

Meal Plan - Meal plan with over 20g 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

960 cals ● 55g protein (23%) ● 46g fat (43%) ● 67g carbs (28%) ● 15g fiber (6%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat



[Egg & guac sandwich](#)
1/2 sandwich(es)- 191 cals

Lunch

360 cals, 22g protein, 13g net carbs, 21g fat



[Olive oil drizzled sugar snap peas](#)
204 cals



[Chipotle honey pork chops](#)
155 cals

Dinner

410 cals, 23g protein, 42g net carbs, 15g fat



[String cheese](#)
1 stick(s)- 83 cals



[Cheeseburger quesadilla](#)
1/2 quesadilla(s)- 250 cals



[Clementine](#)
2 clementine(s)- 78 cals

Day 2

956 cals ● 40g protein (17%) ● 37g fat (34%) ● 95g carbs (40%) ● 22g fiber (9%)

Breakfast

190 cals, 11g protein, 13g net carbs, 10g fat



[Egg & guac sandwich](#)
1/2 sandwich(es)- 191 cals

Lunch

450 cals, 15g protein, 55g net carbs, 15g fat



[Southwest lentil & potato skillet](#)
320 cals



[Naan bread](#)
1/2 piece(s)- 131 cals

Dinner

315 cals, 14g protein, 28g net carbs, 12g fat



[Simple kale salad](#)
1/2 cup(s)- 28 cals



[Chickpea & chickpea pasta](#)
286 cals

Day 3

976 calsgreen45g protein (18%)orange34g fat (31%)blue112g carbs (46%)grey11g fiber (5%)

Breakfast

265 calsgreen13g protein, 18g net carbs, 14g fat



Freezer-friendly egg & cheese quesadilla
1/2 quesadilla(s)- 221 calsgreen



Cherry tomatoes
12 cherry tomatoes- 42 calsgreen

Dinner

370 calsgreen10g protein, 73g net carbs, 2g fat



Fruit juice
1 cup(s)- 115 calsgreen



Pasta with store-bought sauce
255 calsgreen

Lunch

345 calsgreen21g protein, 22g net carbs, 18g fat



Tomato cucumber salad
71 calsgreen



Chicken club sandwich
1/2 sandwich(es)- 273 calsgreen

Day 4

976 calsgreen45g protein (18%)orange34g fat (31%)blue112g carbs (46%)grey11g fiber (5%)

Breakfast

265 calsgreen13g protein, 18g net carbs, 14g fat



Freezer-friendly egg & cheese quesadilla
1/2 quesadilla(s)- 221 calsgreen



Cherry tomatoes
12 cherry tomatoes- 42 calsgreen

Dinner

370 calsgreen10g protein, 73g net carbs, 2g fat



Fruit juice
1 cup(s)- 115 calsgreen



Pasta with store-bought sauce
255 calsgreen

Lunch

345 calsgreen21g protein, 22g net carbs, 18g fat



Tomato cucumber salad
71 calsgreen



Chicken club sandwich
1/2 sandwich(es)- 273 calsgreen

Day 5

971 cals ● 47g protein (19%) ● 44g fat (40%) ● 85g carbs (35%) ● 13g fiber (5%)

Breakfast

205 cals, 6g protein, 21g net carbs, 9g fat



Clementine

1 clementine(s)- 39 cals



Toast with butter

1 slice(s)- 114 cals



Simple sauteed spinach

50 cals

Dinner

370 cals, 15g protein, 49g net carbs, 10g fat



Spaghetti and meatballs

368 cals

Lunch

400 cals, 25g protein, 15g net carbs, 25g fat



Tuna salad sandwich

1/2 sandwich(es)- 248 cals



Roasted peanuts

1/6 cup(s)- 153 cals

Day 6

971 cals ● 47g protein (19%) ● 44g fat (40%) ● 85g carbs (35%) ● 13g fiber (5%)

