk
2 1/2 cup (571mL)
- string cheese
2 stick (56g)
- butter
2 tsp (9g)
- ghee
1 tsp (5g)

Baked Products

- flour tortillas
1 tortilla (approx 12" dia) (117g)

Poultry Products

- boneless skinless chicken breast, raw
2 1/2 lbs (1068g)

Breakfast Cereals

- flavored instant oatmeal
2 packet (86g)
- oatmeal, old-fashioned oats, rolled oats
3/4 cup (61g)

Beverages

- water
2 1/4 cup (538mL)
- protein powder
1 1/2 scoop (1/3 cup ea) (47g)

- Frank's Red Hot sauce
2 tsp (10mL)

Spices and Herbs

- balsamic vinegar
1/2 tbsp (8mL)
- garlic powder
3 dash (1g)
- salt
1/3 oz (8g)
- black pepper
2 1/2 g (3g)
- rosemary
4 dash (1g)
- chipotle seasoning
2 dash (1g)
- thyme, dried
3 dash, leaves (0g)
- chili powder
1 tsp (3g)
- fresh basil
6 leaves (3g)

- coffee, brewed
1/4 cup (67g)

Other

- italian seasoning
1 dash (0g)
- Chicken, drumsticks, with skin
4 oz (113g)

Nut and Seed Products

- almonds
2 tbsp, whole (18g)

Sweets

- maple syrup
1 tbsp (15mL)
- honey
1 tsp (7g)

Pork Products

- pork loin chops, boneless, raw
5 oz (142g)

Cereal Grains and Pasta

- long-grain white rice
1/3 cup (62g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Grapes

39 cal ● 0g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

grapes
2/3 cup (61g)

For all 2 meals:

grapes
1 1/3 cup (123g)

1. This recipe has no instructions.

Basic scrambled eggs

2 egg(s) - 142 cal ● 11g protein ● 11g fat ● 1g carbs ● 0g fiber



For single meal:

oil
1/2 tsp (3mL)
eggs
2 medium (88g)

For all 2 meals:

oil
1 tsp (5mL)
eggs
4 medium (176g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Instant oatmeal with water

1 packet(s) - 165 cal ● 4g protein ● 2g fat ● 29g carbs ● 4g fiber



For single meal:

flavored instant oatmeal

1 packet (43g)

water

3/4 cup(s) (178mL)

For all 2 meals:

flavored instant oatmeal

2 packet (86g)

water

1 1/2 cup(s) (356mL)

1. Put the oatmeal in a bowl and pour the water over it.
 2. Microwave for 90 seconds - 2 minutes.
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Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

tomatoes

6 cherry tomatoes (102g)

For all 2 meals:

tomatoes

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.
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Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Coffee overnight protein oats

169 cal ● 16g protein ● 3g fat ● 18g carbs ● 3g fiber



For single meal:

whole milk
2 tbsp (30mL)
protein powder
1/2 scoop (1/3 cup ea) (16g)
oatmeal, old-fashioned oats, rolled oats
4 tbsp (20g)
coffee, brewed
1 1/2 tbsp (22g)
maple syrup
1 tsp (5mL)

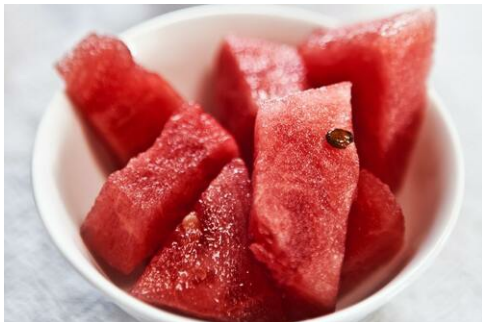
For all 3 meals:

whole milk
6 tbsp (90mL)
protein powder
1 1/2 scoop (1/3 cup ea) (47g)
oatmeal, old-fashioned oats, rolled oats
3/4 cup (61g)
coffee, brewed
1/4 cup (67g)
maple syrup
1 tbsp (15mL)

1. In a small airtight container, mix together all of the ingredients.
2. Cover and place mixture to chill in the fridge overnight.
3. Serve.