Breakfast

205 cals, 6g protein, 21g net carbs, 9g fat



Clementine

1 clementine(s)- 39 cals



Toast with butter

1 slice(s)- 114 cals



Simple sauteed spinach

50 cals

Dinner

370 cals, 15g protein, 49g net carbs, 10g fat



Spaghetti and meatballs

368 cals

Lunch

400 cals, 25g protein, 15g net carbs, 25g fat



Tuna salad sandwich

1/2 sandwich(es)- 248 cals



Roasted peanuts

1/6 cup(s)- 153 cals

Day 7

1003 cals ● 41g protein (16%) ● 40g fat (36%) ● 98g carbs (39%) ● 22g fiber (9%)

Breakfast

205 cals, 6g protein, 21g net carbs, 9g fat



Clementine
1 clementine(s)- 39 cals



Toast with butter
1 slice(s)- 114 cals



Simple sauteed spinach
50 cals

Dinner

365 cals, 18g protein, 56g net carbs, 2g fat



Fruit juice
1 cup(s)- 115 cals



Lentil pasta
252 cals

Lunch

435 cals, 17g protein, 22g net carbs, 29g fat



Grilled cheese sandwich
1/2 sandwich(es)- 248 cals



Roasted peanuts
1/8 cup(s)- 115 cals



Tomato cucumber salad
71 cals



Fats and Oils

- ☐ oil
2/3 oz (21mL)
- ☐ olive oil
3/4 oz (24mL)
- ☐ salad dressing
2 oz (52mL)
- ☐ mayonnaise
2 1/2 tbsp (38mL)

Other

- ☐ guacamole, store-bought
2 tbsp (31g)
- ☐ nutritional yeast
4 dash (1g)
- ☐ chickpea pasta
1 oz (28g)
- ☐ lentil pasta
2 oz (57g)

Dairy and Egg Products

- ☐ eggs
4 large (200g)
- ☐ ghee
4 dash (2g)
- ☐ string cheese
1 stick (28g)
- ☐ cheddar cheese
1 1/2 oz (39g)
- ☐ sour cream
2 tbsp (24g)
- ☐ butter
1/4 stick (24g)
- ☐ sliced cheese
2 1/2 oz (70g)

Baked Products

- ☐ bread
2/3 lbs (320g)
- ☐ flour tortillas
1 3/4 tortilla (approx 7-8" dia) (85g)
- ☐ naan bread
1/2 piece (45g)

Spices and Herbs

- ☐ black pepper
1/2 g (1g)

Beverages

- ☐ water
5 tbsp (77mL)

Sweets

- ☐ honey
4 dash (4g)

Pork Products

- ☐ pork loin chops, boneless, raw
2 1/2 oz (71g)

Beef Products

- ☐ ground beef (93% lean)
1 1/2 oz (42g)

Fruits and Fruit Juices

- ☐ clementines
5 fruit (370g)
- ☐ fruit juice
24 fl oz (720mL)

Legumes and Legume Products

- ☐ lentils, raw
2 3/4 tbsp (32g)
- ☐ chickpeas, canned
1/4 can (112g)
- ☐ roasted peanuts
1/2 cup (67g)

Cereal Grains and Pasta

- ☐ uncooked dry pasta
1/2 lbs (228g)

Soups, Sauces, and Gravies

- ☐ pasta sauce
5/8 jar (24 oz) (420g)

Sausages and Luncheon Meats

- ☐ chicken cold cuts
4 oz (113g)
- ☐ meatballs, frozen
3 meatball(s) (85g)

- ☐ salt
2 g (2g)
- ☐ chipotle seasoning
1 dash (0g)
- ☐ paprika
4 dash (1g)

Finfish and Shellfish Products

- ☐ canned tuna
5 oz (142g)

Vegetables and Vegetable Products

- ☐ frozen sugar snap peas
1 2/3 cup (240g)
 - ☐ ketchup
1 tbsp (17g)
 - ☐ sweet pickles
2 chips (15g)
 - ☐ tomatoes
5 medium whole (2-3/5" dia) (638g)
 - ☐ jalapeno pepper
1 pepper (14g)
 - ☐ bell pepper
1/2 large (82g)
 - ☐ potatoes
1 small (1-3/4" to 2-1/4" dia.) (92g)
 - ☐ kale leaves
1/2 cup, chopped (20g)
 - ☐ garlic
1 3/4 clove(s) (5g)
 - ☐ onion
1/4 medium (2-1/2" dia) (28g)
 - ☐ cucumber
3/4 cucumber (8-1/4") (226g)
 - ☐ red onion
3/4 small (53g)
 - ☐ romaine lettuce
1 leaf inner (6g)
 - ☐ raw celery
1/2 stalk, small (5" long) (9g)
 - ☐ fresh spinach
6 cup(s) (180g)
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Breakfast 1 [↗](#)

Eat on day 1, day 2

Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

oil
1/4 tsp (1mL)
guacamole, store-bought
1 tbsp (15g)
eggs
1 large (50g)
bread
1 slice(s) (32g)

For all 2 meals:

oil
1/2 tsp (3mL)
guacamole, store-bought
2 tbsp (31g)
eggs
2 large (100g)
bread
2 slice(s) (64g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.

Breakfast 2 [↗](#)

Eat on day 3, day 4

Freezer-friendly egg & cheese quesadilla

1/2 quesadilla(s) - 221 cals ● 12g protein ● 14g fat ● 12g carbs ● 1g fiber



For single meal:

oil
1/2 tsp (3mL)
cheddar cheese
2 tbsp, shredded (14g)
eggs
1 large (50g)
flour tortillas
1/2 tortilla (approx 7-8" dia) (25g)

For all 2 meals:

oil
1 tsp (5mL)
cheddar cheese
4 tbsp, shredded (28g)
eggs
2 large (100g)
flour tortillas
1 tortilla (approx 7-8" dia) (49g)

1. Heat half of the oil in a skillet over medium-low heat.
2. Beat eggs bowl with a dash of salt/pepper until blended.
3. Pour eggs into pan. As eggs begin to set, scramble them. Remove eggs from skillet and set aside. Wipe the skillet clean.
4. Add remaining oil to skillet and place a tortilla at the bottom of the skillet. Working quickly, add the eggs and cheese to one side of the tortilla and fold the other half of the tortilla over top. Fry for a couple minutes on either side until tortilla is toasted and cheese is melty. Serve.
5. Meal Prep Tip: If making in bulk, once all tortillas are cooked, place them on a dish or plate lined with parchment paper. Flash freeze them in the freezer for 1-2 hours, and once frozen, transfer them to a freezer safe bag and store in the freezer. To reheat, remove from bag and microwave for 45 seconds-1 minute. Serve.

Cherry tomatoes

12 cherry tomatoes - 42 cals ● 2g protein ● 0g fat ● 6g carbs ● 2g fiber



For single meal:

tomatoes
12 cherry tomatoes (204g)

For all 2 meals:

tomatoes
24 cherry tomatoes (408g)

1. Rinse tomatoes, remove any stems, and serve.

Breakfast 3 [↗](#)

Eat on day 5, day 6, day 7

Clementine

1 clementine(s) - 39 cals ● 1g protein ● 0g fat ● 8g carbs ● 1g fiber



For single meal:

clementines

1 fruit (74g)

For all 3 meals:

clementines

3 fruit (222g)

1. This recipe has no instructions.

Toast with butter

1 slice(s) - 114 cals ● 4g protein ● 5g fat ● 12g carbs ● 2g fiber



For single meal:

bread

1 slice (32g)

butter

1 tsp (5g)

For all 3 meals:

bread

3 slice (96g)

butter

1 tbsp (14g)

1. Toast the bread to desired toastiness.
2. Spread the butter on the bread.

Simple sauteed spinach

50 cals ● 2g protein ● 4g fat ● 1g carbs ● 1g fiber



For single meal:

garlic, diced

1/4 clove (1g)

black pepper

1/2 dash, ground (0g)

salt

1/2 dash (0g)

olive oil

1/4 tbsp (4mL)

fresh spinach

2 cup(s) (60g)

For all 3 meals:

garlic, diced

3/4 clove (2g)

black pepper

1 1/2 dash, ground (0g)

salt

1 1/2 dash (1g)

olive oil

3/4 tbsp (11mL)

fresh spinach

6 cup(s) (180g)

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.