Watermelon

4 oz - 41 cal ● 1g protein ● 0g fat ● 9g carbs ● 1g fiber



For single meal:

Watermelon
4 oz (113g)

For all 3 meals:

Watermelon
12 oz (340g)

1. Slice watermelon and serve.

Lunch 1 [↗](#)

Eat on day 1

Avocado

176 cal ● 2g protein ● 15g fat ● 2g carbs ● 7g fiber



avocados
1/2 avocado(s) (101g)
lemon juice
1/2 tsp (3mL)

1. Open the avocado and scoop out the flesh.
2. Sprinkle with lemon or lime juice as desired.
3. Serve and eat.

Easy chickpea salad

234 cal ● 12g protein ● 5g fat ● 25g carbs ● 11g fiber



fresh parsley, chopped

1 1/2 sprigs (2g)

apple cider vinegar

1/2 tbsp (0mL)

balsamic vinegar

1/2 tbsp (8mL)

tomatoes, halved

1/2 cup cherry tomatoes (75g)

onion, thinly sliced

1/4 small (18g)

chickpeas, canned, drained and rinsed

1/2 can (224g)

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

Lunch 2 [↗](#)

Eat on day 2, day 3

Milk

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



For single meal:

whole milk

1 cup (240mL)

For all 2 meals:

whole milk

2 cup (480mL)

1. This recipe has no instructions.

Bbq chicken stuffed sweet potatoes

1/2 potato(es) - 260 cal ● 27g protein ● 3g fat ● 28g carbs ● 3g fiber



For single meal:

sweet potatoes, halved
1/2 sweetpotato, 5" long (105g)
barbecue sauce
4 tsp (24g)
boneless skinless chicken breast, raw
4 oz (112g)

For all 2 meals:

sweet potatoes, halved
1 sweetpotato, 5" long (210g)
barbecue sauce
2 2/3 tbsp (48g)
boneless skinless chicken breast, raw
1/2 lbs (224g)

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 3 [↗](#)

Eat on day 4

String cheese

2 stick(s) - 165 cal ● 13g protein ● 11g fat ● 3g carbs ● 0g fiber



Makes 2 stick(s)

string cheese
2 stick (56g)

1. This recipe has no instructions.

Roasted almonds

1/8 cup(s) - 111 cal ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

almonds
2 tbsp, whole (18g)

1. This recipe has no instructions.

Chunky canned soup (non-creamy)

1/2 can(s) - 124 cal ● 9g protein ● 3g fat ● 12g carbs ● 3g fiber



Makes 1/2 can(s)

chunky canned soup (non-creamy varieties)

1/2 can (~19 oz) (263g)

1. Prepare according to instructions on package.

Lunch 4 [🔗](#)

Eat on day 5

Buttered sugar snap peas

107 cal ● 3g protein ● 8g fat ● 4g carbs ● 3g fiber



black pepper

1/2 dash (0g)

salt

1/2 dash (0g)

butter

2 tsp (9g)

frozen sugar snap peas

2/3 cup (96g)

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

Chipotle honey pork chops

309 cal ● 31g protein ● 18g fat ● 6g carbs ● 0g fiber



ghee

1 tsp (5g)

water

1/2 tbsp (8mL)

oil

1 tsp (5mL)

chipotle seasoning

2 dash (1g)

honey

1 tsp (7g)

pork loin chops, boneless, raw

5 oz (142g)

1. Pat pork dry and season with some salt and pepper.
 2. Heat oil in a skillet over medium-high heat. Add pork and cook until browned and cooked through, 4-5 minutes per side. Transfer to a plate and set aside.
 3. Add honey, chipotle seasoning, and water to the same skillet. Cook, scraping up any browned bits, until slightly thickened, 1-2 minutes. Turn off heat and stir in ghee.
 4. Slice pork and top with chipotle honey sauce. Serve.
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Lunch 5 [↗](#)