Lunch 1 [↗](#)

Eat on day 1

Olive oil drizzled sugar snap peas

204 cals ● 7g protein ● 12g fat ● 10g carbs ● 8g fiber



black pepper

1 1/4 dash (0g)

salt

1 1/4 dash (1g)

frozen sugar snap peas

1 2/3 cup (240g)

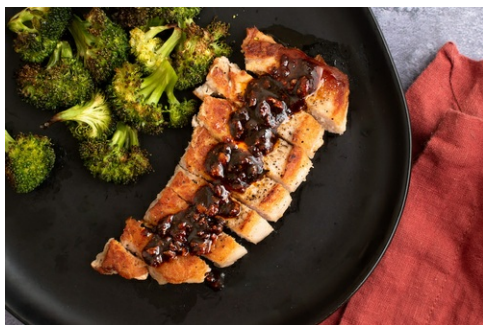
olive oil

2 1/2 tsp (13mL)

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

Chipotle honey pork chops

155 cals ● 15g protein ● 9g fat ● 3g carbs ● 0g fiber



ghee

4 dash (2g)

water

1/4 tbsp (4mL)

oil

1/2 tsp (3mL)

chipotle seasoning

1 dash (0g)

honey

4 dash (4g)

pork loin chops, boneless, raw

2 1/2 oz (71g)

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 2 [🔗](#)

Eat on day 2

Southwest lentil & potato skillet

320 cals ● 11g protein ● 12g fat ● 33g carbs ● 8g fiber



oil

1/2 tbsp (8mL)

jalapeno pepper, sliced

1 pepper (14g)

sour cream

2 tbsp (24g)

paprika

4 dash (1g)

bell pepper, deseeded & sliced

1/2 large (82g)

water

1/4 cup(s) (59mL)

potatoes, thinly sliced

1 small (1-3/4" to 2-1/4" dia.) (92g)

lentils, raw

2 2/3 tbsp (32g)

1. Preheat oven to 400°F (200°C).
2. Combine lentils and water in a small saucepan. Cook according to package instructions. Drain any remaining water. Set aside.
3. Coat the potatoes and peppers separately with the oil and season them with paprika and some salt and pepper. Place the potato slices on one side of a baking sheet and bake for 10 minutes. After the initial 10 minutes, add the peppers to the other side of the same baking sheet. Continue baking both the potatoes and peppers for an additional 20 minutes until they are soft.
4. Mix the cooked peppers with the lentils and season with some salt and pepper. Top the lentil and pepper mixture with the potatoes, sour cream, and jalapeno. Serve.

Naan bread

1/2 piece(s) - 131 cals ● 4g protein ● 3g fat ● 22g carbs ● 1g fiber

Makes 1/2 piece(s)

naan bread

1/2 piece (45g)



1. This recipe has no instructions.

Lunch 3 [🔗](#)

Eat on day 3, day 4

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



For single meal:

tomatoes, thinly sliced
1/2 medium whole (2-3/5" dia) (62g)
cucumber, thinly sliced
1/4 cucumber (8-1/4") (75g)
red onion, thinly sliced
1/4 small (18g)
salad dressing
1 tbsp (15mL)

For all 2 meals:

tomatoes, thinly sliced
1 medium whole (2-3/5" dia) (123g)
cucumber, thinly sliced
1/2 cucumber (8-1/4") (151g)
red onion, thinly sliced
1/2 small (35g)
salad dressing
2 tbsp (30mL)

1. Mix ingredients together in a bowl and serve.

Chicken club sandwich

1/2 sandwich(es) - 273 cals ● 19g protein ● 15g fat ● 14g carbs ● 2g fiber



For single meal:

chicken cold cuts
2 oz (57g)
sliced cheese
1 slice (3/4 oz ea) (21g)
mayonnaise
1/2 tbsp (8mL)
romaine lettuce
1/2 leaf inner (3g)
bread
1 slice(s) (32g)
tomatoes
1 slice(s), thin/small (15g)