Eat on day 6, day 7

Chicken beet & carrot salad bowl

337 cal ● 39g protein ● 15g fat ● 8g carbs ● 2g fiber



For single meal:

boneless skinless chicken breast, raw, cubed

6 oz (168g)

apple cider vinegar

3/8 tsp (0mL)

thyme, dried

1 1/2 dash, leaves (0g)

oil

3/4 tbsp (11mL)

carrots, thinly sliced

3/8 medium (23g)

beets, precooked (canned or refrigerated), cubed

3 oz (85g)

For all 2 meals:

boneless skinless chicken breast, raw, cubed

3/4 lbs (336g)

apple cider vinegar

3/4 tsp (0mL)

thyme, dried

3 dash, leaves (0g)

oil

1 1/2 tbsp (23mL)

carrots, thinly sliced

3/4 medium (46g)

beets, precooked (canned or refrigerated), cubed

6 oz (170g)

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.

White rice

110 cal ● 2g protein ● 0g fat ● 24g carbs ● 0g fiber



For single meal:

salt

1 1/3 dash (1g)

water

1/3 cup(s) (79mL)

long-grain white rice

2 2/3 tbsp (31g)

black pepper

1 dash, ground (0g)

For all 2 meals:

salt

1/3 tsp (2g)

water

2/3 cup(s) (158mL)

long-grain white rice

1/3 cup (62g)

black pepper

2 dash, ground (1g)

1. In a saucepan with a good fitting lid bring water and salt to a boil.
2. Add rice and stir.
3. 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.
4. Cook for 20 minutes.
5. DO NOT LIFT LID!
6. 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 1 [↗](#)

Eat on day 1, day 2

Tomato and avocado salad

117 cals ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



For single meal:

onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

For all 2 meals:

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)

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.

Avocado & greens quesadilla

1/2 quesadilla(s) - 342 cals ● 10g protein ● 18g fat ● 29g carbs ● 6g fiber



For single meal:

cheddar cheese
2 tbsp, shredded (14g)
flour tortillas
1/2 tortilla (approx 12" dia) (59g)
avocados, thinly sliced
1/4 avocado(s) (50g)
fresh spinach
1/2 oz (14g)
oil
1/4 tsp (1mL)
salsa
1 tbsp (18g)

For all 2 meals:

cheddar cheese
4 tbsp, shredded (28g)
flour tortillas
1 tortilla (approx 12" dia) (117g)
avocados, thinly sliced
1/2 avocado(s) (101g)
fresh spinach
1 oz (28g)
oil
1/2 tsp (3mL)
salsa
2 tbsp (36g)

1. Add cheese, spinach, and avocado slices to one half of the tortilla. Fold tortilla in half and gently press together.
 2. Heat oil in a skillet over medium heat. Add quesadilla and cook until golden, about 2-3 minutes per side.
 3. Slice and serve with salsa.
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Dinner 2 [↗](#)

Eat on day 3

Basic chicken breast

8 oz - 317 cal ● 50g protein ● 13g fat ● 0g carbs ● 0g fiber



Makes 8 oz

oil

1/2 tbsp (8mL)

boneless skinless chicken breast, raw

1/2 lbs (224g)

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.

Tomato and avocado salad

117 cal ● 2g protein ● 9g fat ● 3g carbs ● 4g fiber



onion
1/2 tbsp minced (8g)
lime juice
1/2 tbsp (8mL)
avocados, cubed
1/4 avocado(s) (50g)
tomatoes, diced
1/4 medium whole (2-3/5" dia) (31g)
olive oil
3/8 tsp (2mL)
garlic powder
1 dash (0g)
salt
1 dash (1g)
black pepper
1 dash, ground (0g)

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

Balsamic chicken breast

4 oz - 158 cals ● 26g protein ● 6g fat ● 0g carbs ● 0g fiber



Makes 4 oz

italian seasoning
1 dash (0g)
oil
1/2 tsp (3mL)
balsamic vinaigrette
1 tbsp (15mL)
boneless skinless chicken breast, raw
4 oz (113g)

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.