For all 2 meals:

chicken cold cuts
4 oz (113g)
sliced cheese
2 slice (3/4 oz ea) (42g)
mayonnaise
1 tbsp (15mL)
romaine lettuce
1 leaf inner (6g)
bread
2 slice(s) (64g)
tomatoes
2 slice(s), thin/small (30g)

1. Build the sandwich to your liking.

Lunch 4 [↗](#)

Eat on day 5, day 6

Tuna salad sandwich

1/2 sandwich(es) - 248 cals ● 19g protein ● 13g fat ● 12g carbs ● 2g fiber



For single meal:

bread

1 slice (32g)

mayonnaise

3/4 tbsp (11mL)

black pepper

1/2 dash (0g)

raw celery, chopped

1/4 stalk, small (5" long) (4g)

salt

1/2 dash (0g)

canned tuna

2 1/2 oz (71g)

For all 2 meals:

bread

2 slice (64g)

mayonnaise

1 1/2 tbsp (23mL)

black pepper

1 dash (0g)

raw celery, chopped

1/2 stalk, small (5" long) (9g)

salt

1 dash (0g)

canned tuna

5 oz (142g)

1. Drain the tuna.
2. Thoroughly mix the tuna, mayonnaise, pepper, salt and chopped celery in a small bowl.
3. Spread the mixture over one slice of bread and top with the other.

Roasted peanuts

1/6 cup(s) - 153 cals ● 6g protein ● 12g fat ● 3g carbs ● 2g fiber



For single meal:

roasted peanuts

2 2/3 tbsp (24g)

For all 2 meals:

roasted peanuts

1/3 cup (49g)

1. This recipe has no instructions.

Lunch 5 [↗](#)

Eat on day 7

Grilled cheese sandwich

1/2 sandwich(es) - 248 cals ● 11g protein ● 16g fat ● 12g carbs ● 2g fiber



Makes 1/2 sandwich(es)

bread

1 slice (32g)

butter

1/2 tbsp (7g)

sliced cheese

1 slice (1 oz ea) (28g)

1. Preheat skillet to medium-low.
2. Spread butter on one side of one slice of bread.
3. Place bread on skillet, butter-side down and top with cheese.
4. Butter the other slice of bread on one side and place (butter-up) on top of the cheese.
5. Grill until lightly browned and then flip. Continue until cheese is melted.

Roasted peanuts

1/8 cup(s) - 115 cals ● 4g protein ● 9g fat ● 2g carbs ● 2g fiber



Makes 1/8 cup(s)

roasted peanuts

2 tbsp (18g)

1. This recipe has no instructions.

Tomato cucumber salad

71 cals ● 2g protein ● 3g fat ● 7g carbs ● 1g fiber



tomatoes, thinly sliced

1/2 medium whole (2-3/5" dia) (62g)

cucumber, thinly sliced

1/4 cucumber (8-1/4") (75g)

red onion, thinly sliced

1/4 small (18g)

salad dressing

1 tbsp (15mL)

1. Mix ingredients together in a bowl and serve.
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Dinner 1 [🔗](#)

Eat on day 1

String cheese

1 stick(s) - 83 cals ● 7g protein ● 6g fat ● 2g carbs ● 0g fiber



Makes 1 stick(s)

string cheese

1 stick (28g)

1. This recipe has no instructions.

Cheeseburger quesadilla

1/2 quesadilla(s) - 250 cals ● 15g protein ● 10g fat ● 25g carbs ● 2g fiber



Makes 1/2 quesadilla(s)

ketchup

1 tbsp (17g)

cheddar cheese

1 1/2 tbsp, shredded (11g)

sweet pickles, chopped

2 chips (15g)

tomatoes, chopped

1 slice(s), thin/small (15g)

ground beef (93% lean)

1 1/2 oz (42g)

flour tortillas

1/2 tortilla (approx 10" dia) (36g)

1. Brown beef in a skillet over medium heat until fully cooked. Season with a dash of salt/pepper and set aside.
2. Spray a large skillet with cooking spray and place tortilla on the bottom.
3. Fill one side of the tortilla with beef, cheese, tomatoes, and pickles and fold the other half of the tortilla over top. Toast tortilla until golden and then flip and toast the other side.
4. Remove from skillet and cut into triangles using a pizza cutter. Serve with ketchup.

Clementine

2 clementine(s) - 78 cals ● 1g protein ● 0g fat ● 15g carbs ● 3g fiber



Makes 2 clementine(s)

clementines

2 fruit (148g)

1. This recipe has no instructions.

Dinner 2 [↗](#)

Eat on day 2

Simple kale salad

1/2 cup(s) - 28 cal ● 1g protein ● 2g fat ● 2g carbs ● 0g fiber



Makes 1/2 cup(s)

salad dressing

1/2 tbsp (8mL)

kale leaves

1/2 cup, chopped (20g)

1. Toss kale in dressing of your choice and serve.

Chickpea & chickpea pasta

286 cal ● 13g protein ● 10g fat ● 25g carbs ● 10g fiber



nutritional yeast

4 dash (1g)

butter

1/4 tbsp (4g)

oil

1/4 tbsp (4mL)

garlic, minced

1 clove(s) (3g)

chickpeas, canned, drained & rinsed

1/4 can (112g)

chickpea pasta

1 oz (28g)

onion, thinly sliced

1/4 medium (2-1/2" dia) (28g)

1. Cook chickpea pasta according to package instructions. Drain and set aside.
 2. Meanwhile, heat oil in a skillet over medium heat. Add onion and garlic and cook until softened, 5-8 minutes. Add chickpeas and some salt and pepper. Fry until golden, another 5-8 minutes.
 3. Add butter to the skillet. Once melted, add pasta and toss until pasta is coated.
 4. Stir in nutritional yeast. Season with salt and pepper to taste. Serve.
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Dinner 3

Eat on day 3, day 4

Fruit juice

1 cup(s) - 115 cals  2g protein  1g fat  25g carbs  1g fiber



For single meal:


fruit juice
8 fl oz (240mL)

For all 2 meals:

fruit juice
16 fl oz (480mL)

1. This recipe has no instructions.

Pasta with store-bought sauce

255 cals  9g protein  2g fat  47g carbs  4g fiber



For single meal:

uncooked dry pasta
2 oz (57g)
pasta sauce
1/8 jar (24 oz) (84g)

For all 2 meals:

uncooked dry pasta
4 oz (114g)
pasta sauce
1/4 jar (24 oz) (168g)

1. Cook the pasta as directed on the package.
2. Top with sauce and enjoy.

Dinner 4 [↗](#)

Eat on day 5, day 6

Spaghetti and meatballs

368 cals ● 15g protein ● 10g fat ● 49g carbs ● 4g fiber



For single meal:

meatballs, frozen

1 1/2 meatball(s) (43g)

pasta sauce

1/8 jar (24 oz) (84g)

uncooked dry pasta

2 oz (57g)

For all 2 meals:

meatballs, frozen

3 meatball(s) (85g)

pasta sauce

1/4 jar (24 oz) (168g)

uncooked dry pasta

4 oz (114g)

1. Cook the pasta and meatballs as directed on packaging.
2. Top with sauce and enjoy.

Dinner 5 [↗](#)

Eat on day 7

Fruit juice

1 cup(s) - 115 cals ● 2g protein ● 1g fat ● 25g carbs ● 1g fiber



Makes 1 cup(s)

fruit juice

8 fl oz (240mL)

1. This recipe has no instructions.

Lentil pasta

252 cals ● 16g protein ● 2g fat ● 30g carbs ● 12g fiber



pasta sauce

1/8 jar (24 oz) (84g)

lentil pasta

2 oz (57g)

1. Cook lentil pasta according to package.
2. Top with sauce and serve.