Simple sauteed spinach

100 cals ● 4g protein ● 7g fat ● 2g carbs ● 3g fiber



garlic, diced
1/2 clove (2g)
black pepper
1 dash, ground (0g)
salt
1 dash (1g)
olive oil
1/2 tbsp (8mL)
fresh spinach
4 cup(s) (120g)

1. Heat the oil in the pan over medium heat.
2. Add the garlic and sauté for a minute or two until fragrant.
3. Over high heat, add the spinach, salt, and pepper and stir rapidly until spinach has wilted.
4. Serve.

Sweet potato medallions

1/2 sweet potato - 155 cal ● 2g protein ● 7g fat ● 18g carbs ● 3g fiber



Makes 1/2 sweet potato

oil

1/2 tbsp (8mL)

sweet potatoes, sliced

1/2 sweetpotato, 5" long (105g)

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.

Dinner 4 [↗](#)

Eat on day 5

Buffalo drumsticks

4 oz - 233 cal ● 18g protein ● 18g fat ● 0g carbs ● 0g fiber



Makes 4 oz

Frank's Red Hot sauce

2 tsp (10mL)

oil

3/8 tsp (2mL)

salt

1/2 dash (0g)

black pepper

1/2 dash, ground (0g)

Chicken, drumsticks, with skin

4 oz (113g)

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.

Garlic collard greens

80 cals ● 4g protein ● 4g fat ● 2g carbs ● 5g fiber



collard greens

4 oz (113g)

oil

1/4 tbsp (4mL)

garlic, minced

3/4 clove(s) (2g)

salt

1/2 dash (0g)

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.

Roasted rosemary sweet potatoes

105 cals ● 1g protein ● 5g fat ● 12g carbs ● 2g fiber

**sweet potatoes, cut into 1" cubes**

1/3 sweetpotato, 5" long (70g)

rosemary

4 dash (1g)

olive oil

1 tsp (5mL)

salt

1 1/3 dash (1g)

black pepper

1 1/3 dash, ground (0g)

1. Preheat oven to 425 F (220 C). Line a baking sheet with parchment paper.
2. Combine all ingredients in a medium mixing bowl and toss to coat.
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.

Dinner 5 [↗](#)

Eat on day 6, day 7

Mashed sweet potatoes

92 cal ● 2g protein ● 0g fat ● 18g carbs ● 3g fiber



For single meal:

sweet potatoes

1/2 sweetpotato, 5" long (105g)

For all 2 meals:

sweet potatoes

1 sweetpotato, 5" long (210g)

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.

Simple kale & avocado salad

115 cal ● 2g protein ● 8g fat ● 5g carbs ● 5g fiber



For single meal:

kale leaves, chopped
1/4 bunch (43g)
lemon, juiced
1/4 small (15g)
avocados, chopped
1/4 avocado(s) (50g)

For all 2 meals:

kale leaves, chopped
1/2 bunch (85g)
lemon, juiced
1/2 small (29g)
avocados, chopped
1/2 avocado(s) (101g)

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

3 oz - 150 cal ● 20g protein ● 6g fat ● 2g carbs ● 2g fiber



For single meal:

tomatoes
3 cherry tomatoes (51g)
olive oil
1/2 tsp (3mL)
salt
1 dash (1g)
green olives
3 large (13g)
black pepper
1 dash (0g)
chili powder
4 dash (1g)
boneless skinless chicken breast, raw
3 oz (85g)
fresh basil, shredded
3 leaves (2g)

For all 2 meals:

tomatoes
6 cherry tomatoes (102g)
olive oil
1 tsp (5mL)
salt
2 dash (2g)
green olives
6 large (26g)
black pepper
2 dash (0g)
chili powder
1 tsp (3g)
boneless skinless chicken breast, raw
6 oz (170g)
fresh basil, shredded
6 leaves (3g)

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.
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